

Londonderry Rocks With Elvis At The Diner

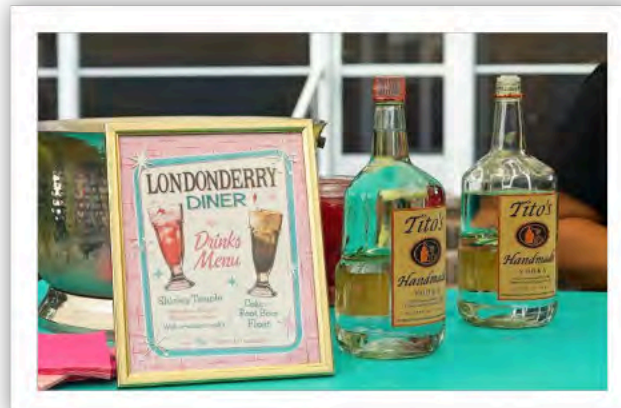
By Florence Thompson

On a sunny October 3rd evening, Londonderry celebrated itself with the yearly gala under the big top. The advance publicity promised appearances by Elvis and Marilyn Monroe. CEO Christine Harrington extended a warm welcome to the Londonderry community, the prospective residents in attendance and the non-resident guests.



As the evening progressed, the fun increased. The four-piece band was on top of the rock and roll music of the 50s and 60s; their excellent singer sang Elvis hits, while the costumed impersonators of the featured stars roamed the crowd, encouraging members of the audience to the dance floor.

The band played not only Elvis hits, but their singer offered some Johnny Cash tunes, notably “Ring of Fire.” And who knew that so many Londonderry residents could be enticed to get up and dance! Janet Dwyer danced with Elvis, John Dalton can still swing, and our own Marilyn Burns danced in a trio with Elvis and Marilyn Monroe. Members of the audience who are unable to dance had nearly as much fun just watching and applauding.



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Londonderry Diner (cont. from page 1)

Waitresses passed hors d'oeuvres among the tables and orders for drinks of various strengths were filled. A particular group of waitresses in swishy little skirts circulated, pulling dancers onto the floor with them. They all seemed to have red hair! Their costumes were reminiscent of those worn by waitresses on skates at drive-ins of the Elvis era.

And the old cliché was true: a good time was had by all. ♦



“All Aboard For Denton With Stops At...”

By Cathy Cooper

First stop is the Rural Life Museum. Our superb guide, Robin Westry, described the various exhibits of Denton’s history museum. Historic artifacts date from 1773, the year Caroline became a county, formerly included in Queen Anne’s and Dorchester counties. I was particularly caught by a WWI room with photographs of fallen soldiers lining the walls. Beside each picture is brief sketch of each soldier with his military unit and description of his service in that war. Who would have thought that so many men from Caroline County served in the military in “the Great War”?



Our next whistle stop was the Chesapeake Culinary Center. We came for lunch, but unexpectedly, we paused in passing through the little CCC food shop in the building with its intriguing baubles as well as sweets, all for sale. Our pace slowed. In due course, our attention returned to Angel Perez, our guide, as he led us through the various spaces associated with cooking and serving.

The CCC started as a program to train students in cooking, serving and the full range of steps in a well-run restaurant. On the top floor, the third floor, we learned about the founding and history of the center. It’s located in a former high school. The room where we ate has a wall of books—all cookbooks! The wall must be 15 feet high and many feet long—all the books

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Denton (cont. from page 3)

are cookbooks! A tall ladder is attached to the floor and to the ceiling and can be pushed along the wall so one can reach any book.

Our culinary fare included two salads and multi-stuffing in wraps. After lunch (and a brief re-visit to the little store/deli) we moved on to the Foundry Art Gallery which displays the work of local artists. Just a few steps from the Foundry is the Fiber Arts Center where students and instructors were sewing pieces of quilting squares.

The last stop was the Caroline County Public Library, or rather the flower show at the library. We admired the artistry of flower arrangements and cast our votes for “best floral design.”

We concluded that Denton is intriguing. So, we thank Patricia Bradley who suggested the trip and contacted some friends and guides to smooth our way through Denton’s attractions. Pat is a great Denton Booster. Participants in this excursion were: Gina

Amy, Edna Blakely, Pat Bradley, Cathy Cooper, Rose Ertz, Maureen Jacobs, Jane Ward, Erica Hardeo, and our driver Robert Pitts. ♦



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Introducing The Gallery

By Cyndy Carrington Miller

Londonderry's new "Gallery" debuted October 16 with a reception in the living room and sunroom. The Gallery is a large glass-enclosed cabinet designed to showcase residents' crafts, collections and curios. Its premiere exhibit theme was "Blue and White," featuring items of those colors as a "whimsical reflection" of the new living room décor, as described by Nancy Henry in her remarks at the event.



Nancy and four other residents—Susan Andrews, Pat Bradley, Paula Gervis, and Jane Ward—are the working group coordinating the exhibits. However, Pat was the driving force who made it happen. She had the idea some years ago but kept encountering obstacles to its realization. She approached Erica Hardeo, Activities Director, about it when Erica came to Londonderry, but it wasn't until Christine Harrington came on as the new CEO last year that Pat's idea finally was able to be brought to fruition.



Nancy highlighted some of the pieces in the exhibit, including Dick Codrington's hand-built model boat, Rita Heacock's crocheted shawl, a hand-woven wall hanging from Jean Rhian, and an abstract acrylic painting

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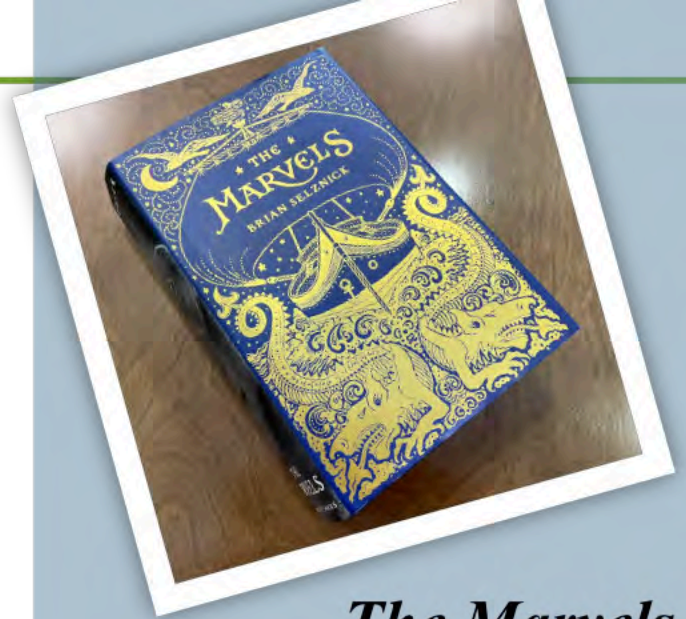
The Gallery (cont. from page 5)

of sailboats by Ken Sadler. Frankie Thorington provided a photo of a beautiful dress she had made and then brought the actual dress for everyone to admire at the reception. (You can see her wearing the dress on page 11.)



“Every piece has a story,” said Nancy, who encouraged everyone to ask people about their Gallery submissions. Each piece is labeled with the resident’s name to make it easy to find the owner of an intriguing object. When asked about an ornate blue bottle she had provided, Beth Elkins explained that it was a cobalt blue water pipe from Iran, where she had spent five years.

The group’s plans for the Gallery are still forming. With the holidays approaching, the next exhibit will likely have a holiday theme. They are making a list of residents who have interests, hobbies or crafts they might share for a display. Anyone who would like to be included on their list, or knows someone who should be, is invited to contact one of the group’s members. ♦



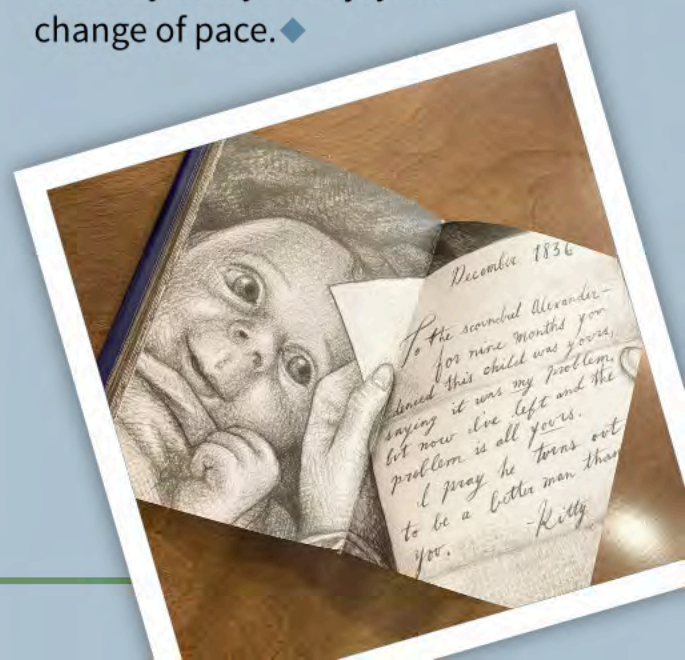
The Marvels by Brian Selznick

*Donated to the Londonderry Library
by Jean Rhian and Jerry Fairbanks*

Brian Selznick creates beautiful books.

The Marvels, now in our Londonderry library, tells two interwoven stories. One in words, and the other in beautiful drawings.

If your eyes would like a rest from text and television, and you enjoy wonderful drawings, give this beautiful graphic novel a try. You may find you enjoy the change of pace. ♦



Blessing the Animals

By Clare Kettell

On a sunny Thursday, October 17, Londonderry had a blessing of the animals event in front of the Community Center. The Reverend Mary Friel came from St. Paul's in Centreville to officiate and perform the blessings. Residents were told they could bring stuffed animals and pictures of former pets who would also be blessed.

The cats in carriers and different breeds of dogs on leashes were blessed in turn, and our Erica Hardeo extended a treat to each one.



All the pets were well-behaved, and the event was enjoyed by all who participated. ♦



Disaster Aid USA

By Jay Craig

Although the autumn season in most parts of the country can be beautiful, with the cooler temperatures and the array of stunning foliage colors, it has this year brought forth massive destruction and loss of life for many in the states of Florida, Georgia, and North Carolina as a result of hurricanes Helene and Milton. These devastating storms have wrought massive hardships for those living within the cones of destruction from these storms. Entire communities have been wiped out with hundreds of people killed and missing. The victims of these storms need all of the support and help that can be offered.

It is with great pride to know that our community of Londonderry has taken an active part in this support. Londonderry's own Robert Grill is a co-founder and current president of Disaster Aid USA, a nonprofit corporation he started in 2010. His disaster aid organization is a domestic and international disaster/crisis relief non-governmental organization that has dispatched thousands of volunteers in support of those devastated by natural disasters from within this country and many others abroad.

According to its website, Disaster Aid USA has impacted 425,000 lives with 61,000 volunteers, with more than 62 domestic disaster deployments.



Disaster Aid USA partners with Rotary Clubs to facilitate volunteerism efforts in times of need. Bob has been involved in Rotary for many years and at one point was a District Governor and more recently the president of our satellite Rotary Club of Londonderry. With this in mind, Bob spearheaded a special envelope stuffing effort here at Londonderry on October first.

A group of Rotary club members, along with volunteers from our community, got together and stuffed approximately 1,400 envelopes which were ultimately mailed to people with interest in supporting Disaster Aid USA. It is not unusual for recipients of these mailers to donate from \$2 to several hundreds of dollars upon receipt of the request. These particular mailers were designated for relief of those in need from the recent hurricanes.

Bob is one of many wonderful and talented people who live in our community who should be applauded for their efforts in community service. It is hoped that his volunteerism, along with the support of the Londonderry community, will result in helping others traumatized by the recent hurricanes. ♦

Old Guys Shooting Pool

By Don Goodliffe

This is a true story (well, mostly) about some old guys who shoot pool in the Manor House at Londonderry.

Londonderry is a retirement community. You have to be old to live there. The guys who shoot pool on Tuesdays and Thursdays are all in their 70s, 80s or a couple of 90s. We are all in the same boat. That's good and bad.

The good is that since we are a little forgetful none of us feels too bad when we forget something. Some of the things we forget:

- Whose turn is it to shoot?
- Which balls should I shoot at?
- Should I hit the cue ball first?
- When is lunch?
- Who am I eating with?
- What time is it?
- Did I flush the toilet before I left the house?
- How could I completely miss the cue ball just then?
- Why did I hit it so hard?
- Why didn't I hit it hard enough?
- Should I go to the bathroom before I take the next shot or after?
- Should I sit after I shoot or stand around?
- Whose turn is it to sit out the next game?
- Who took my cue stick?



Even though we're old and forgetful, we still have a lot of fun. ♦

Congratulations & Thanks!

Congratulations to **STEVE AND LINDA CADES** for winning the Rotary Club's raffle of a gift basket loaded with goodies, donated by Town & Country Wine, Liquor, etc.

Londonderry's Rotary raised \$425 from the raffle. Proceeds will be used to support Rotary Youth Leadership Awards.

RYLA is a program for recognizing young people who are already leaders in their schools or communities and helping to build their leadership skills. The Club hopes to sponsor three students this year.

Thanks to all who supported the raffle and Rotary's efforts on behalf of the community. ♦



Frankie Thorington: Londonderry Tailor

By Patricia Bradley

That title was bestowed on Frankie by Irma Toce. Shortly after she moved to Londonderry in 2013, she put her three sewing machines to work. She stitched and then sewed in name tags for people who had bought a Londonderry jacket to help them tell it apart from everyone else's Londonderry jacket; that was much appreciated.

She has continued to help residents with their sewing issues, hemming and repairing, for example, forestalling many a crisis. One of her three machines does monogramming, and she will make an item, a shirt or blouse, for example, on request. This is what Frankie truly enjoys.



She is adamant about not taking money for her work, but sometimes she is thanked with flowers, or a donation to the Employee Appreciation Fund in her name.

We all know that about Frankie. What you might not know is that three closets in her home contain copious, gorgeous, brilliantly colorful, handmade items one might expect to find in the most fashionable boutiques in New York, which is where she first got the sewing bug.

She left college and took a job working in the fashion district as a “right-hand-girl” for dress designer Ann Lowe, who, by the way, made Jackie Kennedy’s wedding dress. Ann Lowe gave her valuable instruction, and she soaked up much more useful information in that environment.

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Frankie Thorington (cont. from page 10)

She married (Ann Lowe gifted her with a wedding dress), had three children, worked in real estate, and life was full of

many things including sailing every summer. She did some sewing for the children using the sewing machine her husband gave her on their first wedding anniversary, and she took more sewing lessons; but it was not until the retirement years that she took up sewing her fabulous evening dresses, jackets, vests, summer pants, pocketbooks, a long cape and a quilted and monogrammed dress bag. She also has many items of various needlework, such as applique and raised applique. She sailed in the summer, sewed all winter. All of it has given her much pleasure.

Frankie demurs when I suggest she is an artist, but I tell her the word “couture” comes to mind. Here is one definition of that word that I found: “high-end clothing, made from the finest materials, tailored precisely to body measurements, exceptional attention to detail. Skilled artisans spend hundreds of hours in design and creation.” “The champions of haute couture insist that it can be as visionary as any art form.”

I maintain Frankie has an artist’s eye for color when she chooses fabric and combines it with other fabric and trim. And she has a painter’s steady hand when she guides that precious fabric over her Bernina, her Bernette and her Janome. So I say she is a true artist, and I will stick to it. ❤️



If you know someone who should be showcased in a future Creative HeARTS article, please contact Pat Bradley.

Fall Fashions on Board

By Patricia Bradley

Once again, Londonderry ladies were treated to fun shopping at home. The Taylor Marie mobile retail clothing store arrived on October 24 and set up shop (with the help of some of our male staff members) in the Clubhouse, and from 11 AM to 2 PM the place was buzzing. At 1 PM, the 50 or so shoppers took a break; they took seats and were treated to the fashion show. We saw new fabrics, gorgeous fall colors, some seasonal favorites, and heard them described with all the particulars of style for our edification: keyhole neck lines, ruched sleeves, scalloped edges, ombre, the chiaroscuro effect.



The ten models reportedly had fun doing it, and they looked smashing. Remember these? Susan Andrews in a red plaid quilted vest, Helen Pritchett in a super green pants suit, Barbara Hargroves in rather formal black-red-white jacket, Nancy Henry in a Christmas red top with snowflakes, Janet Benvenuto in a gorgeous rosy pink top, Frankie Thorington in a blue ombre blouse, Gaye Gould in a lovely open knit sweater, Rose Ertz all in blue—pants, shirt and vest—Kaye Dutrow looking totally sporting in denim, and Evelyn LoRe in a soft lavender pullover.

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Fashion Show (cont. from page 12)

The hostess and mistress of ceremonies, Maryann Priddy, also added some fun by divulging an interesting fact about each model in turn. Remember these? Who can help you with your spaces? Whose son took Edie Falco to the prom? Who cooks all day Sunday? Whose nephew plays for the Washington Commanders? Who is an expert on Woolly Bear Caterpillars?

It's amazing how much more fun it is to spend your money when everyone else is doing it at the same time. Let's all do it again in the spring. ♦



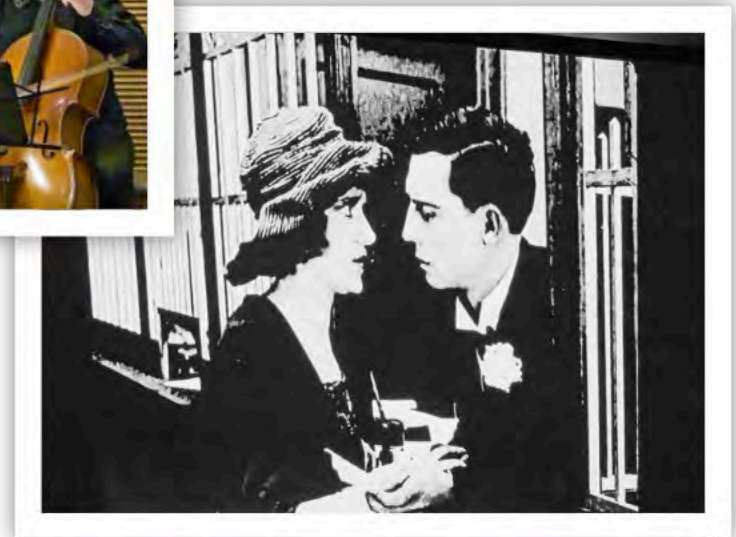
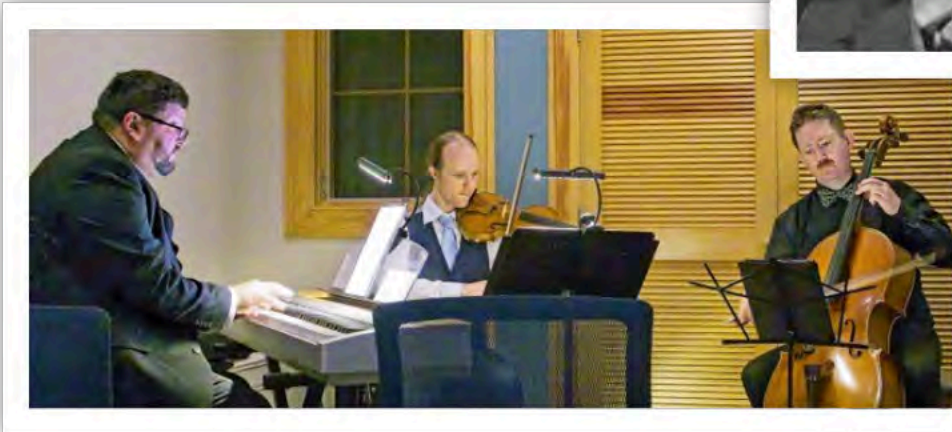
More Fashion Show photos in Parting Shots on page 21.



Silent Movies and Ragtime at the Clubhouse

By Clare Kettell

We were entertained with a first-rate musical evening on Monday, October 21, by the **Peacherine Ragtime Society Orchestra**, and the clubhouse was full.



Three musicians from the full orchestra were there to perform: a cellist, a violinist, and a pianist. They played appropriate music of the 1910s and 1920s, coordinated with the screen presentation of three classic short silent movies: *The Rink* (1916) with Charlie Chaplain, *The Haunted House* (1921) with Buster Keaton, and *Habeas Corpus* (1928) with Laurel and Hardy. It seemed the Orchestra played their hearts out following along with scenes from the movies.

There were a lot of laughs and a happy crowd in the audience. The evening was a winner in our world of entertainment here at Londonderry with our Erica Hardeo always coming up with something new for us. Erica, I don't know how you do it. ♦

Don't Forget!

Donations to Londonderry's **Employee Appreciation Fund** are due by **November 30**.

Please be generous in showing your appreciation for all the staff does for Londonderry's residents throughout the year!

All Things Londonderry

By Jay Craig

Londonderry's CEO Christine Harrington welcomed residents to attend question and answer sessions at the Clubhouse on October 11 and 14. The purpose of the meetings was to impart information about our community and to answer any questions residents may have. Both gatherings were well attended and informative.

Christine explained what a senior living corporate cooperative is, what are the stockholders' roles within the corporation and what functions the operational team is responsible for. In addition to the pre-planned commentary, Christine made time for answering questions from those in attendance.

Being well-prepared for the assemblage, Londonderry staff were present to assist. Comptroller Jennifer Hughes made herself available to assist with any technical questions regarding important documents, and Administrative Assistant Ericka Taylor was available to record information for future dissemination.

According to Ericka, some of the questions addressed at the meetings were as follows:

1. What should the role of the Manor House be, and how do events affect residents?
2. What does security do during events?
3. Does the income from events cover costs?
4. Are gutter guard installations feasible?

5. What is the \$5.00 dining room guest charge used for?
6. Why were the cabinets in the Bistro area replaced?
7. Question was raised regarding building stabilization.
8. Request was made to explain the community's drainage system.

The information sharing reflected Londonderry's vision and cultivated interest in question development and resulted in positive dialogue. A more complete record of the meetings will be made available to all residents. Information sharing is important and as such, Christine indicated that she would like to make herself available on a quarterly basis for questions and answers, which was received favorably by those in attendance. ♦

In Memoriam

By Florence Thompson



In February 2024, **BRENDA BEDEA** became a Londonderry resident. She noted her interests in gardening, photography and walking. However, soon after moving in she became ill and on September 27 word was received at Londonderry that she had passed away at Hospice House. Sadly, her short time in residence prevented her from participation in her favored activities. Londonderry extends sympathies to her family in their loss. ♦

In Memoriam

By Florence Thompson

NANCY BALL BURNS passed away on October 8, leaving her friends to grieve the loss of a resident known for her sunny disposition, her broad smile and infectious laugh.

Nancy moved to Londonderry with her husband, Bernard N. Burns (Bernie). Her life story must be told in conjunction with Bernie's. They had known each other seemingly forever; their mothers were best friends. Nancy was born in Chevy Chase, Maryland, graduated from the Madeira School in McLean, Virginia, and spent two years at Carleton College in Minnesota.

Nancy and Bernie were married in 1955, Bernie having enlisted in the United States Air Force for a four-year service. He had earned his pilot's license at age 17.

As a homemaker Nancy's life evolved around their four children. She was devoted not only to her own children, but to those of working mothers. She supported for years the Campfire Girls organization as a volunteer and as a member of the Board for the National Capitol Area, Campfire Girls of America. Paralleling her interests, Bernie volunteered for the Boy Scouts of America; he was scoutmaster for the largest troop in Montgomery County. Their children have followed in their footsteps as volunteers, with emphasis on children.

The couple had grown up with boats, and the Eastern Shore was attractive to them when



Bernie retired from the publication printing industry in 1981. Their parents moved to be near them at their home on Bailey's Neck, and soon there was a family compound. Nancy ran what she called the "Burns Family Camp for Over-Privileged Grandchildren." Her children, joined by their cousins, fulfilled Nancy's and Bernie's wish that their families remain close.

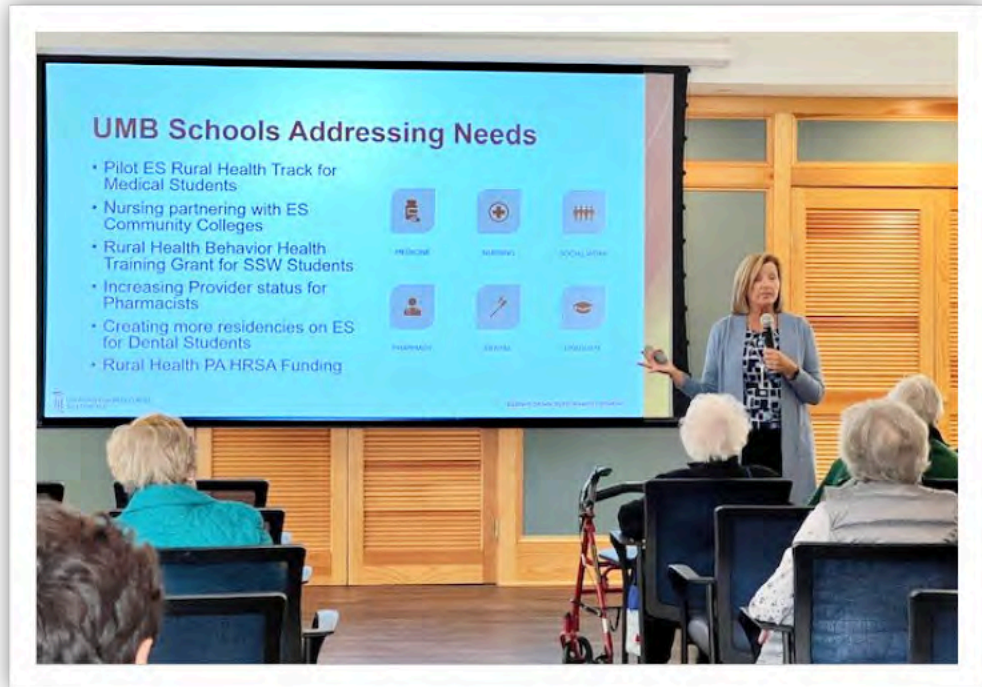
Nancy and Bernie volunteered at the Waterfowl Festival; Bernie exhibited his decoys, having taken lessons locally. They traveled to exhibits throughout other states. Bernie volunteered at the Maritime Museum and was a Creek Watcher concerned with the health of the Bay.

Nancy and Bernie moved to Londonderry in 2017. Sadly, Bernie died shortly after their arrival. They are survived by their children, Michael, Shelley, Hallie and Abigail, their twelve grandchildren and sixteen great grandchildren. The final rites for Nancy were held at the Church of the Holy Trinity, Oxford. A large contingent of Londonderry residents attended the lovely ceremony; the procession into the church was led by two bagpipers, Nancy's son-in-law and grandson. ♦

Strengthening Health Care and Creating Educational Opportunities

By Florence Thompson

On October 15, a program presented by the University of Maryland Baltimore placed emphasis on the health care conditions of rural areas. Led by Mary Pooton, Director of Philanthropy, and Chris Wheedleton, Consultant, the Schools of Medicine, Dentistry, Nursing, Social Work, Law and Pharmacy were in the spotlight as being part of the solution to the staffing needs of today and of the future in the projected new hospital in Easton.



In rural Maryland, there is one primary care doctor for every 2,500 residents. Initiatives aimed at attracting students from middle school on through to college give some promise of solving the situation. Full scholarships, with an obligation of four years of service, are expected to attract practitioners in all phases of medicine. With emphasis on primary care doctors and all phases of nursing, community support systems such as child care, mentoring, adding residencies at hospitals, and more, can improve the present situations.



CEO Christine Harrington spoke of her interest in these programs on behalf of Londonderry and announced further involvement with a program in the future, probably in January. ♦

The Transformative Power of Art Therapy for Aging

Art therapy has proven to be a transformative force for aging adults.

The power of art in promoting well-being and improving quality of life cannot be overstated. Through various creative activities, such as painting, drawing, and sculpting, seniors can express themselves and explore their emotions in a safe and nurturing environment.

Engaging in art therapy allows aging adults to tap into their inner creativity and unleash their imagination. It provides them with an outlet for self-expression that may not have been readily available before. Through the use of different art mediums, seniors can communicate their thoughts, feelings, and experiences in ways that words may struggle to capture.

Furthermore, art therapy offers a sense of accomplishment and fulfillment. As seniors create their artwork, they gain a sense of pride and achievement in what they have accomplished. This boost in self-esteem can have a profound impact on their overall well-being.

Additionally, participating in art therapy can help seniors connect with others and combat the feelings of isolation that commonly accompany aging. Engaging in group art activities allows individuals to socialize, share ideas, and build relationships based on common interests. These connections foster a

sense of community and support among participants.

Moreover, studies have shown that art therapy can have positive effects on cognitive function in aging adults. Engaging in artistic activities stimulates brain activity and promotes neural connections. This can enhance memory, concentration, problem-solving skills, and overall cognitive abilities.

Creative Arts and Aging: The Benefits of Art Therapy

Art therapy for the aging population is a creative and beneficial form of expression. The benefits extend beyond just enhancing artistic skills; they also promote emotional well-being, cognitive function, and social connections. Engaging in art therapy can positively impact the overall quality of life for older adults.

Studies have shown that art therapy can support emotional well-being by providing an outlet for self-expression and creativity. Through various mediums such as painting, drawing, or sculpting, seniors can explore their thoughts and emotions in a non-verbal

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Art Therapy (cont. from page 18)

way. This process allows them to gain insight into their feelings and improve their mood.

In addition to improving emotional well-being, art therapy also has cognitive benefits. Engaging in art activities stimulates different areas of the brain, promoting memory recall, problem-solving skills, and attention span. Creating artwork often involves critical thinking and decision-making processes that help maintain cognitive function in older adults.

Furthermore, art therapy provides an opportunity for social connections among seniors. Participating in group art sessions allows individuals to interact with peers who share similar interests. This shared experience fosters a sense of belonging and encourages social interactions, reducing feelings of isolation and loneliness commonly experienced by older adults.

To incorporate art therapy into daily life, consider these suggestions:

1. **Set up a dedicated space:** Create a designated area where you can engage in artistic activities comfortably. Having a dedicated space will make it easier to immerse yourself in the process without distractions.
2. **Explore different mediums:** Experiment with various art mediums such as painting, drawing, collage-making, or pottery. Trying out different techniques will keep your artistic journey interesting and help you discover new talents.

3. **Join a local art class or workshop:** Enroll in an art class or workshop specifically designed for older adults to learn new skills from professionals while enjoying the company of fellow artists.
4. **Start an art journal:** Keep a personal visual diary where you can document your thoughts, feelings, and memories through drawings or writings. This will serve as a creative outlet and a means of self-reflection.

Benefits of Art Therapy for Aging Adults

Art therapy provides numerous benefits for aging adults. It is a creative and therapeutic outlet that promotes self-expression, emotional healing, and cognitive stimulation. Art therapy can greatly enhance the quality of life for older individuals by offering them a unique form of communication and personal growth.

- Art therapy encourages seniors to tap into their inner creativity, allowing them to explore their thoughts and emotions in a safe and supportive environment.
- Engaging in artistic activities can help improve cognitive function in aging adults, promoting enhanced memory, concentration, and problem-solving skills.
- Art therapy offers a sense of accomplishment and fulfillment, boosting self-esteem and confidence levels among older individuals.

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Art Therapy (cont. from page 19)

- Through art therapy, seniors can find solace and relaxation, reducing stress levels and improving overall emotional well-being.
- Participating in art therapy sessions also provides an opportunity for social interaction and community engagement, combating feelings of loneliness or isolation often experienced by aging adults.

Furthermore, art therapy can address specific issues faced by older individuals such as grief or trauma. By exploring these emotions through artistic expression, seniors can find healing

and personal growth. Engaging in regular art therapy sessions can also help prevent cognitive decline associated with aging.

By incorporating art therapy into their lives, seniors can enhance their emotional well-being,

cognitive abilities, and social connections. Through self-expression and creativity, they can enrich their lives and experience a sense of fulfillment and purpose. So why wait? Grab that paintbrush, pick up those pencils, and let your artistic spirit soar!

Who says you can't teach an old dog new tricks? The creative arts are here to prove you wrong and show that aging can be a masterpiece in itself. "Open Art for Open Hearts" is offered every Friday morning here at Londonderry in the Activities Room. ♦

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.



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Parting Shots



More shots from the Fashion Show, above, and two by Nancy Henry at right, including Rima Parkhurst caught zipping around campus on her scooter.