

DECEMBER 2017

# Richland Place

500 Elmington Ave., Nashville, TN 37205 Phone: 615-269-4200



## Celebrating December

**Write a Friend Month**

**Bingo Month**

**Safe Toys and Gifts Month**

**Eat a Red Apple Day**  
*December 1*

**International Volunteer Day**  
*December 5*

**Hanukkah**  
*December 12–20*

**Look for an Evergreen Day**  
*December 19*

**Christmas Day**  
*December 25*

**Make Cut-Out  
Snowflakes Day**  
*December 27*

## Gratitude

Last week was Thanksgiving, my mother's favorite holiday. As I prepared her favorite recipes, especially her cornbread dressing with lots of sage, I reflected on how blessed I was to have such loving parents. I was adopted when I was six days old when my father was 50 and my mother was 39 and they were loving parents and wonderful role models.

I also have much to be grateful for in my career. God always seems to know where I need to be and when I need to make a change. Fortunately, sometimes I listen to His guidance in my life as I did when I came to Richland Place. I have often heard that keeping a gratitude journal is a good practice. It keeps us focused on our blessings rather than our trials in life. If I were to write in my gratitude journal today, this would be an excerpt:

*Thank you, God, for the nine months I have been at Richland Place. Thank you for always showing me where I need to be and for blessing me with the people*

*I need in my life each day. Thank you for residents who generously give of their resources so our partners can be blessed by their holiday fund checks at a time of year when it is much appreciated and needed. Thank you for the residents who have made me feel so welcome here during my first months at Richland Place.*

*Thank you for the partners who work hard daily to make Richland Place such a special place....*

I wish all of you a wonderful Christmas season and I look forward to celebrating this special season with you.

***Happy Holidays,  
Joan Stephens***

### Jane Gillespie Art Class

Jane Gillespie is currently teaching art to students of all ages and is excited to have a class at Richland on **January 23 at 1:30**. She will furnish all the materials needed. All you have to bring is yourself and a willingness to have fun. The charge will be \$50 for 2 hours. **Please sign up in the black book for the January class.**

Jane has exhibited her paintings in oil, watercolor, and acrylics throughout Middle Tennessee and very proudly at Local Color Art Gallery, Chole's Art Gallery and Studio, Collection Art Gallery, Customs House Museum, Cannon County Art Center, C'est Moi Gift Shop in Brentwood. To contact Jane for other classes, please: Email: [janegillespieartist@icloud.com](mailto:janegillespieartist@icloud.com) or Phone: 615 390-9862.

### Are You Ready?

Friends, since most of us will be "Sheltering in Place" in case there is an Emergency Incident that keeps us home bound, you may enjoy reading the article subtitled: Your "Bugging In" Guide.

There are many helpful tips for those who have no interest in loading up an Orange Bag with items they use daily. We understand.

The article about preparing for Sanitation is especially helpful. It is posted in the Red Book on reserve in the Library. Bring paper and pen for note-taking.

### What is the LUNCH BUNCH?

On the yearly survey, one person asked, "What is the lunch bunch?" The lunch bunch is a group of Richland Place Residents who ride the coach to a different restaurant each month. The activities committee and residents suggest the locations. This month we will be attending a special event called the Waffle Shop at Downtown Presbyterian Church. This is a change on the calendar. For more information, please see the posters. The event is open to all residents.

### Thank you, Richland Place Residents

Contributions to the Holiday Fund set a record of \$136,686 this year. Gifts will be distributed to Richland Place Partners on December 12 at the Partner Christmas Party.

### The Fourth Friday Book Club

The January Book Club will meet on January 25 at 3PM with Jane Wert as reviewer.

The book is "Lilac Girls" by Martha Hall Kelly. It was inspired by actual events and real people. A New York socialite, Caroline Ferriday, is a former Broadway actress and liaison to the French consulate. Her life is forever changed when Hitler's army invades Poland in 1939. Kasia Kuzmerick, a Polish teenager, is a courier for the underground resistance movement. In Germany, Herta Oberheuser, a young doctor, answers an ad for a government medical position. She finds herself trapped in a male-dominated realm of Nazi secrets and power.

The lives of these three women collide when Kasia is sent to Ravensbruck, the Nazi concentration camp for women. It is a look at sisterhood through the lens of the Holocaust.  
*By Peggy Runger*

### Thank you and Happy New Year 2018

**Thank you, Richland Place Residents, and Happy New Year from the Partners.** All the Richland Place Partners appreciate each resident. Thank you to the residents who have given to the Holiday Fund. This means a great deal to every employee.

### Yearly Calendars and Flashlights

In your Richland Place box, you will find a pocket calendar and a flashlight keychain. Each resident should receive one. The flashlight works by pushing and holding the button down on the side of the keychain. It is very helpful for seeing menu or seeing a lock.

## **Getting acquainted with Paul and Sally Scott**

Paul and his six sisters were born in Maury County, Tennessee, but after the death of his father when Paul was thirteen, he moved to Nashville to live in the home of his oldest sister. He graduated from West End High School and spent the next four years in the U.S. Air Force, specializing in radar maintenance and was stationed primarily in Cape Cod, MA. Following his term of service, Paul began a career in the field of electronics with General Electric in Syracuse, N.Y., and was sent to Greenland for 19 months (during which time he wasn't required to pay any income tax for 2 ½ years because he worked out of the U.S.).

From there to Laredo Texas and the satellite tracking system, then back to Syracuse, next to Turkey (installing a computer system), then teaching technology in Eleuthera in the Bahamas, and on to the NASA base installation system on Wallops Island, VA.

Somehow, during all of these assignments, Paul managed to continue collecting college credits at three different universities, all on the GI Bill, and finally completing his degree in Industrial Engineering at the University of Tennessee in 1970. When GE was sold to Honeywell, Paul was offered a job as a senior engineer with ORTEC in Oak Ridge, attended graduate school there for three years, and completed his MBA in accounting at U.T. Later jobs took him to Chattanooga and finally to Nashville, where he retired and focused on his private tax business which continues to this day. During this active career, he married and reared a daughter Kathleen, who is now an architect in San Antonio, Texas.

Sally Ann Ellner was born in Mobile, and moved to Nashville with her family when she was six, attending Burton School and Hillsboro High School. She began dating her future husband, Harry Brunson, in high school; they married the summer of their sophomore year at Middle Tennessee State University.

They lived in a house trailer on the campus while Harry finished his degree; when Harry was called into the service they drove the trailer to El Paso, Texas where he was stationed. They later moved to Salt Lake City but decided to return to Nashville when their first child was born. Settling into a comfortable house on Blair Blvd., they raised their family of two daughters and a son there.

Sally and Harry had enjoyed participating in a square dancing group for several years until his death in 1989.

Sometime after that, Sally decided to return to the group with her friends, and she was introduced to Paul Scott who was visiting with a friend. Needless to say, they enjoyed dancing together, married a couple of years later – and have been together for 25 years.

Sally was a teacher at the Singer Sewing Machine Co., and then became an office manager for a psychologist for 16 years until her retirement. She and Paul have enjoyed traveling with several groups all over the world, and they have also developed an interest in attending antique auctions and collecting many interesting pieces. All three of Sally's grown children live in Nashville, and she enjoys her five grandchildren. Sally's mother was in the Richland Place Health Center for two years so she was familiar with the environment. There are sixteen members of the Scott's Calvary United Methodist Church's Sunday school class living here now, so the Scott's already feel very much at home. They are a delightful and outgoing couple and will be a welcome addition to our Richland Place community!

Interview by Dee Batey      November, 2017

## **Getting Acquainted with Joan Harshman**

Like so many Richland Place residents, moving from a beloved home of long standing (55 years in her case) to Richland was a bit of a wrench. However, at least she did not have to leave a neighborhood she loved, as her home was just up the hill from here on Hillside Avenue. Joan did not start out in Nashville though – she grew up in Youngstown, Ohio, and was raised by not only her parents, but also three older sisters! While she was in high school, she met Sidney Harshman, and the two became “an item.” They dated and decided at some point they would like to spend the rest of their lives together. Her family approved of Sidney, BUT did not think it advisable for them to marry until Sidney had at least finished university. Sidney rose to the challenge, accelerated, and graduated from college when he and Joan were both just nineteen!

Sidney, a scientist, realized that an advanced degree was necessary for the professional future he envisioned, but this plan had to be delayed when he was drafted during the Korean war. He was sent to the Army Chemical Center in Edgeville, MD. During that time, Joan taught in the Baltimore County Schools. When Sidney’s service ended, his mentor encouraged him to apply to Johns Hopkins University for a doctoral program. He received his doctorate in 1959 and was one of the scientists involved in the beginning of Vanderbilt’s “modern” Microbiology Department. In the meantime, their first children, Amy and David, had been born, and so four Harshmans moved to Nashville.

Joan found Nashville to be a welcoming town, and she quickly became involved. She was active in the League of Woman Voters and, as the family grew to include Rachel, she also became a staunch supporter of her children’s schools’ PTA. She completed her BA studies in Nashville, and went on to earn a Master’s degree the same year her son, David, received his medical degree. She had attempted unsuccessfully to avoid the requirement that she learn a foreign language and, finally settling on French, discovered that she loved it! Even better, Sidney then accepted an invitation to be a Visiting Professor for a year at Paris’s Pasteur institute. The Harshmans had a wonderful year in Paris!

Sidney died peacefully at home in 1997. Both his professional accomplishments, and the family he and Joan raised, are his impressive legacy. Joan delights in her three children, one in Dublin, Ireland, one in Newbern, NC, and one in Brentwood, all married with children, giving Joan a total of seven wonderful grandchildren.

Despite her reluctance to leave her very nice home, Joan is delighting in Richland Place, and finds it a very welcoming community in 2017 as she did Nashville in 1959. She feels fortunate to be a part of it, and we are fortunate that she has quickly become so.

*Interviewed by Judith Hodges, November 2017.*

## LIBRARY NEWS FOR DECEMBER, 2017

More than 30 new books have been added to our library during the past month, including the newly published offerings of such popular authors as:

Dan Brown: Origin. "...unveiling of a discovery that will change the face of science forever."

Michael Connelly: Two Kinds of Truth a Harry Bosch novel

Jennifer Egan: Manhattan Beach "an old-fashioned page-turner, by a witty, sophisticated author"

John Grisham: The Rooster Bar - Grisham's newest legal thriller

We also welcomed book donations from residents Helen Reed, Frank Gulley, Hia Rubenstein and Mary Sharp (Mary gave us 75 books, 22 of which have been added to our New Book shelf).

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### NEW MOVIE SECTION - By Janis Spivey

693 **The Zookeeper's Wife** New Release (2017) (Jessica Chastain) A true story of a Polish wife/mother who was a hero to hundreds during WW-II. The couple ran the Warsaw Zoo and covertly worked with the Resistance to save lives, while putting their family at great risk

024 **Psycho** (Anthony Perkins & Vera Miles) A classic Hitchcock thriller about a psychopath and his victim

171 **The Bucket List** Comedy, Drama: (Jack Nicholson, Morgan Freeman). World adventures of two very different patients who learn their cancer is fatal.

*Janis highly recommends this movie*

DC67 **Spiritual Heritage Of U.S. Capitol** Documentary. Narrated tour.

HINT: Is Morgan Freeman your favorite actor? Don't forget you can search for all his movies! On [rpbooks.weebly.com/Library/DVD](http://rpbooks.weebly.com/Library/DVD) Collection screen just depress 'CTRL F' simultaneously, and a FIND box will appear in the top right hand corner. Enter 'Morgan Freeman' and a locator and count of his movies will appear. Just click on the down/up arrows to go to them.

Try this with other actors also.

## **December Activities Description**

### **Saturday, December 2**

**10:00 Coach Departure for  
Harpeth Art Gallery Open House**

Middle Tennessee Artisans  
Food Vendor Available  
Wine will be served.

### **Monday, December 4**

**10:30 Craft Ornaments  
and**

**1:00 Pearl Harbor Lecture  
By Thomas Lakeman  
and**

**5:45 Birthday Dinner**

### **Tuesday, December 5**

**Holiday Party**

**5:00 Cocktails**

**6:00 Dinner and Music**

*Jazz singer Dallas McGurgan*

*Everyone is invited. If you do not have a table,  
the dining room staff will find you one.*

### **Wednesday, December 6**

**10:00 Opryland Hotel Visit**

**A visit to sightsee, eat or shop.**

### **Thursday, December 7**

**10:45 Lunch Bunch**

**92<sup>nd</sup> Waffle House**

**At the Downtown Presbyterian Church**

*Bake Sale, Christmas Shopped, Silent Auction,  
and Scheduled Tours.*

**And**

**7:15 Blair Concert**

Eight outstanding students from Blair School of Music will perform Schubert's beloved Octet for strings and winds, a 60-minute work. The performers include the award-winning Claudius Quartet, plus student colleagues on the double bass, clarinet, bassoon and French horn.

### **Friday, December 8**

**1:30 Trivia with Barbara Holzman and  
Lavonne Tarleton**

### **Monday, December 11**

**3:30 Holiday Sing Along**

*With Gary Chunn and Shirley Watts  
In the Atrium with reception to follow*

### **Tuesday, December 12**

**10:30 First Baptist Tuba Concert**

**And**

**5:00 Hanukah Candle Lighting  
By Barbara Holzman**

### **Thursday, December 14**

**7:15 Blair Recital**

### **Friday, December 15**

**1:30 Holiday Trivia**

*with Mary and Gary Chunn*

### **Saturday, December 16**

**11:15 Ken and Gerry's Nice Dream  
*Live Music***

### **Sunday, December 17**

**11:00-12:30**

**Holiday Music by Logan Runger  
For Brunch**

### **Thursday, December 21**

**5:00-6:00 Reception**

**6:00-8:00 Resident Holiday Decoration  
Tour**

*Please sign up in the black book if you wish  
to open your home for the tour.*

### **Friday, December 22**

**2:00 Polar Bear Walk to Elmington Park**

### **Wednesday, December 27**

**Movie Night**

**7:15**

**Meeting Room**

***Movie: Casablanca***

### **Friday, December 29**

**1:30 Trivia with Dr. vanEys**

### **Saturday, December 30**

**Pool Tournament with Jim Clark(TBA)**



## **SUNDAY, DECEMBER 31**

**6:00-8:00**

### **New Year's Eve Celebration**

#### **New Year's Eve Party**

New Year's Eve falls on a Sunday. The celebration will be different from the other years' celebrations.

The celebration will be a party in the lobby and atrium. All residents are invited to the first floor for the festivities.

A mash potato bar, shrimp cocktail, and spinach dip will be served by Pig and Pie Catering. The champagne fountain will be flowing. Wine and Sodas will be available. For something sweet, cupcakes will be served. DJ Dan will return this year playing music in the lobby. A black jack table and other cards games will be in the atrium.

**The New Year Countdown will be held at 7:30PM in the main lobby.**

### **Newsletter Drawings**

The winners from the November's newsletter drawing are Peggy Runger and Lavonne Tarleton.

For December's drawing, submit a copy of a photo of you as a "twenty-something." You will automatically be entered into the newsletter drawing.

Give the photo with your name on the back with a stickie note to Camille Volkert, the Activities Director. Camille will make a copy on the Richland Place copier. This copy will be posted for a "Who's Who?" on New Year's Eve.

## **December Birthdays**

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Gail Lavelly 12/4

Bill Proops 12/5

Ben Morris 12/6

Cynthia Young 12/9

Roger Graham 12/12

Peggy Rollins 12/12

Barbara Holzman 12/14

Joan Thomas 12/17

Alvin Stillman 12/18

Randy Brill 12/19

Gary Chunn 12/20

Lynne Hargrove 12/21

Peggy Runger 12/25

Char Hancock 12/25

Bill Sanders 12/25

Jane Buchanan 12/27

Elizabeth Chalfant 12/30

Martha Bartles 12/31

Gil Fox 12/31

### **January Events:**

Friday, January 19

*Chili Cookoff*

## **Communications Committee Comments:** **Denise Dowell & Janis Spivey**

Are you thinking of getting a new computer? Not sure exactly what you need? There are many options these days: Laptop? Tablet? Desktop? Chromebook?

If you only use your Internet-connected device for email and doing simple searches on the Web, you do not need a fully-featured desktop or laptop. Many people have switched to tablets as they are lightweight and do most of what they need. There is a newer option you might want to know about -- a Chromebook.

A Chromebook is 'in between' a tablet and a larger laptop in functionality. It is a lightweight, small computer that does not use Windows or Apple as its operating system; instead it uses Google. It does not have a large hard drive and goes online very quickly. If you are only doing email and Internet access, it could be a simple and less costly choice.

Richland Place was given a Chromebook that you can try out to see if it will work well for you. Call Denise Dowell, 615-686-4341, for a demonstration. She has been using one for years and loves it.

Denise has combined the Library's RP Photo Directory and Introductory Write Ups. You can now see the resident(s) picture in the front of the plastic sleeve and the biography in the back side. Having the information in the same book makes getting to know new residents and residents you don't yet know both easier and more comprehensive. The RP Photo Directory is kept on the table of the mail library room.

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## **Seminar Survery for Dr. Ann**

Richland Place is offering residents the opportunity to participate in a 2 ½ hour seminar presented by Dr. Ann Kulze (Dr. Ann) designed to help you to improve your health. Dr. Ann is a very dynamic speaker and author who has appeared on Dr. Oz, Oprah and Friends, Time, WebMD, US News and World Report, among many other media outlets.

She earned her undergraduate degree in Food Science and Human Nutrition from Clemson University and her medical degree from the Medical University of South Carolina, graduating at the top of her class.

Her seminar will get into common sense ideas involving nutrition and lifestyle changes that can help anyone improve their health. There will be ample time for questions at the conclusion of her program.

If there is enough interest (minimum 6), Dr. Ann will conduct her seminar either the afternoon of January 24, 2018, or the morning of January 25, 2018. The cost will be \$250. **If you have interest or questions, please contact Roger Graham at 615-269-5455 or [rogergraham@comcast.net](mailto:rogergraham@comcast.net).** In addition, feel free to visit Dr. Ann's excellent website at [www.DrAnnWellness.com](http://www.DrAnnWellness.com).