



Why Were Two Asbury Seniors “Hacking” In Nashville?

By Jan Garman, Diamond

First came the phone call informing this writer that her husband, Hal Garman, had been selected to receive Leading Age’s Hobart Jackson Cultural Diversity Award for his work in founding and coordinating the Gaithersburg Beloved Community Initiative (GBCI). Leading Age, a not-for-profit association of over 6,000 organizations who provide services for older adults, planned to present the award at its annual meeting in Nashville, Tennessee on October 20. Next came the phone call from Eric Anderson, Director of Communications for Asbury Communities, asking the two of us to participate in a “Hackfest” which preceded the official conference beginning on October 17. Before I committed the two of us on the spot (Hal did not yet know about his award), let me hasten to add that I **did** ascertain from Eric that he was not asking us to “hack” into computer systems to steal finan-

cial data!

Eric explained that the Hackfest brought together teams—primarily consisting of graduate students and young professionals—to come up with new and innovative services for older adults using technology. As members of the “Council of Elders” our job would be to advise teams on the feasibility of their projects from the perspective of the user. Thus we were thrust into an exciting and intense two-day experience. The stakes were high as the prize for the winning team was \$5,000 and the runners-up each won \$2,000. The technology savvy of our team members positively made our heads spin! Not only that, but these youthful “hackers” were genuinely interested in older adults and took their task very seriously.

We soon came to appreciate that Hackfest shared two characteristics of the Gaithersburg

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LeadingAge Chair David Gehm and LeadingAge Nominations & Awards Committee Chair Audrey Weiner flank Hal Garman.



Photo: John Villforth

Solar Serendipity

By Al Tholen, Park View

You may have seen the photos that John Villforth posted in the elevators showing the partial eclipse of the sun around 6:00 PM on October 23rd. Most observers in the DC area missed the eclipse because of the cloud cover, but John went to the Park View 7th floor hall windows and was able to photograph the event for a few

minutes, before the Sun set below the horizon.

What John observed beside the eclipse was unexpected. He enlarged the Sun’s image in his computer and the eclipse was not the only pattern on the Sun. There was an entirely unexpected giant sunspot. Joanne was tracking this event on a web site on her computer and sending

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Hey, Gang, Let’s Put on Another Show!

By Phyllis W. Zeno, Wallace

It’s showtime, gang! And we’re ready to go into rehearsal for another original hit show by Wallace resident Phyllis W. Zeno... Village Life II: The Musical! And we’re adding an extra performance in 2015... Friday and Saturday evening, May 1 and 2 and Sunday afternoon, May 3.

Can you Sing? Can you Dance? Of course not!

That’s what they all said last year until they got up there on Rosborough’s stage and found they could do both, and what fun they had doing it!

Come to the Cast Call in Hefner Auditorium, Thursday, January 15 at 10 a.m. (You notice we didn’t say “Audition!” You come...you’re in!) Rehearsals will be Thursday mornings through

February and March, then more frequently as we get closer to showtime.

What’s the show about? You! And all the funny things that happen on

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Letter to the Editor

I've just started reading October's Village Life and much to my chagrin I see on page 2 that Mac McCullough has been credited with my photograph taken at the ice cream social welcoming new residents. I am attaching my photograph to back up my claim.

—Betty Smith

I apologize and am happy to reprint the photo here WITH the proper credit! —The Editor



Photo: Betty Smith

Calendar Events Coming Up in DECEMBER

By Jean Hubbell, Villas

Calendars can fill up in a hurry. For many it means traveling to out-of-town locations to observe Christmas but for those on campus, especially in the earlier part of the month, there are many opportunities to share in the joy of the season. It pays to keep an eye on the bulletin boards. Some already publicized events are:

Friday, Dec. 5—7:30 p.m. in the Rosborough Theatre, St. Cecelia Youth Orchestra

Wednesday, Dec. 10 - Elves' Day at which the packing of the Christmas gift bags for residents in Kindley AL and Wilson HCC will take place starting at 9:30 a.m. in the Rosbor-

ough Community Rooms

Saturday, Dec. 13—2 p.m. in the Rosborough Theatre, Encore Choral Christmas Concert

Monday, Dec. 15—2 p.m. in the Rosborough Theatre, Showstoppers

Tuesday, Dec. 23 -1:30 p.m. in the Rosborough Theatre, Dale Allen Jarrett Christmas concert

Wednesday, December 24 - Christmas Eve services 10:30 a.m. at Kindley AL 1st floor living room and 2:00 p.m. at WHCC downstairs Social Hall, both officiated by Rev. Dr. Gerry Green and 7:00 p.m. in the Guild Memorial Chapel with Rev. Anne Ellestad.

December 25 - Catholic masses will take place at WHCC Social Hall at 9 a.m. and in the Guild Memorial

Chapel at 11:00 a.m. both with Fr. Val Keveny

Three more dates on calendars are December 15 when Hanukkuh begins at sunset and on December 26, the first day of Kwanza, and finally December 31, New Year's Eve. Any celebrations on campus planned for these dates are not known at this time. There will undoubtedly be different building community gatherings and off-campus events planned by the Asbury Travel Club during the month so be sure to watch the bulletin boards and be prepared to observe and celebrate this great season. Is there a let-down when December is over? Look forward to Chinese New Year....

SHOW

Continued from page 1

Campus at Asbury. Have you noticed that Prunes are often absent from the Salad Bar? Join the "Missing Prune Beguine!"

And who's sitting over there in Paris planning "the meals we'll eat next? The Sodexo Execs!" Something to sing about!

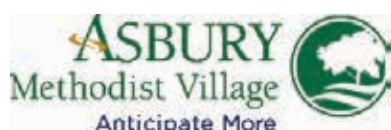
Is your Campus Garden a "blooming mess"? Sing about it in, "Oh, How I Love My Asbury Garden."

Who's keeping you slim and trim? Let's hear it for "James and Marcus in the Gym!"

We'll be looking for you in Hefner, Thursday, Jan. 15 at 10 a.m.

Hey, Gang, Let's Put On Another Hit Show!

Village Life II: The Musical.



A Special Holiday Gift

A gift from the heart! Don't know what to get your friends or loved ones for the holidays? Asbury Home Services "Gift Certificates" are the perfect gift. The certificates can be used for any Asbury Home Care Service ranging from concierge services, such as transportation to a specific event, theater or lunch trip, companion service, accompaniment to a medical appointment or personal care. Home services are often the little helping hand that makes a huge difference in someone's life. For more information, contact Asbury Home Services on campus at 301-216-4275.

We wish you a happy and joyous holiday season!

GIFT CERTIFICATE

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For HCBS Services

VILLAGE LIFE

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Village Life brought to you in part by



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"The mission of Village Life is to provide timely, interesting and entertaining news about the lives, concerns and activities of the people who reside, work and volunteer at Asbury Methodist Village."

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Holy Cross Health Partners at Asbury Methodist Village

A Conversation with Annice Cody, President Holy Cross Health Network and Calvin Robinson — Vice President Operations, Holy Cross Health Network

Question: What kind of health facility is opening at Asbury Methodist?

Annice Cody: Holy Cross Health is opening a primary care health center at Asbury Methodist Village in January, 2015. The health center will be called Holy Cross Health Partners and will provide easily accessible, high quality primary care services to residents right where they live. Hours of operation will be Monday - Friday from 8:30 a.m. to 5:00 p.m. Although we will be operating during regular business hours, we will have 24-hour on-call coverage so residents will be able to access a provider after hours and on weekends.

Calvin Robinson: For example, if a resident has a medical emergency at 6:00 p.m., that resident would place a call directly to the health center provider. The provider will have around-the-clock access to medical records and will be able to determine what medical issues are involved. A decision is then made between the provider and the resident as to whether the best course of action is to immediately go to the emergency room or urgent care center, or to schedule a visit for the next morning.

This kind of quick response is one of the beautiful things about the electronic medical record system we are using. It gives the provider secure access to patient records from a laptop computer. This is an important part of care management because we don't want patients taking unnecessary trips to the hospital.

Question: What is the value of having a health center on the Asbury campus?

Annice: Offering health care where the residents live provides the benefit of really being able to integrate with people's lives. Being close-by makes medical care not something distinct and different but part of their day-to-day lives.



It also allows us to develop better methods of coordinating care more effectively with other services available on campus. That leads to better health outcomes for the residents of the community.

Calvin: Not only will medical care be convenient, but so will the support services. We'll provide lab services, EKG services and specimens or blood samples that need testing will be sent to a Holy Cross Hospital. That means a fast turnaround in getting the results.

Question: What experience does Holy Cross Health have in meeting the medical needs of seniors?

Annice: Holy Cross Health brings a tremendous expertise in senior care to this project. We've long recognized that as people age, their clinical needs become more complex and their need for support services increases. In 2008, we opened the nation's first seniors' emergency center at Holy Cross Hospital and we have just opened a brand new full service hospital,

Holy Cross Germantown Hospital, just eight minutes away from Asbury Methodist Village.

Also, Holy Cross Health has a number of community-based services focused on senior wellbeing. Medical adult day care, private duty home care and an enormous array of community-based services and programs including Senior Fit, chronic disease self-management programs, memory academy and falls prevention. We've designed these programs to keep seniors safe while improving their health and well-being in a community-based setting.

Question: How did the alliance between Holy Cross Health and Asbury Methodist Village begin?

Annice: Earlier this year, Asbury Methodist Village issued a request for a proposal and we were so excited when we saw it because it was an opportunity to align with an organization with really similar values to ours and to begin building a better way of delivering health care responsive to the changes that are associated with both an aging population and health care reform.

Question: Who will provide the medical care in the new

health center?

Annice: In the new health center we are utilizing a care team approach to patient services. On site will be a terrific, highly qualified physician with a specialty in geriatric medicine. The physician we have selected has already met some of the residents and the leadership of the organization. We are very excited to have her as our physician at this new center and she is excited to be a part of this new venture.

Calvin: We also plan to supplement the primary physician with either a nurse practitioner or a second physician. As volume increases, we will add additional staff, including a nurse who can assist with care coordination as well as clinical care in the health center.

Question: How will this impact my relationship with my current physician(s)?

Annice: If you have a doctor you're happy with, you can certainly keep that doctor. Participation at the new health center is entirely voluntary. But, we hope that many residents will want to use our quality medical care with a friendly compassionate staff in a convenient location.

Question: What makes the health center an attractive alternative to my current physician?

Annice: We will provide high quality medical care with a friendly, compassionate staff in a convenient location. We also will enhance continuity of care by linking to Holy Cross Germantown Hospital medical records and establishing connections with other services offered at Asbury as well, such as assisted living and skilled care.



Calvin Robinson

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Notes from the Laughter Zone

By Linda Aber, Editor

My office is a creative mess and as such it attracts only those people who don't mind it. If there's ever a question as to why Village Life is sometimes late to hit the mailboxes, blame it on my open door policy and my willingness to be interrupted by residents who come in for a laugh. In fact, a big pink wooden sign on my door warns passersby that they are in (if they dare to enter) the LAUGHTER ZONE. A rubber chicken that squawks when squeezed sits on the windowsill open-mouthed and ready to startle. A plastic medieval-looking shield stands ready to shield me from verbal barbs that may sometimes be hurled my way for such reasons as putting the wrong credit on a photo, showing a movie in the theatre that offended or put some to sleep, having a typo on the AVTV menu making crab cakes crap cakes, or myriad other unintentional gaffes. There are pictures of

my two granddaughters on the door, on my desk, on my walls and in my heart and mind.

The Laughter Zone sign encourages heads to pop in with one question: "Are you laughing today?" And then, of course, I am and so are they. My messy office is a comfort zone where many come in, flop down in a chair, and share their news and views, and it's from those conversations that many article ideas come. As 2014 comes to a close, so does my eleventh year as an Associate at Asbury Methodist Village. And as I begin year number 12 I want to wish all of you holidays filled with laughter and love, and a new year overflowing with new adventures, new achievements, new friends, and new courage to be the best YOU possible. And if you are ever feeling just a bit down or blue, stop by the Laughter Zone, have a seat and have a chat that's sure to cheer you. Or just pop your head in and say, "Are you laughing today?" And I guarantee we both will be.



Welcome to the Laughter Zone!

Our Holy Cross Germantown Tour

By John Hutchings, Trott

When some AMV residents and administrators toured the new hospital one week before the opening day, we found it well prepared and with a staff eager to get started. The main entrance lobby evokes a feeling of space and light, and our eyes were drawn to the very attractive mobile high above with its bits of bright blue. Everywhere we went was fresh and sparkling, and all the hospital staff members were enthusiastic about being able to work in an up-to-date environment. Over 8,000 applications were received for the approximately 500 staff positions. Physicians are applying for staff privileges, with 200 already credentialed or in the pipeline. We talked with a number of the nursing staff, and it was obvious that Holy Cross has acquired a group of exceedingly experienced employees.

Visiting hours are 24/7. From the lobby visitors may take elevators to the third floor for maternity patients or to the fourth and fifth floors for med/surg patients, each with 30 rooms. All patient rooms are private and designed to be patient friendly. Rooms have a spacious feel, large TV screens, and bathrooms with show-

ers. The couch for visitors converts to a bed for overnight stays.

The lobby has easy access to the gift shop and a café. Down the hall is what used to be called the Radiology Department, but now styled the Imaging Center to reflect the varied functions of fancy new equipment. Emergency Services, with a separate entrance, has treatment areas and 14 individual patient rooms. Two of these are for isolation - a wise feature to have in this day of Ebola anxiety. There are also 8 rooms for observation. The E.R. is fully staffed 24/7 and will care for both children and adults. There is no pediatric floor, so children needing inpatient care will be transferred.

Surgery occupies much of the second floor. Both inpatient and come-and-go surgery are done in the ORs with many types of equipment unknown in my day. Nearby are pre-op and post-op facilities. Also on the second floor is the 15 bed critical care area. The rooms have outlets on the wall for oxygen, suction etc. to avoid bulky equipment filling up space. We also visited a lovely chapel and an area for occupational, physical, and language therapy. The locked-off Behavioral Health Services Unit, formerly known to me as the Psych Ward, is for handling

acute mental illness for those who are eighteen and older.

Our group talked with members of the nursing staff for so long that we didn't see all the floors, but we certainly were impressed with the thought that had gone into making hospital visits as safe and comfortable for patients and their families as possible. I was struck by the thought that, although I had visited innumerable hospitals in my professional career, I had never before been in a brand new one. My fond hope is never to be in a hospital again, but if it's absolutely necessary, I hope its Holy Cross Germantown.

Many residents have asked me why there are "only 90" beds in the hospital. After the Federal government supported a great deal of hospital construction and hospital stays were radically reduced, the U.S. had an oversupply of hospital beds. Federal legislation now requires each state to determine if there is need for any new hospital beds. In this case the State of Maryland permitted the new hospital in Germantown only 90 beds. In the future, if the need for further beds can demonstrated, the new hospital has the capacity to expand

PRESERVE OR LOSE

Asbury, will we have our Arts and Crafts Show?

The answer is, "We do not know."

Are you or a friend skilled in organizing? Unless someone agrees to accept the challenge of being Chairman, Asbury will lose our traditional Spring Arts and Crafts Show. Mia Shulman will help the new chairman understand the steps used in putting on the shows of previous years.

WHERE is it held? In Hefner Auditorium (because of special damage controlled walls).

WHEN is it held? Customarily the month of May.

WHO'S NEEDED? A chairman or co-chairmen skilled in organizing and directing volunteers. Call Mia Shulman, 5546.

WHY? This show is an annual, beautiful tradition which depends on getting a volunteer chairman or co-chairs soon.

—Lois Lord, Mia Shulman, Trudy Meissner

Jeanne Jarvis has eyes for Teddy Bear. Not Just Buttons and Hems

By Jeanne North, Trott

The seamstresses in “Sew What,” the sewing room on the ground floor of Kindley, just down the hall from Arcadia Place, can handle virtually any sewing challenge put before them: sew on a loose button, shorten trousers or slacks, repair shirt cuffs, put new elastic in the waist of pants or pajama bottoms, stitch up a brassiere that’s seen lots of wear, and even, to the delight of his owner, give a Teddy Bear a new pair of eyes.

When I couldn’t find a proper eye for my octogenarian Teddy Bear, who had lost one of his to some long-forgotten shenanigans, I took him to Sew What for medical attention. There, amid the clutter of a sewing room, with scraps of material, needles, thread, elastic, scissors, tape measures, sewing machines (two working, others not), ironing board, wall mirror, and bags of jobs



Photo: Hal Gaut

Jeanne Jarvis holds Teddy while “Sew What” co-workers Betty McDonald and Sara Ramos look on.

lying about waiting to be returned to customers, preside five ladies who have earned the gratitude of many residents of Asbury for their volunteer services: Hildegard Hirschfeld,

Jeanne Jarvis, Betty McDonald, Rose Melton and Sara Ramos.

It was Jeanne Jarvis who took over the care of Teddy. Not only did she give Teddy a new pair of eyes

(after all, the eyes should match, right?), but added a few stitches to his slightly frayed nose and combed his right ear that had looked almost as though I (or someone or something?) had chewed on it.

Payment for services? A donation to the Asbury Guild, in the amount of your choosing. Guild Treasurer Nancy Grissom says that donations range from fifty cents (\$0.50) to \$100, adding in an email that “Total sewing income for 2013 was \$2,729...[and that] through August of this year we have received \$2,653.” Along with checks in the envelope provided often come notes from grateful, satisfied customers expressing their thanks for a service cheerfully and expertly rendered. One patron expressed the sentiments of many: “To the wonderful ladies of the Guild: “You worked wonders with these — thanks a million... — it is like having a new pair of pants!”

A Brief Encounter of the Bird Kind

By Maria Roberts, Courtyard Home

The first sign was from Gloria Varrieur’s cats – they kept looking up at the corner eaves of her Courtyard home. That’s what made Gloria realize she was playing host to a nest full of parent and baby robins.

Fortunately, she was able to keep her cats away from the nest because three hungry baby robins

were growing and demanding ever increasing meals of worms.

One day a fledgling hopped about on the Courtyard floor, posing for a picture – then, before Gloria knew it, the nest was empty. The bird family took off, perhaps for the area of the ponds, then probably to fly south, leaving nothing but the empty nest behind.



By Luella Nash LeVee, Edwards-Fisher

On a dreary day in October, I sat in the Edwards-Fisher lobby, feeling somewhat dispirited, awaiting a ride to a doctor, when all of a sudden, I saw a sight that not only made me smile but very nearly caused me to feel as if I were hearing a mighty chorus of "Happy Days Are Here Again!"

What was it that created such a response? - Just a simple Smiley Face on the side of a Honda Civic dispensing a passenger in front of our building. I determined to ask that passenger - Doris **Jakubczak, Edwards-Fisher** -all about it.

"Our Smiley Faces—one for each side of the car - were made by our daughter Lynn Cavanaugh, a preschool teacher in the Montgomery County school system," Doris said. "She cut them out of a sheet of magnetized material and then painted them. We always leave the Smiley Faces on the car but we rotate others she has given us - for instance those featuring cupcakes and candles for our birth months."

Doris' husband, Leonard, who had parked the car by then, joined us, and added,

"There are so many other silver cars in the parking lot but we can easily find our car because of the



Honk if you love Doris and Leonard Jakubczak's "Happy Car."

Smiley Faces. We get lots of encouraging responses from people who simply see our car on the road. Most of our Asbury friends call ours 'The Happy Car.'

Another place where smiles dominated the conversation was the recent Activities Expo at the Rosborough Center.

Since it was held on Halloween, many people entered into the spirit of the day in what they wore. **Fran Blenderman, Villas**, featured orange pumpkins on her vest, her socks, and tiny ones dangling from her ears. She was out to encourage smiling. "When I see someone smile, I smile back." She added, "After all, smiling makes the world go 'round.'"

Three Asbury clowns brightened the Expo with their colorful costumes, their broad smiles, and their brilliant red noses. "We have a red nose waiting for anybody who wants to join us as a clown," said **Ann Utterback, Villas**. She explained that the clowns entertain primarily at Wilson Health Care Center. Clowns with her that day were **Susan Dunn, Diamond**, and **Madeleine Bryant, Wallace**.

Their mission (and the mission of this regular column in V.L.) is summed up beautifully by a small plastic sign on Ann's collar which reads, "Smiles Wanted."

Terry Shima in *Washington Post Magazine*

By Artha Jean Snyder, Diamond

The Washington Post Magazine for November 9, 2014 contains a special article in commemoration of Veterans Day entitled, "No Ordinary Lives: Our Area's World War II Vets." In it is a full-page photograph and a short interview statement of several local veterans. Terry Shima, a resident of the 10th floor of Diamond, is one of them.

The article says:

His summation of the United States: "What a great country." For a kid of Japanese descent living in Hawaii when Pearl Harbor was bombed, it's a remarkable opinion. "We were regarded as traitors and saboteurs for imperial Japan."

He joined the Army's 442nd Regimental Combat Team, composed of Japanese American volunteers. He was back in Washington on July 15, 1946, when President Truman reviewed the regiment. "He took the stigma away. He said, 'You fought enemy abroad and prejudice at home and you won.'..."

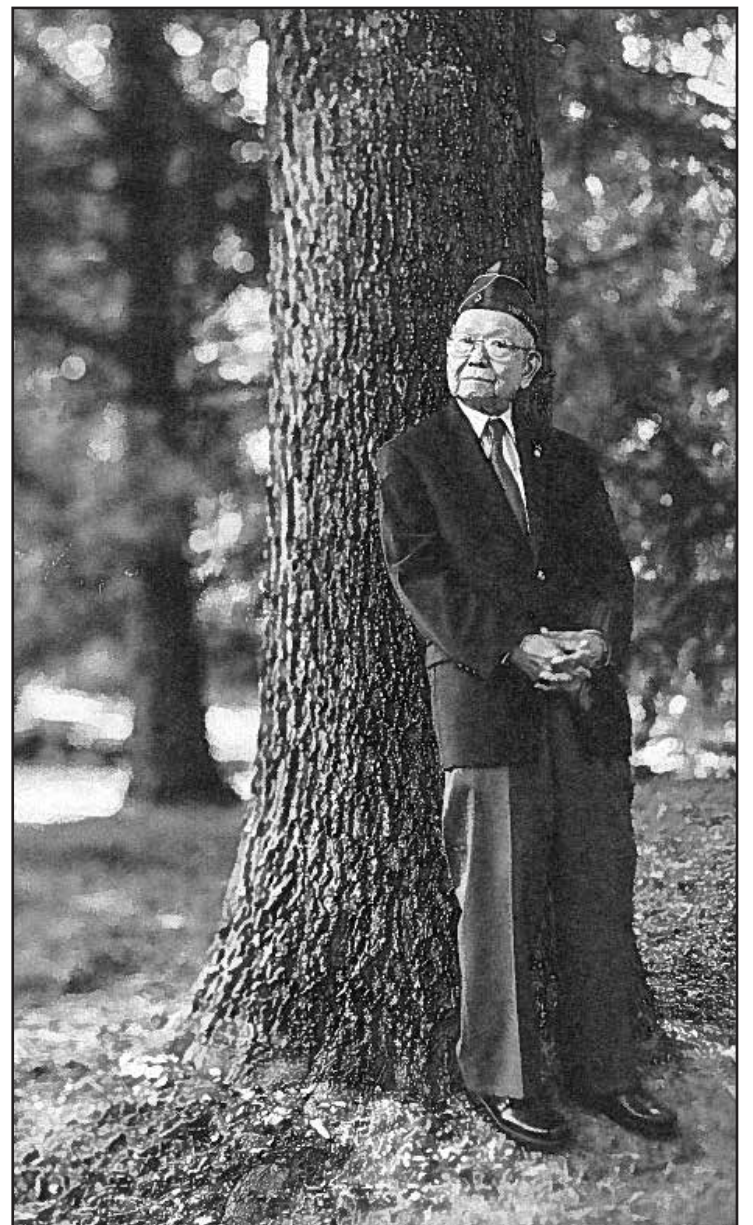
Terry was born and raised in Hawaii. He was there when Pearl Harbor was bombed on December 7, 1941, and he volunteered to serve with the 442nd. After the war he attended Georgetown University, School

of Foreign Service, and then he had a career with the U.S. Department of State, Foreign Service Division. In retirement he has spent many hours researching the accomplishments of the 442nd Regimental Combat Team and telling its story, especially to the younger generations. The War Department has said that the 442nd is the most highly decorated infantry unit for its size and period of combat.

On February 14, 2013, in a White House ceremony, President Obama presented Terry with the Presidential Citizens Medal, the second highest medal presented by the White House, for his Japanese American community work.

On May 21, 2013, the Japanese Ambassador to Washington, DC presented him with the Japanese Emperor's Order of the Rising Sun with Gold Rays and Rosette for building a strong relationship between Japan and the USA.

And on November 11, 2014, in the morning Terry presented one of the wreaths at the World War II Memorial in Washington, DC, and in the afternoon he attended the Japanese American Veterans Association (JAVA) Veterans Day program at the Japanese American Memorial near the Capitol Building.



Beloved Community Vignettes

By Jan Garman, Diamond

Gaithersburg Student Union "TREATS" AMV Residents on Halloween

After the traditional AVTV Halloween party, some AMV residents continued to party in the Rosborough Community Rooms with pizza and dancing, as the guests of the City of Gaithersburg Parks and Recreation's Student Union. During a break in the dancing, everyone was treated to the Halloween video by AVTV's Eric Thornett, thanks to a request by residents who had seen the video and wanted to share it with the students and to Eric who showed it. After the dancing was over, a few hardy residents accompanied the students into the pool for a pool party, always a favorite for all involved.

SHARE

SHARE, a monthly program for Asbury residents and Gaithersburg High School students to share activities, conversation and refreshments returned on the first Wednesday in November. It will continue the **first Wednesday of every month at 2:45 PM in the Edwards Fisher library.** This is a collaborative venture between the Jewish Council for Aging's InterAges, the Beloved Community, Asbury's Pastoral Counseling Department and the Student Union. All are invited to come and



Gaithersburg students invited the Halloween costumed residents to dance.

SHARE the fun!

BCI Programs Continue Full-Speed Ahead

The **Mentoring Program** meets every other Friday, the **English Conversation Group** meets every Wednesday AM from 10:00-11:00 in the Russell Ave. Cafe Conference Room (call Peg Vert @ x6902 for more information) and the **Spanish Class** is meeting in Diamond

309 (call Fanny Pantelis @ x4559 for more information). **Advisory Committee** meetings are held the first Friday of every month (January's meeting will be on the second Friday) at 9:15 in the Administration Building Conference Room. These meetings are open to all and are a great way to become acquainted with the BCI's Community Partners. Attendees can see first-hand why the BCI is really the GBCI—the Gaithersburg Beloved Community Initiative.

Ecumenical Thanksgiving Service

By Larry de Lorimier, Wallace

The Catholic, Protestant and Jewish communities of Asbury Methodist Village celebrated Thanksgiving with an ecumenical service in the Asbury Guild Memorial Chapel on Tuesday, November 25 at 2 p.m. The service was intended as a way for us to thank God for our abundant blessings here at Asbury and for our family and friends who have shared in these blessings. This was the second annual celebration and all were invited to share in this program. The President of the United States proclaimed Thursday, November 27, a "Day of Thanksgiving" for all of its citizens. Beginning with Abraham Lincoln, every President has annually made this same proclamation and always on the fourth Thursday of November.

Families gather on Thanksgiving day, congregations have prayers of thanksgiving in their weekend services before offerings of food are received to provide Thanksgiving



meals for persons who would otherwise not have one. Special community-wide ecumenical Thanksgiving services are held throughout our nation and around the world wherever Americans are living and working. The purpose of these services is for Americans, however different our backgrounds, to express gratitude to God for the abundance of food and natural resources in our homeland, to recall how our nation was formed to provide freedom for all citizens, to worship in their own manner and to express the fact that we are "one nation, under God, with liberty and freedom for all".



DEAR MARY

By Mary Ebinger, Mund

Mary R. Ebinger, a Pastoral Counselor and National Certified Counselor, is the author of *A Guide to Visitation - I Was Sick and You Visited Me* and a chapter in *When a Friend is Dying: A Family Deals with Grief*.

Dear Mary:

At times someone says something that makes me feel bad. I understand you have resiliency questions that might help me. What do you think?

—Sharon

Dear Sharon:

A strong sense of self-esteem is your best defense against hurtful things someone might say. Think about your strengths, your talents, and the positive things you know to be true about yourself. Coming from a position of strong self-esteem, here are some questions to ask yourself when something a person says bothers you.

Is it true?

If it is true do I want to do something about it? (Rather than letting it bother you, ask a question of the person who said it: I'm sorry you feel that way, do you have a suggestion for what I might do to change your opinion?)

Whose problem is it? (If you let it get to you it becomes your problem.)

How long am I going to let it bother me? (Choose to let it go and move forward with a positive attitude.)

Is the person who said this thing someone whose opinion I trust and value? (If not, you may choose to disassociate yourself from the person.)

I hope this helps.

—Mary

Meeting The Challenges Of Alzheimers

By Julia Sessions, Park View

Ten years ago in October, Bob Sessions got the dreaded diagnosis of having the beginning stages of Alzheimer's Disease. Bob's mother and aunt both died of Alzheimer's and Bob and his wife, Julia, both knew what it was like, having supported his mother through the disease.

Dr. Aison, then the head of Georgetown Hospital's Memory Disorder Unit (but since moved to San Francisco to head the National Research program for Alzheimer's) gave the diagnosis. He put Bob on two medicines, Razadyne and Namenda; both drugs help manage symptoms but do not slow or stop the disease progression. Dr. Aison also advised Bob to stay physically, mentally, and socially active, to get plenty of rest, and to eat a diet rich in fruits and vegetables and low in fats.

Bob and Julia both were determined not to let the disease ruin their lives. Bob, wisely, decided he wanted to make it an open process and not sweep it under the rug. He has shared his journey with family, friends and sometimes the media. This decision



has paid big dividends. Instead of wondering if something was wrong with Bob, friends would express amazement when he actually entered conversations with perception and creativity. The second decision made was to find joy every day in daily living. As abilities declined, appreciation of surroundings grew. Bob daily loves the beauty of cloud formations, wildlife at Asbury, friendly people every day, and enjoying our pets, Wesley and Tiger. Dog Wesley is well-known. Tiger (a huge Calico cat) is only known to those she chooses to socialize with.

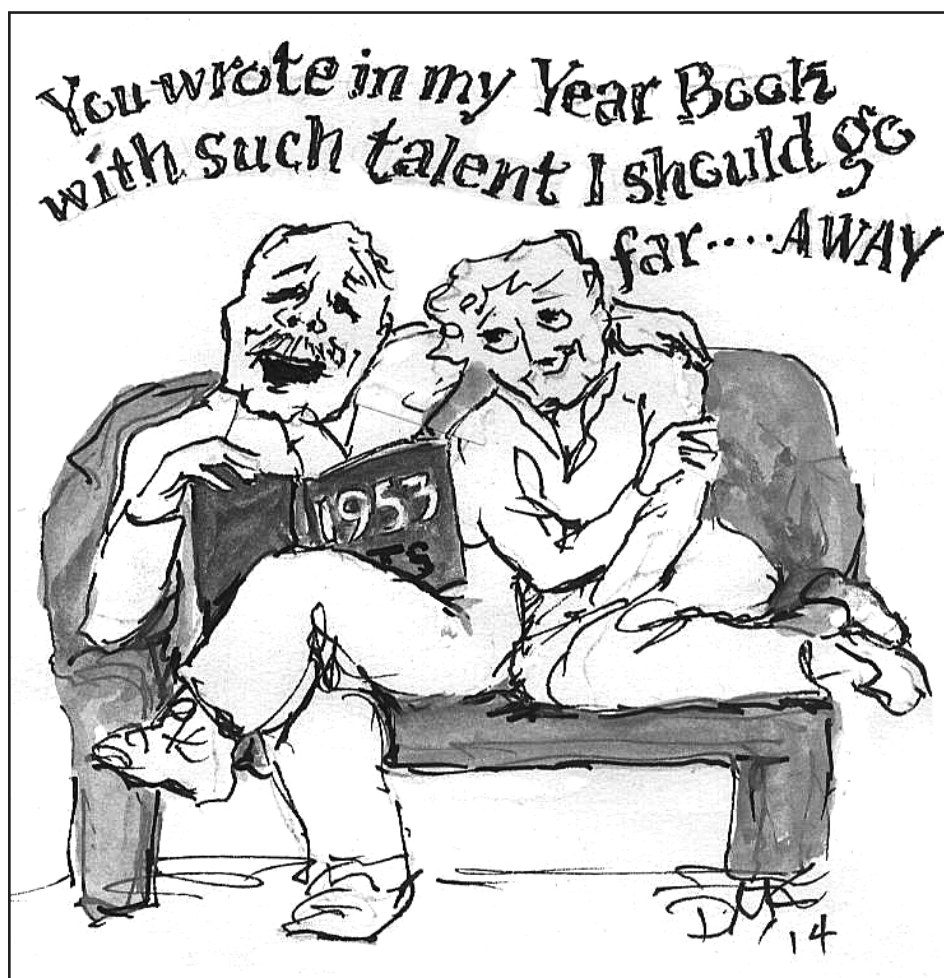


Bob also opted to participate in clinical studies at Georgetown. He starts his fourth clinical research study in October. The first involved 12 intravenous injections of an immune-boosting

drug. The second involved taking pills that were found to be ineffective. The third study, sponsored by Georgetown itself, was studying the effects of large doses of resveratrol, the substance in red wine that is thought to be healthy; this was in pill form. The fourth study is also an immunity booster and will involve once a month injections of an infusion drug. All of the studies require MRIs, sometimes PET scans and CAT scans, as well as EKG's and regular blood draws. Frequent memory tests are also made during the studies. Patients have to wait from three to 18 months between studies before beginning another study. All of the studies have a percentage of participants who receive a placebo. No one except the sponsoring organization knows which patients get the placebo.

While there are mild risks in participation, there are greater risks of doing nothing and letting the disease run its course without being challenged. Why Bob is still functional ten years later is not known, but the family agrees that all of these factors named have worked in his favor. Any challenge that brings hope to the field is worth the effort.

Mac and Zil



ASBURY ENCORE CHORALE HOLIDAY CONCERT: 12/13/14



By Carol Dennis, Villas

Remember 12/13/14 and you will have the date for The Asbury Encore Chorale Holiday Concert at the Rosborough Theater on Saturday afternoon, Dec. 13, at 3:30 P.M. This will be our third holiday concert at Asbury, and we are better than ever! There will be choral works for everyone with great arrangements of festive music for the season including fun songs, English, Spanish and African carols, a Chanukah anthem, and closing with - what else - Handel's Halleluja Chorus. Conductor Bob Johnson and accompanist Mary Beth Gowen are again helping us make beautiful music. MC Jerry Dennis will add to the enjoyment with his knowledgeable insights into the music presented. So come join your Asbury neighbors and friends on Saturday, 12/13/14, at 3:30 P.M. We look forward to singing for you and filling the Rosborough Theatre with that special holiday spirit.

In Defense of Sloth

By Jack Brinley, Mund

A recent edition of the Village Life contained such a persuasive exegesis of the benefits of exercise by Ms. Zeno that I was only able to pass the fitness center with the greatest exertion of willpower on my way to an afternoon movie where I could slouch passively in dark anonymity.

Present-day society is sufficiently frenetic due to texting, selfing, twittering, friending, facebooking, etc., that I feel no need to burden additionally my life by including exercise. For those who do, I cede to them the moral high ground wherein they may sweat and sway as much as they like. However, for my part, I will not sacrifice the pleasure of idleness, upon the altar of fitness.

Although many of the exercises described in the article were

novel, I doubt if they are relevant to my daily life. Frankly, learning to do the Queen's curtsy 20 times seems unnecessary, since she and I move in different social circles. There was, however, one exercise which I intend to fully master. Although described in the article as a technique to escape from kidnappers who have stuffed you in a chair with rubber bands around both legs and feet above the knees, I think the exercise will be invaluable in exiting from the coach seat on my next United Airlines flight.

Although I doubt that I will ever overcome my antipathy towards exercise, the medical experts say it is for my own good, ignoring the fact I am quite content to keep my own bad. So I suppose I'll have to sign up for something in the near future. I wonder if Tidlywinks will pass muster?

Join SNAP Today!

By Mac McCullough, Diamond

Acronyms are used everywhere - in government (e.g., FBI, NSA, NIST, IRS), in medicine (e.g., CAT, MRI, COPD, DNR) and even at Asbury Methodist Village (e.g., CCAV, PAC, CCRC, QSB). But Planetree, the consulting firm that has been working with the Asbury staff to improve performance, says Associates and Managers should stop using them. Why? Because they are not resident friendly, are confusing and often unknown, particularly by new residents.

All right, so staff can be careful not to use acronyms in speaking or writing; but what about residents who have their own personal acronyms? Here are a few examples:

GOK - God only knows - reply when asked why management did something

GE - Good enough - how we evaluate what we've done.

BLT N - Better late than never - the Village Life. (Editor's note: boo hoo)

TMI - Too much information - stuffed campus mail boxes.

NAM - Not another meeting - said by our volunteer leaders.

WIDAH - When in doubt ask Henry - call the Executive Director.

PDQ - Pretty darn quick - response to work orders.

IIWIS - It is what it is - accept the reality of the situation.

OFMPC - Oops, forgot my POS card - heard at the podium.

SOB - Shortness of breath - many of us suffer.

POV - Point of view - there are a lot of them around Asbury.

We should try to stop using acronyms. That's why you need to join SNAP (Stop Non-essential Acronyms Permanently). If we all work hard we can do it. OK?

What a Delightful Experience

By Bob Wood, Villas

I am not very keen on ballet. Oh, I do love much of the ballet music, but watching the dancers just doesn't do much for me. So when I found out that the Metropolitan Ballet Company of Gaithersburg (the METROPOLITAN BALLET COMPANY OF GAITHERSBURG???) would be appearing at the Rosborough Theatre on Friday, October 24, I figured this one I'll miss. Then I thought no, I'll appear for fifteen minutes or so just to show my support for our Asbury activities, and then nip off for my regular Friday afternoon ping pong.

Boy, was I wrong! I was treated to a marvelous, absolutely delightful program. The music was Saint Saens Carnival of the Animals with that wonderful narration by Ogden Nash. The six dancers appeared in



Ballerinas bring a graceful presence to the Rosborough Theatre.

a variety of skits, with colorful costumes, and offered, either as a solo or in groups, each of the many animals depicted with the music. We were treated to dances presenting the lions, elephants, kangaroos and fish to mention only a few. The cho-

reography was so clever and appropriate, while the dancers were graceful, humorous, and just very professional. The narration, which was done by the group's director, who was also the choreographer, was very well done; clear, articulate, and full of expression.

It was one of the most entertaining programs I have attended in my nearly six years here at Asbury. The show lasted about forty minutes, and I'm sure all of us in the audience were sorry when it came to an end. If this group comes to Asbury again, and I really hope they do, you should do yourself a big favor and make sure you attend. They are absolutely terrific.

And I even made my ping pong about twenty minutes late. What a win, win afternoon!

Spain and Portugal: There's Moor to the Story

By Marolyn Hatch, Villas

We all recall the ditty about the bear that went over the mountain to see what there was to see. I suppose that is the motivation for most travel and



The Cathedral of Seville

the industry that has welcomed it is a billion dollar one. Jay and I prefer to slip quietly into a culture and see and listen to it sitting in plazas or eating with local guides who share the lore and retrospective history of their countries. Thus it seemed as though we have recently returned from the Middle Ages, the height of what we know as Portugal and Spain.

The focus of our trip was the Moorish influence on Andalusian art and architecture. Jay designed our trip in 2010, but a series of "accidents" delayed implementation until 2014. We chose to stay in cities' old quarters or the mountain frontier "towns," finding centuries old palaces and restored private homes of all sizes. There was the city block in Seville's old Jewish quarter consisting of 27 fifteenth-century houses interconnected by eerie, cellar tunnels barely high enough for Jay to pass. Guest suites were former rooms off quiet courtyards allowing us to absorb the history that over time moved



Once more with ceiling! Another view of the cathedral.

from Jewish wealth and power to rejection and expulsion. There was the Quinta das Lágrimas, the 14th century palace where Prince (later King) Pedro and his beloved Inês

de Castro lived and produced 10 children before Pedro's father had Inez assassinated. He suspected that she would influence his son to draw Portugal into a Spanish civil war. The legend of their love affair rivals Romeo and Juliet! There was a more modest 15th C Moorish house set on a hill opposite the brooding relic of Alhambra. All spoke in the quiet of the evening of times when Moor, Christian and Jew lived in brokered peace, but also they sighed of the horrors of religious conquests and re-conquests, the echoes of which seem to be returning to our ears.

In 1492 Ferdinand and Isabella took back Granada, thus sealing the fate of the Moorish Caliphates in Europe. Had this not occurred, we would all be Muslims, as the Moors had once held a vast area of "Europe." Despite some treaties guaranteeing peaceful coexistence, the Moors and Islam took a setback. Moorish forts were often demolished although, like the Roman walls, the Moorish architectural influence remained.

One edifice captures the difference between Islamic and Christian

Continued on page 19

By Carol Dennis, Villas

Brandywine Valley is a beautiful place located in Delaware and Pennsylvania and dating from Early American times. It used to be famous for the Battle of Brandywine in 1777, but that has been overshadowed by the du Pont family which in turn has been upstaged by the television show, Downton Abbey.

Our latest trip to this historic area began with ads featuring the Downton Abbey Costumes at the Henry Francis Du Pont mansion, Winterthur. Since we are Downton Abbey aficionados, my husband and I decided to take a few days to round out our former visits to the area. What a wonderful experience! The weather was perfect for sightseeing, and the dining each day was excellent.

We started with our timed entrance to the Downton Abbey Costumes show based on styles and samples of actual fabrics of the early 20th century. Whether living Upstairs or Downstairs, every day seemed spent changing clothes. It was all great fun and included explanations of life on a country estate, whether Downton Abbey or Winterthur. We then took the house tour to see some of H. F. Du Pont's vast collection of Early American furniture and artifacts. The visit ended with an open-sided shuttle ride around the estate's woodland gardens.

The following day, we began with a trip to the Brandywine River Museum with its collection of



Carol and Jerry visit the Downton Abbey Costume show at the Henry Francis Du Pont mansion, Winterthur.

works by N.C., Andrew and Jamie Wyeth. Since my brother is an illustrator, I was particularly interested in N.C. Wyeth's works. His illustrations for "Treasure Island" and "Kidnapped" were so exciting that we feel we must read the stories again. Andrew is famous for "Christina's World," and he has had a recent show at the National Gallery of Art. Jamie carries on the Wyeth tradition with his own realistic style and often paints his wife, Phyllis Mills, daughter of Alice du Pont Mills.

In the afternoon, we visited the 1802 Hagley home and gardens of Eleuthere Irenee du Pont de Nemours, who migrated from France with his father

and family following the French Revolution. It is a more modest home that gradually increased in size but kept its Early American roots. The tour included the Eleuthere Black Powder Mills and included a small but loud demonstration of a gunpowder explosion. The visitors' center displayed examples of du Pont designs that progressed from gunpowder to nylon to many space age examples of "better living through chemistry."

The final day of our trip included a visit to the fabulous home of Alfred I. du Pont that resembles a French chateau and is named Nemours for the final part of the du Pont full name. The formal gardens are patterned after those of the Petit Trianon at Versailles. Also on the grounds is the newly expanded Alfred I. du Pont Hospital for Children.

On our next visit, we plan to return once more to Longwood Gardens where Pierre du Pont had his summer home. In its conservatory is the largest residential Aeolian pipe organ ever constructed. It has just undergone a complete renovation and now has a full organ recital series.

In addition to the du Pont mansions, there are many lovely Early American homes, woods and rolling hills. The area is also famous for its mushrooms, and there is a mushroom festival each year. We had terrific mushroom soup while in the area. We look forward to more mushrooms, mansions and museums on our next visit to the Brandywine Valley.

Doing the Chicken Soup Dance

In the five joyous years that Harvey and I were together, he became so much a part of the laughter we shared that perhaps you'll indulge me if I include one more story that might bring you a laugh or two.

We met on Match.com on December 8, 2008. Harvey was in New York, I was in Florida. The odds of our getting together were almost unimaginable. Yet here we were, two 82-year-olds who stumbled on each other on the internet and were instantly smitten. I tried to follow the rules of the dating service ... no telephone numbers, no addresses, pure anonymity.

But Harvey was almost too good to be true. A widower...handsome... witty... a former executive at CBS. Our e-mails via Match.com burned up the air waves. After a week, he was begging for my phone number.

After a brief resistance, I gave him my phone number. He called immediately, and his voice was warm and reassuring. We talked for more than an hour ... about our backgrounds, our families, our careers ... then I took time out.

"I'll call you this afternoon" he said.

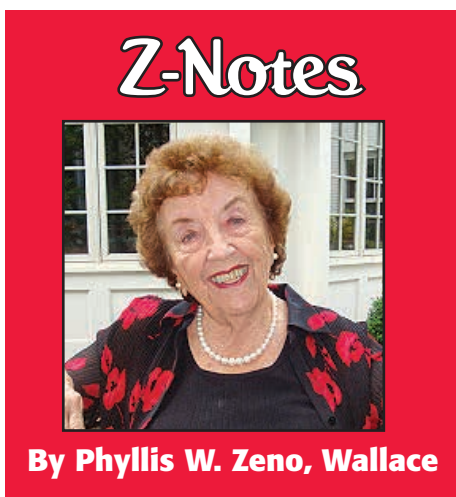
"I won't be home," I apologized. "I'm doing a book signing."

"What is that?" he asked.

"I have two new Chicken Soup books out, and I'll be signing them."

"You've written two books of chicken soup recipes? I'm impressed. You must be a great cook."

"I don't cook," I laughed, "and they aren't recipe books. They're part of a series called Chicken Soup for the



Soul. One book is 101 Resolutions and the other is Tales of Golf and Sport."

"Let me get this straight. You've made 101 New Year's resolutions?" he asked.

"Only two."

"What do you mean only two? What about the other 99?"

"Somebody else wrote them."

"You're signing a book that you only have two stories in? And what about the other book ... the golf one. Do you only have two stories in that one?"

"One."

"You only have one story in the golf book, and you're signing it, too? I never figured you for a golfer, but I'm happy to hear that because I'm quite a golfer myself. Maybe we can play a game when I finally meet you."

"I'm not a golfer, and I did not write about golf," I sputtered. "I wrote about football."

"I see. So you play football. Now I'm really impressed. You wrote a story about football in a book about golf."

"Listen, Harvey, I really have to get out there and sell a few books. I'll talk to you tomorrow."

"Why don't I buy a couple of your books. How much are they?"

"Fourteen ninety-five each." Harvey mused a minute. "I don't want to be picky, but I was an accountant for CBS. How many words in the football story?"

I sighed. "Around 1,500 I would think."

"Wow! You are really well paid at \$14.95. That's about a dollar a word. I guess that makes your Resolution book a real bargain with two stories in it. I'll send you a check for \$30. What's your address?"

"Harvey, Match.com doesn't want us giving out our addresses."

"Shall I send the check to Match.com then?"

This man was really getting on my nerves.

"All right. I'll give you my address. But don't come stalking me."

"Stalk you? I'm going to marry you!"

"You are? All right. But first you have to buy my Chicken Soup books."

Harvey was thoughtful. "I'm writing the check now. Are you wrapping my books?"

"They're practically in the mail."

"And I'm practically on the next plane down there."

"In that case, why don't I just hand them to you when you arrive?"

P.S. And he **did** fly to Florida, and I **did** marry him, and he **did** buy my Chicken Soup books... all of them!



The Rosborough Cultural Arts and Wellness Center is home to an ever-changing gallery of arts and handiwork created by our residents. Stop by and see what's new. With 12 display cases to look at, there's something for everyone to enjoy. Here's this month's sampling of art.



Tiiu Kera, Villas
Cross-stitched Christmas
Ornaments



Duane McKenna, Park View
Illustration



Leave it to Guys

By Dan Muller, Villas

It's early November when I'm writing this, the leaves of the trees are falling, and essentially covering every square inch of the ground.

Employees of Brickman, our grounds keepers, have been busy with leaf blowers trying valiantly to keep ahead of the falling leaves, actually not too successful, because one glance up, shows many leaves that have not yet fallen.

Nevertheless, as I write this, there are large piles of leaves here and there in the street. Generally, something like fifteen or twenty feet in diameter and a foot or two deep.

I live in the Villas and quite frequently I take a walk,

often just around the Villas.

I remember walking on the streets of the suburb of New York City where I lived. At that time, home owners raked leaves from in front of their houses and piled them into the street gutters. Boys my age took great delight in walking through these piles of leaves and doing the best we could to scatter them everywhere. It was just plain fun.

Now here's where the little boy in me comes out. Can you imagine the temptation I now experience as I walk around the Villas and each of these large piles of leaves tempts me. I confess, I did walk through a pile of leaves kicking them as far as I could. I'm sorry Brickman, but guys will be guys.

EXPO 2014

By Al Tholen, Park View

WELCOME TO THE ACTIVITIES EXPO! The Welcome sign announced that EXPO was sponsored by the Coordinating Committee, Asbury Village (CCAV). This annual event provides visual evidence of the broad volunteerism of our residents. The hallway leading to the Community Rooms was

a very busy place with residents streaming back and forth on the way to, from, or at displays. Approaching the throng I found myself at the "Stitch and Knit" display manned by two smiling greeters Ila Trautvetter (Villas) and Pat Huson (Courtyards). They proceeded to explain the work of this group which meets weekly to knit items for the Children's Head Start Program. Ila held up a beautiful pink and tan sweater.

Entering the community rooms and the bustling crowd, I was greeted by a clown (actually Susan Dunn, Diamond). She was there with several of her cohorts with the intention of recruiting more residents to volunteer as clowns. They do a wonderful service visiting Wilson Health Care Center to entertain the patients. Beyond were rows of display tables. Sitting next to the CCAV exhibit sipping a cup of coffee was CCAV's Chair Judy Beisner. As Chair she leads the CCAV which coordinates the activities of the



PACs as well as serving as Treasurer of several other activities. Expo was originally organized to display the work of each of the eight PACs (Policy Advisory Committees). Each PAC provides advice to the Administration in a cooperative effort to maintain and improve life on the Campus. Each PAC table is manned by members of each PAC. They are ready to provide information

on the activities of their PAC and, hopefully recruit new volunteers to join.

Over time, the EXPO has expanded dramatically with the addition of displays by other volunteer organizations on the campus. Special fund raising organizations like the Bargain Mart and the Williamsburg Clothes Closet not only display their merchandise but provide an opportunity to do some serious Christmas shopping (Bargain Mart), or pick up a blouse, skirt, jacket or some other hard to resist bit of clothing (Clothes Closet). Funds raised through these sales go to The Asbury Foundation or other special outreach programs.

EXPO is a wonderful example of the significant contributions resident volunteers can make to the comfort and happiness on the campus as well as to the community around us. See you at next year's EXPO. In the meantime, join a PAC or other group. You will have a real sense of contribution sharing your talents with other like-minded residents.



Ila Trautvetter, Villas and Pat Huson, Courtyard



Susan Dunn, Diamond



Photo: Hal Gaut

The Hallway, Jam Packed



Judy Beisner, Chair CCAV



The Bargain Mart: Ned Hopper (Wallace), Kathy Albertson, Villas), Tracy Cahoon (Villas), Joyce Rohmiller (Wallace), and Al Benson (Mund).

What Are Those Nerds Up To Now?

By Jeanne North, Trott

You know who they are. The geeks that talk about ram and download speed and modems and routers, leaving everyone else at the dinner table feeling out of it. Sorry, folks, but for some, the lingo has taken over and they just can't help themselves: they have to talk like that!

But seriously, sometimes the nerds have interesting things to say. They're even worth listening to. At the November 12 meeting of the Computer Clubs, four nerds plus a moderator told tales of their successes and failures with their computers and members of the audience joined in with questions as well as answers.

And just look at this lineup of upcoming programs of the Computer Clubs (note the plural, folks, now that the PC and Apple people have cozied up together). All you bright intellectual on-top-of-things folk can make sense of these topics. Just look what's happening:

Computer Clubs Program Chair Ken Rogers has lined up the speakers listed below for the following six meetings:

December 10 Dr. Jane LeClair, National Cybersecurity Institute, "Cybersecurity Issues"

January 14 Britta Monaco, Director of the Department of Community and Public Relations of the City

of Gaithersburg, and Peter Cottrell, Director of the Department of Information Technology, City of Gaithersburg, "The Use of Computers in Gaithersburg Public Services Systems"

February 11 Don Woodward, AMV Resident, "Computer Predictions of Snowfalls by the US Corps of Engineers" (Provisional title)

March 11 Professor Daryl Kleist, University of MD, "Weather Modeling" (Date is provisional)

April 8 Bob Nisbet, Smithey Center, "Microsoft Windows 10" (Date and title are provisional)

May 13 Bob Carpenter, Computer Club, "Linux - a Way to Continue to Use ex-XP PCs on the Internet" (Bob's date is provisional) As noted, there are still uncertainties about some dates and titles.

A speaker is needed for the June 9 meeting. If you have one in mind, feel free to contact Ken Rogers, Program Chair.

You see, what did I tell you? Who doesn't want to know about the weather? of cybersecurity? or computer predictions of snowfall? (brrr)

Anyway, check out the programs. You might find the nerds aren't all that bad. Programs are held the second Wednesday of each month (except July and August) in the Rosborough Community Rooms; Q&A at 7:15 p.m., program at 7:30 p.m..

Music for the Mission Donors

Asbury Foundation Thanks Donors at Annual Luncheon

The Asbury Foundation welcomed more than 100 guests on Thursday, November 6 for the annual Donor Appreciation Luncheon, which celebrates members of the Heritage Society (those who have made a legacy commitment to AMV) and Leadership Annual Donors (those who give \$1,000 or more over the course of the year). Foundation President Doug Myers also presented a special plaque to the volunteers from the Bargain Mart in recognition of their tireless dedication to supporting residents in need.

If you would like to discuss ways that you could become a member of the Heritage Society or a Leadership Annual Donor, contact Pat O'Toole in the Foundation Office at 301-216-4052.

Thank you for your support of the 2014

Music for the Mission Concert

With your help, we raised a net total of more than \$16,000 for the AMV Benevolent Care Fund!

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Nancy and Arthur Morse
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Esther Saito
Happy Veais
Robert and Mary Jane Von Moss
Sarah Young



Computer Corner

Recollections of Solving Computer Problems

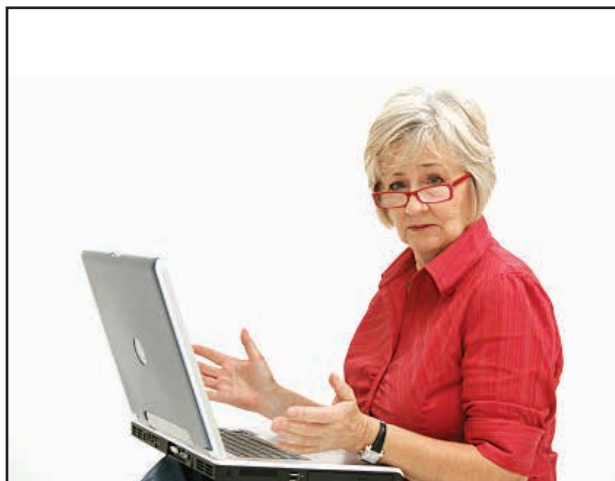
By John Paul Eberhard, Park View

On the evening of November 12 four stalwarts of the Computer Club confessed that they had once upon a time had troubles with their computers. Two of these presenters had used PCs: Nancy Chapman and Hal Gaut, and two of them had used Macs or iPads: Marybeth Morsink and John Travis. As Jim Utterback, the moderator for the evening, pointed out, each presenter had taken a different path on their journeys from neophytes to regular users. The audience was treated to lively discussion of how they had done so.

The evening's format provided for questions and answers from audience members as well as panel members. Here are some of the issues discussed:

Q: When I try to feed paper into my printer it won't go through.

A: Try turning off the computer and then turn it back on. (a suggestion for dealing with a number of computer problems).



Q: When I try to print, only half the page prints.
A: Probably not using the proper print function (do not use the print indicator in the upper right corner of the computer screen).

Q: I have trouble remembering my password.
A: There are special files for passwords available for the MAC ("roboform.pro") or the PC

("keypass"). People suggested printing the passwords on a sheet of paper you keep next to your computer -- if you are in a secure area like your home office.

Q: I worry about giving my credit card info to a vendor on the Internet.

A: Several possibilities were suggested: use a special card just for Internet charges and have only a small balance available on the card; or don't let the vendor store your card number for later use; or use Paypal.

Q: How to avoid a paper jam when I scan a large number (over 50) of pages?

A: Divide the project into smaller stacks of paper to scan...i.e. smaller than 50 pages.

Bob Nisbet reported on his preliminary testing of Windows 10. He said he thought many of the problems people have been having with older versions of Windows will be resolved with this new version.

WILSON HEALTH CARE CENTER WORKING TOWARD THE FUTURE

By Al Tholen, Park View

The Wilson Health Care Center (WHCC) opened its doors almost 40 years ago. The facility has continued to evolve to meet the needs of a steadily growing population on the Campus. As resident population has grown and newer medical technology and treatments have occurred, the Administration has endeavored to increase the capacity and update the services available at WHCC. The latest plans to continue the enhancement of services offered is underway with expectations of completing them by June 2015.

The initial focus has been on making significant changes to the facilities on the South wing of the first floor (the transition care area). A major group of resident rooms as well as the central corridor have been cleared out to make space for several new features. At the time of this article, that area is enclosed with barriers and not open to the public. Partitions have been removed and framing installed for the new room configuration. Dry wall is cur-



Reconstruction Underway

rently being installed.

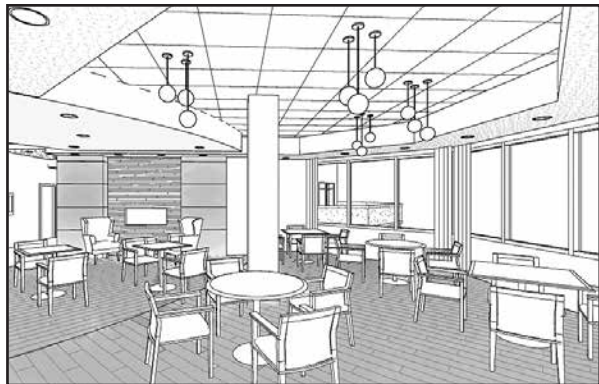
All resident rooms on the first floor will be upgraded and many will be reconfigured from semi-private to private rooms. Another interesting change will be the elimination of the nurses station to make room for a relaxing parlor or "resident living area". I'm told that it will even feature a fireplace: meeting friends here will be relaxing and pleasant. The addition of a bistro (see sketch) is another surprise that will offer a place to relax while enjoying a bite to eat. The redesigned corridor running through this floor (see sketch) will be brighter and offer the feeling of openness plus ease of moving around by staff, patients, and visitors.

In addition to the physical changes described above, a major update of the heating and air conditioning system is currently under way. This installation will involve adding 24 HVAC units. Related to the new units, new duct work will be installed to bring the enhanced air con-

ditioning and heating to all floors, resulting in major improvements in the delivery of heat and air conditioning to all areas throughout WHCC. Residents will find controls in each room where they can adjust the cooling or heating to satisfy their needs.

The latest electronic technology will be introduced, providing new tools for use by the staff to assist them in performing their services to the residents. Staff will be equipped with tablets and iPods which will be integrated with a base system. An example of one feature was explained to me: if a resident needs to reach a nurse or aide, he or she will activate a bedside button and the request will register on every staff person's iPod. Consequently, this should speed up response time.

In summary, the major changes underway will add comfort, convenience, and expanded service for the residents using the WHCC in the future.



Bistro Schematic



Open Airy Corridor

Safety Nets

By Mac McCullough, Diamond

High wire performers in the circus know there is a safety net that will catch them if anything goes wrong and they fall. Here at Asbury we have two safety nets in case we fall on hard times.

One is Maryland Medicaid, administered by the State of Maryland, which covers residents of Asbury Methodist Village living at the Wilson Health Care Center. The other is Benevolent Care, funded by the Asbury Foundation for residents who have outlived their financial resources through no fault of their own. This is especially important because there is no public safety net for those in Residential Living or Assisted Living.

Both programs provide assistance with rents, food expenses, medical care, and medicines. Benevolent Care also provides assistance with dental care, eyeglasses, hearing aids and helps cover additional needs of residents on Medicaid.

In 2013, the total amount of Benevolent Care provided at AMV was more than \$2.4 million. Money to support Benevolent Care comes from a



number of sources. First of all is money given by residents and friends to the Annual Fund, which is put to immediate use for residents in need. Second is the investment gains and interest from the Endowment Fund. Last year, the total benefit from annual gifts and the Endowment amounted to nearly \$1.3 million. Next is the contribution made by the Asbury Guild from the hard work done at the Bargain Mart, Wilson Gift Shop, and

the annual Membership drive. Over its long history, the Guild has provided millions of dollars in support of Benevolent Care. Finally, the Williamsburg Clothes Closet provides additional funds to be used to meet specific needs of some residents (dental work, hearing aids, etc.). Since its start in 1982, that total has been more than \$450,000.

There are safeguards in place to make sure no one is taking advantage of these programs. The financial history of any resident applying for Maryland Medicaid or Benevolent Care is carefully reviewed. The past three years of the applicant's financial dealings are looked at (bank accounts, sale of property, giving away of assets, unusual gifts to others). No one should try to pay down assets in order to get into these programs. (Note: The Internal Revenue Service goes back four years and Medicaid five to be sure individuals are not spending down.)

No one wants to outlive their financial resources, but isn't it comforting to know that these safety nets are in place to protect us and our neighbors?

What's In A Name?

By Al Tholen, Park View

Most of us have been addressed by various versions of their given names. For example, I was named Albert after my father.



top. To this day I use the same idea with note cards headed with an owl sitting on a tree branch.

My quick adoption of my new moniker led to some unan-

My mother always called me by that name: quite often in a loud voice with an exclamation point at the end expressing her exasperation. My dad called me "son", and an uncle called me "alewishes". More recently I have been promoted into a more international category, having been dubbed with the name "Albehr" (pronounced "owl bear") by my son who is a specialist in the French language and head of the language department at his university. Being what I consider to have been a typical male I, like many of you, have occasionally been called by names not appropriate for a publication read by very proper senior citizens.



About 40 years ago, I had a delightful secretary. One day while I was away from my desk at a meeting, a phone call came in for me. As usual, she wrote a note with information about the call and put it on my desk. Upon my return, I glanced at the message, then noticed that she had addressed the note to "Owl" instead of "Al". I thought this was very cute and began envisioning myself as an owl (sometimes even fantasizing with the modifier "wise"). I ordered a redo of my stationary with a the face of a small smiling owl at the

tipulated results. Primarily, the most lasting and prolific outcome was the gradual accumulation of lots and lots of owls; stuffed, crystal, bronze, ceramic, etc. I even bought a gold owl necklace in the bizarre in Istanbul while on a trip to Turkey. One of the games visiting grandchildren played was to walk through the house counting the owls. By the time Marion and I decided to retire to Asbury, I had a collection numbering well over 100 owls. Most of us living here had to make decisions on what to bring. Well, I narrowed my collection down to a couple dozen of the more valuable. The rest I spread out to a few grandchildren. One day, when visiting my daughter's house, granddaughter Lynn took me into her bedroom to see her new dollhouse. To my delight, she had a couple owls in most rooms of the dollhouse. Part of my current owl collection was on display in Rosborough for a few months four years ago.

In closing, I can imagine someone who doesn't know me asking "who is that old bird?" Actually, I don't give a hoot what you call me, just accompany the salutation with a smile.

In Memoriam

Resident	Residence(s)	Date of Death
Jane M. Allen	Kindley/Wallace	10-20-2014
Victor Lehtoranto	WHCC/Kindley/Mund	10-21-2014
Ezat Manesh	WHCC	10-24-2014
Christine Haynes	WHCC/Trott	10-28-2014
Martin Moon, Jr.	Diamond/Kindley/WHCC	10-28-2014
Olive Price	WHCC/Edwards-Fisher	10-28-2014
James Robert Hopkins	Wallace	11-01-2014
Harry Seeback	Trott	11-06-2014
Mildred "Millie" Lucas	WHCC/E-F	11-08-2014
Maxine M. Richards	Wallace	11-09-2014
Arthur Albertson	Villas	11-10-2014
Mary K. Ishii	WHCC/Kindley/Mund	11-17-2014

SCHOOL DAYS

By Gil Snyder, Mund

As I was preparing for my third year of attending the Johns Hopkins University OSHER classes at Asbury, my seven-year-old granddaughter Samantha was entering second grade while her sister Hailey, three years old, was starting her first year of preschool.



Photo: Nikki Snyder.

Gil's girls: Samantha, the oldest.

While I was growing up in DuBois, PA, neither preschool nor kindergarten were available. The school system was a great system for its time and it prepared me and many others to attend college. Before I entered the first grade my Mother visited the elementary school I would be attending and requested that I be put in the classroom of her first grade teacher who was considered the better of two then teaching first grade. This elemen-

medical doctors, several engineers and architects, and countless school teachers from a high school class of 157. The class also had several members who joined the military and upon getting out went on to attend college or work in a field related to their military training.

Besides Samantha and Hailey, I have three other grandchildren: Nicholas, 22, who just graduated from UC Berkeley in bio-chemistry; Madeline, 16, who is a junior in high school; Colin, 14 who is a freshman in high school. These three have the advantage of having preschool and kindergarten and the advantage of participating in advanced high school classes; this became very apparent to me when Colin told me he was taking calculus, a subject that I wasn't introduced to until the second semester of my freshman year at Penn State. I am always amazed when I



Photo: Nikki Snyder.

Hailey, the youngest.

tary school (first grade through sixth), Olive Avenue, was one of three that fed into the city's single Junior High School (seventh grade through ninth) and single Senior High School (tenth grade through twelfth). Olive Avenue had two classes each of the six grades.

Although my classmates and I didn't have the benefit of preschool and kindergarten, a great many of us went on to attend college. My class graduated three

am around any of my grandchildren to see just how much further along in learning they are than I was at a similar age.

Returning to OSHER classes at Asbury, all of you out there should take advantage of this opportunity to attend these great classes. This semester, I am finding the class on Sid Caesar's writers such as Mel Brooks, Carl Reiner, and Neil Simon not only to be hilarious but most informative about early television of the late 1940s and early 1950s.

70 Cheers for 70 Years

Bob and Rita Wysong's family helped them celebrate their 70th wedding anniversary in November! The couple was married at St. Patrick's in D.C on November 24, 1944.

A Foreign Service couple, they raised their five children, Linda, Susan, Mary, Bobby and John in foreign countries including Mexico, Brazil, Saudi Arabia, Lebanon and the Sudan.

For almost the past 50 years, the couple has made their home in Maryland. They are currently residents of Asbury. Bob is a patient in the Wilson Health Care Center. To facilitate frequent visits, Rita lives in an apartment in the Trott building nearby.

Thirty years ago, Rita interviewed scores of Asbury residents for her newspaper column. "Then as now," she says, "I found Asbury people among the best—very interested in life and welcom-



Bob and Rita Wysong with great grand-daughter Dahlia, age 3.

ing newcomers."

The Wysongs have 14 grandchildren and one great grandchild. Most of them live nearby and are a source of much joy to their grandparents.

OUR NATIVE PLANTS (2 of a series)

JOE-PYE WEED

By Peter Cascio, Courtyard Homes

Eupatorium purpureum is a native herbaceous perennial also known as Sweet or Sweet-scented Joe-Pye weed, Purple Boneset, Queen-of-the-Meadow Root, Kidneyroot, Gravel Root and Trumpet weed. The tallest one in our Pollination Plot #2 at the south end of the upper pond is about five feet tall. They will grow to eight feet or more similar to many of its white-flowered cousins Boneset (*Eupatorium perfoliatum*) that is more prolific and taller in the plot this year. The pinkish-purple flowers are produced at the top of the stems in convex to domed arrays. The plants bloom from mid to late summer and are popular attractions for our native pollinator bees, wasps, flies and butterflies.

Eupatorium got its name from the Roman Empire king Mithridates Eupator. He wanted his subjects to be healthy so he taught himself about this herb family and his people named the herb family after him. Over these 2000 years the family has grown and one of these offspring is the species *purpureum*.

Purpureum with the common names Gravel Root and Kidney

Root contains the solvent euparin, an oleoresin that helps dissolve gallstones, kidney stones, vesicular calculi and relieve painful urination, prostatitis, urethritis and other problems caused by too much of the wrong kind of calcium in the body.

Purpureum, when referred to as Queen-of-the-Meadow, is known as a nervine that will feed and build the nerves including the entire sympathetic nervous system. It will ease the discomfort of neuralgia. The diuretic effect and stimulant to the heart will draw the fluids out of the legs to reduce dropsy.

And then we come around to how Joe-Pye weed got its name. Joe Pye was the name given to a New England area American Indian medicine man by the Pilgrims. When his people got sick he would use this herb as a diaphoretic to encourage sweating. When Indian villages were swept with typhus fever which was fatal to many, Joe Pye would use the herb to make a hot tea to cause heavy sweating intended to break the fever.

If you have any of the above symptoms consult your medical physician. Please do not raid PP#2 for the Joe-Pye weed. Thank you.



Ask Dr. Bob



Sleep Changes in Older Adults[©]

Most adults need 7-8 hours of sleep to feel alert during the day. As we age we may have difficulty sleeping. Many things can affect our ability to get enough sleep.

What Sleep Changes are Common?

- Getting sleepy earlier in the evening.
- Trouble falling asleep.
- Inability to sleep all night.
- Early morning awakening.

What Causes Sleep Problems?

- Disturbances in sleep-awake cycle.
- Changes in hormone production - growth hormone, melatonin.
- Lifestyle habits - smoking, drinking alcohol or coffee.
- Illnesses, pain, medication.
- Sleep apnea, restless leg syndrome, periodic limb movements.

What is Sleep Apnea?

- Person stops breathing repeatedly while asleep.
- Most individuals snore very loudly.
- Sleep patterns are disturbed, making it hard to get a good night's rest.
- Can cause high blood pressure, increase risk of heart attack.
- Diagnosis requires sleep laboratory studies.

What is Restless Leg Syndrome?

- This condition causes your legs to feel very uncomfortable when sitting or lying down. This can make it hard to sleep.
- Medication may help this problem.

Periodic Limb Movement Disorder (PLMD)

- One or both legs kick many times during sleep.
- Person is unaware of the kicking unless bed partner talks about it.
- Prevents good sleep and causes daytime drowsiness.
- Medication may help this problem.

What Can You Do to Sleep Better?

- Go to bed and get up the same time every day including weekends.
- Do not take naps longer than 20 minutes.
- Don't read, snack or watch TV in bed. Use bedroom for sleep.
- Avoid caffeine 8 hours before bedtime.
- Avoid alcohol and nicotine in the evening. Alcohol can help you fall asleep initially, but will probably make you wake up in the middle of the night.
- After 30 minutes of trying to sleep, get up and do something quiet (reading, listening to quiet music) for a while in a different room.
- Ask your doctor if any of your medicines could be keeping you awake at night. Examples: antidepressants, beta-blockers, cardiovascular drugs.
- Ask your doctor for help if pain or other health problems keep you awake.
- Try to exercise a little every day. Exercise helps many older adults sleep better.

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Welcome New Residents



Photo: Hal Gaut

Mary Ann Champion Trott 706, x6077

Mary Ann Champion comes from Chester County, Pennsylvania, where she lived all her life. She attended local schools and went to college there for a year but when she learned that students of color were not permitted to use the swimming pool, she left and joined a band. Her mother was horrified but consented after learning that the band leader was the son of a Baptist elder. He promised he would look after her, and he did.

The band, the Dukes of Rhythm, performed mostly on the Eastern shore and Pennsylvania. Mary Ann was the vocalist from the time she was 17 until she was 22. At one time she went to New York to audition at the famous Apollo theatre in Harlem, received an offer, but was too shy to take it.

She married Charles Champion in 1948 and worked as an aide in a VA hospital. She also trained as a cosmetologist, then operated her own beauty salon,

The couple travelled the world, often visiting their oldest daughter, Beverly, who was in the diplomatic corps. This daughter, who lives in North Potomac, recently retired and was influential in bringing her mother to Asbury.

After 66 years of marriage Charles passed away last year. They have five children, all college graduates, 13 grandchildren and six greats.

Mary Ann still likes to travel and has a lively interest in music, dancing, reading, the casino, the computer and her Baptist church.

—Becky Ratliff, Trott

Kathleen and Brian Shea Edwards-Fisher 101, x6568

Most of us were shaking the sand from our beach towels when Kathleen and Brian Shea began their move to Edwards-Fisher apartment 101 on July 27, 2013. Kathleen or, as she prefers, Kathy was born in Jamaica, New York, and holds a BS degree in elementary education.

She has completed some courses required for her Masters. Born in Springfield, Massachusetts, Brian graduated from the United States Naval Academy at Annapolis in 1960 and earned a Master's degree from George Washington University in 1972.

Submarines dominated Brian's naval career as he served on both conventional and nuclear powered vessels. Kathy taught fourth grade in both the

New Jersey and Montgomery County school systems and was a part of the Montessori preschool program. Married for forty-six years, Kathy and Brian have two daughters and three grandchildren. Their daughter and son-in-law manage the Montessori school that for twenty-five years was a big part of Kathy's life.

As Roman Catholics, volunteer work at the church was an important outlet for Kathy. Brian enjoys the challenge of fishing while Kathy is fond of relaxing with a good book. Having lived in the area, Asbury Methodist Village was a familiar complex to Kathy and Brian. Located near their children, it seemed to be the best place to suit their present and future needs. We Edwards-Fisher friends and neighbors heartily concur.

—Joan Dunlop,
Edwards-Fisher reporter



Alex Stouck Trott 406, x6828

Alex was born in Baltimore but came to Washington when he was six. He graduated from Roosevelt High School and the University of Maryland. College was interrupted by his stint in the Navy during WWII. He and his wife later lived in Silver Spring, then Bethesda.

Quality Supplies, the business that Alex owned for 35 to 40 years, supplied cleaning products to Asbury during the 80s when Trott, Edwards-Fisher, and Mund were the only apartment buildings.

Alex and his wife rented an apartment in Florida and finally purchased and decorated a place, but his wife died before they could move in. That is where Alex lived for several years before coming to Asbury this past summer. He has two children, a son in Potomac and a daughter in Ocean Pines. She has a daughter and his son has two girls and a boy.

Alex has enjoyed playing duplicate bridge for 65-70 years. He and his wife have travelled all over the world (82 countries) and played bridge in several of them.

—Marilyn Gaut, Trott reporter



Photo: Hal Gaut

Welcome New Residents

Barbara Lockett, Wallace 319

Exercise has always been important to Barbara Lockett. It didn't take her long, after moving to Asbury Sept. 30, to start going to yoga classes twice a week. She has taught slow-motion Tai chi. Along the way, she's been a biker, a tennis player and a cross-country skier. It all began with her performing the rigorous Royal Canadian Air Force exercises.

Barbara moved here from Fairfax, where she'd lived for three years. She has a daughter in Arlington.

Her life began in 1936 in Northampton, Mass., as Barbara Pradulos. She was an only child. Her father was an electrician. In 1956, while she was a chemistry major at the University of Massachusetts, she married her lab instructor, Richard Rice. They moved to California, where Barbara worked as a chemist at UCLA. She also taught junior high and high school science and chemistry.

Barbara and Richard divorced in 1967, and Barbara embarked on a new career. After earn-



Photo: Mary Waldron

ing a master's degree in library science at the University of California at Berkeley, she moved back east. She worked as a science

bibliographer at the New York State University in Albany, the capital, and later became head of reference at the state library there.

After retiring in 1994 as director of libraries at Rensselaer Polytechnic Institute in Troy, N.Y., she moved to Santa Barbara, Calif. There she became a master gardener. For several years, she worked at the botanic garden in Santa Barbara. She's always been an avid gardener, and she looks forward to having a plot at Asbury.

Among her many talents, Barbara was an accordion player. In Santa Barbara, she founded an accordion group that played concerts regularly. She moved back east in 2001, when a tremor ended her accordion playing.

In 1985, Barbara married Benjamin Lockett, a former merchant marine engineer. He had designed firearms for Springfield Rifle, and then worked in security for the Atomic Energy Commission. Benjamin loved to hunt and fish; he and Barbara took many camping trips. "I was good at sitting in a boat," she said. Benjamin died in 1991.

—Mercer Cross, Wallace Reporter

Susie Jones Mund 507, x6461

Susie moved to Asbury after living in the District of Columbia for most of her working life. She says she did a lot of research into CCRC's before making her choice. It was important to her to have access to public transportation, since she does not own a car. She lived in DC for many years, so she has friends there and attended The Church of the Saviour.

She was born in Raleigh, North Carolina. Her mother could not care for her, since she needed to work to support herself and so Susie was cared for by foster parents for two years and then when she was six, her mother placed her in the Baptist Children's Home. There she received excellent care, and a good education, not only in the academic subjects, but also in the tenets of the faith. She was able to go home for some weekends and holidays and for a two week summer vacation, and so didn't lose touch with her family.

She left the home at age 18, having graduated from high school and been accepted as a student at Wake Forest University in Winston-Salem. She majored in Speech and Political Science, then earned an MA in Foreign Affairs from the University of Virginia in Charlottesville.

Susie went to work for the International



Photo: Bob Tedesco

Development Program of the National Cooperative Business Association in Washington, D.C. and stayed for 41 years, eventually becoming the Director of Recruitment and Program Support. The association's purpose was to provide technical assistance to impoverished farmers and others to improve their incomes by improving production and marketing.

Her work included recruiting staff for overseas jobs in Africa, Latin America, Asia and the Middle East; creating and managing training programs and some project design and evaluation. She traveled to India, Indonesia and Somalia. Many projects resulted in substantial income increases for project participants.

Susie enjoys travel, especially to art museums; reading biography, history and fiction; and attending ballet and theater performances. She actively participated in debate teams in high school and that experience led to an invitation to attend Wake Forest to participate in the debate team there. Her special interest is economic justice for the impoverished. She has been an active member of the Church of the Saviour and led intercessory prayer groups and mini-retreats there.

HACKING

Continued from page 1

Beloved Community Initiative: diversity and collaboration. One team came from Australia while one of my team members started his life in India, another in Malaysia. Their backgrounds included healthcare administration, graphics, finance, computer science, counseling, among other fields, and they used their expertise to collaborate with team members to design their products. What did the teams come up with? Three of the ten projects had to do with falls. Does this have a familiar ring to it? Hal's team came up with a means of recording the memories of seniors in the beginning stages of Alzheimer's Disease and my own team with a way to make visits by Geriatric Care Manag-

ers more efficient and family-friendly.

On Sunday night, after the majority of Hackfest concluded, we attended the premier of the very moving film, "I'll Be Me" about country music legend Glen Campbell's last tour as Alzheimer's began taking its toll on him and his family. The premier took place at Nashville's huge Music City Center, the Leading Age conference site, and was followed by the introduction of the Campbell family and a concert by Campbell's daughter, Ashley, and her band, as well as appearances by Delta Rae and the Band Perry.

Monday was the big day for Hal's award. Not only had two of our daughters flown down to join some 7,000 conference attendees in witnessing the award ceremony, but Hal was totally surprised to see some of his GBCI friends larger than

life on a video offering him their congratulations. Theirs was not the only AMV presence. The theme of the conference was "Redefining Age," and the plenary began with a video of AMVers, Barbara and Tony Barnard, Gene and Susan Dunn, Jean Hefner and Alton Smith, and Mary Waldron and Russ Weber doing just that, and doing it beautifully!

During the conference, we saw firsthand progressive and forward-looking ideas, many of which are imbedded in the way AMV impacts our lives. Not only was The Asbury Group (TAG), Asbury's for-profit consulting and management arm, a prime sponsor of Hackfest, but leadership for Hackfest came from Asbury's Chief Information Officer Chip Burns, Chief Operating Officer Doug Leidig and Asbury Board member Bob Burke, as well as Eric Anderson. During the conference,

we also attended a very fine presentation on resident engagement by AMV Executive Director Henry Moehring and Asbury Solomons Executive Director Andrew Applegate.

As we explored the conference Expo with its over 500 exhibitors, we discovered that not all advertisers market to the 19-35 year-old segment of the population. Along the way we managed to experience some good country music, partake of delicious barbeque and visit some of what downtown Nashville has to offer. Back home at Asbury, but still reveling in our Leading Age experience, we are most grateful to Asbury for nominating Hal for the award and we are **especially grateful to all the Asbury residents and associates who make the Gaithersburg Beloved Community Initiative possible.**

CATHEDRAL

Continued from page 10

art: the serene Mosque of Cordova (begun in 785 atop the Visigoth Christian church, a former Roman temple) with its extensive repetition of arches painted in sienna and cream and the incomparable mosaic of the Mihrab bringing one awe and a quiet peace. Following the conquest of Cordoba in 1236, Ferdinand III consecrated the ancient Mosque and began construction of the Cathedral. The latter could not be more different from the Mosque. Taking several centuries to complete, the baroque style is complexly ornate, and like most Christian art celebrates the martyrdom of saints and the Crucifixion. Our guide offered a most likely apocryphal criticism of the church by one of the early kings: "You have managed to destroy something unique and replace it with something anyone could have built." Whatever one's personal feeling about this combined edifice, I was glad that those of the early period recognized the incredible structure of the Mosque and preserved it by tucking a cathe-

dral inside of it.

It was difficult for the conquering Christians to resist the beauty of the Moorish style: arches, graceful calligraphy, stunning tiles, and peaceful courtyards. One such Christian, Pedro I (14th C), embellished Seville's Alcazar, a former Moorish fort. Being on good terms with the city's Moslem leader, he hired the Mudejar artisans to work their magic. The Mudejar were Muslims who remained after conquests but did not convert. Their artistic style was popular at the time as it combined Moslem geometric design, colorful tiles and calligraphy in praise of Allah with small crosses and Christian symbols. The tolerant Pedro mistook the word Allah for God and even asked for a Jewish star to be part of a wrought iron gate in appreciation of his Jewish minister of finance. Times were easier then and art flourished.

Returning home after 5 weeks, we felt like time travelers seeing the best of the Medieval period without experiencing its related horrors. It is good to be back. Now to finish sorting the photos!

HOLY CROSS

Continued from page 3

Calvin: There will be better coordination of wellness services as well, so it is not just about medical issues. The new health center will be part of a bigger picture in terms of the residents' health, well being and overall quality of life. Plus, the new health center is easily accessible to residents. We'll be just a walk, short drive or a shuttle bus away. That makes a big difference to people who don't want to spend half their day traveling to and from a doctor's office.

Question: How long will it take to be seen by a medical professional at the clinic?

Annice: The clinic will be operated like a typical medical practice which means that residents will be seen on an appointment basis. However, we recognize that illnesses don't always come when you've got an appointment scheduled, so we have also committed to making same day appointments available. This supports our goal of having people seen quickly when they

have a health need that's urgent.

Calvin: I want residents to understand that we will be scheduling appointments in a way that won't make them feel rushed. Each patient will have sufficient time with the provider so that they feel that they have really gotten the attention they needed and that they've had ample time to discuss all of their issues and concerns. The initial visit is also a great time to meet with the staff member who is doing the care coordination. The resident can sit and talk to them about their various medications and make sure there are no conflicts with potentially adverse reactions.

Question: What do I do if I need a specialist?

Annice: Our physician will refer patients to specialists and ensure appropriate follow-up after the visit. Over time we hope to be able to offer the services of various specialties, particularly physicians who provide the most common services for seniors such as cardiologists and orthopedists on site.

SOLAR

Continued from page 1

John reports about this phenomenon.

Various observatories indicated that this sunspot was the largest in

25 years, and that it was a concern because the emissions from the "flare" - which emanates from the sunspot - had the potential to send electromagnetic and other radiations towards the Earth and possibly disrupt communications and the power grid. Fortunately, by six days

later, the sunspot rotated to behind the Sun and the anticipated emissions never occurred. John tracked and photographed this 80,000-mile-wide colossal sunspot every day until it rotated behind the Sun. He used special filters on his digital camera to protect his eyes.

The sun is composed of plasma gas. Sunspots are comparatively cooler areas on the sun. And as the sun spins, its magnetic field releases ionized gas and big solar flares - equivalent to billions of Hiroshima-sized nuclear weapons.



Village Life

A NEWSPAPER FOR ASBURY METHODIST VILLAGE

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VILLAGE LIFE: A NEWSPAPER FOR ASBURY METHODIST VILLAGE



Photo: John Villforth