



Campus News & Views

Body – Mind – Spirit Center

By RADM Kathy Martin, CEO

So, what's in a name? I thought about that when we were deciding upon a good name for our "refreshed" fitness center. Body – Mind – Spirit Center seemed to fit well with why one would visit and what you might expect to find there.

The Center is meant to be a place where one can find out what exciting events are occurring or seek the company of others or have a comforting conversation with our chaplain or take a dip in the pool and of course, work out. It is also a place to gather with friends to have a cup of coffee or a light meal. You might also "Skype" your grandchildren in a faraway state or country, or just send a quick email to an acquaintance.

A new fitness center had been talked about for years and George made it a point to remind me of that. Well, it is finally here - well, almost. As of this writing, we are still awaiting some of the furniture.



After almost six months of construction, we opened the Body – Mind – Spirit Center (otherwise referred to as the fitness center) on November 15, 2016. If you have not already made it a regular stop during your day, I urge



you to visit as soon as possible. This is what the Center offers:

- New office space for the Special Events Coordinator, Fred Johnson; the Chaplain, Scott Harrison; and Bistro Manager, Tiffany Bannerman
- A pool and spa which have been resurfaced
- New locker rooms for men and women (with heat and A/C – old joke)
- A work out and weight room – Fitness Studio A/B
- A massage room in Studio A/B
- Fitness office in Studio A/B
- A cardio room – Fitness Studio C
- An exercise class room – Fitness Studio D
- A Cyber café which will have new furniture in February
- The Café with a great menu for breakfast, lunch and snacks

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Body - Mind - Spirit Center *From page 1*

Our center is state of the art and just waiting for a visit from you! So, come on down and start the new year with a commitment to get in shape, stay in shape, and exercise with friends.

The pictures featured with this article were taken to showcase the renovations.



On December 19, 2016 residents and staff celebrated the beautiful new spaces with a holiday celebration, an annual tradition done on a larger scale this year. There was plenty of delectable snacks and homemade food along with some great camaraderie. It was a great way to celebrate the new center and bring in the new year.

VHRC staff celebrated the holidays and the new year with an ugly sweater party and luncheon. The contest sure brought out some creative and interesting pieces from staff, and even the leadership team joined in on the fun. It was a fun afternoon filled with music, camaraderie, and of course food.



Top: The VHRC leadership team in festive wear.
Left: Ugly sweater contestants pose for a picture.

"Pool Tomorrow?" "You Bet!"

By Rosemary Hogg, Apartment 432

The following article first appeared in *News and Views* in March 2007. We reprint it here to apprise you of the great fun and good exercise that awaits you. A few minor changes were made, and any similarities to present and/or former residents are purely intentional!

Every Wednesday morning from 9:00 a.m. to 10:00 a.m. and also on Friday afternoons from 2:00 p.m. to 3:00 p.m. a group of residents play their version of water volleyball in the pool of the Vinson Hall Fitness Center. The game is somewhat similar to that played on indoor and outdoor courts: a high net divides the court in two; the ball is round, teams of 2 to 6 players, and scoring only when serving.

There the similarity ends. Vinson Hall volleyball include: a game to 21 points, being permitted to hit the ball more than 3 times in an attempt to get it over the net.

The players are male and female, husband and wife, widow and widower, old and older, and come in all shapes and sizes. They vary in their athletic prowess, or lack thereof, but play seriously and with determination under the watchful and amused eyes of our life guard.

Serving the ball illustrates the diverse and individualized methods of the athletes. One lovely lady holds the ball close to her head as she plants one foot on the bottom of the pool as she balances herself in preparation for her serve. Another earnest team member holds the ball in front of his face, shakes it free of excess water, and looks over each side of the ball and at the opponents before sending a curve ball spinning over the net.



Several players juggle or bobble the ball 2, 3, 4, even 5 or more times in a desperate effort to send the ball into the opposite court. One urges, "over, over," the other "I've got it," another player says, "oh no!" depending on the circumstances. Long rallies are uncommon and are cause for great celebration: each team congratulating itself for keeping the ball in play whether or not their team has earned the point

Keeping score is an interesting and puzzling phenomenon considering that the players are all extremely intelligent adults who at one time or another must have learned simple arithmetic. Some call out the numbers with certainty even when they are wrong; some ask, "what's the score?" and others just shrug and leave it to their teammates to work it out declaring, "sounds good to me."

New players are welcome. There is always room for more. After an hour of stretching, reaching, and thrashing what comes out of it is much laughter and banter, some friendly sarcasm (but not rancor) directed at anyone's abilities or inabilities, all express their thanks to the other players for the game, and retreat to the hot tub.

"Volleyball anyone?"

"Oh, yes!!"

Arleigh Burke Pavilion

Happy New Year!

By Katie Branch, Administrator

Happy New Year to our residents, family members and employees! The New Year is always an exciting time of year, a time to reflect on the past and look forward to the coming year. As we begin another year I'd like to extend a heartfelt thank you to all our wonderful employees who continue to deliver quality care to our residents on a daily basis. In 2016 we had another round of successful surveys in both Assisted Living and Health Care. It is because of our employees' hard work and dedication to our

residents that we are rewarded with excellent survey results year after year. 2016 also brought along the end of our renovation project in Health Care. We appreciate the flexibility, understanding and feedback of our residents throughout this sometimes difficult process and hope that everyone loves the end result as much as we do.

I wish you a happy and healthy 2017!



**Arleigh Burke Pavilion
Assisted Living and Health Care**

www.ArleighBurke.org

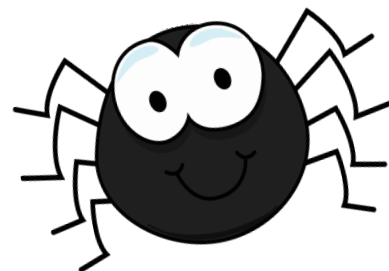
Spider

By Sally Springer, Apartment 1201

Spider

Small yellow spider in my car,
Your life-line will tangle with my turn signal
Where will you go if I drop you out the window?

For now, you may spin in the passenger side,
And we'll ride home together.



Correction: Fall 2016 Edition

In the Fall 2016 issue of Campus News & Views, we printed a wonderful article written by Major Tom Donnelly. Unfortunately, while transferring his handwritten piece to the computer, we made some typos. Please know the typos were ours and not the author's. We extend our apologies to Major Donnelly, and commit to more vigilant proofreading moving forward.

The Sylvestery

2016 Walk to End Alzheimer's Recap

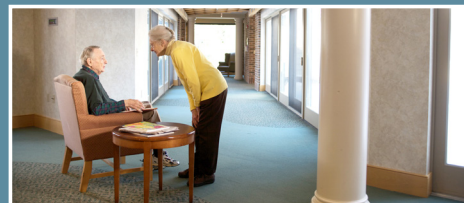
By Rachel Doherty, Administrator

Thank you so much to all the volunteers, contributors, and participants in the 2016 National Capital Area Walk to End Alzheimer's. The walk took place on October 8, 2016 on the National Mall, not even a little rain could stop the team in supporting this cause! The Sylvestery at VHRC team proudly wore custom made T-shirts as we walked on the National Mall in front of the U.S. Capitol. We could not have asked for a more beautiful backdrop!

While it is unfortunate how many individuals are affected by this disease, it is inspiring to know that we are not alone in this fight. There were thousands of participants from all across the DMV area that came to D.C. on Walk Day. The energy of the event was exceptional with motivational speakers, incredible team spirit, and cheering crowds. The Sylvestery was also delighted to be a sponsor of this year's event and received recognition on stage for our efforts. From campaigning at The Sylvestery to online donations we far exceeded our target goal. We look forward to even bigger goals and increased participation in the year to come.



The Sylvestery
Memory Care and Support
www.TheSylvestery.org



6251 Old Dominion Drive
McLean, VA 22101

Unwanted Encounter, Marvelous Results

By Roy Easley, Apartment 145

It has been almost seventy years since that unwanted first encounter in the summer of 1948. Sara, one of my married sisters, telephoned me. I was home in Louisville, Kentucky on summer leave from West Point. Sara was going to model in a fashion show at the Brown Hotel and invited me. I did not want to attend as I was maximizing day and evening dates with young ladies, however my better self came forward. I did not want to disappoint Sara and therefore accepted her invitation. Life was about to begin!

I entered the Brown Hotel Roof Garden and there she was, the most beautiful girl in the World! She was standing by a small table handing out miniature sample bottles of perfume. Possessing a slender and graceful figure, she was attired in a simple yet elegant manner. She wore a straight black skirt, black high heels, and a beautiful white blouse with long sleeves. Wow! I was locked on to her firmer than a target tracking radar. I could not take my eyes off her. I knew I was being extremely rude.

I took a seat and the fashion show began. I was attentive, but I was also reviewing my thoughtless behavior towards that gorgeous young woman. Had I blown my opportunity to meet her? Probably. For sure now was not the time to meet her. I hastily departed at the show's conclusion.



Arriving home I invented a reason for my hasty departure and waited long enough for Sara to return to her home before telephoning. I praised the performance of the models, thanked her again for the invitation, and popped the question: Who was that gorgeous girl handing out the perfume samples? Sara's (summary) response: Elizabeth (Betty) Boone, junior model, age seventeen, the fashionable outfits modeled were designed for older women, hence the perfume job.

Sara volunteered to telephone Betty, identify me as her brother on leave from West Point, and to expect a telephone call from me. Betty dreaded the expected telephone call as she anticipated my request for a date. Given my terrible behavior at the show she wanted to avoid me, not date me. Yet, just as I did not turn down the fashion show invitation and disappoint Sara, Betty did not want to disappoint Sara by refusing me a date. How lucky could I get!



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Unwanted Encounter, Marvelous Results

From page 6

That first date with my future wife was a complete success. Betty rendered a silent forgiveness for my crass fashion show deportment, and our personalities magically merged in a complementary way that expressed courtesy, respect and admiration.

The unwanted 1948 encounter produced marvelous results, the most important of which were a sixty year marriage and a very large and loving family of which my wife was the lodestone. The front of our gravestone in Arlington National Cemetery honors my wife:

REMARKABLE AND ELEGANT WIFE, MOTHER,

GRANDMOTHER, TEACHER AND FRIEND

ELIZABETH BOONE EASLEY

DECEMBER 8, 1930 – FEBRUARY 13, 2011

WHAT A MARVELOUS DIFFERENCE
ELIZABETH'S LIFE MADE.

Meet The Staff: Development Department



Left: Allison Frenkel, Communications & PR Specialist

Center: Paula Manczuk, Director of Development

Right: Sara Sims, Development & Volunteer Coordinator

Most of you know the development team as the fundraisers in the community. While it is true the development department is responsible for raising the funds that support the three program areas not covered by resident fees, there is more to us! In addition to managing our donor stewardships efforts, the development volunteer coordinator, Sara Sims, conducts all the recruiting, screening, and initial orientation for all the volunteers, regardless of where in the community they give their time. The communications and PR specialist, Allison Frenkel, is responsible for the look and feel of all information both NMCGRF and VHRC present to the public. The director of development, Paula Manczuk, serves on the senior directors team, working on strategic goals for the entire organization. Next time you're in the lobby of the Vinson Hall building, stop by. We're in the offices behind the French doors.

Navy Marine Coast Guard Residence Foundation

Volunteers

Welcome 2017! Last year was another great one for the volunteer program. We were able to grow our team of volunteers, expand to new volunteer opportunities, and stay connected with our community.

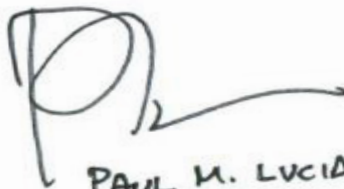
As some of you know, we had the pleasure of participating in the George Washington University Freshman Day of Service again last fall. The students split up and tackled projects around the community. One group set up an assembly line in the ballroom making care packages to send to some U.S. Navy, Army, and Marine troops deployed to areas around Kuwait and Djibouti as well as the aircraft carrier, USS Carl Vinson. The care packages were mailed shortly after the day of service with notes from the students and staff.



Just before the holiday season, two personalized thank you's from the troops were received. This is truly touching because they took the time to send something back to us to show their gratitude. Our community partners and volunteer groups make such a big impact and the volunteer program is honored to help make it all happen.

If you would like to know more about the volunteer program, stop by the Development Office off the main lobby of Vinson Hall or contact the Volunteer Coordinator, Sara Sims, at 703-538-2970 or saras@vinsonhall.org.

SARA,
GREETINGS FROM DJIBOUTI,
AFRICA AND THANK YOU FOR YOUR
LETTER AND CARE PACKAGE OF
SNACKS RECENTLY RECEIVED. THE
SUPPORT AND GENEROSITY OF
VINSON HALL IS GREATLY
APPRECIATED.


PAUL M. LUCIA
LCDR, CDC, USN

What's In a Name?

In 1986, the Carl Vinson Hall, as our community was known, had been open for 17 years. The Trustees recognized that it was time to expand the community to meet the changing needs of the residents. Plans were drawn up to add a new building to the community, with the working name, the Vinson Pavilion. The Vinson Pavilion would add nursing and assisted living accommodations to the community. As expressed in the original case for support from 1988, adding new levels of care was crucial because it was "important to extend [the Carl Vinson Hall] family atmosphere into the care environment when residents become dependent on others." The original budget for the Vinson Pavilion was \$5.7 million. \$3.9 million would come from a mortgage, leaving \$1.8 million to be raised from supporters.

With all the campaign materials designed and fundraising underway, prominent officials wrote letters of support. The Foundation Trustees were very involved, including Dr. Patrick Ward. In addition to serving on the Board of Trustees for Navy Marine Coast Guard Residence Foundation, Pat also served as Admiral Arleigh Burke's guardian. Knowing this, several of the Foundation's Trustees approached Dr. Ward and Admiral Burke about naming the building after the Admiral Arleigh Burke. After all, the campus was named for the father of the two ocean Navy, so it seemed fitting that one of its buildings be named for the "godfather" of the Navy. In addition,



one of Admiral Burke's classmates from Naval Academy's class of 1923 Admiral Hensel, was a strong proponent of the honor, and was a driving force behind the fundraising for the building. The Naval Academy Class of 1923 cumulatively raised a substantial sum for the project.

With the name Arleigh Burke Pavilion chosen, and fundraising well underway, the project moved ahead. On November 8, 1988 a ground breaking ceremony was held. Both Admiral Burke and his wife Bobbie were in attendance, as well as First Lady Barbara Bush.

Arleigh Burke Pavilion opened its doors on February 14, 1991, and continues to provide assisted living and long-term care to our residents.

Many places within the community still need names. If you are interesting in showing your commitment to the Foundation by honoring a loved one, contact the development team at 703-538-2970 or development@vinsonhall.org.



Salute to the Older Woman Tennis Player

By Valerie Vesser, Apartment 1505



Valiant, unconquerable in will and power,
I toast the older female who improves the hour
By whacking a yellow ball with all her strength,
Thus avoiding pills, therapy and at length
Ills like arthritis, gout and even STDs
(Because she's on the court, not into sleaze),
This model of the better sort is strong
In body, spirit, heart, her endurance long,
She's kinder to spouses, children and her neighbors,
Better in bed, at work, in all her labors
Than plain women who eschew the sporty jacket,
Wear not short skirt, know not the tennis racquet;

Those females dull, depressed and disappointed
Stagger through life and love, quite unannointed,
In air-conditioned rooms, alas, they lie and stew,
Watch telly, eat chocolates, and join the queue
Of those who have not made it as they hoped,
Who lost their zest for life and means to cope-
But under the sun on court we steam and sweat,
We live each stinging serve, each crosscourt, you bet,
And slice, spin lob our way to minor wins,
Which all add up to far outweigh our sins!
Here's to the vital better sort
Aging most gracefully as others ought!!

I Married a Magician

By Elaine Baker, Apartment 301

I was vaguely aware of my husband's interest in magic early in our relationship. He had told me about how his father had gone to a convention when he was 9 or 10 years old, and brought him back a clever little trick called "Penny in a box." Jim learned how to do the trick and found out he could earn adulation and praise by performing this simple but baffling trick. He was hooked!

Over the next several years he learned a few more tricks, but other interests in young adulthood shifted magic into the background. But when our kids were little he entertained and delighted them and their friends with little simple magic performances. The whole thing escalated when our older son's 2nd grade teacher

asked each child to tell what his father did, and Jimmy proudly piped up "My daddy's a magician." (Jim actually earned his living as a newspaper reporter on the Richmond News Leader.) The teacher asked if Jimmy's father would come to



I Married a Magician

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class and do a show, and Jimmy replied "Sure." Jim couldn't embarrass his son and namesake, so he set to work preparing and soon presented his first real magic show.



Mister Mystic, aka Jim Baker of James City, performed the ancient illusion of solid metal rings that seemingly link and unlink at will at a recent meeting of the Williamsburg Assembly of the Society of American Magicians. Baker gave an illustrated presentation on magic and magicians in India, where he served three years with the U.S. Information Agency. The assembly next meets at 7 p.m. Wednesday, June 25, at Williamsburg Presbyterian Church. The meeting is open to the public. Call Phil Thorp at 229-2329.

Our family's fortunes suddenly shifted when Jim was offered a job with the U.S. Information Agency. (Jim and I had both longed to see the world, but we couldn't afford to travel on a newspaper reporter's salary.) This was our big chance! In just a few short weeks we were settling into a new way of life in Madras, India.

Indians were fascinated with magic, and at stiff diplomatic functions a little pocket trick broke the ice and soon everyone was describing a trick he'd seen a magician perform. This also led to Jim's becoming acquainted with several local magicians, the most notable of which was "The Great Baganathan", who advertised himself as "the most educated magician in the country" Jim went on to become a charter member of a new chapter of the International Brotherhood of Magicians (IBM) in Bangalore, India, a worldwide organization which he belonged to the rest of his life.

In our subsequent overseas postings, Jim continued to break the ice at diplomatic functions and hook up with local magicians. He also performed a number of charity shows in orphanages, hospitals, etc. A few stand out in my memory:

In a Pakistani hospital he was told he would have to do two shows, one for the men and one for the women. He refused, so for the first time ever the men and women were in the same hospital room, with a curtain in between.

In Tunisia a Peace Corps volunteer asked Jim to perform for her mentally challenged students. A few weeks later he performed the same show for a group of Tunisian graduate students bound for the U.S. The two groups had identical reactions to the show.

I served as Jim's assistant until I made a huge blunder. We were on a big stage, and I brought out a tray holding a big glass bowl. Jim poured water into the bowl and supposedly vanished bowl and water. Except in that performance I dropped the tray down the wrong way, and the water poured out on floor. The audience roared with laughter, but I retired in disgrace.

Throughout retirement Jim maintained his interest in learning and performing magic. We attended numerous magic conventions together, spent a day at the Magic Castle in Los Angeles, and enjoyed the friendship and camaraderie of other magicians and their families. He also wrote 13 magic books for children, so who knows how many 9 or 10-year-olds became hooked on magic as a result.



We Want to Hear Your Story

The Campus News & Views is always looking for interesting items for the newsletter. If you have a news story, an original poem, piece of short fiction, or cartoon you would to share with the entire community, please let us know! Written submissions should be 500 words or less. Electronic submission are encouraged, but not required. All submissions must be original works by the person submitting. We cannot print anything with a copyright. Submissions are subject to approval and printed on a space available basis. Some submissions may be held to print in the future.

Independently Living submit your work to Allison in the development office or email to AllisonF@VinsonHall.org.

Arleigh Burke and The Sylvestery, please submit your work to the building Administrator.

The deadline for the Spring 2017 Newsletter is Tuesday, February 22, 2017.