

## Londonderry Serves Up Classic Cars & Donuts For Grandparents Day

By Jay Craig

It was a beautiful Sunday morning with a clear blue sky and mild temperatures for Grandparents Day. Our Community Engagement Director, Erica Hardeo had coordinated with Don Van Bourgondien, VP of Colonial Rodders Car Club to have members of the club display



### In This Issue:

Classic Cars.....	1
Witch Visit .....	3
Summer Concert .....	4
Display Case .....	5
Lewes Excursion.....	6
Library Presentation.....	8
Coffee with a Cop .....	9
Men's Breakfast .....	10
Creative HeARTS .....	11
In Memoriam .....	13
Rotary Outing.....	16
Cow Mooovement.....	17
Health Corner.....	18
Emergency Thanks.....	19
New Residents .....	20
Quiz Time Results.....	20
Parting Shots .....	21

some of their classic vehicles at Londonderry's Community Center.

Approximately 25-30 beautifully restored

antique vehicles dating from the 1920s showed up and were placed on display for all to admire. Don brought his own car to the show.

Of course there could not be a car show starting at 9 am without coffee and donuts, and Erica made sure that there was plenty to share. She made a Dunkin Donut run and brought back several dozen donuts and five boxes of coffee. The donuts were going fast so Erica had to make an additional run to pick up several more dozen. Altogether approximately 10 dozen donuts and five boxes of coffee were consumed.

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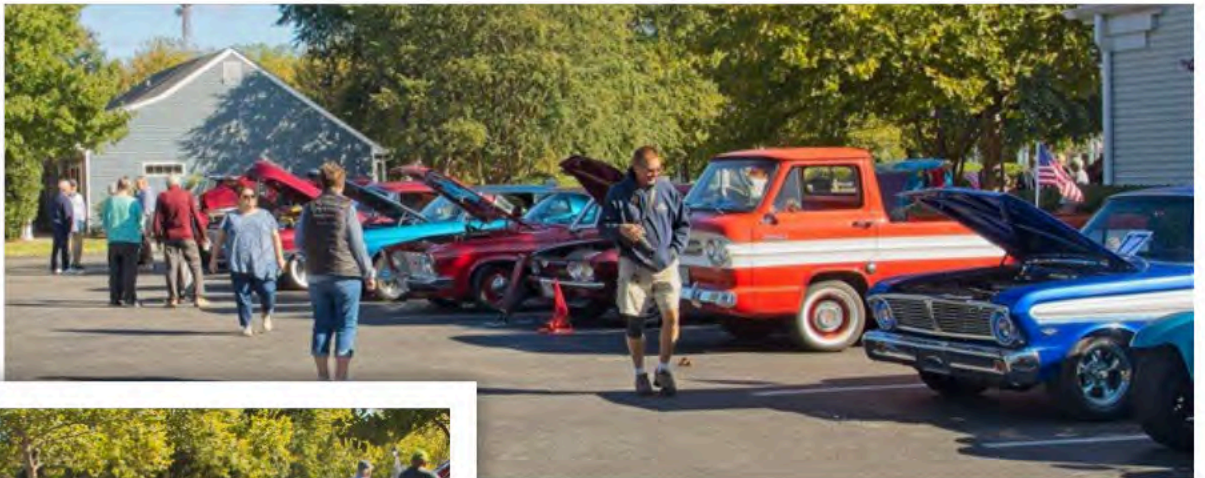
## Classic Cars (cont. from page 1)

In speaking with Don Van Bourgondien, it was learned that both the Colonial Rodders and the Chesapeake Car Clubs were represented at this event. There were many unique cars brought to Londonderry, including this beautiful 1963 Chevrolet, in the photo at right.



The interesting thing about this car is how you fill it with gas. The left rear taillight is the actual access point. There is a small lever just above the red lens that can be turned counterclockwise thereby releasing the taillight itself to be pulled down allowing access to the filler tube.

The residents of Londonderry began showing up early and were observed meandering through a winding course of cars. Our own Beth Elkins and Larry Ulm, also members of the Rodders Club,



donated a beautiful trophy to be awarded to the owner of the car voted as the favorite by community residents. Each car owner was asked to place a number in the windshield area of their car, and Londonderry residents and friends wrote down the numbers of their choice which were eventually counted to determine a winner.

(continued on page 3)



## Classic Cars (cont. from page 2)



The clear winner of this event was the beautifully restored 1963 Plymouth above, owned by Carson Jones of Easton. Mr. Jones indicated that the original owner of this car invested \$160,000.00 into its restoration. The vehicle has two four-barrel carbs attached to a Max Wedge motor with 426 cubic inch displacement generating about 600 hp.



Larry Ulm, above right, presented Mr. Jones with his first place trophy. Altogether, it was a great day and a good time was had by all. ♦

## Will The Witch Visit You This Year?



**If She Does,  
Be Sure To Pass Her On!**



# End of Summer Concert

By Jay Craig

On September 4, Londonderry residents and friends took advantage of a beautiful evening to join together and listen to the great sounds of The Jones Boys band and the plentiful food options offered by The Red Shef.

This was the last of the concert series for the summer of 2024, and all in attendance were greeted with great sounds and yummy morsels.

Scattered about the yard and pool area of the Manor House, folks were seen lounging in comfortable chairs and singing along to great music from



tapping their feet and moving with the music.

What better way to enjoy the music but with a cold drink and great food. The Red Shef food truck provided that opportunity

with a large menu of reasonably priced goodies to choose from.

The original date for this concert had to be changed due to extreme heat predicted for the original day, and it could not have worked out better. The evening turned out to be pleasantly cool with moderate humidity levels and clear skies.

(continued on page 5)



current easy listening sounds to occasional folk music. The Jones Boys fiddle player offered a couple of solos that had those in attendance





**Concert** (cont. from page 4)



Whether it was the weather, music, food or a combination thereof, the energy level of several in attendance was increased as was observed by their dance moves.



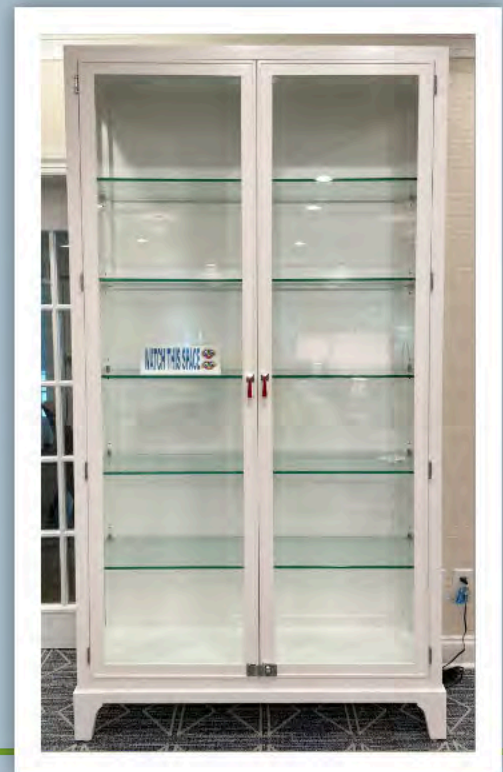
These concert venues seem to be greatly appreciated by our residents and friends of Londonderry and would not be possible without our Director of Community Engagement, Erica Hardeo. Hats off to Erica for a job well done. ♦

## A Message from Christine Harrington

As told to Patricia Bradley

“I’m very excited about the wonderful display cabinet that’s in our living room right now just waiting to be filled. Residents will share some of their special collections or their hand-made work, and it’s going to be awesome. Some may stem from hobbies or maybe even the residents’ life’s work. Some will, no doubt, be educational and some will simply make the room more beautiful. And when whatever is special to one of us is shared with the rest of us, that is what community is all about.

“I believe the plan is to open each exhibit with a reception in the living room and a resident(s)’ talk about their things. Look for that soon in the CATIE calendar and look for me to be there. I can’t wait.” ♦





# Lewes Boat & Lunch Excursion

By Susan Andrews

At 8:00 on Thursday, September 19, Bruce and Lynn Kranz, Jean Rhian, Jerry Fairbanks, Cathy Cooper, Gina Amy, Don Parks, Sara Jane Davidson, Susan Andrews, and our driver and leader, Rich Williams, headed for Lewes for a “marine biology adventure” with Cape Water Tours.

We boarded our pontoon boat at the Lewes ferry depot and joined about ten other passengers. Our three-woman crew maneuvered our boat into the harbor and informed us about the 170-year-old breakwater and discussed the eco system.

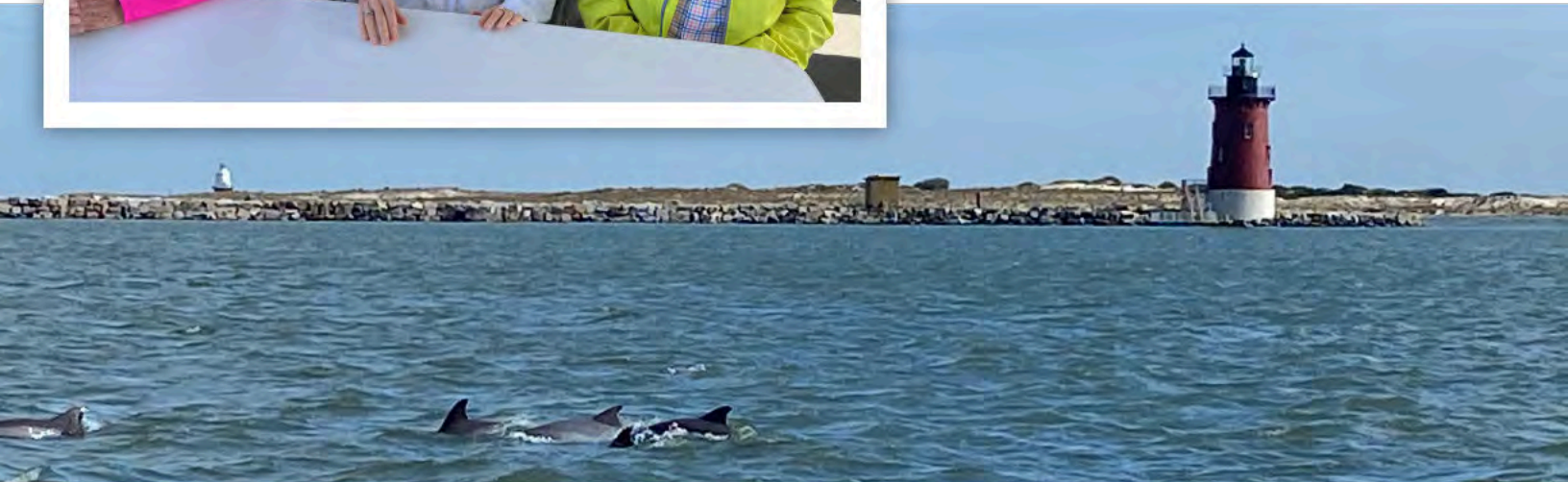
Our first sighting was a pod of dolphins. They approached and then circled our boat. Being



ecologically correct, we did not feed them, and we maintained a safe distance from them.

The crew dragged a net several times bringing up different sea creatures. Katherine, our enthusiastic and knowledgeable instructor/crew member, isolated different creatures and explained their unique characteristics. Some of the things we saw were a mantis shrimp (edible,

(continued on page 7)





**Lewes** (cont. from page 6)

but not tasty), a squid with numerous squid eggs, a little skate fish, a large whelk (a sea snail species), a flounder and a blue crab with eggs. The flounder has really sharp teeth, and we were able to see them.

Our two-hour excursion went quickly; there was so much to see and learn. Our weather was also perfect, so it was wonderful being on the water.



More excursion photos in Parting Shots, page 21

After disembarking we went to the Irish Eyes Pub for lunch. The flounder inspired two of our group to have a flounder sandwich! Other lunch choices included a salad with scallops, oysters, a chicken salad, ahi tuna salad; we all enjoyed our selections.

This was a wonderful day, a great learning experience, an enjoyable boat ride, perfect weather, delicious food and great company. Thank you, Erica, for arranging this, and Rich, for leading us. ♦



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# Talbot County *Free* Library

By Florence Thompson

The word “free” is emphasized to acknowledge the many services our local library offers free of charge. On September 5, Dana Newman, Director, and Sabine Simonson, Outreach Coordinator, (at right and left in photo, respectively) presented a dynamic program extolling their organization’s many resources available to the benefit of citizens of Talbot County.

The two enthusiasts emphasized their programs aimed at persons with low vision and disabilities which prevent them from accessing standard print. Their services include digital talking books, braille books and magazines, technology, events and classes. To inquire about these offerings a phone call will put you in touch with the information needed. (410-822-1626)

The information shared at this meeting was extensive. The library presents programs on a variety of topics: lectures on history, lectures by master gardeners, art displays, ebooks, literary resources, use of electronic devices, tutorials for college prep, hands-on crafts, and many more. Guidance to receiving a library card and these programs is just a phone call away.

A very special wing of the building is devoted to children. It is a beautiful, bright, and welcoming mix of books, games, classes, and art—a great asset in entertaining visiting grandchildren.

The Londonderry Book Club can attest to the services provided. The Inter-Library Circulation Clerk, Lydia Allen, pulls books from all libraries on the Eastern Shore to provide book kits of the club’s monthly selections. Her cooperation and efforts are unlimited. The library has provided copies of the



One Maryland/One Book selection for 2024 to the Londonderry Book Club for their September meeting and discussion.

The library is a co-sponsor with the Frederick Douglass Honor Society, the Town of Easton and Talbot County of Frederick Douglass Day, for the special events held hourly on Saturday, September 28.

The St. Michaels branch of the library is currently closed. An expansion of the building is underway, and when the enlarged library is opened all the departments and services of the Easton facility will be duplicated for the rest of the county.

A new resident of Londonderry, Charlie Yonkers (above center), was introduced. He is a five-year member of the Board of Trustees of the library. Charlie teaches courses in the Chesapeake Forum, the local Life-long Learning Academy. Charlie and wife Ann moved to Londonderry in June 2024. (Read the unique bios of this accomplished couple on CATIE.) ♦



# Coffee With A Cop

By Patricia Bradley

Several members of the Easton Police Department visited Londonderry on September 20 at 10:30 in the Clubhouse. The subject that morning was phone and internet scams and how to recognize them. Sgt. Megan Coxon, who is in charge of Community Outreach, gave the talk with back-up from Detective Lt. Milton Orellana, both of whom had numerous examples and suggestions of how to respond. In simplest terms, the best response is no response. Don't click on links, don't send money, don't give personal information, don't let them hear you say "yes" (they might record your voice), don't fall for what they ask you to do unless you are 100% certain it is legitimate. Any question, hang up and check it out. If they claim to be with some entity you are connected with, hang up and call that outfit. And if you determine it is a scam, report it to the police. If the scam comes through emails, block and delete. Don't ever buy a gift card, and don't ever put money in a Bitcoin machine.

The officers took questions from the audience, and we learned a lot about the status of things in our town. Crime is certainly not an overwhelming issue in Easton. Overdose drug cases are greatly decreased. Phone and internet scam operators are all over the world, but there are ways to protect yourself. There are numerous agencies in town that support the police in their work. They have good support from town government. Mayor Megan Cook and City Councilman Rev. Davis were

there that morning. The Mayor said coming to things like this is the best part of her job! They have good working relations with other police departments and the Sheriff's office. Any new officers receive six months training at a top-notch academy they are proud of. The new recruits come to Easton by choice. And they love their work.



I say they love their work because I heard it first-hand from more than one while visiting over coffee and doughnuts. Police Captain Greg Wright asked to be assigned to Easton, and he says he loves his work. Cpl. Cody Bland has been with Easton for six years. He also chose to come to Easton, and he also told me he loves his work. They see their mission as more varied than defending the law; they respond to accidents and domestic violence, bomb threats and people in crisis. They are trained to recognize and deal with serious illness. They operate as social workers in some situations. They have cops on bicycles cruising the neighborhoods. And they show up at all kinds of town affairs—like our talk that morning.

At one point, Jay Craig praised the Police for the support he received while dealing with an identity theft issue. And at the end of the session, Gina Amy asked how we, as an older population, could best be of help to them? The answer: be vigilant, protect yourself, and make the calls. They want to help. ♦



# Denton Breakfast

By Jay Craig

It was 8:30 in the morning, and eleven hungry men from Londonderry met at the Community Center to catch a ride on the van for a trip to the Denton Diner for breakfast. Most of the guys were usual participants, but it was great to see that Robert Gillen and Joe Morton had joined the group for this trip.

As usual, James Brooks, Director of Buildings & Grounds jumped behind the steering wheel, and Richard Williams, Director of Security, assisted us as the copilot. Off we went on a leisurely thirty-minute drive to Denton. James had the radio cranked up with country music and the conversations were interesting.

We were warmly greeted as usual and seated at a long table suitable to the size of our group. Our server Kim was very prompt and professional and immediately took care of all our needs. She kept the coffee flowing and served all the meals quickly.

While enjoying our meals, several interesting conversations took place. James told the group that he had recently returned from a trip to San Diego where he assisted a marine buddy of his drive a large RV, pulling a trailer across country from California to Maryland. His marine friend is a gunnery sergeant with twenty years of service, and it was a pleasure to help him and his family get back to Maryland.

I noticed before we left that our community cow was parked on Dick Codrington's

driveway and I asked him about it.

Apparently, Dick, along with other community members had volunteered to spruce the cow up a bit. Since that time and prior to this writing, I noticed the cow had been all cleaned up with a beautiful new healthy-looking appearance. I know of no qualified veterinarian who could have done a better job.

Everyone seemed to enjoy their meals. The food was good, our server was great and the camaraderie was even better. Before we left, Kim was kind enough to take our photo. Seated from the front left and counterclockwise is Robert Gillen, Jay Craig, Joe Morton, Rich Morin, Henry Novian, Dick Codrington, Steve Cades, Lou Duvall, James Brooks, John Foss and Richard Williams. ♦

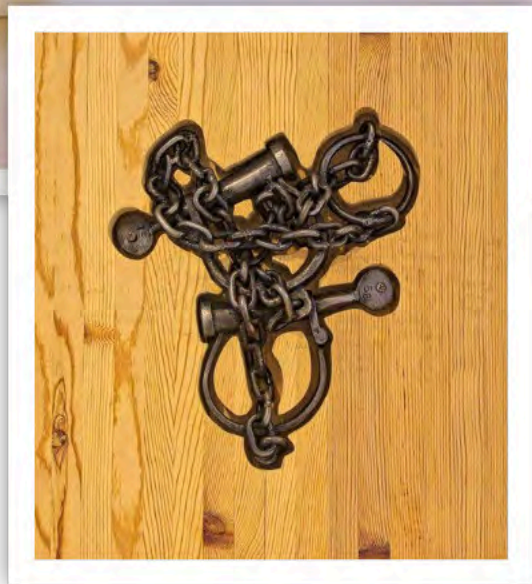
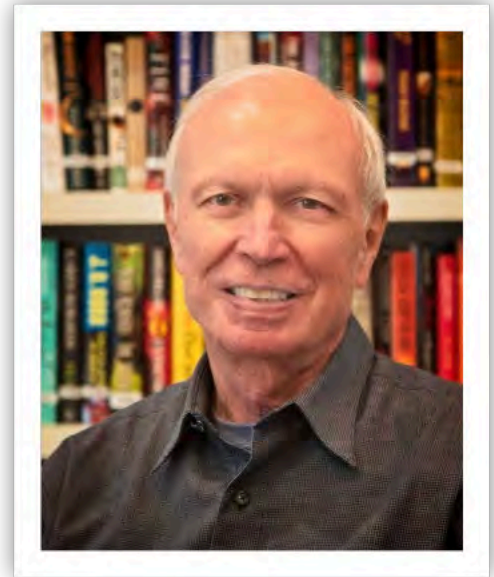




## Ernie Cox: Sculptor

By Patricia Bradley

I dare say, the second floor of the cottage that Ernie and Barbara share is like no other in our little village of Londonderry. There is a space for Ernie's office where the walls contain many, many photos; one can see they had lots of great adventures in the life they used to lead. There is a work space for his machinery and his tools for the work he still does that makes one wonder, "What's going on here?" But come to the large open space on the second floor, and all is revealed. Ernie is a sculptor who works in steel and wood and leather and paper and many found objects, and these are his works hanging on the walls; one feels one is in an art gallery.



Indeed, Ernie's work has been exhibited in galleries, in museums, and in a number of corporate collections in the East and the Southeast. Go to his website, [ernestcox.com](http://ernestcox.com), and you will see them listed, as well as the solo shows he had in galleries and museums. I don't have space to cover it all here. It is quite impressive. Since moving to Maryland, Ernie had a solo show at the Academy of Art Museum in Easton in 1997. The Museum acquired three of his recent works in 2009.

Ernie had a distinguished career as Professor of Art and was designated Professor Emeritus at the University of South Florida in 1993. In addition to receiving several fellowships and research grants from the University, he was given an award for outstanding teaching. He was head of the art department at one point, but was all too glad to get out of that duty and concentrate on teaching.

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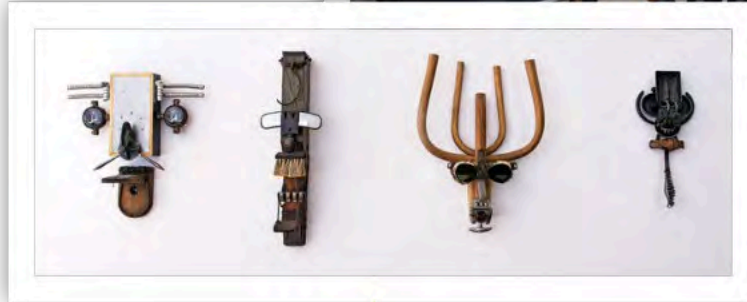
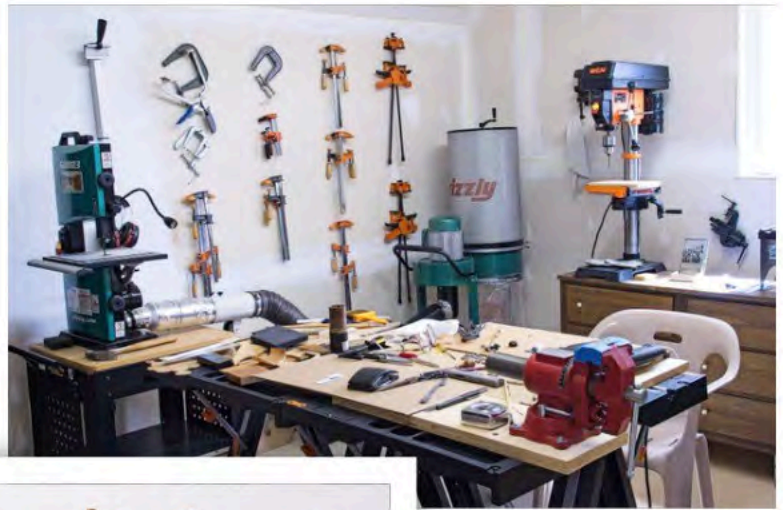


**Ernie Cox** (cont. from page 11)

For Ernie teaching “is the important thing.” He loved teaching. Being a retired teacher, I loved hearing that.

Ernie’s work is modern art and purely abstract: in his words, “combining 20th Century abstraction with visual metaphor and allegory.” He is interested in the motivation, the acts of others, the forces of which he says can be formidably complex and hard to understand. He suggests that his work has a narrative quality and that we might read it like a book; however, we need not worry about a “correct” reading. In his words, “I’m less interested in an elusive truth than in the human dance around it.” I appreciate that as I look at his work, wanting to find his meaning while settling for whatever meaning I can come to on my own.

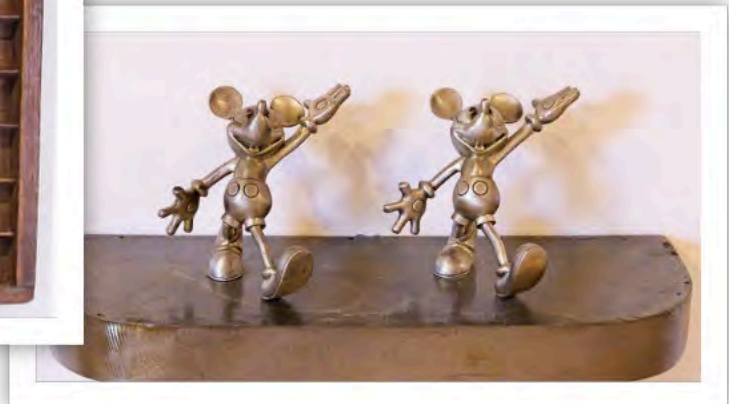
When I look at a piece of sculpture on Ernie’s wall I am forever impressed with his



cleverness and creativity, knowing the number of found pieces from all kinds of sources that he

uses. If he can’t find what he needs he will make it himself in the appropriate material. He will use it for what it is or disguise it for whatever he needs it to be. He has four masks on his dining room wall, largely found things, which all make me laugh and are delightful pieces which he suggests are “comic relief.” Perhaps that was exactly what he needed at the time.

Ernie is a celebrated artist in the world of academia, the museum world and the corporate world. Here at Londonderry, we celebrate our friend and neighbor. ♦







## In Memoriam

By Florence Thompson

**A. PHILIP DINKEL** was born on January 2, 1935, in Rochelle, New York to Anna and Adolf Dinkel. He passed away on August 23, 2024, at Talbot Hospice at age 89.

Phil was educated at New Hampton Preparatory School in New Hampshire and then Lafayette College. He enlisted in the U. S. Army and served a two-year obligation in the Army Security Agency and the Signal Corp. On his discharge he returned to Westchester, New York, where he worked in his father's retail food business while he completed the requirements for his undergraduate business degree.

Phil had met Diane Williams in junior high school. She attended Skidmore College and they kept in touch via letters. They married during his service in the Army. And while Phil finished his college requirements after service, Diane was the breadwinner as an assistant buyer for B. Altman's Department Store. In due time they became the parents of son Ross and five years later daughter Sally.

Phil joined the family retail food business, and soon struck out on his own. In Montauk in Easton Hampton, New York, he founded FEEM, Inc., a holding corporation of retail food markets, and served as president for three decades. In Montauk he became quite involved in the community: School Board, Fire Department, Rescue Squad, and served as Chairman of the Fire District.

Phil and Diane enjoyed boating on Long Island Sound, the coastal waters of New England, the intercoastal waterway, the British Virgin Islands to the Bahamas. They enjoyed membership in the U. S. Power and Sail Squadron. When Phil retired in 1996, they relocated permanently to their St. Michaels home which they had acquired in 1993 to be closer to their grandchildren. Phil became active in golfing, and again in the U. S. Coast Guard Auxiliary. He served as Chair of the St. Michaels Zoning Board of Appeals, was a member of the Planning Commission, the Waterways Management Advisory Board, and the Board of Commissioners.

When they decided to simplify their lives, they "looked to Londonderry as their safe harbor." They found that a new build, #518, suited them and when it was ready for occupancy they moved in August 2016. Phil was a member of the Rotary Club and Lions Club in Easton, and served Londonderry on the Board of Directors, as a resident ambassador, participant in Jammers, Port Street Cleanup, wine making and as provider of the layout and graphic design for the *Tred Avon Times*.

(continued on page 14)



**Phil Dinkel** (cont. from page 13)

Phil Dinkel's life is a history of accomplishments and service. His friends and admirers at Londonderry join his family in the celebration of a life well lived. He is survived by his wife Diane, his son Ross and wife Shellie, his daughter Sally and husband John, seven grandchildren, six great grandchildren, and nieces and nephews and their children.

Loving wife Diane submitted the following tribute:

"Phil volunteered to fill the layout vacancy on the *Tred Avon Times* committee. To complement his considerable computer skills, he would require a learning curve to accomplish layout proficiency. Thanks to Barbara Reisert and her committee and graphic designer daughter Sally, he enjoyed the collaboration with the TAT committee for a number of years and then was pleased to see Cyndy Miller's very professional layout and content design work.

"Phil and Diane are so very grateful to Londonderry for treasured friendships and special help offered as Phil's health declined:

Transportation Team (midnight visits to ER!), Maintenance Team (several big furniture moves), and Lorraine, our very compassionate nurse." ♦

## In Memoriam

By Florence Thompson

**BETTY MACE MORTON**

was born in Webster Springs, West Virginia, to H. Clay Mace and Maude Rose Mace. She passed away on August 27, 2024, at age 96.



Betty graduated from high school in Webster Springs, and from Marshall University with a bachelor's degree in physical education with a minor in biological science. She was a runner and physically active her entire life, ending with YMCA exercise classes into her 90s.

When Betty's husband, Joe H. Morton, completed his military service the couple moved to Washington, DC. She worked for the U. S. Army Map Service and accompanied Joe on his U. S. State Department assignments in Germany and Austria. She then worked with the National Cancer Institute in Bethesda, Maryland, retiring after 20 years of service.

Betty never forgot her West Virginia roots and she and Joe maintained a lakeside home in Mt. Storm. Summers spent there allowed her to water ski, and she was proud that she taught her children and grandchildren to water ski. She and Joe were "magical" on the dance floor. Betty and Joe moved to Londonderry in 2022.

She is survived by Joe, her husband of 73 years, her son Joe D. Morton and Debbie Jackson, son John H. Morton and Lauri, daughter Jennifer Morton Boudart and Chris, seven grandchildren and four great-grandchildren. Her Londonderry friends and neighbors extend their sympathy to her family. ♦





## In Memoriam

By Florence Thompson

**ART SCHMIDT** was apparently a very private person. His history prior to high school graduation is not available. However, much can be gleaned from the following information provided by a member of his family.

In Glendale, New York, at P. S. 88, he was recognized for his capabilities and a bright future was predicted. He was encouraged to test for entrance to the Brooklyn Technical High School. At the conclusion of his four years at the Fort Greene-based school, graduating in 1942, he was encouraged to enlist in the United States Navy in order to avoid the draft of young men into the United States Army (probably infantry) during WWII. He took the advice.

More schooling followed. He was assigned to the quartermaster school. "He became part of the ARG2 program which was designed to convert vessels from Liberty Ships into much-needed repair vessels that could service landing crafts of various types." Following that assignment, his career took him to the Marshall Islands; he and a crew of 500 were anchored at Kwajalein Atoll, just taken from the Japanese. From there he was offered a transfer to the Officer Training School.

He worked in the prestigious Webb Institute, a four-year curriculum in naval architecture and marine engineering. Graduating as an ensign he spent seven years working for the U.S. Government in conceptual engineering, the design of the USS Nautilus and subsequent submarines. He then joined the staff of Gibbs and Cox, top naval architects. During his five years there, he earned a master's degree in math under the G.I. Bill.

In 1960, he went into naval research in delineating the survivability of ships. He earned another master's degree in public administration. Retiring from government work in 1980, Art joined contractors in naval engineering, spending nine years in this work.

Art and wife Francesca had been married shortly after he left the Webb Institute. When their four sons were grown, they searched for a comfortable retirement site. They settled on Ocean Pines on the Eastern Shore. Their 60-year marriage ended at Francesca's passing. His friends and hobbies of bridge, cribbage and bocce helped in his new situation. He assisted students interested in ship design at nearby Stephen Decatur High School in winning first place in statewide competition for five years running.

Over the years, Art and Sis LeGates had developed a close relationship, sharing hobbies and interests. They moved together to Londonderry in 2016. This happy situation ended in March 2023 when Sis's move to HeartFields became necessary. Art celebrated his 100th birthday on August 3, 2024. He passed away on August 21. ♦



# Londonderry Rotary Visits Chesapeake Bay Maritime Museum

By Susan Andrews

Londonderry Rotarians were treated to an informative and enjoyable tour of the Chesapeake Bay Maritime Museum with tour guide and chair, Don Parks, on Wednesday, September 25. We were fortunate to have Don as our guide with his wonderful knowledge of watermen and the Chesapeake Bay. He is the author of several books about the Bay, two of them, *Chesapeake Women* and *Chesapeake Men*, were available in the gift shop.



For many of us, this was our first time entering the Museum with the new Welcome Center. Don concentrated our tour in the Fostering on the Chesapeake Shed. There we boarded a skipjack which had been active in the first half of the twentieth century. Don, whose father was the captain of a buy boat out of Cambridge, talked about what it was like living on a skipjack and the different ways of getting oysters. The museum has numerous displays and artifacts about oystering. Some of the more memorable displays were the wall of oyster cans

(without rust), tongs used for harvesting oysters, a reef depicting oysters' habitat, and a graph showing the decline in oystering from the 1880s.

We went onto the Waterman's Wharf where Don used a small set of tongs to get oysters. He must have the touch since he pulled up two good sized oysters. None of the rest of us were strong or brave enough to try tonging.

After the tour, we enjoyed lunch at Roxy's in St. Michaels before returning to Londonderry. The Rotarians who went on the trip were Susan Andrews, Lari Caldwell, Sara Jane Davidson, Betty Flavin, John Foss, Bob and Phyllis Grill, Barbara Hargroves, Rich Morin and our leader, Don Parks. ♦





# The Cow Is Mooooooving

By Patricia Bradley

On a recent Saturday morning, I received a not-so-anonymous tip that something newsworthy was going on at cottage #532. I grabbed my Press credentials and hurried over, and I found the cow in the driveway patiently being groomed. Yes, after standing still for some fiberglass to be applied to her cracks, she was now quietly, calmly receiving a paint job. All of this to ready her to go to a new “pasture.”

Her owners, Dick and Bonnie Codrington, care a lot for her. It’s not the first time they have had to repair her, Dick once had to set her broken leg.

But now she not only looks well, she looks splendid. The Codringtons saw to it that the white with shiny black spots is in good repair, and Jane Bollman, who volunteered to help and



became the color coordinator, painted the hooves a proper hoof color, and painted the horns pink. Why not? They are planning a new spot for her.

I find myself wishing I could refer to her by a nice bovine name instead of calling her “Her.” Perhaps we could have a naming contest. Do you think she would stand still for that? ♦

**Look who moooved back! 🐾 Just in time for the children to enjoy as they head to and from school and sports. Be sure to drive by and catch a glimpse of the cow—it will be visible from the bypass for a few weeks before moooving around our campus again! 🚗 🚗**



# Health Benefits of Volunteering

**You probably know that by volunteering for a worthwhile cause, you give priceless gifts to others. You may know that volunteering is good for the soul. As Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” But did you know that there are health benefits of volunteering, too?**

**Mayo Clinic explains:**

Volunteers make an immeasurable difference in people’s lives.

The act of volunteering also benefits a person’s health as well. Research has shown that volunteering offers significant health benefits, especially for older adults. Here are the top three health benefits of volunteering:

## 1. Improves physical and mental health

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults who are 60 and older provided benefits to physical and mental health. Volunteers report better physical health than nonvolunteers. Volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

It reduces stress and increases positive, relaxed feelings by releasing dopamine in the brain. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, including heart disease, stroke, depression,

anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not.

## 2. Provides a sense of purpose and teaches valuable skills

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talents in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

In addition to volunteering at libraries, schools and food pantries, many people volunteer at local hospitals. They serve as greeters and waiting room attendants, provide patient room information and directions, and help transport patients and patient items.

Other volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats that are typically given to newborn babies and patients with cancer. Other services volunteers provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients.

(continued on page 19)



## Volunteering (cont. from page 18)

### 3. Nurture new and existing relationships

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Social circles can shrink in retirement so building or expanding networks can be especially important during this phase of life.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

As you may have found from your own experience, people are motivated to volunteer for several reasons. They may be exploring careers, sharpening skills, meeting new people, serving their communities or staying active during retirement. Yet all volunteers

share a common desire to improve the health and welfare of people in their communities.

The good news is that you don't need to be a philanthropist or senator to enhance or create change in the community. There are a wide variety of volunteer opportunities in your community, whether you're interested in youth, environmental, health, religious or community causes. You can connect with local nonprofit and cultural organizations, schools, faith communities or hospitals for options.

As you have discovered, volunteering makes an immeasurable difference in people's lives. Your time and talents can help others and provide you with the health benefits of volunteering at the same time. ♦

— Angela Thoreson, licensed independent clinical social worker, Psychiatry & Psychology, Mayo Clinic Health System, Austin, Minnesota

## A Sincere Thank You

There was a very serious emergency situation in our dining room recently that fortunately had a happy outcome. The resident who was involved wants to publicly express her thanks to the dining and security staff who responded quickly, efficiently, and professionally. She will forever be grateful.

We can all take comfort in knowing that, at Londonderry, every person who works here has been trained in CPR, AED and the Heimlich maneuver. In this case, witnesses will tell you, those staff who were involved kept their cool, performed with confidence, and did their job. Thanks all around. ♦





Rally your crew! Rev up your V-8!

Head on over to the

# LONDONDERRY DINER

Special appearances  
by *Elvis* and  
*Marilyn Monroe!*

October 3, 2024 • 4-6pm



## 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.



# Welcome

## New Resident

Maureen Jacobs #204

### Newsletter Committee

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# Parting Shots

