

Connected Living Has Begun

By Rhoda MacKenzie,
with additions by Jan Garman

Workmen came to my apartment in the Diamond Building on October 22, and spent about an hour drilling, wiring and installing on the ceiling of the entryway a device they called a wireless access point. When finished with their work one installer said casually: "Your apartment is the first to have this installed."

The ceiling device enables WiFi with a narrow bandwidth that will support the Connected Living platform. Eight residents on the first floor of Diamond have now received

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Photo: Rhoda MacKenzie

The first wireless access point is installed in a Diamond apartment.

Traditions (To be read to the tune of Zero Mostel singing *Tradition!*)

By Marolyn Hatch

Recently departed Villa resident Tracy Cahoon had a decorator's impeccable eye. Having worked in fashion merchandising and window dressing, there was never a blank wall or empty space that did not draw Tracy's creative juices. Her multi-seasonal wreaths, snowmen, witches, pumpkins, scarecrows, and hand-painted vases of faux flowers still appear within many Asbury buildings.

But it was her initiating a Villas' tradition that is most memorable: it is the annual tree trimming party at the 400 Building. Aside from her personally replacing the recycled, Bargain Mart artificial tree with one that better complemented the room's high ceilings, Tracy invited each resident to provide an ornament. The ornaments were indelibly autographed by the donors and included the date they



Holiday illustration by Marolyn Hatch.

arrived. These treasures reflect the diversity of Villans' artistic styles, backgrounds and senses of humor and are part of the Villas' permanent ornament collection.

Following Tracy's tradition, the Villans will in December again trim their tree while noshing on cookies, sipping mulled cider and, of course, sharing our Tracy stories about her generous spirit and wonderful eye. What will be missing is the other "tradition" to Tracy's tree trimming party. Later, following the merry events, Tracy always returned with her friend Jan and completely redecorated the tree: small ornaments on top, large on the bottom: ropes of color that had been gently tossed upon the tree would be meticulously draped so that "what to our wonderful eye would appear" on the following morning, but a stunningly adorned tree fit for any Fifth Avenue New York

store window.

Another departed Villan, Helen Hansen, shared Tracy's interest in

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Happy 25th Birthday to the Villas

By Jane Reiser

Last October 20, a group of 77 Villa residents celebrated the 25th birthday of the Asbury Villas. It's hard to believe that this lovely enclave of 74 homes has been around for a quarter-century. Built in two phases, the first residents moved into their homes in October of 1993. Within three months, a total of 24 homes were occupied. Phase II was completed two years later.

There are three original residents still living in the community: Helen Ferraro moved in at the end of December in 1993 and Avis Moore arrived in February 1994. When phase II was completed in 1995,



Left to right, Helen Ferraro, Avis Moore, Jean Young and Wayne Cleaver were among the crowd celebrating the Villas.

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One Hundred and Counting: Secrets of Asbury's Centenarians

By Jeanne North

The famed Harvard Longitudinal Study, which began in 1938 and expanded over many years, is just one effort to explore the mysteries of aging, seeking to grasp the wisdom it holds and find the path to better health. Spiritual leaders point us in the same direction. Scientific organizations such as the Centers for Disease Control and the National Institutes of Health track statistics with the same aim. Looking ahead to our later years, many of us feel the same pull. How can we live longer, healthier, happier, more satisfying lives? What secrets can the centenarians share with us?

To that end, *Village Life* has undertaken its own exploration right here on campus by introducing you to some of the centenarians among us and hear their insights on the key to a long life. As of press time, AMV has 22 residents who've reached the age of 100 or older.

We begin our exploration with Mary Duggan, a resident of Kindley, who marked her 100th birthday on December 11, and celebrated with a large party in Rosborough.

This was a must-attend event. Guests came from California, Wyoming, Wisconsin and all parts of the US representing 12 states and 17 cities. Granddaughter Lisa traveled



Top: Mary, with husband Jerry and brother-in-law Ed, on her wedding day, Sept. 4, 1944 at Saint Gabriel Catholic Church in Washington, DC. Right: Mary smiles for the camera in an undated photo from the same year.

all the way from China, while her husband, on a three-year tour of duty, stayed home in Shanghai with the children.

"I just can't believe it," says Mary of this milestone. "I've worked hard all my life and if the good Lord wants me here, I'm still here."

Mary's work ethic comes from her hard-working immigrant parents from Sicily. As one of seven kids, she and her sister helped care for their younger siblings and learned the

value of hard work at young age.

"Mom was 10 years old shoveling coal into the furnace while my grandmother was getting ready for work at the cotton mill in Lawrence, MA," says daughter Maureen, who spoke at Mary's party. At the age of 16, Mary went to work at Woolworth's to supplement the family income. Her father was a barber, and at the time a haircut was just 25 cents: "Pop had to cut a lot of hair," jokes Maureen.



Along with hard work, Mary attributes her longevity to a life filled with the love of family and friends.

"Put your arms around your children, and tell them you love them," says Mary. "Love and caring are important. Don't forget that."

VILLAS

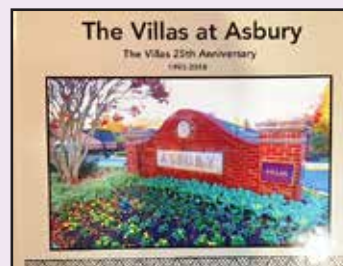
Continued from page 1

Jean Young moved into her home in August of that year. We honored Helen, Avis and Joan with a fabulous meal catered by Asbury in the Rosborough Community Rooms. Also honored was Wayne Cleaver, our wonderful Asbury Security associate, who has been at AMV for more than 40 years. He shared his early memories of the Villas.

Unlike other Asbury residents in the 1990's, there were few opportunities for Villa residents to meet and socialize since there was no dining room. Rosborough had not been built yet, so there was no theater,

wellness center or pool. The Apartment Center and the three Heritage apartment buildings were here, as well as the Diamond building, and those residents had their dining rooms, meeting rooms, exercise equipment, and other amenities. So construction of a community building for the Villas was started in 1995 and completed the following year. The residents now had a place to exercise, meet, and have monthly potluck dinners to celebrate birthdays.

On October 20, we all enjoyed hors d'oeuvres, drinks, a buffet dinner, dessert, and just having time to be together with our fellow Villans. Thank you, Asbury, for our wonderful community!



In recognition of a quarter century of Villas' living, resident Ron Stevenson has assembled a keepsake book available to purchase for \$25. It's filled with photos and memories of this close-knit neighborhood here at AMV. For more information or to order a book, contact Ron at ext. 4609, or by email at ronstevenson01@gmail.com.

VILLAGE LIFE

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Village Life brought to you in part by



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EQUAL HOUSING
OPPORTUNITY



"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."

AVTV's "Movie Lady" Helps Breaks Ground for Church Addition

By Jan Garman

Those of us who watch Asbury View on Channel 975 know Artha Jean Snyder as the lady who fills us in on what is playing at Asbury's Rosborough Theatre every Tuesday and Friday. We also know that she has been an active participant in *many* Asbury activities in her 16 years here.

However, Asbury is only one sphere of Artha Jean's activities. An email from Villas resident and fellow church member, Dave Reiser, contained a brief note and a photo of Artha Jean, who at 92 years-young, ranks as the most senior member of the Darnestown Presbyterian Church. In the photo, she is shown with shovel in hand, along with five other members, at the ground-breaking ceremony for a new addition to the church. This is the beginning of a \$6,000,000 construction project to modernize this historic Church.

In interviewing Artha Jean for this article, I discovered that her ground-breaking activity at the church was not limited to shoveling dirt. She and her late husband Grant joined the church in 1977, and one of the first things Artha Jean did was attend a women's circle that routinely had Bible studies. She also participated in the activities of the newly established women's association and soon became a member of the kitchen committee, which



Photo: Dave Reiser

Artha Jean Synder, far right, and members of the Darnestown Presbyterian Church, break ground for a new construction project.

upgraded the church's kitchen.

Shortly thereafter, Artha Jean was elected to the Board of Deacons and then to the Session (Board of Elders). As an elder, she was appointed to be the first chairman of the missions committee. One of the first activities this committee sponsored

was sending a work team to a community in Appalachia for a week each summer to teach Bible School and to improve people's homes. That activity continued for 20 years and the church is still in touch with many of the people in that community.

During her early years at the church, the building and grounds committee was comprised only of men; suggestions from women were routinely ignored. After much lobbying by Artha Jean on behalf of her church sisters for female membership, she was voted in as the first female on the committee. It took another couple of years for women's concerns to be addressed, but through Artha Jean's persistence, the committee gradually began to consider issues raised by women as well as by men, and now there is usually more than one woman on the committee.

From the first day Artha Jean attended the church, she was recruited to help with the annual bazaar that takes place on the first Saturday of November. Artha Jean works by preparing and selling jams, jellies, cookies, cakes, pies, candies and mixes of many different kinds. She also has sewed, crocheted and knitted items, and with Grant, built and decorated wooden stools, benches and snowmen. However, Dave says her major claim-to-fame is her apple pies. Each year she and her crew of a dozen or more helpers complete about 75 apple pies which are sold at the bazaar.

Kudos to this diminutive lady with the big heart and the capacity for hard work, even at 92. No rocking chair retirement for Artha Jean!

TRADITIONS

Continued from page 1

things sartorial. In Helen's case she was the Clothes Closet Maven. But her personal holiday tradition revolved around her Christmas tree. It was not just a bushy green tree with colorful balls hanging from it. No, Helen's tree was a lush, though faux, tree standing in the corner immediate to the front door of her villa. Each year she carefully unwrapped and hung dozens of clear glass birds on this tree, populating the greenery as though it were spring. The birds captured the delicate reflection of the tree's tiny lights, giving the corner a quiet, but brilliant aura.

But when the hours spent at the end of the season each year carefully removing, dusting and wrapping all those birds could no longer be mitigated by a cup of egg

nog, Helen decided to be creative. Why take this splendor down and turn the cheery holiday corner into any other dark, bleak corner in the middle of winter? Why not leave the tree up all year long? And so, she did. It was, of course, a bold move, but it was greatly appreciated by her guests who found the collection of birds refreshing in any season and it couldn't have been a better conversation stimulator.

Jay Hatch's tradition started with his father, whose artistic streak was evident in everything he did. In this case it was placing and lighting 3-inch candles on a freshly cut, table-top tree. There is no question that the wavering flames, casting softly moving shadows against the walls of the Massachusetts home, could be mesmerizing. The house's history seemed to come alive at such times, revealing its bustling past as an 18th century tavern on the road between

Albany and Hartford.

I don't know why I was surprised that this tradition would continue in our own home after Jay and I married. We first lived in Middletown, CT, in a mid-19th century, Federalist house. It too had stories to tell and was undoubtedly no stranger to candles. But on our first Christmas Eve, when Jay brought down from the attic a small box of aluminum, clip-on candle holders and a tin of 3-inch candles and proceeded to adorn the full-sized tree with the candles and set them afire, I was not mesmerized. I was holding my breath and crossing my fingers. But true to his nature, Jay carefully monitored the candles, greatly appreciated the moment and extinguished them. The tradition had been transplanted.

My only condition to such future acts, and there were many, was to purchase a holiday-red fire extinguisher, up the fire insurance and

stand immediately next to Jay at the first strike of the match.

I must admit that the children, in their 50s, and I, in my 70s, were quietly relieved to know that Asbury did not permit live trees with real candles in the Villas. But the tradition may not have been extinguished. Jay sent his younger brother the holders and candles that the brother was delighted to receive. His wife and I must compare notes at some time on the passing of that tradition.

Traditions are what our memories, and thus we, are built on. I hope that no matter where you are in life, that this holiday you will reflect on your traditions and share them with the next generation. They may raise their eyebrows now, but chances are good that they will carry on, in some form or another, the traditions that they heard from your lips and hearts.

Happy Holidays!

Holy Cross Germantown Hospital Provides Fast, Expert Stroke Care

Although he has retired, long-time Gaithersburg resident Christopher Moody, 75, likes to keep busy. He and his wife of 48 years, Susan, enjoy traveling, and Chris loves to play classical guitar, work on his golf game, and read.

One Saturday in March 2017, Chris was reading the morning paper when he suddenly started to have trouble understanding the words on the

Stroke Gold Plus Achievement Award. This national and state recognition affirms the hospital's commitment to providing consistent, high-quality care that saves lives and improves outcomes for stroke patients.

"As soon as Susan said the words 'possible stroke,' everyone sprang into action. Within a minute, I was in an examination room doing a neurological exam and preparing to get a CT scan of my brain," Chris explains. Allen Silfee, MD, Emergency Medicine, Holy Cross Germantown Hospital, quickly diagnosed that Chris was suffering a stroke caused by a blood clot in his brain. Stroke is the leading cause of long-term disability in the United States.

The stroke team quickly and calmly worked through stroke protocol, as Chris' condition steadily deteriorated. He lost the ability to speak about 10 minutes after he arrived. But because Susan took Chris to Holy Cross Germantown Hospital right away, he was able to receive the clot-busting drug tPA (tissue plasminogen activator), which restores blood flow to the brain and may stop an ischemic stroke. tPA can be given to patients who meet certain criteria within a three-to four-and-a-half-hour window from the start of a stroke.

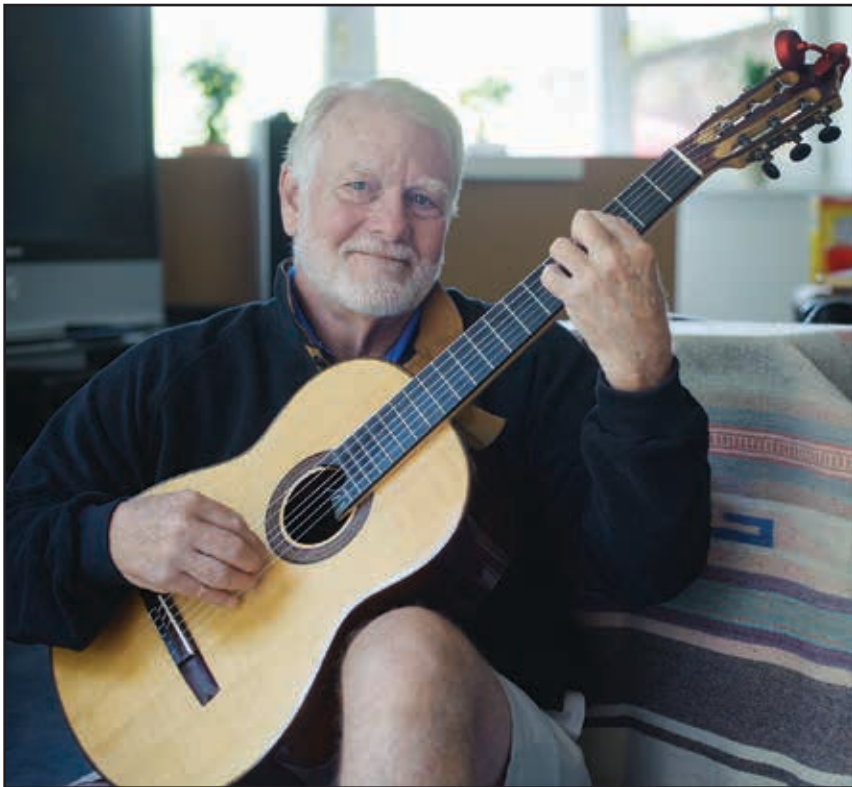
"A fast, accurate diagnosis and rapid treatment can minimize the negative effects of stroke and greatly improve patient outcomes," says Shahid Rafiq, MD, medical director, Neurology and Stroke, Holy Cross Health.

On Monday morning — just two days after his stroke — Chris woke up in the hospital feeling like his old self. He picked up the phone and called his wife to say good morning and talk.

On Wednesday morning, Chris went home with no lingering effects from his stroke.

To learn more about Holy Cross Germantown Hospital or the on-campus primary care practice, Holy Cross Health Partners at Asbury Methodist Village, visit HolyCrossHealth.org.

"I thought Holy Cross Germantown Hospital was great," says Chris. "They responded quickly and professionally. It was a wonderful experience and a great outcome."



Christopher Moody was able to get back to playing his classical guitar not long after a stroke thanks to the fast action of his wife and staff at Holy Cross Germantown Hospital.

page. This had happened a few times before, and he had attributed it to a migraine headache. So he did what he always did—took some aspirin and went to lie down. But this time was different. "When Susan came up to check on me, she took one look at me and knew right away that something was seriously wrong," Chris says.

Fifteen minutes later, Chris and Susan arrived in the Emergency Department at Holy Cross Germantown Hospital, where the hospital's stroke team was ready. Holy Cross Germantown Hospital is recognized as a Primary Stroke Center by the Maryland Institute for Emergency Medical Services Systems for delivering top-quality stroke care.

Holy Cross Germantown Hospital also earned the American Heart Association/American Stroke Association 2018 Get with the Guidelines®

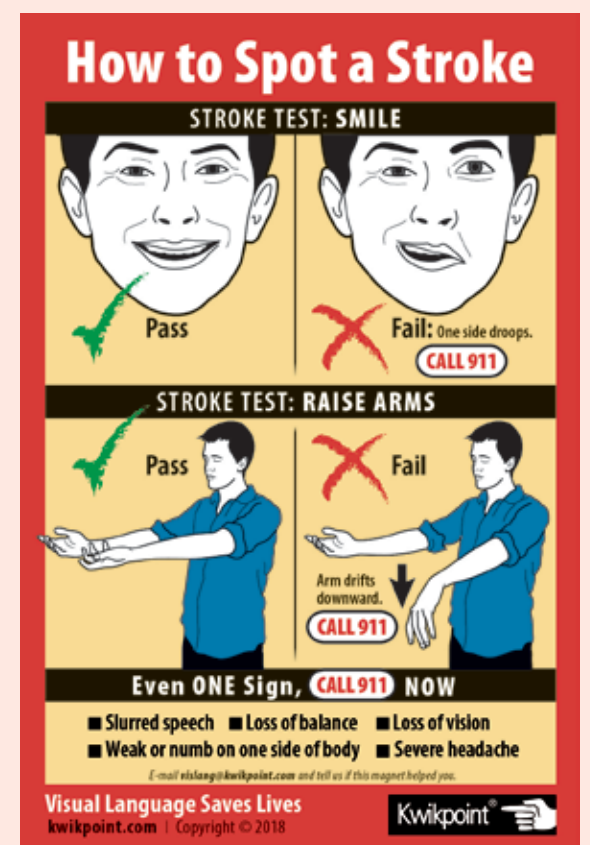
Recognizing the Signs of a Stroke

The best way to remember common stroke warning signs is to think of the acronym "BE FAST," which stands for:

- B = BALANCE:** Has the person suddenly lost balance or coordination?
- E = EYES:** Has the person suddenly experienced changes in vision?
- F = FACE:** Does the person's face look uneven, or does one side droop?
- A = ARMS:** Has one arm gone weak or numb?
- S = SPEECH:** Does the person's speech sound slurred or strange?
- T = TIME:** If you observe any of these signs, it's time to call 9-1-1 or get to the nearest stroke center or hospital emergency room for rapid diagnosis and treatment.

Other signs of stroke include numbness on one side of the body, trouble seeing, trouble walking, and sudden onset of a severe headache.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Health Care.



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Mind-Body Stress Management Strategies and You

By Virginia Thorndike

The wavelets lap gently at the dark rock where mussels and barnacles cling. It is sunny with a gentle breeze. Looking out I see Tuxis Island, small, uninhabited, except by sea birds. I sit comfortably on the massive rock outcropping watching the play of light on the water, smelling the sea air.

"Ms.Thorndike,how are you doing? I am almost done," says the improbably young endodontist. I come back to the dental chair. I had purposefully focused my mind on a special place that engaged all my senses,one that I have known since infancy. Challenging times are part of our lives. As we grow older,the challenging times tend to become more frequent: dental and medical procedures, preparation for and rehab after surgeries, to name a few.

The good news is that we have quite a bit of control over our experience of these challenges, perhaps more than you realize. In the last 40 years there has been a revolution in the biomedical sciences and in their application to the management of stress. This good news stems from the development of mind-body medicine.

When Harvard cardiologist Herbert Benson found in the late 1960's that practitioners of Transcendental Meditation™ could lower their own blood pressure, he and his stunned



colleagues ushered in a new era in medicine. He had discovered a new physiological state — not sleep, not hibernation, but the opposite of the fight or flight response. He named this newly discovered physiological state The Relaxation Response. The Relaxation Response decreases heart rate, oxygen consumption to the tissues, blood flow to muscles, blood pressure, and changed brain waves to low frequency alpha, theta and delta waves. It is "a protective mechanism against overstress."

In 1975, Robert Ader and Nicholas Cohen, at the University of Rochester, discovered that the brain and immune systems are intricately linked. There are nerve endings in our bone marrow, thymus, spleen, and lymph nodes. They also discovered that thoughts we produce in our brain can affect biological mark-

ers of stress and of wellness. On the one hand, we can wake from a nightmare drenched in sweat, heart racing. Imagining being attacked by a stray dog produces a similar fight or flight response as actually being attacked. On the other hand, focusing our attention on a favorite place or activity can elicit the RR.They coined the term psychoneuroimmunology (PNI) for the study of these interactions, a discipline that became another cornerstone of mind-body medicine.

Come join me in early spring for a four-session workshop on Mind-Body Stress Management Strategies. We will focus on decreasing toxic stress and strengthening our innate heal-

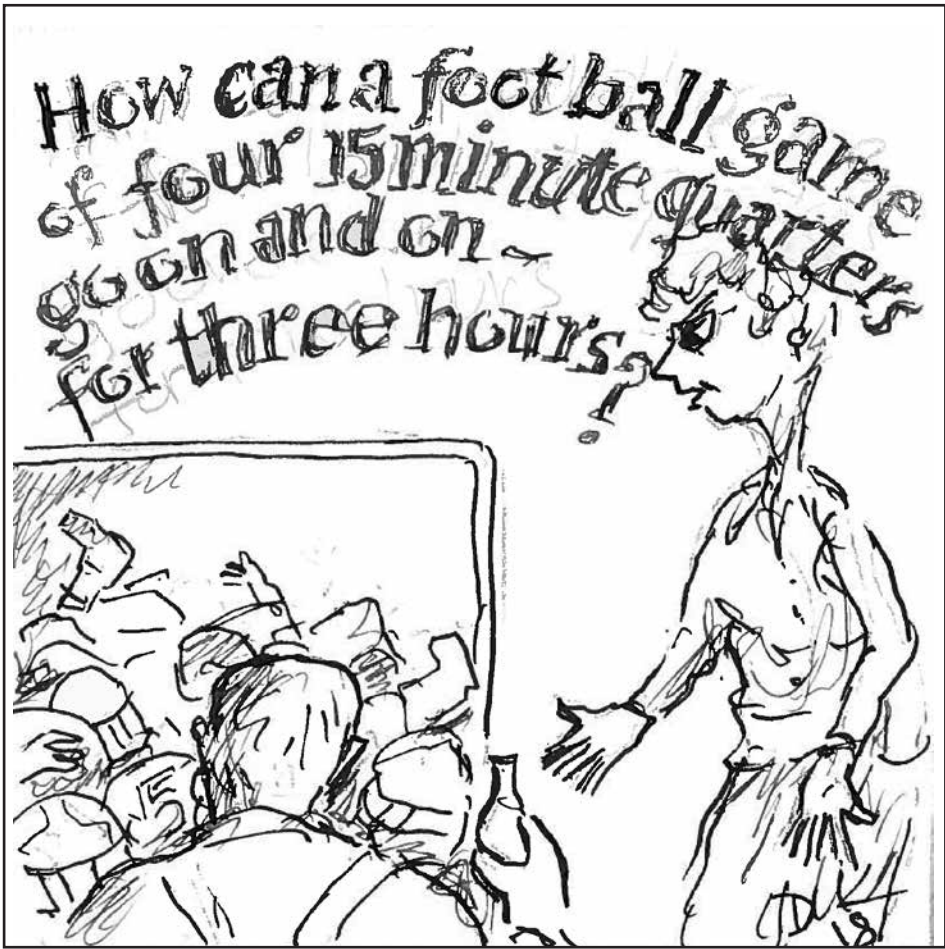
ing mechanisms through eliciting the Relaxation Response, redirecting our attention, and reframing our thoughts and feelings.

Relaxing, redirecting and reframing can help alleviate a host of health problems exacerbated by stress. These include cardiovascular disease, gastrointestinal complaints, headaches, insomnia, pain, anxiety, and depression.

During the workshop, we will sample a number of mind-body techniques for self-care including focused breathing, guided imagery, visualization, hypnosis, autogenics, massage, acupuncture, and the therapeutic use of sound and music. It is my intention that participants take away a tool box of techniques that gives them a sense of more control over their well-being.

Virginia lives in the Villas with her husband Irving Spitzberg. She has more than 30 years of experience in mind-body therapies. She has helped individuals and small groups enhance their awareness and use of mind-body modalities. She is a Healing Touch Practitioner. She can be reached at x5291 or vvtborn@gmail.com.

Mac and Zil



Our heartfelt thanks go out to all those who made the 2018 Music for the Mission Concert Series a great success. We set a new record with a net total of more than \$67,000 raised! This will go a long way toward supporting residents in need through Benevolent Care.

We are grateful to our generous sponsors:

Catherine Johnston and Family

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Mary Ebinger
TAD Relocation
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Cast Call for 2019 Village Life Show, Y'all Come!

By Phyllis Zeno

Where has the year gone so quickly? Last time we looked, 40 guys and dolls were playing leapfrog on the Rosborough stage in the Village Life Show number five, "Back to the Future." After five fabulous Village Life shows, what more could be said in show number six, you ask? Well, "The Devil's in the Details," and that's exactly what the next show is called.

Cast members from past shows are already lining up to find out what roles they will play in Phyllis W. Zeno's next original musical comedy. Their choices will be many!

While the ROMEOs (Retired Old Men Eating Out) are plotting their next men-only event, the gals of Asbury are already singing about the fun-for-all Senior Prom they will put on.

But there's a third little group making plans of their own, Beelzebub, Lucifer and the dashing Prince of Darkness. And what do they have up their fiery sleeves? Trouble with a capital T and that stands for Tough Luck for all.

This year Paul Thran returns as stage manager and Sylva McCullough as musical director. And our cast call for all roles on stage and behind the scenes will be held January 17, 2019 at 10 a.m. in the Hefner Auditorium. Tryouts are open to all.

Last year's cast included 17 guys and 24 gals



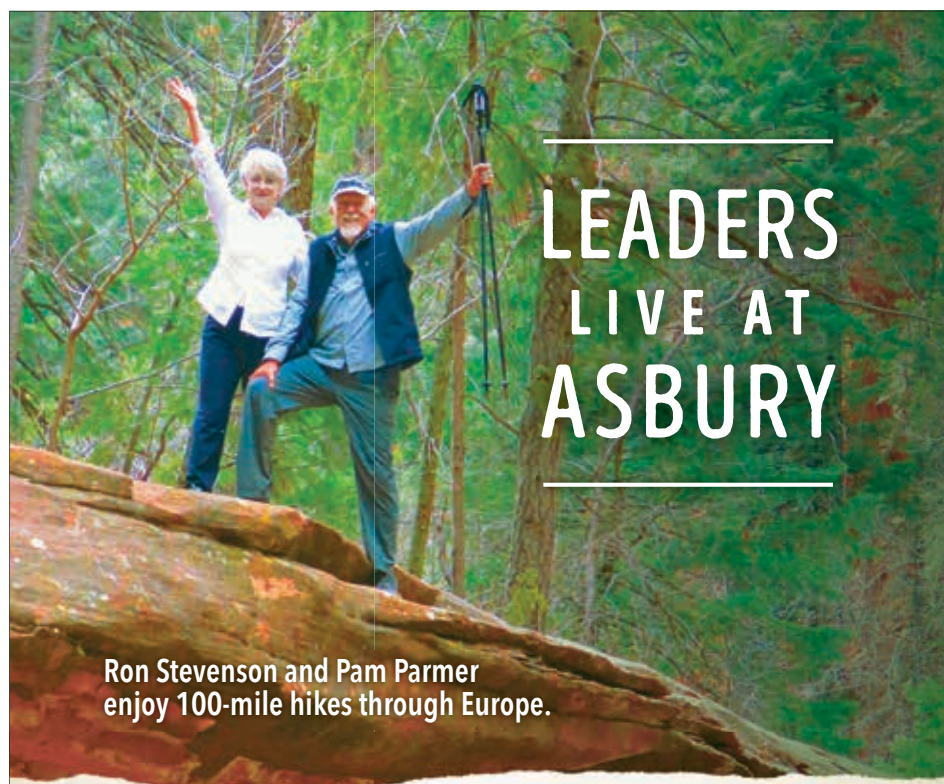
Photo: Joon Kim

The cast of Back to the Future: Five performs during last May's run of the Asbury musical. The Devil's in the Details premieres in May 2019. Auditions for this year's show take place on January 17.

who stepped up to the plate and hit it out of the park with their singing, dancing, comedic delivery and more. Several said, "I don't sing. I don't dance," and Phyllis said "I don't care, I want you anyway," as they signed up for the time of their

lives.

Performances of "The Devil's in the Details," are scheduled for Friday evening May 3, Saturday evening May 4, and a Sunday matinee at 3:30 on May 5.



Ron Stevenson and Pam Parmer enjoy 100-mile hikes through Europe.

LEADERS LIVE AT ASBURY

Moving to Montgomery County's leading senior living community doesn't mean you need to slow down. Quite the contrary. Leaders forge their own path – and more leaders are making their way to Asbury. **Won't you join them?** Call 301-944-2751 or visit AsburyMethodistVillage.org.



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201 Russell Avenue, Gaithersburg, MD

ASBURY
Methodist Village
Anticipate More



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.



photo by George Stosur

Kay Rogers, CYH
watercolor



photo by George Stosur

Donna Shield, Diamond
drawing

Love Books?

Here's your Chance to Clear the Shelves to Make Room for More

By Maria Roberts

AMV residents are now collecting used books on behalf of the Gaithersburg Branch of the American Association of University Women. The AAUW Annual Book Sale, which takes place March 28-30, funds women's scholarships. If you have unwanted books, if your kids or grandkids have books they've outgrown, or if you know anyone who is downsizing their book collection, please let us know. Pickup can be arranged: 301-987-6986 or 301-840-1258; meroberts27700@cs.com or booksale@meral.com. We are grateful for your donations.



A Classical Music Gift for the Holidays

If you're a fan of the Classical Music at Asbury series, the Christmas music program on December 20 at 2:00 pm in the Rosborough Theatre is a must-see performance.

Written and produced by Park View resident Dr. Crawford Brown, the concert is broken into two acts, with secular holiday music in Act 1 and religious music in Act 2. The show includes performances by opera great Renee



Renee Fleming

Fleming singing *Gloria In Excelsis Deo*, Andrea Bocelli doing *O Tannenbaum*, and an audience sing-along of Handel's *Hallelujah Chorus* led by Linda Ellis, a soprano soloist from Potomac.

Also on the program are holiday classics from Bing Crosby and John Denver, the Vienna Boys' Choir, and as in previous years, the Rockettes perform *Parade of the Wooden Soldiers* from Radio City Music Hall in New York.

This concert also inaugurates a new acoustical system of sound. Installed only a few days ago, these surround-sound speakers are made by Bose, the leader in acoustics in America. They are made possible through a generous gift from Dan Muller, a resident of the Villas. These Bose speakers bring sounds of live theater to you here on the Asbury campus. This concert is free and open to all Asbury residents. The Asbury Foundation, which is sponsoring this concert, invites the audience to a reception following the concert.

No Need to Shop 'till you Drop

By Jean Hubbell

Need a hostess gift or a last-minute holiday card or decoration, but the thought of hitting the mall right now makes you cringe? Why not visit the Asbury Gift Shop located in the Wilson Health Care Center inner lobby.

This hidden gem here on campus is run by the Asbury Guild and operates with a volunteer staff made up of residents and some off-campus Guild

members.

The Gift Shop was first housed in what is now the Administration building and where AMV residents once lived. After several moves, the shop finally ended up in its current location, and Peggy Marsh serves as the buyer. If convenience and reasonable prices aren't enough, consider that all profits from the shop go to the



Benevolent Care Fund.

Peggy does a great job of stocking items suitable for the different seasons and holidays of the year, including the upcoming Christmas and Hanukkah season.

New merchandise comes in every Tuesday, so if you didn't find the perfect item this week, you may find it next week.



Asbury Campus Happenings



December brings a month of music and other merriment as AMV welcomes the holidays and the arrival of winter. Below are some highlights of what's happening, but be sure to check bulletin boards and AVTV for more:

12/7: Academy of Saint Cecilia Youth Orchestra performs seasonal music, 7:30 pm to 9:00 pm, in the Hefner Auditorium. No RSVP and no admission costs. Call x6255 with questions.

12/9, 12/17 & 12/28: Festival of Lights at the Washington D.C. Temple in Kensington and City of Gaithersburg Winter Lights (three dates!), 5:45 pm to 10:00 pm. Registration required, cost \$10. Enjoy a trip to the Washington D.C. Temple for a leisurely stroll to view the lights, Nativity Scene and then watch a musical performance in the Theatre. Next, stay warm as we drive through Gaithersburg's beautiful lights display. Call x6255 with questions.

12/11: Strathmore Children's Chorus, Rosborough Theatre, 7:00 pm. "Making Spirits Bright," is the theme for this holiday concert. Contact X6255 with questions.



12/11: Whiskey Tasting, 8:00 pm to 10:00 pm, Blue Note Bistro, *ladies only*. Sample some of the world's most luxurious and unique whiskeys and have them explained by a connoisseur from the Whiskey Library. No cost. Registration required. Call x4955 with questions.

12/12: Elves Day, Rosborough Community Rooms A, B, C. Join this annual tradition of packing more than 400 Christmas gift bags with donated items to be distributed to the residents of Wilson Health Care Center and Kindley Assisted Living. This event is fun and fulfilling. Call X5305 with questions.

12/14: Village Jazz Band, 7:30 pm, Hefner Auditorium. This band has been doing their weekly practices on campus for years, and

we are always thrilled with the multiple dates throughout the year that they offer to entertain us! Questions, call x6255.

12/20: Classical Music at Asbury, 2:00 pm, Rosborough Theatre. Resident commentary will accompany a wonderful holiday presentation on the big screen. A festive reception will follow the program, beginning at approximately 4:00 p.m. Questions: Call x6255 or x4955. (Read full story about this event above).

12/20: Powerhouse Brass, 7:00 pm, Hefner Auditorium. No cost. The talented students under the direction of Pritchard Music of Kentlands bring us the best of their holiday tunes! Call x6255 with questions.

12/22: Live Operetta, *The Beautiful Galatea*, 7:30 pm, Rosborough Theatre. This operetta by Franz von Suppé tells the story of a sculptor who falls madly in love with his statue and has her brought to life. Asbury residents and guests are welcome to attend this free performance by Bel Cantanti Opera Co. Questions, call x4955.

—Compiled by Pam Brown



DOWN THE ONLINE RABBIT HOLE

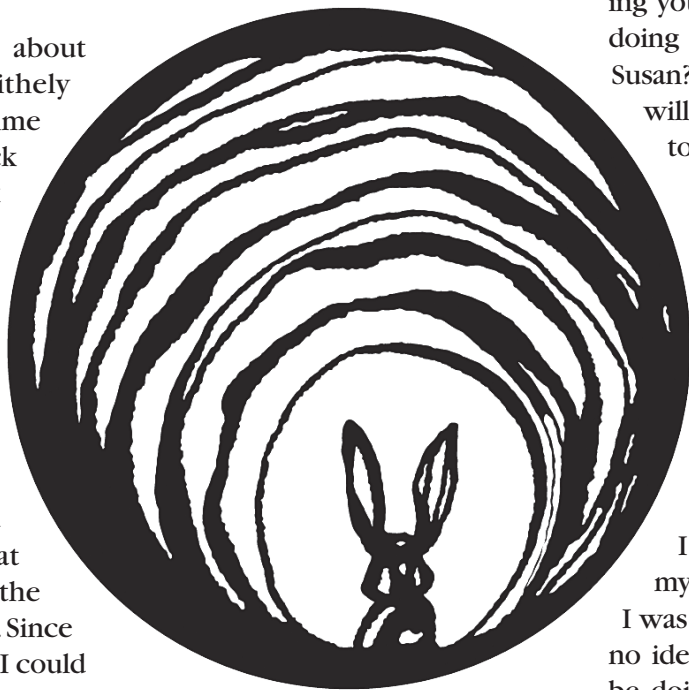
By Susan Ward

One Friday evening about 9:00 p.m., I blithely decided to save time by ordering a pair of black jeans online. I googled “black jeans” and up popped dozens of vendors each with lots of different trousers. Some were black and some were jeans. Some appeared to be related to my search because they had two legs.

By 11:00 p.m., I’d eliminated shorts, leggings and strange-looking pants that stopped six inches above the ankles or flared in odd places. Since I couldn’t feel or try them on, I could learn all about them from prior purchasers. I eliminated everything with average ratings below 4 on a 1-to-5 scale. Now it would be easy.

Reviews for my first choice read like science fiction. “True to size.” “Way too big.” “Too small.” “Exactly like the picture.” “Looks nothing like the picture.” I returned to the trousers in case I was looking at something else. No, it was the same black jeans. Back at the reviews I learned “great fabric,” “comfortable,” “cheap looking,” “I get compliments every time I wear them” and “not cut for someone 5’11” with short legs.”

Maybe I should move on to my second choice. Most reviewers thought the size was okay, but the fabric was another issue. I really didn’t want to sit around in stiff, scratchy, cheap-looking trousers. Number two was eliminated. By the time I’d gotten to my fourth choice, it was 12:30 a.m. The pants were black. Fine. I moused them into my virtual cart in the upper right corner where they



joined a pair of blue jeans I wanted to think about.

Now that I had resigned myself to either jeans OR black, I’d take a peek at those interesting, cheap watches that kept flashing onto my screen. Just a little peek before I went to sleep. They were so inexpensive; I put a bunch in my virtual cart. In the morning I’d sort through and pick a couple.

Something bad must have happened as I slept, because the next morning my iPad informed me I’d bought not one but four pairs of trousers. In addition, I was going to receive a few dozen watches. Everything in my little cart had doubled.

I quickly called Amazon. That is where I met someone named “Lean.” Our conversation went something like this: “Please help me. I seem to have ordered two of everything I looked at.” Lean replied: “Oh, yes, Susan, I will be going to be help-

ing you, Susan. What, Susan, can I be doing to be being of help for you, Susan?” I repeated my problem. “I will be happy, Susan, to be going to be assisting you, Susan. Now, Susan, I will be going to be needing, Susan, your mailing address, Susan, if you will be giving this to me.” The conversation continued in the same vein. “What will you be wanting to be doing, Susan, with the item numbering?”

There were over 30 items. I was soon gasping for air and my hair was thinning from where I was pulling it out in clumps. I had no idea whether “I will be going to be doing” meant she had corrected the problem, was in the process of correcting it or had plans to correct it at some later undetermined time. Each time I interrupted to ask, she returned to her script inserting my name in the designated places and continuing with the strange verb forms. An hour or so later I had gotten through less than half my order and asked her to please cancel everything.

Shortly, I received an email from Lyn. Aha. Her name was not “Lean.” The order was cancelled. Almost simultaneously, I was notified the trousers had been shipped. Two more emails arrived that day informing me of failed attempts to deliver the cancelled trousers. Sunday evening about nine a man appeared at my door. He presented two packages, each containing one pair of black trousers and one pair of blue jeans. I had a glass of wine and went to bed.

Monday morning, after tracking down the phone number again, I

spoke with “Shawn.” He used present and past tense verbs I understood. I was to put the unwanted trousers outside my door by 8:00 a.m. in the morning with UPS written on the label. They would be retrieved. I did. They weren’t.

On Thursday I called again. This time I got “Ara,” who suggested I take them to UPS.

I am not proud of my response. I shrieked into the phone. “You didn’t send return address labels! I don’t want to go to UPS. I don’t want to spend another hour on this. No, no, NO.”

“Ara” gave me new instructions. Leave them at the door as before. Someone will pick them up (as before). No later than Tuesday afternoon, she promised. If no one comes, all four pairs of unwanted pants would be mine.

Of course, no one came.

A day later a watch with a shiny black plastic band, gold numbers and almost invisible hands arrived in my mailbox. Over the next week five more, equally strange timepieces appeared. A week later the deliveries stopped. To date I haven’t gotten the glaring imitation gold one with the triple pseudo rhinestone bands or the one where all the numbers are clustered in the upper right. That one was pretty catchy with its bright green imitation plastic band though.

I have learned three things about online shopping. An item you *really* need will be shipped no sooner than three weeks or so. If you make a mistake it’s helicoptered to you. Second, it is a good idea to take a tranquilizer before a third customer service call. Finally, avoid time-saving online shopping unless you have several leisure days.



Dear Pebbles...

I think you should change your name. “Pebbles the Advice Cat” isn’t very catchy. Why don’t you change it to Tabby? Remember Dear Abby? Isn’t that a good idea?

— KW

KW:

For your information, I am not a tabby. I am, however, quite fond of my name. Perhaps, KW, you might consider adding a few vowels to yours. I would also like to remind you *Dear Abby’s* sister was the advice columnist Ann Landers. How many folks do you think would have sought advice from “Dear Scabby”?

— Pebbles the Advice Cat

Dear Pebbles...

I overheard a conversation the other day about an elevator malfunction. Since I go for a walk three times a day, I am concerned about how something like that might affect me. I am a senior canine and do need regular visits to the grass — if you know what I mean. If an elevator door doesn’t open, what am I to do? I could become very uncomfortable.

— Seymour

Dear Seymour,

As always, I have the perfect solution, especially if there are other people on the elevator. Wiggle between the feet of the person who is walking you and do what

needs to be done. Then quickly step at least two feet away and innocently look into your walker’s eyes. Whine and gesture with your head toward her feet. With your most confused expression look at each of the other people in the elevator then toward your walker’s feet.

— Pebbles the Advice Cat

For the perfect answers to your questions, ask Pebbles the Advice Cat. You can contact her at jef-fward7@aol.com. Put Pebbles the Advice Cat on the subject line. Her assistant will see that she receives all your questions.

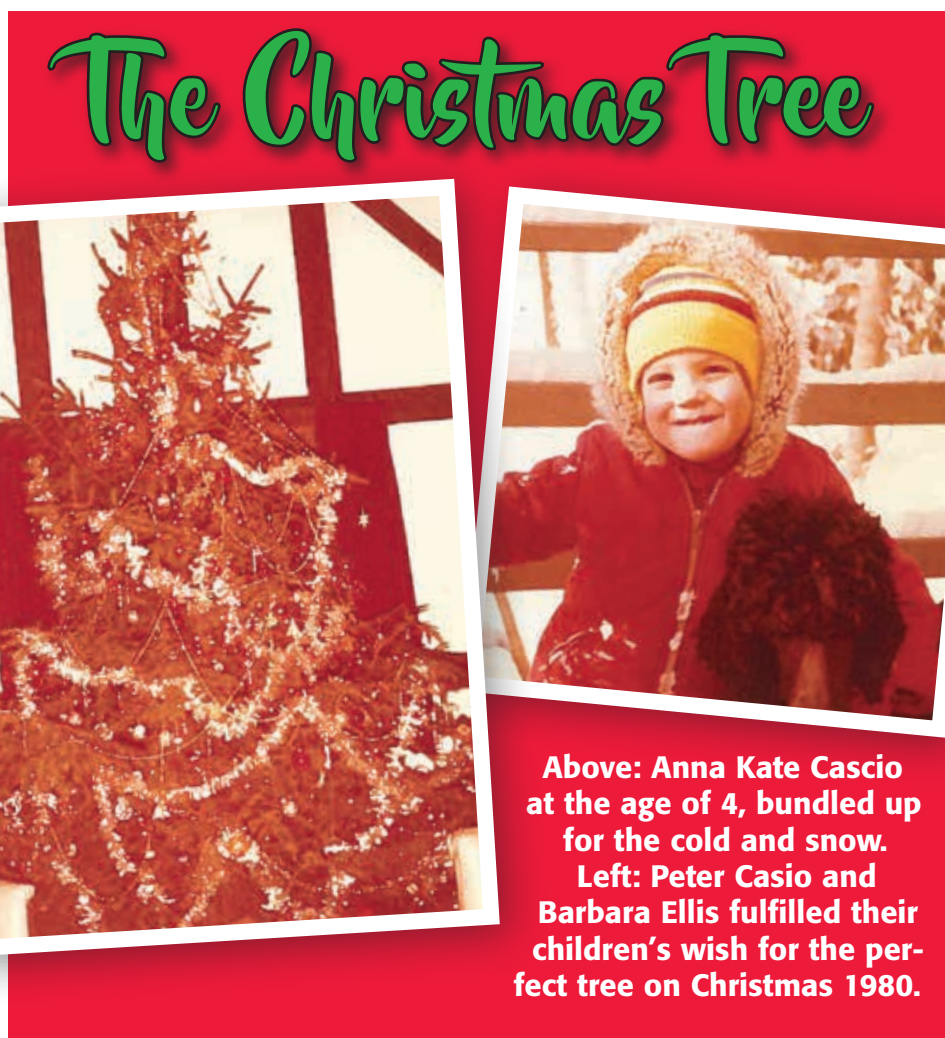
By Barbara Ellis and Peter Cascio

In 1935, Peter's father bought 60 acres of forest and pasture land in northern Connecticut with a year-round brook running through it. Over the years he planted hundreds of spruce, fir and balsam seedlings on the land.

In 1961 Peter purchased a sort of "fixer-upper" not far from the tree farm area. The beamed two-story structure above the stone foundation had once been used for the storage of ice cut from the large pond above a tall waterfall at the top of the property.

In the mid 1930's, this 2.5-acre piece was cut out of a dairy farm and sold to an antique dealer who turned the ice house into reasonable living quarters. The second floor stopped short with a gallery overlooking the living room and its 22-foot ceiling. Centered on the far wall was a walk-in fieldstone fireplace and chimney.

On a snowy December day in 1980, when our son Harley was about to embrace eight years (after seven years of continuous questions) and his sister Anna Kate was a solid optimistic four and a half, they declared, "Dada, we need a Christmas tree — we need a BEEEEE tree to reach the ceiling." Fortunately, Peter had an idea



where we might find such a holiday tree to meet these specifications.

The snow had stopped and it was brightly sunny but with a frigid wind. We bundled up, grabbed the chain and pruning saws plus some rope to tie the tree on the car and headed north. It was about twelve miles and

we could get there without leaving the road through the woods.

We parked in the road. There was no place to pull off. We took the tools and the rope across a fence, an empty field and a frozen creek before hitting the first row of trees. The snow was about a foot deep but that was

almost hip-deep for Anna Kate, struggling to keep up in hooded snowsuit, wool hat and big boots. Fortunately, this first row of trees had everything we wanted.

The cut went smoothly with everyone holding the tree upright. Peter carried the butt of the tree and the saw. We didn't need the rope to drag it. Harley carried the middle and Barbara carried extra boughs for decorating. Anna Kate tilted her head way back so she could look out at us from under the fold of her wool hat and allowed that she would carry the part where the star goes. We tied it on the roof where the appearance was more tree than car with the rope passing through partly shut windows, but no complaints were heard on the way home.

The problem of the front door being narrower than the tree was solved by taking the tree through the French casement window. Also, the height that needed decoration did require a little homemade scaffolding and a six-foot iron rake to trim it. But that night we sat on the rug in front of a roaring fire in the huge fireplace and basked in the absolute beauty of our perfect Christmas as a family.

Mission accomplished. A great tree, in fact, it was perfect. We knew it then; we remember it now. We wish the same for all.



Attention Santa's Elves!

Please report to the Rosborough Community Rooms on Wednesday, Dec. 12, at 9:45 am. Your help is needed to stuff 400-plus gift bags to assure that the residents of the Wilson Health Care Center and Kindley Assisted Living have a joyful and happy holiday. The good feelings that come with helping others on this day are guaranteed to make your holiday more joyful, too.

Questions: Contact "Chief Elf" Mike Skiba, x3155, with any questions.



Immigration Personified

By Marilyn Tippet

The recent reports of the Latin American people migrating to the United States in search of freedom from abject poverty and gang violence brought to mind my grandparents who traveled across the ocean from Italy to escape an unstable government and widespread unemployment.

Luigi and Giuseppa Vizza left their village in Calabria with the promise of a job in northwest Pennsylvania, lured by a cousin who had settled there earlier. Luigi came first in 1904, embarking from Naples in a ship, the *Princess Irene*, to find a home for his young wife and baby. Guiseppa followed soon after with their child. Although their new home offered stability and safety, they had to accustom themselves to the unfamiliar climate, language, and customs. They were able to overcome these obstacles and, with hard work and fortitude, they survived the bitter northern winters



and reared five children, insisting they speak English because "we are in America."

I wonder what would have happened to our family if Luigi and Guiseppa had not come to America. There would be none of the contributors to society produced by their progeny who settled throughout the country, in New York, New Jersey, Massachusetts, Delaware, Maryland, Virginia, Florida, Kansas, Arizona, California, serving in the military and working in the fields of medicine, education, science, art, law, finance, and advocacy for the poor and homeless.

This is just one brief story among millions. So many immigrants have made their mark on our society. Our diversity is America's benchmark.

In Memoriam

Resident	Residence(s)	Date of Death
William Steen	Diamond	10/22/18
Robert Peabody	Park View, Kindley & WHCC	10/25/18
Dorothy Howe	Trott & Kindley	10/26/18
Kenneth McGahey	Kindley & WHCC	10/27/18
Marilyn Holman	WHCC	10/28/18
Carole Macrina	WHCC	10/29/18
Phyllis Cruze	Diamond, Kindley & WHCC	10/29/18
Laura Rafaels	WHCC	11/1/18
Albert Benson	Mund & Kindley	11/2/18
Eleanor Halstead	Mund & WHCC	11/3/18
Rachel Peabody	Mund	11/8/18
Pamela Rocke	Kindley	11/11/18
Donna Brantover	Wallace	11/13/18
Selma Robey	Wallace & Kindley	11/19/18
Herman Magazini	WHCC	11/20/18
Joan Donahue	WHCC	11/23/18
Thomas Mullikin	Wallace	11/23/18
Betty T. Thomas	Diamond & WHCC	11/23/18
Georgette Egbert	Edwards-Fisher & WHCC	11/24/18
Janet Collier	WHCC	11/30/18
Betty L. Thomas	Edwards-Fisher, Kindley, WHCC	12/2/2018
Mary Perkins	WHCC	12/5/2018
Norman Ikari	Mund	12/10/18



By Dan Muller

As many of my neighbors know, I take a walk almost every day, either around the Villas, or if I feel more energetic, I cross Russell Avenue and follow the paths around the ponds. In the many years that I have been doing this, I have never felt that I lacked balance or needed to slow down and watch where I'm going. (Well, maybe there is one exception: When the geese are around the ponds, I do watch my steps pretty carefully).

A few weeks ago, an unusual thing happened. Early on a Monday morning, I headed to the studio at Rosborough to do the voiceover for the AVTV announcement page — something I have been doing for years. I left home at my usual spry pace for the walk to the studio. As I approached the Villas' pedestrian gate, I tripped over the curb and took a grand flop. I managed to get myself up and survey the damage. I had a sore right arm, a scraped knee, and, of course, a much damaged ego.



Although I was wearing my SARA pendant, I never thought to use it. In all my years here I have never needed to use it (though I must confess



By Hal Gaut

Last month I left you with a challenge, to date the picture in the article. I've had several responses, but so far, no cigar. So, here's my solution as well as the logic behind it.

Looking back at the picture, the first thing I noticed was a clear grassy area where the Diamond building now resides. This would suggest that the picture was taken prior to April 1990, which was the date of the Diamond groundbreaking. More than likely, it was the previous fall of 1989. The other major clue was the New Home (bldg. 211) which was dedicated in August of 1984. Judging from the presence of cars in the parking area, it appears to be occupied. That, coupled with landscaping still in progress, would suggest it was taken later that fall, or possibly the following spring of 1985.

So, there you have it, sometime between 1984 and 1989. Absent actual metadata on the original photograph, my personal guess would be sometime in mid-1985 to 1987, the latter being clearly within the requested plus/minus three-year window. While it doesn't bear directly on the timeline of the problem, we note that any signs of Wallace, Kindley, Rosborough, the lower pond, or the Villas are conspicuous by their absence.

It's things like this that keep me fascinated with the Heritage project. If you have a special area of interest, come on down to the lab. The Asbury Clowns visited our display at the Expo and we look forward to working with them as they uncover their rich history. So, let us know your ideas by sending them along to AMVHistory@gmail.com, or just relay them to Hal Gaut (x5219) and we'll do what we can to help.

be prudent to stop at my doctor's office on campus. Since she was not available, her staff called SARA for me. The SARA staff drove me home and took excellent care of me. They cleaned and bandaged my knee, and checked to make sure my arm was okay. As for my ego, that was something I had to deal with myself.

As I look back on this incident, a few thoughts come to mind. Although I had lots of skinned knees from falls as a young person, this was my first fall as an "old" guy. Reality struck. Since I am approaching my 90th birthday, a fall could be very serious. Fortunately, I was not badly hurt this time, but I have learned a few important lessons: First, I should not only WEAR my SARA pendant, but also remember to USE it; Second, I should routinely practice the balance exercises which are presented in my fitness classes; Third, I should pay at least as much attention to curbs and other uneven terrain as I do to goose poop!

CONNECTED

Continued from page 1

Amazon Echo Show for the living room and Amazon Echo Dot for the bedroom. If you haven't heard of these devices, you soon will. Smart plugs, smart light bulbs and a night-light have now been provided as well. The Diamond building's first floor residents were chosen to be the first to benefit from this new program, but the plan is to eventually bring it to the rest of the residents of Asbury Methodist Village. Connected Living demos were held in the Hefner Auditorium prior to the installation of devices, and residents were given an opportunity to ask questions. Additional training was given when the Echo Show and Echo Dot were delivered. In addition to the devices in individual apartments, a touch screen has been installed in the Diamond lobby so other residents can participate in Connected Living.

The benefits of Connected Liv-

ing are numerous. Cloud-based skills deliver information, entertainment and other content. All you have to do is say "Alexa..." and ask for the weather forecast or for your favorite music station or for what's on the menu in your building's dining room, or just about anything. You can ask Alexa to turn on the lights or to dim or brighten the lights or to turn them off. You can even ask Alexa to tell a joke. The possibilities are almost endless.

Each resident is consulted as to which lights are plugged into the smart plugs. Each light is given a name. In my bedroom I have both 'bedroom lights' and 'bedroom lamp.' Since I live alone, it is nice to have a personal assistant to turn on my lights when I enter a room with my hands full. When I say, 'Alexa, turn on the bedroom light' two lamps turn on and a voice says "okay." I still feel like giggling at the sound of that friendly "okay" when no one is around. If I wake up during the night I can say "Alexa, turn on the bedroom lamp 50 percent." If

I just want to know what time it is, I don't even have to open my eyes. I just say, "Alexa, what time is it?"

The Connected Living program is changing the lives of Asbury residents. There are so many ways Alexa can make life easier and more fun.

After sharing the above first-hand experiences with Alexa, I suggested that additional residents be asked to share some of their impressions. Jan interviewed three sets of users: Bill and Johanna Cohen, Marjorie Cohen and Edith Isacke. Edith likes having Alexa hooked up to her smart phone and suggested that Jan also talk with Shannon Circo, the Asbury associate who is responsible for working with residents as they are given the opportunity to have Connected Living installed in their apartments.

Bill Cohen sees Connected Living as being a safety measure, especially for those residents who live alone. He says that as he ages and becomes more infirm, he foresees relying on it more and more. In the meantime, he likes having Alexa hooked up to his tablet and his tax program. He

can ask about articles in Wikipedia and can use it to call Uber since he has that app.

Marjorie Cohen claims that she is not a technical person and finds it amazing that she can actually work Alexa. Like Bill, she enjoys asking Alexa to play the kind of music that she likes. Both also enjoy getting news and weather reports, as well as stock market quotations, simply by asking Alexa.

Shannon stresses that the process of connecting all Asbury residents has only begun and is still very much in the introductory phase. The upgrading of the wiring and the installation of WiFi and Connected Living in other apartments will be a slow rollout and, at the moment, there is no timetable as to when it will be completed. In the meantime, all residents can check out the 55-inch interactive Connected Living screen in the Diamond lobby and the Echo Show in the Hefner lobby. Try some of the suggestions that run across the bottom of the show to see what else Alexa will do.

Welcome New Residents

Dot Hartley has lived a life that has blended art, science and nature in many meaningful and rewarding ways. Born in North Carolina, the middle child of three, she first learned creative skills such as sewing from her mother and grandmother. She graduated from Meredith College in 1954 and followed that with a student trip with SITA (Student International Travel Assn.) to Europe. Later, camping with family became a cornerstone of her family's active lifestyle.

She moved to Boston to attend its famous Museum School, which began in 1876 as the School of the Museum of Fine Arts, one of the oldest art schools in the country. Today it is called SMFA at Tufts, as it was acquired by Tufts University in 2016. Her interest in painting expanded to other genres such as graphic arts and sculpting. Boston was, and remains, filled with young people studying at its many colleges and universities. At a local dance, often called a "mixer" at that time, she met Bob Hartley, a recent Yale grad who had begun a graduate program at MIT in biophysics, thus beginning the first merger of art and science as this new relationship progressed. They married in Dot's hometown as part of a double wedding with her sister in 1956. After completing her studies, Dot had a variety of jobs around Boston that included interior decorating and giving talks and tours at the Children's Museum.

Bob completed his PhD, and the first of their four sons was born in Boston before the young family made the move to Maryland, where Bob began his long career with NIH. They had their primary home in Montgomery County



Photo: Hal Gaut

Dorothy "Dot" Hartley Trott 201, X5165

but looked for a rural retreat as well. In 1964, they bought a rustic farm property near Gettysburg for weekend getaways. They built a pond, camped, and later built a cabin, where their sons continued to learn about and love the outdoors. In 1971, Bob's work took the family for one year to Cambridge, England, where they enjoyed more recreational camping. Later, to celebrate their 25th wedding anniversary, the family of six went backpacking and island-hopping in the Greek Islands.

Husband Bob passed away in 2009, and she

lost two sons, all three with lymphoma. Dot remained in the Bethesda home until she and the family all agreed that a move to a retirement community would be helpful. After exploring a variety of locations, Dot selected Asbury for its expansive and handsome campus and the quality of services and activities available.

This accomplished artist has explored many genres — textile design, ceramics, woodcut, silk screening and china painting, among others. She worked at Minnesota Fabrics and began a long association with fellow quilters. For the past 32 years, the small group of ten Square One Quilters has gathered for an annual retreat at Deep Creek Lake, each working on individual projects. She looks forward to this gathering each spring. Dot also belongs to the Bethesda Quilters, where members make quilts for sick children.

She has brought some handsome quilts with her to grace her new Asbury home. We hope she displays her talents for more to enjoy at our Art Gallery at Rosborough, and at annual art shows here and elsewhere.

Other interests have included a camera club and book club, and she has learned that others also enjoy planning and participating in all these activities here at Asbury. Family means everything to Dot and she is grateful that they get together often. Her two great-grandsons add much joy to her life. We are happy to welcome this creative new neighbor to Trott.

— Sandy Clunies, Trott

Welcome New Residents



Photo: Bob Tedesco

Eleanor Carlson Mund 103, X5016

Eleanor moved to Asbury in August because she has relatives in Maryland. She and her Italian greyhound Kiri (which means Little Bell in the Maori language, an indigenous language of New Zealand) have quickly found the dog park and friends for both Eleanor and Kiri!

Eleanor was born in New York City but grew up in New Jersey. She began her wide-ranging travels in college, getting her Bachelor of Music degree at Oberlin; her Master of Music degree at Indiana University; and her Doctor of Musical Arts degree from Boston University. She was awarded both Fulbright and French and German Government Grants for study in Paris, France, and in Munich, Germany.

Her career involved teaching and traveling. She was the Chancellor Professor at the University of Massachusetts Dartmouth, where she was chairperson of the music department for 20 years. She also taught at colleges in Boston, New Hampshire, and Mississippi.

She is widely traveled, having visited six conti-

nents, but she has no desire to go to Antarctica! She calls her adventures on a Russian icebreaker one of the best trips ever. It included learning how to “read” the ice to tell where it would be easiest (or hardest) to break through! And concluded with a big party on the ice!

Eleanor has many very special musical affiliations. She was president of the Massachusetts Music Teachers’ Association, a member of the Board of Directors of the New Bedford Symphony, and a founder of the Southeastern Massachusetts Youth Orchestra. In addition, she was in charge of the Guest Artist Concert Series at both the University of Massachusetts Dartmouth and at a large Unitarian Church in New Bedford.

Eleanor would like to find music lovers interested in traveling to Strathmore or to the Kennedy Center for concerts. Please call her!

We are so glad to welcome this interesting and very musical lady to Mund!

— Anne Kuester, Mund

Albert and Della Gordon Trott 411, X4599

Can travel be in one’s DNA? Our new neighbors Albert and Della Gordon suggest this question. Albert was born in Egypt to missionaries who met and married there. Della was born in Philadelphia but grew up in Seattle. She lived in various places in the states including Cocoa Beach, FL, where she found the lot for her perfect house at the time of the first moon shot. She actually stood next to Neil Armstrong, who told her he was going up in that rocket that day, a memory she will always treasure.

Albert received his BS from University of Rochester, his doctorate from Cornell, but traveled to Seattle to teach in the medical school at the University of Washington. Della oversaw the volunteer



Photo: Hal Gaut

program at the hospital and worked for 29 years as a buyer for a high-end gift shop at the hospital, a job requiring her to travel both nationally and internationally. Albert and Della met through their mutual involvement in local politics in Seattle.

They traveled extensively as a couple, even living for six weeks in Saudi Arabia, where Albert taught in the medical school. Returning to Cocoa Beach in 2000, Della and Albert were able to buy that same house Della had loved so long ago, a possible escape in winter months.

Family, including five great-grandchildren in the local vicinity, brought the Gordons to our area where the amenities of AMV attracted these travelers to their new home in Trott.

— Bill Mullinix, Trott



Photo: Hal Gaut

Tri Nguyen Trott 702, X5718

Since Asbury is a welcoming community, we all have learned to appreciate new residents who often bring diversity and new ideas; some even come from other countries. Trott is very pleased to welcome Tri Nguyen (pronounced Tree Nwin, like “twin” but with an N instead of a T). Tri is a US citizen who’s lived in Maryland and the DC area most recently, but he was raised, educated and began his long career in his birth country of Viet Nam. He was trained at the University of Saigon in law, economics, political science and public administration. His first career step was as an official in the government under President Diem in a position to observe and help a struggling nation during the French protectorate, the Vietnam War, the withdrawal of the French, and the Communist period.

Tri was a graduate of the National Institute of Administration (NIA) and was rector there until his work led to an association with USAID. He was awarded a full scholarship at the University of Southern California and received his PhD in Public Administration and before returning home. When Saigon fell, Tri and his family — wife, mother-in-law, and four children (now young adults) immigrated to the United States permanently. He taught and lec-

tured in a few universities here, was consultant for USAID and the World Bank, and then worked mainly in the Offices of the American Public Administration and the American Society for Public Administration.

When Tri’s wife needed health care in 1990, he changed his career to be trained as a computer analyst/specialist in charge of all Honeywell systems. This career shift permitted him to be a part-time caregiver until his wife’s passing in 2001. Did this mean retirement? No way. The next 12 years were spent in independent research (Library of Congress Archives and Archives in France) to record details and data of Vietnamese history which had never before been gathered. The result: two volumes extensively documented in Vietnamese. Tri’s great-grandfather, who led the resistance against the French (latter half of the 19th century), would have been gratified!

Tri’s children are scattered with the exception of one daughter in the area and one granddaughter, now a professor at Virginia Tech. As with many newcomers this unassuming gentleman has much to share with us. A hearty welcome, Tri. We are most pleased you have joined our family at Trott.

— Mary Ann Blatt, Trott

Welcome New Residents



Photo: Dorothy Harris

Louise Michel Piechocinski Edwards-Fisher 715, X5352

When Louise Piechocinski moved into her apartment last February 13, the temperature topped out at 32 degrees, downright balmy for this native of Windsor, Ontario.

Louise has served as a line inspector and has done factory work. She went on to become the mother of five, no doubt a more challenging occupation. A widow, she takes great pleasure in her growing family circle of five grandchildren and four great-grandchildren.

Louise relaxes by doing crocheting and is always ready to pick up a good book. She is a collector of a wide range of knick-knacks from cat figurines to salt shakers. She also has amassed a large grouping of small chairs.

Having lived in the area, Louise was familiar with Asbury Methodist Village so when retirement time came, she decided to become a part of this vibrant community. We Edwards-Fisher friends and neighbors are delighted that she is now one of us.

— Joan Dunlop,
Edwards-Fisher

Join us on Facebook

Facebook.com/AsburyMethodistVillage

Barbara Nichols was welcomed back to Gaithersburg by sons Jay and Kevin after living and working in Sarasota, FL for 22 years. Her daughter Lisa and granddaughters currently live in Minneapolis.

Her roots are in Southern Louisiana. The School of Journalism, Northwestern State University is her alma mater. Barbara and her family settled in Gaithersburg, Montgomery Village and the Germantown area.

Later her family lived in Columbus, OH. During that time, her professional responsibilities included organization and arrangements for conferences, followed by a position as the meetings director for the National Conference of Social Welfare.

Back in Gaithersburg, she was employed by the Federation of American Societies for Experimental Biology (FASEB) and was the director of scientific meetings for the American College of Cardiology. With her extensive skills, knowledge, management and budgeting experience she developed her own company - Nichols & Nichols Management Services. Technology permitted her to move to Sarasota while managing numerous specialty medical conferences and international congresses in locations around the world.

Barbara is a past president and annual meeting chairman of the Professional Convention Manage-



Photo: Arthur Forrest

Barbara C. Nichols Wallace 502, X5342

ment Association. She was the editor and primary contributor for the reference book *Professional Meeting Management*, and author of numerous articles in meeting industry publications, as well as founding editor of *Convene*, the journal for convention industry professionals. She is also the scriptwriter and producer of educational videos titled *Meeting Planning*, which are used in university hospitality degree programs. She has written three books on meeting planning for colleges and has been an adjunct professor at the University of Las Vegas, hotel management department and Montgomery College.

Corporate moves, arranged and paid for employees, are

fairly common today; however, it was not in the 1970's. Barbara recognizes her paid corporate move by FASEB from Columbus to Gaithersburg was for a woman, a pioneering privilege.

As Barbara settled into her new home, she was surprised to be warmly greeted by her neighbor, Sara Torrence, former events planner for NIST, who knew her by reputation! She looks forward to her recent retirement — settling into a new routine and activities, with proximity to family. Welcome to Asbury, Barbara!

— Kathy Hirata, Wallace

Anna moved from South Carolina to Asbury last September. Despite being born in South Carolina, Anna had lived in Montgomery County since 1971, where she was an active member of Gaithersburg Presbyterian Church for 33 years until her move back to South Carolina in 2014. That congregation is delighted to welcome her back four years later!

Anna is divorced and has three sons: Bryan and his wife Beth, who live in the DC area; Erik, wife Jen, and son Orjan, are in Clarksburg; and, Mark is in South Carolina.

Anna has a BS degree in medical technology. Her first job was at Sibley Hospital and then she moved on to NIH, where she was a research medical technologist for the chief clinical pathologist. One of her fields of research was in magnesium deficiency anemia.

She eventually started her own lactation consultant



Photo: Bob Tedesco

Anna Utter Mund G7, X6424

this interesting lady here at Asbury and at Mund. Welcome, Anna!

practice. She was the regional director for the Americas at the International Board of Lactation Consultant Examiners. Anna really loved this job and was able to do a lot of foreign traveling with it, including a trip to Australia where she got to hold a Koala bear! Nothing to do with the job, but a special moment nonetheless. She also found out that the kangaroo population in Australia has exploded since there are no predators.

Anna has a variety of interests including reading, walking, Hand and Foot Canasta, bridge, Rummikub, Mahjongg, movies, theater, and classical music. She would also like to become active in the Gaithersburg Beloved Community Initiative.

We are really glad to have

— Anne Kuester, Mund

Welcome New Residents

Harriet Hall Trott 208, X5440

Born in Washington, DC, Harriet was raised by her paternal grandmother after her mother's untimely death soon after Harriet's birth. She graduated from Armstrong High School in the District.

Harriet was unsure of a defined career path after high school. In a series of short-lived jobs, she enjoyed a variety of work experiences. She considered cartography, and took some mechanical drawing courses, but instead decided to join the military. She hoped that a tour of duty as a WAC (Women's Army Corps) might offer an opportunity for education, adventure and travel to new and exciting places.

Harriet completed basic training in Petersburg, VA, and awaited news of her faraway duty assignment. She was rather disappointed when she finished her initial training and was assigned to the training staff for incoming recruits in Petersburg, VA - hardly much of an exotic adventure!

She served her Army tour in Petersburg, and returned to the metro Washington area where she worked for the Federal government. After retirement Harriet moved to St. Mary's County, home to her maternal family in earlier times. She volunteered and then worked part time at the main county library during the period of



Photo: Hal Gaut

its conversion to computers. Upon hearing that the telephone company was hiring, she applied and began her career with Ma Bell in the directory department starting as an entry clerk. She progressed through non-management ranks and in a few years was promoted into management. She retired as a district manager with more than a quarter-century of service.

She decided to move back to the DC area and

selected Leisure World, where she remained for 22 years, learning and enjoying ceramics. For seven years she served as chair of a community interfaith group that supports the men's shelter, Sophia House, a women's shelter, and the Georgian Forest ES. She was honored as Kiwanian of the year in recognition of the major impact made in the lives of our struggling neighbors.

Health concerns suggested that she might benefit from a continuing care retirement community, and she visited Asbury. Viewing an apartment that had two features on her "wish list" — a den and a balcony — she signed up. Then she was catapulted into the dizzying experience many of us have known — downsizing and moving in just a few weeks. She is still involved in making the transition from one home to another, but is aware of the many services and activities available at and around Asbury.

When she gets some leisure time she enjoys watching most sports, attending plays and concerts and is a jazz fan. When asked what we might be able to do to help our new neighbor, she remarked that she would like to find a mentor on how to grow and care for healthy house plants and to become more computer literate. We are certainly pleased that Harriet Hall has planted herself here in our Trott neighborhood.

— Sandy Clunies, Trott

Carol and John moved to Asbury in September from Pennsylvania, where they had lived their entire lives. They have moved ten times, most recently to Maryland. She was born in Lancaster and graduated from J. P. McCaskey High School. She then briefly attended the University of Delaware. He was born in Bethlehem, PA. He earned his BS in Electrical Engineering from Lehigh University and he did his graduate work in power engineering.

Carol was a stay-at-home mom with their four children until the youngest was eight. After that she worked in real estate for 25 years and also did appraisals. She was a Girl Scout leader, a swim team volunteer, and also taught catechism at her church. John worked for Pennsylvania Power & Light for more than 34 years, as an engineer, staff engineer, area operating manager, industrial and commercial marketing supervisor, Schuylkill manager, Central Division operating manager and regional manager Northeast.

They met in Lancaster because her father was seeking a good bowler for his team and John was that lucky discovery. The Sikoras have four children: two boys and two girls. Son John, Jr., is a retired



Photo: Bob Tedesco

Carol and John Sikora Mund 513, X5230

Navy man teaching ROTC in Manhattan and living in Yonkers, NY with his wife. Their daughter Kathleen is a financial planner, living in Montgomeryville, PA, with her husband and two sons. Daughter Kristen teaches French in Bethesda and lives in Rockville with her husband and their son and daughter. Son Jason, is a librarian at a middle-high school in Bel Air, MD, and has

worked at international schools in Qatar and Kuala Lumpur. He lives in Bel Air with his wife and son and daughter. In addition to their four children, Carol and John have eight grandchildren and five great-grandchildren. They have been married nearly 50 years!

Carol enjoys playing Rummikub, Mexican train dominoes, bocce, scrabble, and Words with Friends.

She'd like to join any groups playing dominoes, scrabble or Rummikub. Do call her! She is an avid and talented counted cross-stitch artist with several beautiful pictures hanging in every room of their apartment. She also likes to cook (though she does far less of it now at Asbury) and to read.

John enjoys bocce, crossword puzzles, reading, and cruising. Earlier in life he was a golfer and a bowler (thus he met Carol!). He also likes jigsaw puzzles and he has a wonderful framed, 3000-piece puzzle of a world map with everything in Latin. It took about 6 months to complete — and now hangs on their dining area wall. John is a past member of the Lions, Kiwanis, and the Manufacturers Association of the Mid-Atlantic.

Carol and John are avid travelers and cruisers. They have visited France, England, Germany, Spain, Monaco, Costa Rica, Mexico, Panama, Columbia, Singapore, Australia, Kuala Lumpur, Malaysia, and many islands in the Caribbean. Wow. Welcome, travelers!

— Anne Kuester, Mund

Welcome New Residents

Marian moved to Asbury in September. She was born in Prague and lived there until the age of ten, as the daughter of Methodist missionaries. On September 6, 1938, she, her mother, sister and brother had to escape because Hitler's forces were at the Czech border. They took the last train to leave in the middle of the night and it took them two nights and a day before they reached Paris. It was the end of October when they reached their final destination in Shiner, TX.

Marian later lived in Houston and attended Southwestern University in Georgetown, TX, for a year before returning to Prague after WWII. She attended Charles University in Prague and met her Czech future husband Barry in church there. He had been taken with other students as a forced laborer to Germany from 1943 to 1945. They were married there on Easter weekend in 1949 and came to Houston in October of that year. While Barry was in the Duke University Forestry School, she got her BA from Duke and then years later she got her Masters of Education in history at Armstrong State College in Georgia. She briefly did some secretarial work, some teaching and then worked six years for the registrar at Armstrong. Mostly, she raised their three children — Roy, Deborah and Kim — and did volunteer work.



Photo: Bob Tedesco

Marian Malac Mund 113, X5449

Marian's husband was a research forester, later research manager, and then technical director of Woodlands at Union-Camp Paper Corp. in Savannah, GA. He worked with other forestry companies and university Forestry Schools in forest research. He was active in the National

Society of American Foresters, and in 1992 was voted into the Georgia Forestry Hall of Fame. He was also active in Little Theater productions in Savannah and starred in several shows, his favorite, playing the captain in *Sound of Music*. He also embroidered a lovely picture which hangs in Marian's apartment. At age 85 Barry wrote his memoir, "Through Mountains, Valleys and Gloom, But Never Alone" and Marian put it in the computer and had it published. He died in September 2016 in Blairsville, GA, where they retired in 1989 after 35 years in Savannah.

Marian has been active in the United Methodist Women, serving as district officer both in Savannah and in the North Georgia Gainesville district; she has also served several times as UMW president. She served as a Docent at Habersham House in Savannah. She has been active in the DAR and in several genealogical societies. She and Barry also used to sing in their church choir.

Her special interests are reading, knitting and crocheting, playing Scrabble, music, and volunteering at her church. We welcome this busy, widely traveled, multi-talented lady to our Mund family!

— Anne Kuester, Mund

"La Casa de los Abuelos" (the home of the grandparents) announces a lovely ceramic plate outside the apartment of Dick and Teresa Wright, a home where English and Spanish are spoken with ease. In 1957, Dick, who had grown up in Syracuse, earned his BS in civil engineering at Syracuse University, and served two years active duty in Okinawa, attended a graduate student mixer at the University of Illinois his first week on campus. There he met Teresa Rios, a graduate student who had been born and raised in Mexico City before moving with her family to Guadalajara where she graduated from college and won a scholarship from the American Embassy. The American Consul told her to socialize with American students to hone her English skills, so she chose the American dance over the Latino dance that fateful evening!

Dick had been appointed a graduate instructor at the University and would go on to earn his masters and doctorate in civil engineering before ending up as a full professor. In 1971, he was appointed the chief of the structural engineering section of NIST. Returning to the University of Illinois for one year, he came back to NIST as the director of building and fire research, which studies the effects of earthquakes and hurricanes on buildings. Dick says that he "traveled all over the world chasing disasters," until his retirement in January 1999. He was elected to the National Academy of Engineering.

Since his retirement, he has stayed active in



Photo: Jan Garman

Richard (Dick) and Teresa Wright Diamond 1115, X504

engineering communities, having contributed to two books on civil engineering. He has also served on the Montgomery Village Foundation Board. He likes to bicycle and has done a lot of gardening. Until a serious injury 15 years ago, he was an avid hiker. Both he and Teresa have been active in their church. They also take delight in their six grandchildren.

Education was important to Teresa's family. Her mother, along with Teresa and her sister, attended English classes at the American Embassy where she saw a notice to apply for scholarships to study in the United States. She went on to earn a master's in education at Illinois

and then stayed at home for a number of years to raise the couple's four children. Son John lives in Kentucky and is a liturgical minister; daughter Carolyn Camacho, works with Identity here in Gaithersburg; daughter Elizabeth and son Edward, are both tenured professors at the University of Georgia and Vanderbilt University, respectively.

Teresa served parents and their children in the Magruder/Gaithersburg cluster and later the Watkins Mill cluster, retiring in 2018. Since Teresa encouraged students to attend college, she became active with both Montgomery College and the Universities at Shady Grove, serving on the board of the latter. She has also been active with Identity and the Hispanic Alliance. She enjoys music and cooking. When she taught Spanish, she would bring groups of students to her home where they cooked together, speaking only Spanish.

As residents of Montgomery Village since 1971, both Teresa and Dick were familiar with Asbury. Twenty years ago Teresa brought her mother to Asbury to study English with a resident and to volunteer at Wilson. Teresa was part of a Keese School panel a couple of years ago and the couple both have many friends and colleagues living here. Some of Asbury's associates are Teresa's former students. Dick and Teresa are happy to be here and their Diamond neighbors are glad that "La Casa de los Abuelos" is now at Asbury!

— Jan Garman, Diamond



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