

Improv Easton Entertains Londonderry

By Patricia Bradley

When I headed over to the Clubhouse on Thursday night, February 1st, to see Improv Easton, I was aware that I had only ever seen improv on TV, never live: what I had seen on TV was always very funny. Now I know, seeing it live is even better. They had clever ways to engage the audience that felt entirely comfortable and made me feel a part of the act, even while staying put where I sat. And for another thing, being in the room where so many people are laughing is so much better than having to laugh at home, alone.

This group of nine performers was quite accomplished and very, very witty. There were nine of them, but in several of the set-ups only two would be out in front at one time. They would start a conversation, establish a theme, and then two more would tag them and pick up where the first pair left off. And then that pair would get tagged, and so forth. It would always be swiftly done and seamless, and end up far from where they started. Other set-ups had all nine out front. One was a "Panel Discussion" where the subject was audience choice, and Erica Hardeo was brought in as a guest panelist. One was "The Living Room Open" where they told stories on themselves. In one they had collected strips of paper from the audience with sentences written on them; they would pick one at random and interject it into the dialog, and sometimes that would be hilarious.



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I took the opportunity to speak with the nine of them before the show, and it was very enlightening. Since improvisation, by definition, suggests no prior plan or preparation, I asked what they do to be sure they can work as a team. They meet once a week—they call it Recess for Grown-ups, and they report they have a lot of fun. There are certain planned activities that are standard for improv groups, and they do those as a way to practice. But they told me the most important thing they can do is learn to listen and then trust each other. They have to believe the other has got their back. And they get very good at the practice of “Yes, and”

They offer workshops that are not necessarily meant to get new improv actors, but are just ways to have some fun. If they offered one at Londonderry, I would go for sure. I could never, ever do improv but I think I could do “Yes, and....” I think that’s what we do at the dinner table every night, witty or not. Seriously, I think there are many of us who would like to see Improv Easton again. Very entertaining, indeed. ♦



Where’s Windmill???

HERE’S A NEW MONTHLY CONTEST
open to all Londonderry residents!

Somewhere in these pages, we have hidden from **one to three windmill icons** like this one: They can be any size, any color, anywhere.



Your mission is to find all the windmills and win a small gift bag of goodies!

To enter, write on a slip of paper

- your **name**,
- your **unit number**,
- the **number of windmills found**, and
- the **page number(s)** where you found them.

**This
one
doesn’t
count!**

Drop off your entry in **box #338** in the mailroom **BY MARCH 20**. A winner will be drawn from correct entries on March 21 and announced on CATIE.

Happy searching!

Around The World In 35 Minutes

By Florence Thompson

Both Cathy Cooper and John Foss have previously presented fascinating accounts of their world travels. Each segment of their programs was accompanied by spot-on photos.

Cathy has been a lifelong advocate for conservation and preservation, for Rachel Carson's causes, for the study of geography in schools. Her recent focus has been on the Chesapeake National Recreation Area Act. She has an impressive resume, including her extensive educational accomplishments, a career in international banking and her worldwide travels. Her bio on Londonderry's CATIE system tells it all. Cathy moved to Londonderry in 2017.

The listing of John Foss's educational accomplishments leading to a doctorate in soil sciences is extensive. His career as a teacher of the sciences includes many institutions of higher learning, and his honors and awards are too numerous to list here. His renown brought him inclusion in archeology projects as a soil specialist, solving some of the mysteries of ancient populations. Early on, after receiving his doctorate, John chose to teach at the University of Maryland and decades later he returned to Maryland in retirement.



John led off for the trip around the world program beginning in Thailand and China. His interest in Thailand centered on their dependence on soybean breeding for their own food source and exports to China, as well as his interest in soybean research at Rutgers which began in 1814. Travelling from Thailand to China gave John and a colleague the opportunity to walk a section of the Great Wall of China, with

accompanying photographs. They managed to obtain passes to enter Tiananmen Square; however, they realized that their presence was being noted and photographed by Chinese men. They decided it was best for them to leave the restricted area.

Cathy presented an engrossing account of her trip to Bhutan. Bhutan is a small country with



John Foss at the Great Wall of China

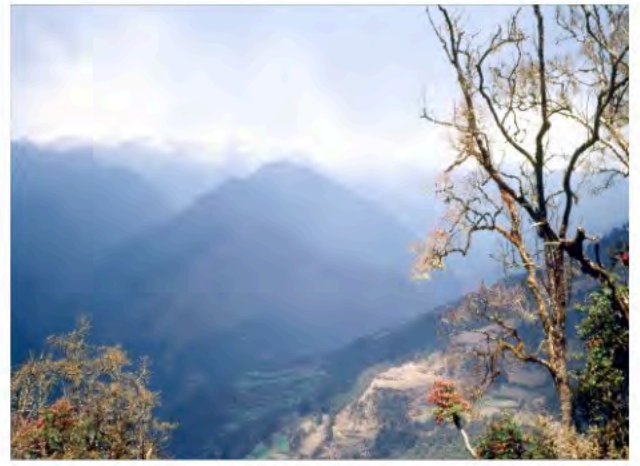
Photos courtesy of John Foss and Cathy Cooper

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World (cont. from page 3)

a unique story to tell. (On a recent “Jeopardy” program, only one in the three contestants knew that of the 14 countries on China’s borders, only one is a monarchy. At least one Londonderry resident knew the answer, thanks to a previous Cathy Cooper presentation.) Geographically, Bhutan reaches an elevation of 25,000 feet, and in a very short space descends to sea level. Their rushing waterways provide abundant electricity to use themselves and to export to India. Their history tends to a calm, philosophical population. Cathy took photos of a group of schoolboys, initiating a correspondence with one of the English-speaking teenagers.

John accompanied an archaeology expedition to Nigeria, which is situated 5 degrees from the equator. Oil and gas place Nigeria in the top ten richest countries in the world. John told a story involving students at a private school which had no water. The expedition crew solved their pump problem, restoring the water supply. Nigeria suffered a civil war from ’67 to ’90 resulting in 2,000-6,000 people starving daily. Historically each tribe had a



Bhutan

king; the number has been pared down considerably. One chief offered John 45 acres of land if he would marry one of his daughters. John declined. His experience flying out of Nigeria involved a humorous story of getting his bags of soil samples on board for the trip home. Airport officials wanted special (personal) fees for their service.

Iceland, Land of Fire and Ice, was the site of one of Cathy’s memorable journeys. The population of Iceland uses the natural geothermal heat to heat their homes and buildings. With outdoor pools, swimmers don’t notice the rain, snow or sleet. Cathy had outstanding photos of wavelike solidified lava flows with weird troll-like formations presiding over the scenes. At left, a scene of Cathy standing astride the space between two tectonic plates (or so she claims) illustrates the unique formation of the small country. Her talk turned to a tiny offshore island, Heimaey. The populated island suffered catastrophe in 1973 when a

(continued on page 5)



World (cont. from page 4)

volcano erupted, threatening the lives of the 4,000–5,000 population. The fishing fleet loaded their boats with people and evacuated everyone safely to the mainland of Iceland four to five miles away. It is part of the story to describe blanket-wrapped babies handed over the water to safety, and one woman boarding with her ironing board.

John led an archeology group under the auspices of the Catholic University of America to Guatemala. A two-day mule trip took the scientists into the jungle about five miles from the Mexican border. The ancient black stone version of Mayan pyramids and other structures have been reconstructed on site and the question of why the Mayans abandoned their settlement was explored. At the digs, John's soil specialty gave insight into the answer. Through history, from the time of Christ on earth, the Mayans cultivated the land. The exposed soil revealed that through

the ages salt had risen to the topsoil, eventually rendering it spoiled for agriculture. Pictures of the crew's trek through the jungle and the accommodations (they had to chase pigs out of the ramshackle sleeping quarters) indicated what lengths dedicated scientists will take in their pursuit of knowledge.

Cathy's program ended with photos of Denali National Park in Alaska. She has taken many excursions to Alaska. Her autumn picture of a caribou with blood-red antlers against the autumn-colored tundra was most interesting.

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Mayan pyramid in Guatemala, above.
Alaskan caribou, above right.



If you would like to receive Tred Avon Times by email for easier reading or printing, please contact Cyndy Miller to be added to our distribution list.

World (cont. from page 5)

Her photo of the “Big Mountain,” Denali (formerly known as Mt. McKinley) confirms why the sighting of the Big Mountain dominates daily life of the area’s population. A clear day offers the opportunity to take a photographer’s dream of a lifetime shot.

These presentations by Cathy Cooper and John Foss were most appreciated by their standing room only audience. Applause and many thanks let them know. ♦



In Memoriam

By Florence Thompson

ERNEST THOMAS OSKIN

passed away on January 27, 2024, at the age of 96.

Born in Chicago, Illinois,

moving to Florida as a teenager, Ernie was drafted into the Army in 1944 as WWII ended. In 1949 he graduated from the University of Florida (at that time an all-male school) and began his career as a chemical engineer. During the Korean War he worked at Edgewood Chemical Center outside of Baltimore. Using his G.I. benefits, he received a master’s degree from Princeton. Ernie worked for several large companies such as Goodrich and Olin Mathieson and DuPont in Delaware where he met and married his wife Barbara.

After seven years with DuPont, and having learned much about molding, he started his own molding company in St. Clair, Michigan, a small town across

from Canada near Lake Huron where he and Barbara raised their two children.

When Barbara’s mother passed away, they kept the family farm on the Miles River across from St. Michaels. On retiring, they sold their business and home in St. Clair and moved to Maryland. They lived on the farm most of the year but bought an apartment in Washington D.C. for the three winter months.

They enjoyed the farm, the water, and travel, but after 65 years of marriage they retired to Londonderry in 2022.

Ernie is survived by his wife Barbara, his daughter Mary Catherine Mueller of Easton, his son John Bennett Oskin of Colorado Springs, Colorado, and two grandchildren. Londonderry residents extend their sympathy at his passing. ♦

Kitchen tour

By Jay Craig

On February 12, 2024, Director of Dining Services, Chelsea Harris, opened Londonderry's kitchen for resident tours. About 30 residents signed up, and they were split into two groups of 15 for the tours.

Chelsea began the tour in the dining room itself where she explained that it was set up to seat about 100 people. It was interesting to learn that a total of between 120 and 130 people eat in the dining room during the two dinner seatings. Each seating consists of about 50% of the total, but the first seating always appears to be smaller because the residents come in gradually as opposed to the late seating where most residents come in at one time.



Taking us back into the kitchen itself, we observed the "Servers Station"; this is an area set aside for storage space containing items necessary for a server to do the work required of them. This area may consist of menu lists, service trays, condiments and clean dinnerware.

Every six months, the kitchen is basically shut down for preventive maintenance. It usually takes one day to perform this task where all equipment is inspected and determined to be in good working order. During this time, the kitchen can only serve cold items on the menu.

Entering further into the kitchen itself, we noticed the new industrial non-slip floor.

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Kitchen (cont. from page 7)

This flooring replaced an old red tile slippery floor that was less safe and unsightly. Over to the left was Shavonte working on one of her tasty bakery items. When you think of dessert, think of Shavonte. In this same area there were cold-storage refrigerators containing salads, dressings, fruits and other items requiring cold temperatures for freshness.

There are two sections in the food preparation area. One section is set aside for Tavern Menu items, and the other is for regular dinner menus. Off in the corner we observed a dishwashing machine that cleans dishes in 90 seconds. In the rear of the room a large walk-in storage room was loaded up with dry goods.



The kitchen is a very busy place requiring military-style coordination with kitchen staff and servers working together to present residents with fresh nutritious food with every serving. There are nine kitchen staff members alone, consisting of dishwashers, prep cooks, line cooks and lead cooks. DJ Moaney and Shavonte Greene are the lead cooks. The cooks keep the food coming, and the servers are busy taking orders from residents and completing meal tickets. Meal tickets are complete only

(continued on page 9)



Kitchen (cont. from page 8)

when the entire table has ordered their food, and the entire food order for that table is completed. In the event appetizers such as salads and/or soup are ordered, servers wait ten minutes after serving those items to the table before the entire order for the table is presented.

All Tavern Menu items are prepared to order, therefore requiring an occasionally longer wait time to be served. An example would be a hamburger that is well done requiring longer to cook than a rare one. Most everything in the kitchen is made from scratch, and more than 90% of all vegetables are fresh with no canned veggies ever served.

The Talbot County Health Department conducts two unannounced inspections every year. Chelsea was proud to be able to announce that our kitchen is “the best organized and cleanest kitchen in Talbot County.”

Future kitchen tours will be made available, and it would be highly recommended that residents take advantage of those possibilities. Learning the inner workings of a restaurant kitchen results in a better understanding of how our food is prepared and presented to our tables and reflects upon the professionalism of our kitchen staff and the wonderful servers working at Londonderry. ♦

Lunch At Mamma Mia's

By Jay Craig

It was at 11:30 AM on Wednesday, February 2, when a group of hungry Londonderry residents met for transportation to the Mamma Mia Restaurant located in Centreville. The group consisted of Susan Andrews, Edna Blakely, Jay Craig, Dee Craig, Beth Morin, Rich Morin, Queenie Swaren, Florence Thompson and Rose Ertz.

Accompanying the group was Erica Hardeo from Activities and Teresa Murray from Security who was kind enough to drive us to our destination.

When we arrived our seating area was found to be in a large, comfortable room which was

well-decorated and reflected a warm and cozy atmosphere.

There was no hostess available, but we made ourselves at home at a long table that appeared to be waiting just for us. After several minutes, our server Alina came to the table and welcomed us to the restaurant and affirmed that she did in fact make the table ready for us.

Alina brought all of us large, ice-filled glasses full of cold water and then took our orders. An appetizer order was given to her for the entire table; however, it had not arrived by the time our food orders were presented, so we had to cancel it. It was not a big deal because the

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Lunch (cont. from page 9)

food looked good, and everyone was satisfied to just begin eating.

A variety of menu items were ordered and found to be adequate. Susan's pizza looked to be very yummy; Rose, Dee, Beth, and Rich enjoyed their food, but others seemed to be slightly dissatisfied. My Veal Parmigiana was tasty, but the portion was very small. On the other hand, one in the group really enjoyed her Chicken Parmigiana. Two in the group ordered eggplant and thought it was a little strange. It should be noted that Edna is an eggplant enthusiast and was spoiled because the last eggplant she ordered from Londonderry's kitchen was fabulous.



completely gutted the old ACME and portioned the building into workable office areas with room for a restaurant to be included. As such, it was about 2015 that Mama Mia's came to be.

Before we left, a staff member of the restaurant was kind enough to take a photograph, at left.

Sitting closest to the camera at the end of the table is me, followed counter-clockwise by my wife Dee, Susan, Edna, Queenie, Erica, Rose, Rich, Beth and Florence. Sorry we missed Teresa, but she was bringing the van back to pick us up.

All and all, it was a long but enjoyable outing. I am sure that some in the group would enjoy returning to the restaurant, but in the future it may be less than a high-priority eatery for most.



Mamma Mia's is locally owned by Billy and Britney who are involved with Five Star Restaurant Development company located in Stevensville, MD. The restaurant was created about 10 years ago as part of a major renovation where the old 50-year-old ACME grocery store had been located. Developers

Teresa did a great job getting us back safe and sound with full bellies and nap-time thoughts on some of our minds. Thank you, Erica and Teresa, for your assistance and to Londonderry itself for allowing these outings to occur. ♦

Men's Breakfast

By Jay Craig

The breakfast bunch journeyed to Denton this month to enjoy camaraderie and good food at the Denton Diner. Meeting at the Community Center at 8:30 a.m., I noticed that there were a few additional participants making the adventure even more fun.

It was exciting to meet with Henry Novian, Richard Henry, Lou Duvall, Roger Bollman, Rich Morin, Henry Prieger and Dick Codrington. James Brooks from Maintenance, along with Rich Williams from Security, ensured our safe travels.

When we arrived, we were greeted by the diner's friendly hostess who had our table ready and waiting for our arrival. The group has visited this diner on other occasions and have always enjoyed the atmosphere and food. Our usual server, Bobbijo, was quick to the table with carafes of coffee logistically placed to allow all of us to enjoy our coffee at our leisure.

Bobbijo was able to take 10 different orders at the same time and to eventually bring the plates full of food to the table for us to enjoy. The photo below depicts my order. Looked pretty yummy to me and tasted even better.

It was interesting that our group consisted of four Richards, two Henrys and one with the last name of Henry. Just for the heck of it, I called out the name Rich, and four people turned to look at me.

The group had a great time together with lots of small talk and fellowship. When we finished our breakfast, Bobbijo was kind enough to take our photograph.



Seated at the front right is James Brooks followed counter clockwise by me, Rich Morin, Dick Codrington, Rich Williams, Henry Novian, Henry Prieger (great new addition to our community), Richard Henry, Lou Duvall and Roger Bollman.

James was kind enough to get the van and pull it up to the front door of the diner making it so convenient for us to board. After a leisurely drive back to Londonderry, we arrived with bellies full and memories of a good time.

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Breakfast (cont. from page 11)

The Denton Diner is only about three years old, taking the place of a bar that was there before. Situated within a small strip mall, the diner has plenty of parking which is convenient. It has become one of our favorite places to visit because of its welcoming environment, friendly staff and good food which is reasonably priced.

I am told that Erica Hardeo from Activities and James are exploring an opportunity to visit a very small eatery in the town of Hurlock for the next trip. At this time, the location has not been confirmed. Keep a lookout on CATIE or check with Erica for details concerning our next breakfast and please join the group for a good time and great food. ♦



Be My Valentine?

By Florence Thompson

At first it seemed that the Londonderry celebration of Valentine's Day would be only the special dinner menu: caprese plate, filet, scallops, risotto, chocolate lava cake. Chelsea and her kitchen and serving staff can be proud. The live vocals by "Smooth Music by Suzette" (jazz vocalist Suzette Pritchett, left) enhanced the experience. And the dense chocolate lava cake was a memorable finale.

The room was a sea of red attire in honor of the day, photos of Londonderry residents in their wedding attire were posted on the walls, and the music teased a few couples out of their seats to find a space to dance.

Unexpectedly the luncheon on Valentine's Day was also enhanced with a vocal performance, in this case by five members of the Bay Country Chorus. Carol at St. Luke's United Methodist Church in St. Michaels arranged for a "Singing Valentine" to be delivered on St. Valentine's Day to three of their parishioners now residing at Londonderry. Carmen Perry and Don Parks were there, but Rita Heacock missed out.

The two women and three men of the Bay Country Chorus included Sandy Ryder, the director of Londonderry's Jammers singers. The gift of music was enjoyed by everyone at lunch that day. ♥

Welcome

New Resident

Brenda Bedea #4101



Lovely Music

By Patricia Bradley

On Thursday, February 15th, in the Clubhouse, the Jammers entertained with love songs in celebration of Valentine's Day. It was great fun because the songs were "Oldies" and a lot of people had a good time singing along. And to make it better yet, we could sing along with the "Stars." The Platters sang "Only You" with us. Mama Cass sang "Dream a Little Dream of Me" while we sang along, and Elvis himself, helped out with "I Can't Help Falling In Love With You." The Jammers were having fun, too. When the Monkees sang "I'm a Believer" with us, the members of the chorus were punching it out;



Sandy Ryder, the Jammers' new Director, was having fun, too, as she should. She says she really enjoys this group: they've become her friends. But as Jack Harrold told me, Sandy is doing more than just leading a sing-along. She is doing some teaching along the way, explaining musical language and imparting some musical concepts and techniques that she deems important. Jack and the others appreciate this and let Sandy know it, but Judy is quick to add, "And we've never had more fun!!!" My point, exactly. ❤️



when the song was "Waltz Across Texas With You", that's just what they did. Not content to stay in her place with the chorus, Peggy Sloan went to the back of the room and got Troy Sherwood, our wonderful maintenance technician, to dance with her, and the whole room was smiling.



Bear Me Into Freedom

By Patricia Bradley

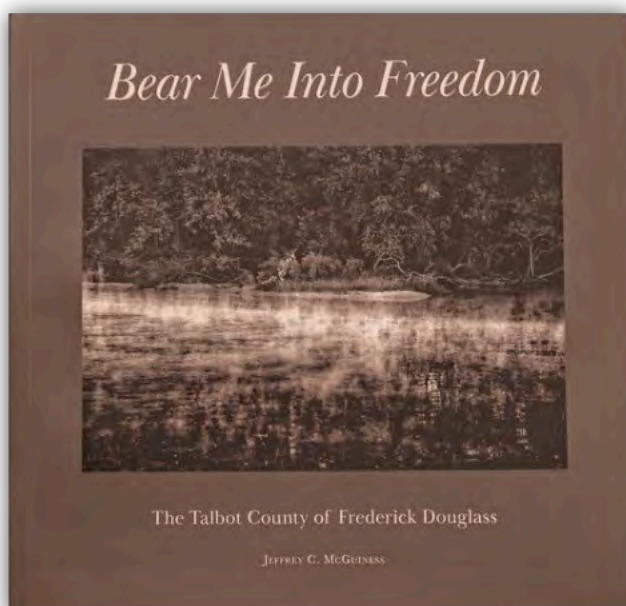
An extraordinary event happened on Thursday, February 22, at the Clubhouse when author Jeffrey McGuiness brought Frederick Douglass, the famous orator and abolitionist, to speak to us. The program was truly inspiring. The “voice” of Douglass belonged to Lance Morris who takes time off from his regular job at Experience Easton to portray this famous man. It was not an ordinary performance. Here is what Lorraine Flisher said about it. It was the timbre of his voice, the quality of sound that made his delivery so soul stirring. She thought the cadence he maintained made the delivery very poignant and very moving. Considering the passages he was reading from Douglass’s autobiography, relating his life as an orphan and a slave, much of it expressed sadness along with his determination to better himself and his situation. Lorraine told him he had a gift, and we were witnessing something special. The whole room seemed to be nodding and uttering agreement with what she was saying.



Lance Morris, left, and Jeffrey McGuiness

Along with the readings from Douglass’s autobiography, Jeffrey McGuiness was providing narrative and showing pictures from his book, *Bear Me Into Freedom*. The book is a first attempt to marry imagery with Douglass’s words to picture what Talbot County may have looked like two centuries ago. The book is also called *The Talbot Odyssey of Frederick Douglass*. This project is destined to be installed at the Historical Society; there will be large screens and audio with Lance providing Douglass’s voice, and Harriette Lowery providing the narrative. She was one of the original members of the Frederick Douglass Honor Society in Talbot County. Erica Hardeo says when the project is completed we will definitely go. Erica also felt we were experiencing “something great.” She used the word “awe.”

The project means to illustrate how the place where one is born and raised has influence on the life one will lead. He was born Frederick Bailey on Tuckahoe



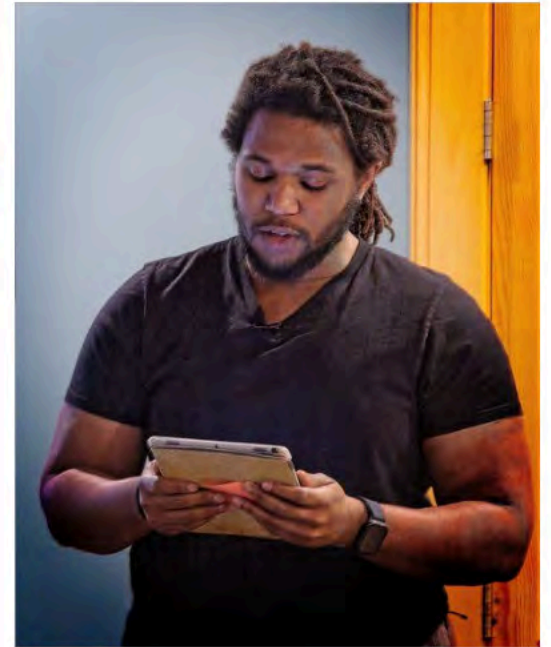
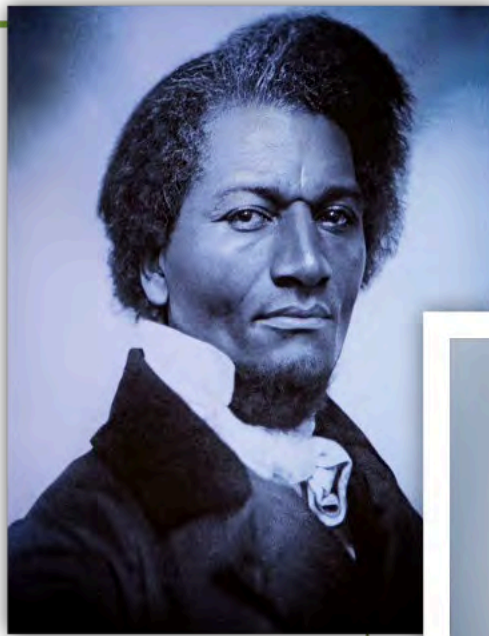
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Douglass (cont. from page 14)

Creek, a sad and spiritless place where his father was not known and his mother was absent. He was sent to Wye House, to the Lloyd family, where he experienced cruel neglect as an orphan, sleeping on the cold closet floor with no blanket, yet was identified as being very bright and a fit companion for the owner's child. He was sent to Baltimore to be a playmate in a white household, and in Baltimore he lived a life of almost-freedom. Back in St. Michaels as a rebellious 15 year old, he was cruelly beaten in an attempt to "break" him. And for a while he was broken, and lost his spirit. But Frederick Douglass (he had taken a new name) had felt the wind of freedom and got his self-confidence and his agency back after winning a two-hour fight with his tormentor. For two hours he only defended himself, never attacked or fought back. That set him free, spiritually.

In his years in Talbot County and Baltimore, he had learned many things he would need when he escaped to the North and won his freedom. He had learned to read and learned the power of the written word. He found religion, and he learned of the power of oratory. He saw the possibility of living a more cultured life, and he learned to hope for a more just world.

He was celebrated as a most influential orator, writer and advocate for racial justice in his time. He had the ear of President Lincoln and admired him for his generous heart, but criticized him for his slowness to act. He regretted declining an invitation to tea, whereas shortly after, Lincoln was shot, and he didn't



have the opportunity again. He regretted that for the rest of his life.

Douglass did return to Talbot County in 1881. He visited the Lloyds at Wye House and was received "as a Caucasian." Why did he return to the scene of his brutal upbringing? The audience thought perhaps he wanted to make peace with the people and the place. We don't know, but it would be interesting to explore it further. "The Writings of Frederick Douglass" will be presented at the Chesapeake Forum on the last two Wednesdays in May. You might want to sign up for it. Open to the public. ♦

Let's Keep Moving!

By Florence Thompson

There are several sources of help in keeping and improving mobility and strength in our aging population. Londonderry residents are fortunate to have choices offered of times and programs led by trained instructors.

STRONG AND STEADY

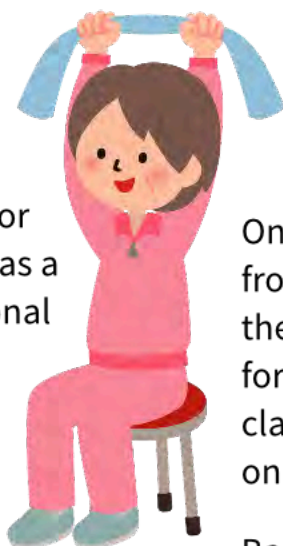
Janet Pfeffer had a background of teaching middle and high school for ten years and had retired as a non-profit program manager when in 2008 she applied for and was accepted into training as a YMCA physical education instructor. She started a class in St. Michaels, later approached Londonderry, and the Activity Committee gave her a trial run. Her Y Londonderry classes started in 2010 and two members of the original class, Camille Kneale and Florence Thompson, are still with her, still going strong and steady.



Her approach is to engage all major muscle groups in sitting and standing positions, using a chair as an anchor, as well as memory and creative thinking exercises. Her classes average 12 participants, men and women, and meet on Monday, Wednesday and Friday at 9:00 a.m. in the Clubhouse.

CHAIR YOGA AND BALANCE & BANDS

Eleanor DeNegre has taught yoga for 30–40 years. She has a background as a dancer and is retired from the National Endowment for the Arts where she taught yoga during her lunch hour. She is trained and certified in the Kripalu 500 Professional Level of yoga and has trained in the important skill of meditation. Her classes emphasize movement, breath and strength work, and meditation. The classes do not involve floor activities.



One of the participants is quoted, “Aside from the physical aspect, the class gives me the opportunity to slow down and take time for myself.” The very popular Chair Yoga classes are presented in the Activities Room on Mondays and Fridays at 2:00 p.m.

Balance and Bands emphasizes shifting of weight from one leg to the other for balance and strength, as well as incorporating resistance training. The class is held in the Activities Room at 2:00 p.m. on Wednesdays.

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A.M. WORKOUT

Lorraine Flisher has been a nurse for 47½ years; she has been on staff at Londonderry for 8½ years. As well as her many duties in watching over the population of mature residents, she has taken on a role as the leader of an exercise program. The goal of her workout is to increase strength, flexibility, balance, and coordination using gentle movements with energy from good music. The 12 to 16 participants stand



next to their chairs for the routine and sit to cool down and stretch at the end of the session.

Lorraine started her program at the Cross Court Athletic Club, combining her nursing skills, knowledge of anatomy and physiology, and her training and certification from the American Council on Exercise as a group fitness instructor and personal trainer, specializing in the senior population. To the seniors in her class her motto is “what is said in the class stays in the class.” They meet in the Clubhouse on Monday, Tuesday, Wednesday, and Thursday at 10:00 a.m.

MAY I HAVE THIS DANCE?

A new program was placed in our activities schedule in January. **Malley Hester** brought lessons in dance to Londonderry featuring Broadway Cabaret style dance and music. However, weather and illness interfered, and the six weeks stretched out past the expected timeframe. A new session, Chair Dance, will come to Londonderry in the spring.

Malley Hester came to Londonderry from Continuum Dance in Easton, whose mission is to provide accessibility to and knowledge of artistic dance. Founded in Easton in 2017, the studio is thriving with participants in all age brackets with varying levels of ability and

accomplishment. From beginners to ballet and jazz, etc., all benefit from their efforts.

Malley began her dance life as a three-year old and has learned from teachers whose resumés include lessons from renowned Kirov Ballet dancers. Londonderry resident Paula Gervis says, “I have always loved dancing, and the music and movement are fun in these sessions with Malley.” Paula and others look forward to the renewal of this activity in the spring when Chair Dance returns.

Not to be overlooked, Londonderry has established an exercise room with four types of machines, six machines total. Several men and women are known to use the equipment on their own schedules. The room is available when the Clubhouse is open. ♦



Seniors and Arthritis: Spotting and Caring for this Common Ailment

Arthritis is one of the most common conditions to impact senior adults today.

*While many people think of arthritis as a natural part of aging,
it is actually a very serious condition that can be prevented and treated.*

Arthritis isn't just having stiff joints in the hands and fingers, there are a number of different types of arthritis, each with their own unique side effects and each with their own individual possible cure.

With more than half of all seniors today dealing with some type of arthritis, it is important that every senior and their caregiver understands this issue, how to diagnose the problem and that they understand what treatment options are available.

What is Arthritis?

Generally speaking, arthritis is a disease that can attack the joints virtually anywhere in the body. Over time, arthritis can cause changes in the body and the way that the joints move and function so that it causes pain, swelling and even warmth in the joints. Over time, this disease can cause serious damage.

The common symptoms of arthritis include:

- Joint stiffness
- Ongoing joint pain
- Swelling in the joint
- Tenderness when touching joints

- Pain when touching joints
- Throbbing in the joints
- Restricted movement in the joints
- An inability to move joints as they should
- Warmth or redness in the joint
- Similar pain and discomfort across multiple joints

Seniors who experience these symptoms for more than two weeks should see their doctor right away. Typically, doctors will do an extensive medical exam, perform tests and do x-rays so that they can find a treatment plan that works. Different types of arthritis may require a different course of action.

Specific Types of Arthritis

Several types of arthritis exist; however, the three most common forms include osteoarthritis, rheumatoid arthritis, and gout. While most types of arthritis come with similar signs and symptoms, there are actually three very different, yet equally common types of arthritis out there. Each has a different type of disease progression and each requires different types of treatments.

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Arthritis (cont. from page 18)

In general, one of the best things to do in order to combat arthritis, no matter what type of arthritis it is, is to rest, eat healthy and exercise regularly. However, there are some specific medications and treatments that may work better for the different types of arthritis that seniors tend to suffer from.

Osteoarthritis

This is the most common type of arthritis among seniors. Osteoarthritis, or OA, occurs when the cartilage that pads the joint bones starts to wear away with use. This causes the bones to rub against each other when moving a joint. This type of arthritis can occur virtually anywhere in the body, but it is most common in the neck, hands, low back and in the knees and hips.

Symptoms include stiffness and mild pain in the joints. Typically, pain is most common in activities such as bending, walking or stooping. Some individuals with OA will experience joint stiffness when they haven't moved in a while, or upon waking in the morning.

OA is simply a type of arthritis that develops over time and in individuals that have put a great deal of pressure on their joints. Overuse and extra weight bearing on the joints are all risk factors that can make OA more likely.

The goal of OA management is to minimize pain, optimize joint function, and lessen joint damage. Common treatments for this type of arthritis include medication to control the pain along with rest and exercise that make it easier to move the joints. Those with OA who are

overweight should consider losing weight to put less pressure on the joints; a loss of 10% body weight is suggested. Some seniors with serious cases with OA will receive injections at the joint site to control pain or even have surgery to repair or replace damaged joints.

Rheumatoid Arthritis

Rheumatoid Arthritis, or RA, is actually an autoimmune disease that causes the body to attack the joint lining in the same way it would if it was trying to protect you from an injury. This leads to serious inflammation in the joints which can cause pain, swelling and stiffness. Some seniors experience complete lack of motion with their joints and the RA can attack virtually any joint in the body.

Symptoms of RA include fatigue, extreme and sudden joint pain, fever, pain, swelling and inflammation that lasts for hours, redness and swelling at joint site and more. RA can also cause organ issues if left untreated.

Usually, with the right treatment, the pain and swelling from RA will improve and many seniors can also start experiencing increased range of motion. Typically, anti-rheumatic drugs can slow damage from the disease while medicines such as prednisone or corticosteroids will ease the swelling. Some seniors will also take biologic response modifiers to block damage from the immune system.

Gout

Gout is often described as one of the most painful types of arthritis. Gout issues are often described as coming in "attacks" where pain

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Arthritis (cont. from page 19)

develops suddenly and lasts for a few hours. A gout flare is intensely painful and disabling, usually involving a single joint, but can involve two or more joints. Typically, people experience gout attacks after they eat certain foods such as shellfish or seafood, meat, organ meats like liver, sugary drinks, and fatty meals. However, there are other risk factors that make seniors more likely to experience this type of arthritis. Excessive alcohol use, certain medications and being overweight can make gout attacks more likely.

Symptoms include sudden pain or swelling that causes the skin to pull tightly around the joint making it discolored and very tender. Typically, gout attacks happen in the big toe, the ankle, elbow, knee, hand or wrist.

After having a gout attack, seniors should talk to their doctor for insight on how to prevent future attacks from happening. When an acute gout attack happens, typically corticosteroids are used to reduce swelling. Many times, people with gout will feel relief within a few hours of treatment. Most gout attacks will go away completely within a few days, but seniors with frequent issues may be prescribed medication that will prevent future attacks.

An arthritis diagnosis does not mean that seniors will need to give up their favorite hobbies or live a restricted life. The good news is, many seniors are able to manage their arthritis and treat the symptoms of their condition so that they can continue to live a healthy and pain-free life as they age. ♦



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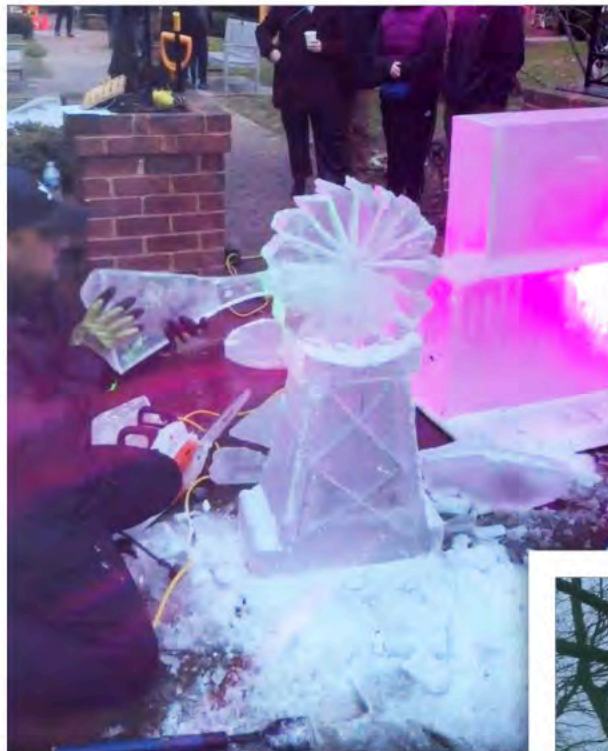
Londonderry sponsored one of the ice sculptures at the recent Chesapeake Fire & Ice Festival in Downtown Easton.



Dramatic lighting added a changing rainbow of colors.



Eric Baisas was the sculptor from Ice Lab in Cambridge who created this spectacular windmill out of ice at Thompson Park.



Parting Shots