



## Campus News & Views

### Happy 49th Birthday Vinson Hall Retirement Community!

A birthday celebration is not complete without friendship, food, and cake! That's exactly what happened on June 29th, when Vinson Hall Retirement Community celebrated its 49th birthday. Delicious cook-out style food was the backdrop of a lovely lunch filled with residents and staff. The Penthouse Dining Room put on quite the menu: a three-course meal filled with great summertime favorites hot off the grill, and of course birthday cake was served for dessert.

Residents commented how great it was to spend time with neighbors, friends, and family in celebration of the founding of our beautiful home.



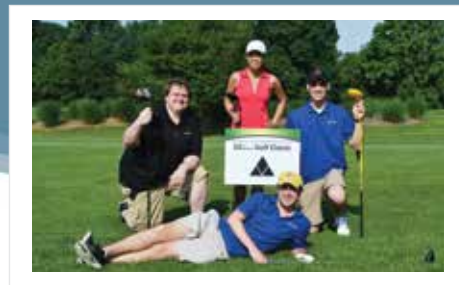
Cheers and Happy Birthday to Vinson Hall Retirement Community!



There are quite a few residents who were members of the original wives' clubs that fundraised for the building of Vinson Hall over 49 years ago. Let's take a look back to 1969 when Vinson Hall first opened its doors:

- Domino's® Pizza's logo had three dots because that's how many stores there were in 1969.
- The New York Jets were Superbowl III Champions.
- "That's one small step for man; one giant leap for mankind," Neil Armstrong said, upon stepping on the moon.
- Top song on the Billboard chart: "Get Back" by The Beatles with Billy Preston.
- Top primetime television show: *Laugh-In* with Dan Rowan and Dick Martin.
- Average cost of a gallon of gas: \$0.35.
- Population of McLean: 17,000 people.

# Navy Marine Coast Guard Residence Foundation



Foursome from Vexterra Group

## 32nd Annual Golf Classic Recap

On June 8, NMCGRF hosted its 32nd Annual Golf Classic Tournament to benefit Wounded Warrior Transitional Housing at Vinson Hall Retirement Community. There was a fabulous blue sky backdrop that day at Reston National, which was the foundation to this great event. Thank you to all 72 of our golfers who came out to support NMCGRF! Special thanks to the 11 wounded veterans who golfed from Salute Military Golf Association. With a winning score of 59, George Limber, Andreas Georgiou, Louie Limber, and Kosta Troupen took home the championship trophy.

Thank you to our wonderful volunteers and sponsors. Sponsors included: Navy Mutual Aid Association; Whiting Turner; designDATA; Vexterra; RADM Frederic Sanford, MC, USN (Ret); Healthcare Services Group, Inc.; W Homes; Atlantic Electric; Medline Industries; RADM H.W. Pat Dawson, Jr., SC, USNR; Sysco; and US Foods.



Our 32nd Annual Golf Classic Champions Andreas Georgiou, George Limber, Louie Limber, and Kosta Troupen with a winning score of 59.



A huge thank you to the Navy Mutual Aid Association staff who volunteered to help with our 32nd Annual Golf Classic.



Foursome from designDATA getting ready to head out on the links



Veteran from Salute Military Golf Association with Vinson Hall's Director of Dining Services Tim Rinkel



# GERONIMO!!!!

by Bill Bailey, Apartment 74

Over the years, there have been three questions I am always asked:

1. Why the paratroops?
2. What was the first jump like?
3. Bill Bailey won't you come home?

I never intended to be a paratrooper, falling through the sky at 120 mph and praying the chute would open, but a hazardous duty bonus of \$50 a month (worth \$628 today) was enticing. It was 1946, and my army private's pay was only \$50 a month.

The exhilarating experience of my first jump has been forever engraved in my brain. More about it later.

I was 17 years old and the fourth of eleven children (eight boys and three girls) growing up in Philadelphia. It was shortly after the end of WWII, and my three older brothers were already serving in the military. Affording college would be a challenge. But the army had a recruiting slogan, "Enlist for 18 months and be guaranteed three years of college." I signed the papers and was sent to Fort Dix, New Jersey, where half a day of field training was followed by competing for the base's track team.

After Basic, the U.S. Navy transported me to Japan, where I became part of the occupying force. The cruise took 21 days. There were 3,500 men on a troopship equipped for 1,500. Privacy was impossible. Thankfully, going back home only took seven days.

Arriving in Yokohama we were given a spirited talk about joining the 11th Airborne Division (one of my brothers had served in the 11th). We would take our jump training in Sendai, Japan, and after



graduating would receive the additional \$50 in jump pay. I volunteered.

The first week of jump school consisted of physical training, followed by five qualifying jumps, including a night mission from only 450 feet. During jump week the graduates from the previous class would share their experiences with us newbies.

With tongue firmly in cheek, they told of a peculiar duty for the 30th, or last, jumper in the plane. Before jumping he was responsible for sweeping up the cigarette butts and tidying up the aircraft's deck. I was number 30 and looked around for a broom. I had been completely taken in.

The Jump Master, who resembled Mr. Universe, asked, "What's wrong, soldier?" He was not amused when I related the need for a broom. "Get up to the door and get your sorry [butt] out of here."

I completed all my jumps and received my parachute wings a few days after my 18th birthday. I will always remember that first jump and laugh about the circumstances.

I made more jumps to qualify again when recalled to active duty for the Korean War in 1950. I used the GI Bill to get my degree in Hotel Administration from Cornell University. The answer to the third question is: I am home here at Vinson Hall!

# Oh Happy Day!

By Roy Easley, Apartment 145

In the summer of 1960, our family departed West Point, New York, for Fort Leavenworth, Kansas. We would miss the idealistic life and the people of the West Point community. I had enjoyed my three years as a behavioral science, leadership, and management instructor. I also really enjoyed my voluntary additional duty as head freshman lacrosse coach. My wife cherished the family-friendly life we would be leaving behind. We both understood our lives would alter, we would adjust, and we would "get with the program!"

My assignment at Fort Leavenworth was student at the Army's Command and General Staff College, whose Commandant was two-star general Harold K. Johnson. Johnson, West Point Class of 1933, was a true American hero of World War II. He was captured on Bataan, survived the Death March, and was shipped to Japan where he endured nearly four years of brutal slave labor. During the perilous early days of the Korean conflict he commanded infantry units and was awarded the Distinguished Service Cross, one valor notch below the Congressional Medal of Honor. Quite a guy!!!

One fateful day after the academic program commenced, I was excused from my student section and told to report to General Johnson's office. I did not feel trepidation, but did have a perplexed mind. Why? Arriving in the General's office I was astounded to see my wife and Captains Gil Kirby and John McArdle with their wives. Gil and John were West Pointers, Class of 1949, and I was Class of 1950.

General Johnson, in a friendly and inclusive manner, first addressed the wives. "Your husbands are promoted today from captains to majors because Pentagon-based officer promotion boards are allowed to advance in rank a very small percentage



of officers they deem outstanding, sooner than their contemporaries. Our class at the college this year includes nearly 300 captains. Only three stand here today as majors. You have been a part of this success and you stand proud today with your husbands."

The General closed the ceremony with a big smile while suggesting the wives reward themselves by splurging for a new hat, new purse, new shoes, or perhaps even a new dress. The ceremony concluded, each new major and wife must have been thinking "Oh, Happy Day!" I certainly was!!

General Johnson and I both retired from the Army in 1968. He retired as the four-star Chief of Staff of the Army with 35 years of service. I retired as a lieutenant colonel with 20 years of service. My last army assignment was Military Assistant to the Assistant Secretary of the Army for financial management, the Honorable Eugene Becker. My retirement ceremony photograph, taken in the Secretary's office, shows the Secretary with the happy Easley family. It had been a wonderful, though truncated, military career!

# Civil War Era Baseball

By Midge Holmes



As we near baseball playoff season, I invite you to look back into days of early baseball. Were you aware that baseball was played during the Civil War? This American pastime was baptized during this bloody conflict, and blue and grey soldiers propelled the sport into the game we know and love today. It provided common ground in a country torn apart by conflict.

It all started with the northerners who, when they went to war, grabbed bats and balls, or sometimes even fence posts. The game then moved south. Soon both the North and the South shared the common interest of playing ball, although never with each other, of course. Although in some prison camps guards opposed inmates.

There were real rules codified in 1860, which were first devised by Alexander Cartwright. Union General Abner Doubleday later popularized the game and is usually given credit for founding it. But, it was Cartwright who decided foul lines, nine players per side, a diamond shaped field, three strikes and “yer” out, and three outs per inning. And surprisingly, the differences in the games during the Civil are mainly in terminology. The game was called “baste ball.” Home plate was called “home base.” The “pitcher’s point” is now the mound.

A run was an “ace.” Spectators were called “cranks.” Pitchers were called “hurlers,” and batters were “strikers.” Outfielders were “scouts.” And a catcher was named a “behind.”

Gentlemanly behavior ruled. No rudeness, scowling, spitting, swearing, scratching, consumption of alcohol, chewing of tobacco, or “wagering” was allowed. Strikers liked to point out particularly sweet targets for the hurler’s aim to the plate, for they were not adversaries. Home plates were round, flat and usually made of iron.

Some letters to families at home contained stories of ball games. People from all backgrounds played, and often athletic talent trumped military rank. Baseball boosted morale, built team spirit, and probably contributed to physical conditioning of the soldiers.

Aren’t we lucky that the game prevailed and is still popular?

*By Midge Holmes, a lover of baseball, and a player herself, along with her husband Chris, in local senior Slow Pitch softball leagues.*



# The Sylvestery

By Rachel Doherty, Administrator at The Sylvestery

On June 8th, 2018, we were excited to welcome back our dear friend and colleague, Dr. Shibata, the inventor of Paro, the robotic seal. Dr. Shibata first introduced Paro to Vinson Hall Retirement Community in 2008. The initial introduction of Paro to our community was geared toward residents who were unable to participate in most activities. The general reaction to Paro remains the same today. Many residents enjoy Paro as though he is a real animal, and it often sparks conversation about their family pets growing up.

Today, Paro is utilized in our programming for assisted living and health care. We currently have four seals on our campus; three at The Sylvestery and one at Arleigh Burke Pavilion. In 2013, a family purchased their own seal for their father after noting his glowing response to Paro. Upon this resident's passing, the family donated Paro to The Sylvestery given his tremendous impact on the resident population. In August of 2015, The Sylvestery was featured on *Voice of America* highlighting our use of Paro in our community.

The activity department uses Paro in their planning and programming. Paro is utilized on a continual basis, both spontaneous and during scheduled times. Paro is a useful tool for helping to reduce loneliness, helplessness, and boredom — promoting engagement. One goal of Paro is to be an alternative to pharmacological interventions for decreasing anxiety and agitation. The robotic seal is also utilized to promote socialization among residents, families, and staff. He is used in small groups and for one-to-one visits. Paro brings similar effect and engagement as seen in pet therapy, responding to being pet and spoken to while in use. He is soft to the touch and mimics the movements and sounds of a live animal.

Paro is very tangible in that his size and weight provide residents with a sense of responsibility and accountability for watching over him. Paro complements our pet therapy program when they may not be visiting. At The Sylvestery, Paro is also used in our Sensory Oasis room to promote resident engagement and connection.

Overall, Paro provides a positive experience for our resident population. He has brought a great deal of joy to the residents in all levels of care at VHRC. Paro is a useful and very helpful tool that has been a welcome addition to our daily activity programming. We plan to continue using Paro in our community to enhance the quality of life enrichment for our residents and are looking forward to our continued partnership with Dr. Shibata and his team.



# Dinner Trip to Magnolia's at the Mill

By Carol Saunders, Chairperson, Big E Committee

For the 5th time, a dedicated enthusiastic group of residents enjoyed a trip to nearby Purcellville, Virginia, to partake of a themed wine dinner at Magnolia's at the Mill. Previous evenings were held in various rooms of the historic mill with its high ceilings, exposed beams, fireplaces, etc. For summer's Gaucho Dinner, we dined al fresco under a tent with all courses — from lobster tail to pork, steak, lamb, even dessert cooked on the grill. For wine aficionados, as always at Magnolia's, each course was accompanied by a paired wine. The sommelier explained each wine's characteristics, region of origin, and Magnolia's reason for choosing it. Many of the wines were also available for sale — from single bottles to cases.

In order to get "in the spirit," Fred ordered gaucho hats; others supplied neck scarves, roses, and mantillas. As you can see from the photos, a great time was had by all. Think seriously about joining in the fun and flavor of monthly wine dinners: 5 courses and 6 wines, all for \$110, including bus transportation. What a great deal!

## UPCOMING WINE DINNERS

**August 23**

Pinot Noir dinner

**September 13**

Virginia Wine dinner

**October 11**

Down Under (the Sea) dinner

**November 1**

Italian Wine dinner



## Original Poetry

# Sleep is a Cat

By Pauline Gilstrap, Apartment 1404

Sleep is a cat who enters my room  
through the door I left ajar in hope.  
She pauses there, surveying the scene  
noncommittally — midnight gloom,  
ruffled bed, my figure taunt with tension.

In cool disinterest she yawns and begins  
a slow prowl around the perimeter of darkness.  
Arching her back, she rubs her fur seductively  
against the wall, against the chair, against the bed,  
but ignores my plea to join me on the pillow.

My need and longing fill night's wakeful hours,  
consuming them at a dragging, tedious pace.  
Neither book nor radio can lure her near me.  
Giving up at last, I lie and wait for  
stirrings in the house.

Yet when she's gone, sometimes a dream  
drifts down, surrounding me with peace  
and gentle images.  
Close by I hear a soft content purring  
and know with blurred awareness that  
I am the kitten now sleeping.

*This poem is dedicated to anyone who ever  
struggles in quest of a good night's sleep.*



Residents sporting their gaucho hats outside of Magnolia's at the Mill.

# Arleigh Burke Pavilion

By Beth Lwin, Administrator, Arleigh Burke Pavilion (KMCB)

## Using your Medicare A Benefits at VHRC

Medicare A will help to cover care in a Skilled Nursing Facility (SNF) for eligible patients. In order to be eligible for skilled care under Medicare you must:

- Have a qualifying 3-day hospital stay and be admitted to a SNF within 30 days of leaving the hospital.
- Require skilled nursing services or rehabilitation services on a daily basis, certified by a physician.
  - In order to meet the definition of skilled services you would require Therapy services (more than one, Physical, Occupational or Speech Therapy), Wound Care, or IV Therapy.

While you require skilled care, you are covered up to a maximum of 100 days in a benefit period.

- A benefit period starts the first day you start using your SNF benefit, and ends once you have been out of the SNF for 60 straight days. You can have more than one benefit period.
  - In the first 20 days of a benefit period, Medicare pays for all covered costs necessary for care.
  - In the following 80 days of a benefit period, you pay \$167.50 per day. This cost is often covered if you have a secondary insurance provider.

When your care is no longer considered skilled, your coverage under Medicare will end. In most cases this happens in less than 100 days.





# Welcome Our New Director

By Mike Hendee, Chief Operating Officer

Vinson Hall Retirement Community is thrilled to welcome Mr. Bob Polite as the Director of Facilities and Environmental Services. Bob brings a wealth of experience that includes 25 years in the Merchant Marines serving the Coast Guard, Department of Defense, and numerous other agencies as a Chief Engineer. His impressive resume includes time as a consultant providing project management services for construction and renovation of commercial properties, power plant design systems, and designing and implementing preventive and corrective maintenance programs. He was an adjunct faculty member for Baltimore City Community College — Construction and Energy Technologies Training Center, teaching a wide array of topics that included energy efficient building applications; building design; and Heating, Ventilation, and Air Conditioning (HVAC).



For the past 20 years, Bob and his wife, Ida, have happily lived in Mount Vernon, Virginia, where he served as Chairman of the Mount Vernon Environment Committee of the Mount Vernon Civil Association. He is also a member of the Capital Christmas Group that sponsors an annual Christmas party supporting the Toys for Tots program. He enjoys playing racquetball and, whenever he gets the chance, you can spot him dancing salsa at clubs around the area.

Bob has a proven track record of outstanding performance, and we look forward to him bringing the “polite” touch to Vinson Hall Retirement Community.

## Upcoming Events

**August 7**

**National Night Out**

**September 3**

**Labor Day Holiday**

**September 6**

**Yappy Hour**

A fun twist on happy hour with dogs! Join Navy Marine Coast Guard Residence Foundation and Veterans Moving Forward for a fun night and learn about their partnership.

**October 25**

**TaylorMarie Fashion Show**

Fall in love with Fashion! Enjoy a fashion show and shopping in the 3rd floor ballroom of the Kathy Martin Community Building.

**Meet the Artist Series:**

**August 11**

**Arman Nasrinpay, a strolling classical violinist**

**September 15**

**Cognac Jazz Ensemble**



# Thank You to the Staff of Vinson Hall Retirement Community

On June 28, the Vinson Hall Retirement Community staff came together to celebrate each other and our contributions to this wonderful community. We honored years of service milestones, including: 2, 5, 10, 15, 20, and 26+ years. The day started off



Tim Rinkel cooking up custom omelets for our fabulous staff

with a fantastic made-to-order omelet bar, and ended with a pizza party complete with raffles and milestone pins. Thank you to all staff for your dedication and hard work.



Libby Bush thanking Felix Blanco for his exceptional 32 years of service!



15 years of service trio



10 years of service group



5 years of service trio



2 years of service group



Tina Ansah and Devon Meier



Rachel Doherty and Jennifer Royal prepping for the staff appreciation breakfast

# Volunteer Program Highlights and Update

By Sara Sims, Assistant Director of Development

The volunteer program is in full bloom this spring! We thrive with volunteers and appreciate all of their time and dedication brought to our community. This June, a wonderful group of Independent Living resident volunteers modeled for a fashion show in which the Foundation received 10% of proceeds. A big thank you to our Resident models (pictured below)! And a special thanks to one of our summer intern, Kyle Surehan, for attentively escorting our models down the runway.

This June, the volunteer program went through a little change. As of June 18th, 2018, the volunteer coordinator position shifted to the Life Enrichment

Department. Please help me in welcoming Amy Bian to Life Enrichment and our community with her new role managing our awesome volunteer program. Amy will now be recruiting, orientating, and scheduling volunteers for all of VHRC. She is very excited to get to know all our volunteers and volunteer needs of the community.

If you need to reach Amy, her direct line is 703-506-4251. Her email is amyb@vinsonhall.org, and her office is in the administrative hallway of Arleigh Burke Pavilion. Please don't hesitate to reach out to me or Amy with any questions! I can still be reached at 703-538-2970 or saras@vinsonhall.org.



Fashion models (left to right) Midge Holmes, Bitsy Kotite, Fran Hellwig, Ann Withrow, and Jean Mertz pose with intern Kyle Surehan.





VINSON HALL  
 RETIREMENT COMMUNITY  
 6251 Old Dominion Drive  
 McLean, VA 22101

*Dignity ★ Security ★ Friendship*

## Campus News & Views Summer 2018

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### Tell Us *Your* Story

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

#### SEND SUBMISSIONS TO:

**Independent Living:** Development Office,

Email: [saras@vinsonhall.org](mailto:saras@vinsonhall.org) or Call: 703-538-2970

**Arleigh Burke and The Sylvestery:** Contact Building Administrator