



Neither Phil, or any of his cousins, did a good job predicting our February weather. We had some exceptionally good days and are looking forward to a mild March. Soon we will go to Daylight Savings Time and enjoy another hour of sunshine.

HISTORY ALIVE

Dr. Karel Cooperman

On a Thursday afternoon, the 2nd of February, history came alive to Londonderry in the form of a lively presentation by Mary Ann Jung as

>>> *Clara Barton*



For those who do not know, Clara Barton was

one of America's greatest heroines. Portrayed by Mary Ann Jung, Clara appears alive and willing to face bullying and bullets during the American Civil War. Her example inspires everyone to "never give up." Miss Jung incorporated the assistance of her willing audience to participate in the proceedings. She selected members of the audience to come on stage and have a speaking, active part of the play.

Bill Schaub, Dr. Susan Forlifer, Ken and Sara Sadler, all had active parts in the Civil War drama. In addition, the audience had lines as well. Miss Jung divided the people into three groups, each with specific lines to shout when she indicated. One group shouted "No, absolutely not. You don't belong." The second group shouted "No place for women." And the third group shouted "Yes, you should work. Never give up." The four actors also did wonderful work as Clara's story of the horror of the battlefield unfolded. All in all it was a wonderful and exciting event, which we shall all remember and appreciate.

In closing, may I add that in my short interview with Miss Mary Ann Jung I was impressed by both her love of history and her love of literature, drama and famous ladies. Should she come again to Londonderry it would be to residents' advantage to make certain they attend.

BLACK HISTORY MONTH

by Florence Thompson

Early in February Maryland Public Television (MPT) introduced the product of their mighty endeavors, the stories of Harriet Tubman and Frederick Douglass. These history lessons are of particular interest in Maryland, both of these historic characters having their roots on the Eastern Shore. The enthused on-screen staff of MPT was obviously so pleased with their accomplishments that their audience was caught up in their pride. This television documentary will be available nationwide, undoubtedly enhancing the funds available to the Maryland television station.

Titled *Harriet Tubman, Visions of Freedom; Becoming Frederick Douglass*, the documentary tells the stories of an enslaved woman in Dorchester County and an enslaved man in Talbot County. These histories take the two characters from childhood to death. Tubman became the honored “Moses,” conductor of the Underground Railway, Union spy, suffragist. She is memorialized at the renowned Harriet Tubman Underground Railroad Visitor Center/ Blackwater National Wildlife Refuge near Cambridge, Maryland. Current digs in the area have revealed homes contemporary with Tubman’s story.

Frederick Douglass was taught to read by his owner’s wife, escaped his owner’s grasp at age fifteen, became a famous orator, writer, teacher, abolitionist, and advisor to a president of the United States. Talbot County acknowledged his accomplishments in the cause of racial equality by erecting an imposing statue of Douglass the orator, dedicated in 2011, on the front lawn of the Talbot County Court House.

Londonderry has acknowledged Black History Month by showing contemporary history in three Tuesday afternoon films.

On the 14th *Becoming* was shown, a documentary based on a tour selling Michele Obama’s book of the same title. This covered a timeline of her childhood, meeting and marrying the future 44th President of the United States, and on to the tour where she took every opportunity to encourage all citizens to work to be their “best.”

On the 21st a showing of *Till* told the true story of Mamie Till, mother of Emmett Till, a fourteen year old boy who was brutalized, murdered, and whose body was cast into a river. His body was recovered and his mother insisted that he be seen in his casket, revealing the depravity of his murderers. The guilty men were known and were not held accountable in the Mississippi courts. This mother’s efforts have been memorialized in this 1955 story.

On the 28th a movie based on true events tells of a world-class Black pianist’s tour of the South in 1962. Don Shirley and his Italian-American driver and bodyguard from the Bronx use *The Green Book*, a directory of hotels, restaurants, clubs, etc., which would

accommodate Black American customers and guests. The fine lines of acceptance/rejection on this duo's tour make for a gripping story portrayed by a first-class cast.

All the stories alluded to in this article will enhance a reader's knowledge of our country's history, and sharpen awareness of current events.

MEN'S BREAKFAST

by Florence Thompson

On February 3rd Rich Williams drove Londonderry residents on an outing for his first time as Security and Transportation Coordinator. Accompanied by James Brooks, Director of Buildings and Grounds, six resident men enjoyed the drive to the Denton Diner. The six (Rich Morin, Jay Craig, Gary Kaufman, Jerry Fairbanks, John Foss and Roger Clark) enjoyed their selections from the breakfast menu, heavily favoring the choices of omelets.



Picture from Rich Morin

John Foss recalls that before the Covid shutdown the event regularly drew a busload of men enjoying the scenery, the company of friends and neighbors, the break in their usual routines. He would encourage more men to sign up for the next monthly event, Men's Breakfast at the Carpenter Street Saloon in St. Michaels.

OUT TO LUNCH

by Florence Thompson



On the 16th of February a busload of residents went out to lunch. Driven by Michael Robbins on his first such outing for Londonderry, accompanied by Erica Hardeo, the Craigs (Dee and Jay), the Carothers (Betty and Jim), Marilyn Burns, Evelyn Wiblin, Carole Lane, Karel Cooperman, Bea Conrad, Susan Andrews, Paula Gervis, and Florence Thompson made up the hungry lunch bunch.

The drive to St. Michaels was uneventful (no sightings of deer or wild turkeys along the way.) Michael maneuvered the bus in the narrow one-way streets to the back entrance of Limoncello, an Italian restaurant and wine bar. A variety of entrees were ordered and the consensus was that they were topnotch. However, two orders were not filled in a timely manner and the restaurant made good on the bills of the two diners. This glitch in the proceedings did not spoil the enjoyment of the outing and Limoncello will be a welcome destination in the future.

THINK GLOBALLY, ACT LOCALLY, CHANGE THE WORLD

by Patricia Bradley

For a few hours on Friday morning, February 10th, a few Londonderry residents were doing just that, hoping to change, at least, the food insecurity situation in Talbot County. Cathy Cooper, Cyndy Miller, Gina Amy, Judy Lutkus, Pat Bradley and Susan Andrews, joined by Erica Hardeo, all boarded the bus to Kiln Born Creations down town to paint some bowls for the Empty Bowls Project. The purpose of this project in Talbot County, and wherever in the world it is being carried out, is “To strive to eliminate hunger insecurity one bowl at a time and to raise awareness in our community of this serious and fundamental issue in our midst.” These bowls were then used at the Empty Bowls Community Dinner held on February 25th at St. Mark’s United Methodist Church in Easton. Eighteen thousand dollars was raised at this dinner, and that money will be shared by Food Banks in our community.



Here’s how it works. Back in 1990 an art teacher in a community in Michigan wanted to give his students an opportunity to make a personal difference. They were each asked to make a bowl, and then they held a dinner at school where the bowls were used and funds were raised for local food banks. The idea spread so well and so far that it is now an international undertaking. In Talbot county artists,

students, ordinary people like us paint a bowl and all the bowls go to the Community Dinner. If you buy a ticket for the dinner you may choose your bowl, it gets filled with soup, you have a dinner of soup and bread donated by local restaurants, and some homemade dessert. There is music played while you eat. You talk with friends and strangers and enjoy the camaraderie of people united in a good cause. Then you take your empty bowl home as a reminder of the folks whose bowls are empty all over the world.

The celebrations are grass roots inspired, and may be quite different in other countries and other cultures. In Azerbaijan, for example, participants receive their bowl and the soup and bread dinner, and then they get a week’s worth of groceries to cook soup for children’s shelters.

The seven of us enjoyed each other’s company while engrossed in creating the best bowl we could and were happy to pay for the privilege. Then we headed home and thanked our bus driver for a safe ride, thanked Erica for the opportunity to do this project, and then went to lunch, thankful for the food.

It is not every day one gets their picture in the Star-Democrat and the Talbot Spy.

BAG ALERT

by Patricia Bradley

You may have heard the town of Easton is launching a plastic bag ban on April 2 that will affect all of us eventually. The town is partnering with Discover Easton and Easton Economic Development Corporation (EDC) to promote this, spreading information and awareness of the problem of discarded plastic bags that burden our landfills, are a source of litter and pollution, can end up in our streams and rivers and be a hazard to marine animals and birds. The Town Council President, Megan Cook, says, “We are taking a big step forward to keep our waterways clear, our streets clean and our habitat healthy.”

Retail establishments within the town limits will no longer be allowed to give customers single-use plastic bags. They will be allowed to sell paper bags at no less than ten cents a bag, but the goal is for people to use reusable bags whenever possible. Violating this law will bring a written warning; a second violation will bring a fine of no more than twenty-five dollars and a third, a fine of no more than fifty dollars. If one should wish to report a violation of the law the EDC has a form for that purpose.

Actually, there will be quite a few exceptions to the ruling. For example, fresh fish can still be wrapped in a plastic bag, and so can a live fish! Also loose fruits and nuts, your dry cleaning and about twenty other things too numerous to name here. But there is a good place to get questions you may have answered. Go to <https://eastonmd.gov/587/Plastic-Bag-Ban> for further rationale for this program and frequently asked questions and answers. They have statistics from other places that have seen good results from banning plastic bags. And, if you are concerned that having to buy reusable bags will be a burden for low income families, EDC has a plan to distribute some for free. Email them if you want to help.



QUIZ BOWL RETURNS The 300's gang came out full-force and were determined to win (again). The exceptional turnout was surprising and indicative of interest in holding this activity on a regular basis.

Lead by John Dalton, who researches the questions, moderates the quizzing, and then readily provides the winning answers.

Which team won the event remains the unanswered question. It must be declared a 4-way tie. John – keep up the good work. If Sam doesn't agree with you, make up some questions just for her.



VALENTINE'S DAY

by Florence Thompson



John Foss didn't forget his Valentine on the fourteenth of February. Looking forward to their 47th wedding anniversary later this year, John gifted Janice at her residence at Candlelight Cove with a traditional big bouquet of red, red roses. It is evident in the photograph, she loved receiving his attention and flowers.

MARDI GRAS

by Florence Thompson



Tuesday, the 21st of February 2023, was Fat Tuesday/Mardi Gras/the last day of Lent. Bea Steg was unable to attend any of the parades or festivities in New Orleans this year, but she observed the special day her way. Bea donned the Mardi Gras colors (gold, purple and green) and displayed her collection of Mardi Gras beads. The souvenir beads thrown from the extravagant floats connect participants in the parades to the crowds in the streets. Bea has a great colorful collection of the beads and brightened the day for Londonderry residents.

Depression in Older Adults

Geriatric depression

Geriatric depression is a mental and emotional disorder affecting older adults. Feelings of sadness and occasional "blue" moods are normal. However, lasting depression is not a typical part of aging.

- [Causes](#)
- [Symptoms](#)
- [Diagnosis](#)
- [Treatment](#)
- [Coping](#)

Older adults are more likely to suffer from **subsyndromal depression**. This type of depression doesn't always meet the full criteria for [major depression](#). However, it can lead to major depression if left untreated.

Depression in older adults can reduce quality of life, and it increases risk of suicide. Read on to learn about symptoms to watch for and treatment options.

Causes of depression

There is no single cause of depression in any age group. Some research indicates that there could be a genetic link to the disease. However, biological, social, and psychological factors all play a role in depression in older adults.

Research suggests that the following may contribute to depression:

- low levels of key neurotransmitter chemicals in the brain (such as serotonin and norepinephrine)
- a family history of depression
- traumatic life events, such as abuse or the death of a loved one

Complications associated with aging may contribute to depression in older adults.

These problems can include:

- limited mobility
- isolation
- facing mortality
- transitioning from work to retirement
- financial hardships
- prolonged substance abuse
- widowhood or divorce
- chronic medical conditions

Symptoms of depression

[Symptoms of depression](#) are the same in any age group. They can include:

- | | |
|---------------------------|--------------------------|
| feelings of worthlessness | lack of concentration |
| irritability | withdrawal |
| fatigue | sleep problems |
| crying spells | changes in appetite |
| apathy | thoughts of suicide |
| restlessness | physical aches and pains |

Depression is often the cause of physical pain in older adults that is not explained by other medical conditions.

Diagnosis of depression

Proper [diagnosis](#) of geriatric depression can be difficult. The first medical point of contact for older adults is typically their regular doctor. If they are in an assisted living facility, care workers may notice the symptoms of depression.

A mental health expert will assess your symptoms, mood, behavior, day-to-day activities, and family health history. They will ask:

- how long you've been feeling depressed
- what brought on the depression
- if you've experienced depression in the past

A person must display symptoms of depression for at least two weeks to be diagnosed with the condition.

You can also use this free online geriatric depression scale. It may be helpful in determining whether you or a loved one needs help. However, this should not be used as a replacement for an official diagnosis from a qualified mental health specialist.

Treatment of depression

Just as depression has no single cause, no one treatment works for everyone. Finding the right [depression treatment](#) often takes time. Typical treatment involves a combination of therapy, medication, and lifestyle changes.

[Medications used to treat depression](#) include:

- [selective serotonin reuptake inhibitors \(SSRIs\)](#)
- [selective serotonin-norepinephrine reuptake inhibitors \(SNRIs\)](#)
- [tricyclic antidepressants](#)
- [monoamine oxidase inhibitors \(MAOIs\)](#)
- bupropion
- mirtazapine

Lifestyle changes used to treat depression include:

- increasing physical activity
- finding a new hobby or interest
- eating a well-balanced diet
- getting enough sleep daily
- having regular visits with family and friends

Numerous therapies can also help an elderly person with depression. **Art therapy** is a process in which you express your feelings creatively. In **psychotherapy**, you speak in a private setting with a trained therapist.

Living with depression

Geriatric depression can worsen the problems associated with aging. It isn't always easy to diagnose, but proper treatment can greatly increase your quality of life.

If you're concerned that someone you know may be depressed, know that family and loved ones can have a profound effect on an older adult's care. Encourage treatment and offer support to help your loved one live a full, happy life.

And lastly, the TED Talk on 2/27, led by John Foss

John Foss was the facilitator of this talk and he chose the topic of higher education, something he is quite familiar with having spent thirty seven years in that field. He felt it has become an area of controversy and concern, making the news these days, and important to talk about: the issues of forgiveness of student loans, and colleges and universities taking sides on political and cultural affairs as two examples. But the talk he chose to share with us was titled “Higher Education is Not About Getting a Job.”

Before introducing the talk John gave some highlights of the evolution of higher education in our country and what all has transpired since the opening of Harvard University in 1636. In early days the principal goal was educating men for the ministry. In 1830 states established teachers’ colleges. After the Civil War colleges were offering agricultural and mechanical studies, engineering and applied sciences, attracting and serving a wider population. In 1890 President Benjamin Harris signed a bill establishing black colleges and universities, and then in 1944 President Roosevelt signed the G.I. Bill affording war veterans a free education. That added six million men and women to the rolls. Today there are four thousand accredited institutions of higher learning and sixteen million students, sixty percent of whom are women.

Suggesting that higher education is not about getting a job is controversial in some circles. The presenter, who is a humanities and philosophy professor, finds that most high school counselors, principals and head teachers, do emphasize getting a job as the goal, and parents and grandparents who are paying the bills at these institutions may hold the same view. But while acknowledging that having well skilled workers in many fields is beneficial to our society, he makes the case that the essential purpose of higher education is to produce members of our society skilled in the ways of sustaining our democracy. First and foremost would be the formation of an inquiring mind. Critical thinking, communication skills, analytic skills, understanding of “the other”, having good judgment, all are needed if one is to be a useful participant in the democratic experience and a promoter of a civil society. The privilege of living in a democracy comes with the responsibility of participating in the decisions that affect one’s self. Education is key in the process of doing this in an enlightened way while respecting the dignity and the rights of others.

I found it to be a powerful presentation and once again was glad that the TED TALKS are a monthly feature at Londonderry. I’ll look forward to next month’s choice.

COMING SOON !!!



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