

Annual Meeting Report

By Patricia Bradley

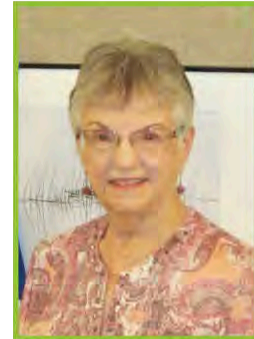
The Stockholders' Annual Meeting was held in the Clubhouse on Thursday, August 22, at 3 p.m. The room was packed, as it should be, considering we are all stockholders in this cooperative and all interested in the health and well-being of our corporation. Pat Lewers, Vice President of the Board of Directors, chaired the meeting. A quorum was announced as

required and three residents, Rachel Gruenberg, Connie Lauffer and Cyndy Miller, who had been chosen to be officials of the meeting, left the room to count the ballots to elect a new member of the Board. Board member, Dirck Bartlett, served as outside observer.

It was announced that Londonderry had once again received the highest rating from our auditors which is ever given, a "Clear Audit." Jen Hughes, our Controller, was congratulated and thanked for her extraordinary service to Londonderry. Barry Gillman, the chair of the Finance Committee, gave his report and explained how an improved structure was put in place this year to help residents participate in the process. Barry will be retiring from the Finance Committee and was given a gift of appreciation on behalf of the Board.

A welcome addition to the agenda this year was the attendance of several of the Board Members. President John

Congratulations Nancy Henry



**Elected as the new
Resident Director on the
Londonderry Board**

Thank you for your service and commitment to the community.

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Annual Meeting (cont. from page 1)

Flohr introduced two new members, Beth Horner, CPA, and Brian Cotter who has a background in health services. They both made brief remarks. John then gave a report on the year's work of the Board which focused, among other things, on clarifying processes and policies to make the working of the Board more efficient. The time he took to inform the residents who were present was appreciated.

One function of this yearly meeting is to give certificates of appreciation to employees who have worked here for a while.

- One year: John Muldowney, Michael Robbins, Kenneth Trevino, Richard Williams, Madelyn Abbatiello, Rhyan Kirby, Kylee Roberts, Aunesti Williams.
- Five years: Emma Jean Freeman, Chelsea Harris, James Brooks, Teresa Murray, Erica Hardeo, Emma Ross.
- Ten years: Rachel Smith, Elizabeth Whitby, Robert Smith.
- Twenty years: Jennifer Hughes, Brenda Nichols Brown.

Three members of the Board whose time of service is ending were given gifts of appreciation: Bea Conrad, Darian Sump and Julie Crocker.

The Ingerson Award 2024, given each year for "outstanding service to the Londonderry Community," went to Pat Bradley, who expressed her great surprise but equal gratitude for receiving that honor.



Pat Lewers presented Londonderry's Ingerson Award to Pat Bradley

When the counting of the ballots was completed, it was announced that Nancy Henry was elected to serve on the Resident Board. President John Flohr conveyed congratulations and welcome to the Board.

Sandwiched in between all of this, Jonathan Williams' troop of ukulele, guitar, banjo, and harmonica players entertained with a couple of songs which was meant to spark a sing-along. It was great fun. At 4 p.m. the meeting was adjourned. ♦

To receive *Tred Avon Times* by email for easier reading or printing, contact Cyndy Miller to be added to our distribution list.

Election Coverage

By Patricia Bradley

Kudos to the Election Committee for the job they did assuring that everyone should be well informed about the 2024 election for Resident Board Member. We received notice in plenty of time to alert us that election time was upon us and to give thought to running for the Board. They arranged for a meeting



with the candidates and explained the process to them. The two candidates, Barry Gillman and Nancy Henry, complied with written statements to support their candidacy, and those were distributed in a special election issue of the Tred Avon Times very attractively put together by the Times' own Cyndy Miller. Two Meet and Greet sessions in the Clubhouse were attended by the candidates and anyone who wanted to take the opportunity to get to know them. (The Committee even provided food.)

On August 7, the Election Convention was hosted in the Clubhouse, and it was well attended by residents who came to hear the

candidates explain their plans should they be elected to the Board. The format for the Convention was well thought out. Each candidate had a specified amount of time to make a presentation while the other candidate was absent from the room. Residents had been given an opportunity to submit questions, and the candidates were apprised of some of those questions before the Convention took place. The Convention ended with both candidates in the room taking questions from the floor. Committee member Jay Craig did a superb job of monitoring the event. Other members of the committee were Peggy Sloan, Jean Rhian, Lou Duvall and Jan Johnson, chair of the committee, whom we thank for a job well done.



Both candidates must also be thanked for being willing to serve on the Board and for the time and energy and serious thought they were willing to put into this effort. We Londonderry friends and neighbors are extremely lucky to have had such an exceptional choice before us. ♦

Snakehead, Anyone?

By Florence Thompson

On August 14, the Out to Lunch crowd traveled to Libbey's (formerly Hemingway's) at the foot of the Bay Bridge. The trip was enjoyed by Queenie Swaren, Elaine Moore, Carole Lane, Janet Dwyer, Sara Jane Davidson, Peggy Sloan, John Muldowney, Florence Thompson, Dorothy Vanderpool and Erica Hardeo.

The expected menu for a bayside restaurant was enhanced by two currently important offerings, the two invasive species that are endangering the backbone of Maryland's famed seafood wealth: snakehead fish and blue catfish. Florence and Dorothy took it upon themselves to order snakehead fish po'boy sandwiches, but the snakehead was not available. The duo then settled for blue catfish sandwiches.

Unfortunately, the fish was prepared with an overly spiced coating which obscured the flavor of the fish, but the duo had the satisfaction of doing their part to save the bay.



The group celebrated Carole's birthday with a delicious array of cupcakes provided by Elaine. The view of the Bay, the Bridge and the boat traffic made for an enjoyable outing. ♦

Choro Music With Susan Jones

By Clare Kettell

Susan Jones, clarinetist, brought her clarinet and her program of choro music to the Activities Room to play for us on Aug 19. Choro music is a happy, bubbly, upbeat Brazilian sound. It settled in Rio de Janeiro in the 19th century. She accompanies herself with an electronic "band in a box." She called it her ensemble, as it gives the sound of a band. It has an amazing sound system, and she is a talented clarinetist, never missing a beat. Those of us who were there enjoyed her program very much. ♦



Take Me Out to the Ball Game!

By Susan Andrews

On Friday, August 16, a group of residents went to a minor league Delmarva Shorebirds ballgame in Salisbury to support the Rotary program to “Strike Out Polio.” The baseball fans were Lari Caldwell, Bob and Phyllis Grill, Rachel Gruenberg, Barbara Hargroves, Judy and Jack Harrald, Judy Lutkus, Don Parks, Queenie Swaren, Susan Andrews, and our great driver and leader, Mike Robbins. We had great seats in the “picnic area” of the field, over first base out



field. One fly ball actually landed a few rows in front of us.

Buy Me Some Peanuts and Cracker Jack!

We all dined on hamburgers and hot dogs with all the

fixings, shredded chicken, macaroni and cheese, watermelon, chips and popcorn. A few of the Londonderry fans got ice cream, and one even had a beer. But no “peanuts and cracker jack.”

We Don't Care if We Ever Get Back!

We watched the Carolina Mudcats lead the Shorebirds, and we cheered the good infielding of the Shorebirds. Judy kept a score sheet for the players. The game went quickly with the new time rules. There were also lots of fun activities for the fans throughout the games—a roving camera, a game of musical chairs for kiddies, a visit from the Shorebirds’ mascot. We left after the seventh inning stretch, only to discover that the Shorebirds rallied, and in the 11th inning, they defeated the Mudcats 5-4. ♦

Summer Fun

By Florence Thompson

On August 5, Director of Dining Service Chelsea Harris presented the Summer Fun Dinner. And it was fun. Musician Barney Willis (Bugle Boy) extended his annual summer tour of the Eastern Shore and entertained at Londonderry for the second time in 2024 before returning to his home turf in South Carolina.

It was fun sipping margaritas singing “Margaritaville” and not worrying about the lost shaker of salt. The drinks were served in a colorful array of glasses, and senior staff members roamed the room with pitchers for refills.

And it was fun dining on the delicious loaded TexMex additions to the standing menu, tacos and quesadillas, in a dining room transformed into a beach surfer venue.

Gracias, Chelsea! ♦



TAP Evening



By Paula Gervis TRED AVON PLAYERS

On Thursday evening, August 15, Susan Andrews, Edna Blakely, Lari Caldwell, Judy Coffren, Faith Dobrenski, Paula Gervis, Nancy Henry, Evelyn LoRe, and Queenie Swaren went to the Oxford Community Center to see *The Hallelujah Girls* put on by the Tred Avon Players. The play is a delightful look at life in a day spa. A good time was had by all.

The Hallelujah Girls:

A Review by Barbara Reisert, Editor

My daughter Gina and I went to the Sunday matinee. The present day setting and scene for this very funny play was Spa-Dee-Dah! in Eden Falls, Georgia with an extremely unique cast of characters. Four ladies “of a certain age” decided it was time to have some fun, so they purchased an old church and turned it into a Spa. You can just imagine the fun they had as well as all the headaches that go along with such a project.

There were so many funny “one liners” throughout the play that kept it rolling along right up to the end. The costumes, lighting and sound effects were great for such a small venue. Only eight actors gave us so much entertainment. I could tell they really were having fun performing for us.

It was a very relaxing, lighthearted afternoon at the theater. ♦

Improv Anyone?

By Patricia Bradley

On four Thursdays in August, residents have been visited by two members of Easton Improv and given the chance to find out what it's all about. Easton Improv (stands for improvisation) came to Londonderry several months ago and entertained us with a performance that was witty and clever and so much fun. I know I'm not particularly witty or clever, but I do like to have fun, so I decided to try the workshop they were providing for this limited time. At no time was I called upon to stand up and perform—if so I would have bolted—but that wasn't the point. The point seemed to be to focus on a simple task, release some energy and laugh a lot.

The attendance varied between 13 and 20. We sat in a circle and did exercises they called games with words and expressions and movements that were simple but required some thought, and, sometimes, a swift reaction. Some of the tasks were silly, and it



Photo courtesy of Tracey Johns

was easy to get confused, and that would end in a lot of laughter. The group leaders were very skilled at keeping everything loose, never was it threatening, and it was easy to enjoy an hour of pleasant socializing. That's always a plus in my book.

So, improv anyone? I would love to have Easton Improv come back to perform; I might have more insight into what they are doing this time. But I'll just be in the audience, thank you very much.

P.S. At the last meeting, the group expressed interest in doing more of this, so perhaps the improv workshop might appear again on Londonderry's calendar. Look for it. ♦

MILESTONES



A couple of the milestones that were celebrated in August

Art Schmidt, 100
(Sadly, Art passed away just weeks later.)



Roger & Judy Krhounek
65th Anniversary

In Memoriam

By Florence Thompson

JOHN FRANCIS WARD was born into a large extended family in Watertown, New York, but was himself the only child of Gordon and Genevieve Ward. Born on August 17, 1930, John passed away at Londonderry on August 17, 2024, at age 94.

John Ward attended Clarkson College in New York, earning his bachelor's degree. His resume, from beginning to end, is an impressive account of a career centering on studies and research in the rotorcraft technology field. Employed by government agencies, in particular NASA and the Army Air Force, he achieved many levels of responsibility.

John was the recipient of many awards from helicopter related societies. He lectured on research efforts, edited journals on the subject, and was a Sustaining Member of the Helicopter Association International.

From the biography John provided when he and Jane moved to Londonderry, he was a



font of information about the development of the V-22

“Osprey” tilt rotor aircraft “ which flies over and lands at the Easton Airport from time to time.”

And, interestingly, that ties in with the fact that when he and Jane Waters married in 1957, he had no inkling that years later Jane would become a pilot and fly them into Easton Airport on jaunts learning about the area and finally buying and restoring an historic home on Goldsborough Street. Moving into Londonderry in 2021, their home is a showcase for John's oil, watercolor, pen and ink, pastel, and charcoal paintings. And in his later years he created beautiful floral pieces from Legos.

John's and Jane's friends in Londonderry join Jane in mourning his passing. ♦

Londonderry lost several other residents this month:

ART SCHMIDT, PHIL DINKEL and **BETTY MORTON.**

We were unable to include their stories in time for this month's issue but plan to honor them in our next edition.

We extend our deepest condolences to all their families and friends.



TED Talk: A Case For Optimism On Climate Change by Al Gore

By Patricia Bradley

On July 29th in the Activities Room, a full house heard former Vice President Al Gore give one of his series of talks on Climate Change. This is a talk he gave in February of 2016, and its premise is mostly optimistic. Barry Gillman hosted the program, not claiming to be an expert on the subject, but he had obviously done research on his own and was willing to have a discussion at the end of the talk.

I call this a mixed message because, it's no surprise, there is bad news and good news. Al Gore framed his talk in 2016 around three questions. Question #1: Do We Really Have to Change? The answer is a resounding "Yes." The Apollo space missions sending photos of space back to Earth revealed the extremely thin atmosphere being bombarded by greenhouse gases from many, many sources. Eighty-five percent of the energy produced on Earth comes from carbon-based fuel. The amount of energy produced every day is comparable to 400,000 times the atomic bombs dropped on Hiroshima. The results are higher temperature, warmer oceans; more water vapor in the sky means historic floods. Conversely, droughts. Sea levels are rising. In some places it causes human migration and brings disease and medical emergencies. And all of this affects the global economy.

The second question: Can We Change? Again a resounding "Yes." Here's the good news. There has been much progress on developing renewable sources for energy, and it is continuing with solar leading the way. Costs are coming down, innovation is happening, and it is a big business opportunity. The Paris Agreement which was adopted in 2015 had

194 countries pledging to do their part to limit greenhouse gas emissions in order to address global warming. Only three countries in the world have not signed on.

The answer to the third question, however, is not so clear: Will We Change? The pledge to attain NetZero is a daunting challenge. That is, assuring that the amount of emissions going into the atmosphere is balanced by the amount taken out. Sources vs. sinks. But for now, the global surface temperature is still going up. One reason, the established interests of the fossil fuel industry.

Barry supplemented Gore's talk with some further information. In his series of talks since then, Gore became extremely angry because of the lack of cooperation and outright opposition to this issue by vested interests. But in his last talk, which we did not hear, Barry tells us that Gore has chosen to be optimistic again. He says sustainable energy has become the

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TED Talk (cont. from page 9)

best business investment in years. Another piece of good news, The World Resource Institute has given the Biden administration good marks for the many bills it has enacted, although they still have not solved the problem. It needs a push.

After all, this is a moral imperative. It is a social movement. The largest, most

important social movements in history—the industrial revolution and women’s suffrage, for two examples—have been met with “No” many times before ever getting to “Yes.” Gore is trusting the struggle to continue as a new generation comes into political and social and economic power, and more generations after that will carry on until we get to “Yes.” He assesses the kind of people we are and believes, “Yes is fore-ordained.” ♦

Bay Country Chorus

By Clare Kettell

I don't know how they do it, but the Bay Country Chorus, whose dedicated leader is John Crovo, continues to always entertain us with their show. And I believe that they enjoy coming here as much as we like having them. A few years ago, when I was on the “old activities committee” and discovered the BCC, I was responsible for meeting John in the lobby, finding him a room (usually someone's office) to warm up, and the group would do



their show in the dining room, partway behind the pillars in the front. We've come a long way since then, having them in the Clubhouse every year since it was built. Three years ago, they added women to the group.

John was not with the group this time when they visited on July 31 as he had experienced a falling accident.

We love the old songs we remember and the humor they interject, even calling out and singing to a birthday person who this year was Queenie Swaren. Thanks to having Erica on board as our official activities director, we now have this kind of talent available frequently and the space to do it. ♦



Grandparents Day, 2024

By Patricia Bradley

Sunday, September 8, is the first Sunday after Labor Day and is the day designated to celebrate grandparents—whether remembering our own, or thinking about all the grandparents in the world we don't know and never will. Grandparents should be celebrated. They spread the love, they pick up the pieces, they serve as models, and they teach us many things. I wish I could talk with my grandparents again. I have so many questions I never asked, opportunity lost.

Grandparents answer to anything grandchildren choose to call them. We canvassed the campus for names. This celebration is for you:

Bonesey	Granty	Nana
Bubbie	Grandmom	Nanny
Copper	Grandmother	Nonnie
D Dad	Grandpa	Ohma
Daddy Bob	Grandy	Papa
Dommi	Grammie	Paw
G G	Great Grammy	Paw-paw
Gagy	Mama Nancy	Pop-Pop
Gamuddy	Mam-maw	Timer
Gayma	Gammy	...and all the others. ♦
Granddad	Maw	
Grandfather	Mimi	
Grandma	Mom-Mom	

A Job Description For Grandparents

By Erma Bombeck
THE SUN, September 13, 1981

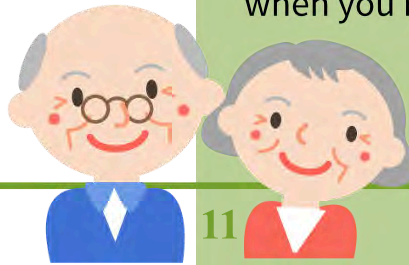
Perhaps the saddest words in all the world are, "I never knew my grandparents."

Grandparents contribute a special relationship to a child that no one else can give them.

What is a grandparent?

- ▶ They can always be counted upon to buy anything you're selling . . . from all-purpose greeting cards to peanut brittle . . . from flower seeds to cookies . . . from transparent tape to 10 chances on a pony.
- ▶ A grandparent buys you things your mother says you don't need.
- ▶ A grandparent pretends he doesn't know who you are on Halloween.
- ▶ A grandparent will put a sweater on you when she is cold, feed you when she is hungry and put you to bed when she is tired.
- ▶ A grandparent will frame a picture of your hand that you traced and hang it over the brocade sofa in the Mediterranean living room.
- ▶ A grandparent will check to see if you are crying when you are sound asleep.
- ▶ A grandparent is the only babysitter who doesn't charge money to keep you.
- ▶ A grandparent will believe you can read when you have the book upside down.

(editor's note: it's all true.) ♦



The Londonderry Elves are already busy creating ornaments for our entry in the Festival of Trees this year. One elf gives us a glimpse into how one of this year's ornaments is made:




The Difference Between a Toilet Paper Roller and a Santa Claus Tree Ornament

By: One Who Knows

- Put out a call for toilet paper rollers (TPRs) and collect the donations.
- Paint the TPr red all over. Cut a piece of red felt the width of one circuit of the TPr and the height of the TPr on end.
- Glue the felt to the TPr.
- Punch two holes in the back of Santa's head.
- Push the wire through the holes so the ornament can be attached to the tree in due course.



- Whoops.
First, select a cotton ball about this big  and glue it in place. Re-wrap the felt. This is Santa's tummy.
- Add Santa's face.
The face is one piece previously assembled.
- Add black belt and glue it in place.
Add buckle to Santa's mid-drift.
- Add elf-style cap. (See Appendix.) and glue in place.
- (Forget the Appendix.)
- Almost done. Wash your hands of glue.
- Do it all again—19 times.◆

Beware of Scammers!

What are some ways scammers try to exploit seniors?

1. Targeting those who are socially isolated

Con artists often target older adults who live alone. Finding out their status can be as easy as scrolling through the obituaries or reviewing social media profiles. These scammers know adults who are socially isolated are less likely to consult a family member who may suspect something is not right.

Being isolated can also lead to a state of loneliness. A University of Michigan Study found that feeling lonely or suffering a loss made older adults more vulnerable to financial fraud. When you're sad and struggling, it may be tempting to talk to a friendly-sounding person on the phone. You may also be more drawn to the promise of money or free prizes they offer you.

Stop and stay financially safe: If an encounter with a stranger via phone, email, or text is making you feel anxious or uncertain, do not take any further action. Instead, reach out to a person you know and trust, whether it's a family member, friend, neighbor, or someone at your local senior center. Tell them what happened and ask for their advice. Talking things over can help you and the other person identify red flags—before any damage is done.

Christine Kieffer, Senior Director of the FINRA Investor Education Foundation, says having open conversations about scams is vital. “One of the most important things you can do is encourage everyone to have a plan to tell someone else before they react,” she said during a panel at Age + Action 2024. “It’s easy to do and it should be at the top of the list.”

2. Posing as an authority figure

Most of us were taught as children to respect authority. Scammers know this and use it to their advantage. That’s why many scams targeting seniors involve someone posing as an authority figure to pressure the person into doing what they want. Some examples are below:

- You receive a call from someone claiming to be from the Internal Revenue Service (IRS) or the Social Security Administration (SSA). They aggressively insist you owe hefty taxes, fines, or other fees and threaten criminal charges if you do not comply.
- A text message that seems to be from your electric company states your bill is overdue. The sender warns you your service will be terminated if you do not pay up quickly.

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Scammers (cont. from page 13)

- You get an email alert telling you there's a problem with your bank account. It appears to be from your financial institution. The email asks you to verify your account information to fix the "problem."

Stop and stay financially safe: The first thing you want to do is verify whether the company or agency trying to contact you is legitimate. You can't rely on Caller ID for this. That's because phone numbers, email addresses, and even websites can be spoofed to mimic familiar organizations. Reach out to the organization directly using phone numbers or email addresses listed on their official organization website. Tell them about the communication you received and ask them to confirm that it's real. Keep in mind that government agencies will generally never call, email, text, or contact you on social media to ask for personal information or money.

3. Creating a sense of urgency and/or scarcity

One tried-and-true trick scammers use is creating a false sense of urgency around a situation. Their goal is to get you to act on impulse, without really thinking through the details of their request. They may say things such as:

- A price is good for a limited time only (e.g., 24 hours).
- A product is in short supply and will soon run out.

- An offer is open only to a limited number of people.
- There will be a negative consequence if you don't act, such as:
 - ▶ You could be arrested and/or jailed.
 - ▶ Your bank account will be frozen.
 - ▶ Your utilities will be cut off.
 - ▶ You'll lose out on a large sum of money.

Stop and stay financially safe: If a deal seems too good to be true—for example, a product is for sale at a dramatically lower price than its retail value—this should instantly raise your suspicions. Even if you feel eager to respond, slow down, take a deep breath, and ask questions first. Getting all the information up front can help you avoid basing decisions on emotion (instead of common sense).

If you do decide to buy a product or service online, it's a good idea to use a credit card as your payment method. This is because most major credit cards have built-in safeguards that can protect you against fraudulent activity. This is not the case with online payment apps (e.g. Zelle[®], Cash App, Venmo) and other direct forms of payment, which are much like sending cash. You may not be able to get your money back if something goes wrong. That's why it's essential to only send money to people you know and trust when using digital payment options.

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Scammers (cont. from page 14)

If you've been scammed, report it

Did you realize you've been scammed? The first place you call should be your financial institution.

You can also report what happened to agencies like the Better Business Bureau®, IC3, and the Federal Trade Commission (FTC). "These agencies are increasingly committed to holding dangerous criminals accountable," she says. "Sharing what happened to you can help prevent it from happening to another older adult." ♦



Have ideas to share? Photos? Stories?

We welcome contributions from our fellow residents.

Just contact a newsletter committee member or join us at our monthly meetings in the Londonderry Library, usually at 2:15 on the first Wednesday of the month.

Next meeting: September 4, 2:15

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Parting Shots

Thanks to Londonderry's nurses who provided "Rescue Packs" to help residents through those occasional sick days!



Giving Thanks



Thanks to Bonnie Codrington for providing the lovely flowers that brighten up the Community Center!

And thanks to Nancy Henry for capturing the hidden beauty of our campus, here a squash blossom in Chuck's Garden.

