

Snow Daze

By Anita Beech

Mother Nature dumped 11 inches of snow on Londonderry on Monday, January 6. The community hibernated for two days—except for its wonderful, dedicated staff. With regular sources for food unavailable—both from nature and from delivery trucks—birds flocked to feeders, kitchen staff made do with supplies on hand to prepare snow day meals, and others delivered the meals to residents. Tuesday’s tasty soup, salads and sandwiches were most welcome.

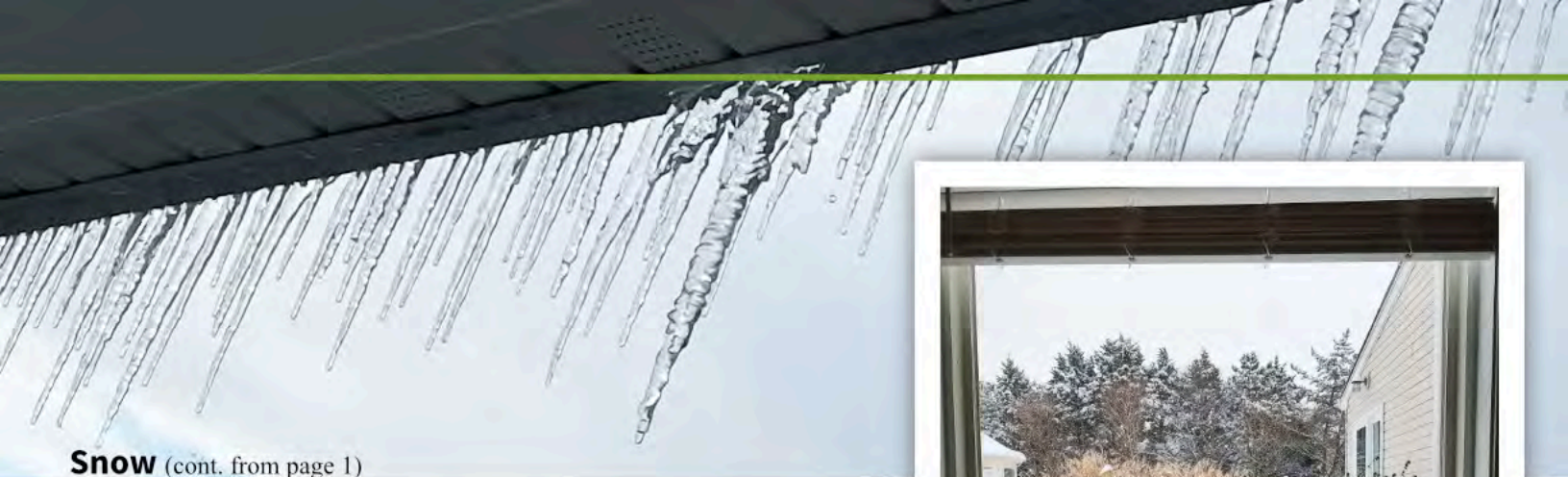


By lunchtime on Wednesday, the dining room had reopened and much of the snow had been cleared from roads and walkways. For the next couple days, the maintenance

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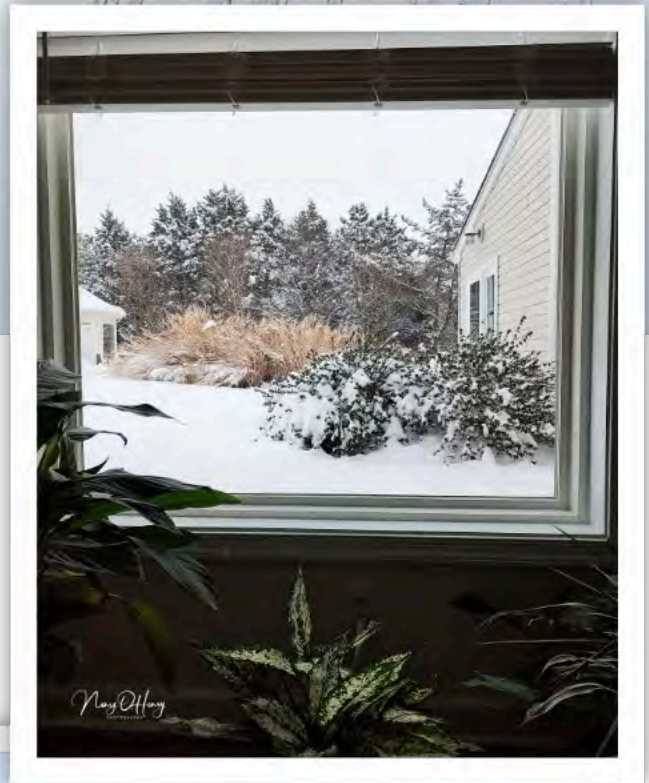
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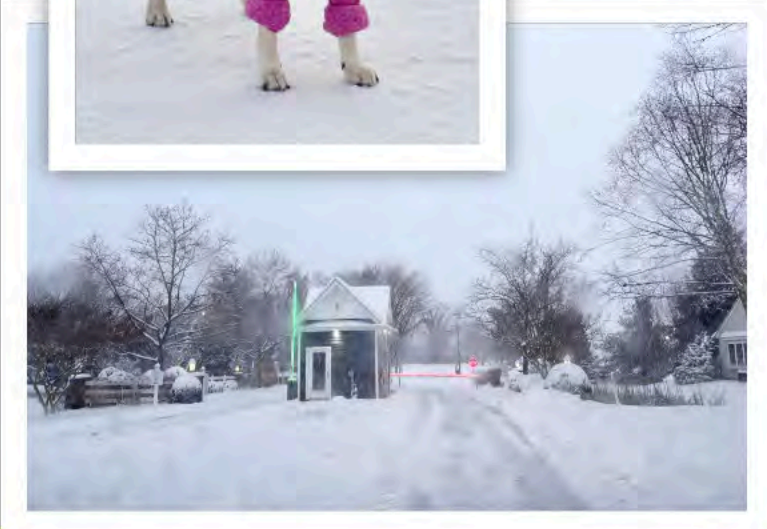
Snow (cont. from page 1)

staff could be spotted shoveling out residents' cars, sprinkling salt and moving plowed-up piles of snow to less inconvenient spots. Regular activities resumed on Thursday, for which John Dalton, host of Quiz Time, was especially grateful. (Congrats to the 500s neighborhood on its win!)

Our residents greatly appreciate the efforts of Londonderry's employees to make our lives more comfortable, safe and enjoyable. (See the following page for one resident's words of thanks.) They truly go above and beyond the call of duty—we applaud and thank them all! ♦



Jammers conductor Sandy Ryder's dog, Sailor



A Note to CEO Christine Harrington from Susan Andrews:

Thank yous go out to you and the staff for the outstanding job that you all did during our snow storm....

James and his group did an amazing job in cleaning up the campus in extremely challenging conditions. They managed to really clear the walkways and roads so we all would be safe. There are very few icy patches anywhere....

Chelsea and her staff kept us fed. She also kept us clearly updated.

Rich and his staff provided us with needed transportation and with the deliveries. They had to walk in the snow and icy conditions to help us.

Erica kept us all safe with her notices and with her adjustments to schedule.

The cleaning staff had to work/walk/push their carts through all of the snow to get to cottages. They are amazing.

Lorraine had to check on the residents—and keep us safe.

Then your staff had the job of coordinating everything: answering questions and helping out.

All in all, it was wonderfully done. It was impressive even that staff could get here.

Thank you, thank you, thank you!!!

Snow Party

By Kaye Dutrow

When it snows, it's become a fun tradition for apartment residents to gather together. We each bring our favorite beverage and a snack to share. For a couple of hours, we enjoy catching up with each other and sharing our memories from long ago. Barbara Selby recalls after she had played outside in the snow, she looked forward to her mother's delicious bean soup and homemade bread.

We also welcomed our newest resident Monica Stecher, apartment 4102, and her daughter Isabel who had traveled from Lima, Peru, to help her mother get settled. Isabel is



an elementary art teacher who is now on summer break. She loved the snow and was very thankful that her mom is living in Londonderry. We are too!

According to Margaret Bryan, who has lived here for 20 years, “These get-togethers are good ways to become acquainted and to stay acquainted. We have forged a strong bond.” ♦

The Old Year Ends The New One Begins

By Patricia Bradley

On New Year's Eve, once again we gathered to celebrate together this annual occasion and to share an amazing meal. Let me remind you—Caesar Salad, filet mignon with shrimp and lobster cream sauce, duchess potatoes and roasted asparagus, and a dark chocolate torte with whipped cream to die for. The dining room was graced with the lovely Christmas tree created once again this year by our creative Elves, and the room was filled with friends and neighbors enjoying each other. The room was pleasantly quiet; it was easy to converse, and it all seemed very peaceful.

At my table, we talked about how time does fly (*tempus fugit*). We recalled how things were eight or ten years ago when we arrived at Londonderry, and how some things have changed, some friends no longer with us, and how we have also changed. But we didn't dwell on that. We also shared some stories we hadn't heard before and had some laughs. We told each other how much we appreciated being together.

Then we went home in a thunderstorm. My thanks to Londonderry transportation. I only got a little wet. Thunder and lightning. Perhaps a fitting end to what had been a rather tumultuous year here and abroad.

The next morning, however, couldn't have been nicer, blue sky and warm sun; hopefully, it's an auspicious beginning to a new year.

At the New Year's Day Brunch we enjoyed another fine meal and listened to some fine folk tunes sung and played by Ampersand, below, a four piece ensemble that features traditional American music. On the 13 instruments they happened to bring with them (they have more at home) including a hammered dulcimer, they strummed, picked, bowed, struck and blew while they sang, and we sometimes clapped along, otherwise just listened with pleasure.



Beth Lawton (who is Bill Lawton's daughter) explained to me that Ampersand is more than just a name to them—it is a concept. An ampersand is a symbol for "and". It suggests joining together and adding more, collaborating, and that is what they do to produce the musical sound they want. Perhaps that could be our goal in this bright new year—to add good things and collaborate: residents and wonderful staff to collaborate and make beautiful music together. *Happy New Year!* ♦

Petit Point By Paula Gervis

By Patricia Bradley

The third **Gallery** exhibit, unlike the two preceding, is a one-person show. The far wall in the living room and also the space around the fireplace is ablaze with color from the beautiful collection of petit point creations by Paula Gervis. Over the glass case is a stitched sign that proclaims “The Gervis Gallery.” It originally hung over a collection of family pictures, but for the next few weeks has a new home announcing Paula’s collection which she is proud to share with the rest of us.

In a brief talk she gave and answering questions from the assembled group, Paula shared her passion for needlepoint, how she got started, (she had to buy supplies for her daughter’s Brownie project) and the pleasure it brought to her family. She had a partner in her husband, Mel, who not only put on backings and built frames for many of her pieces, but at one time built a footstool to accommodate the cover she had done. She would buy the hand painted

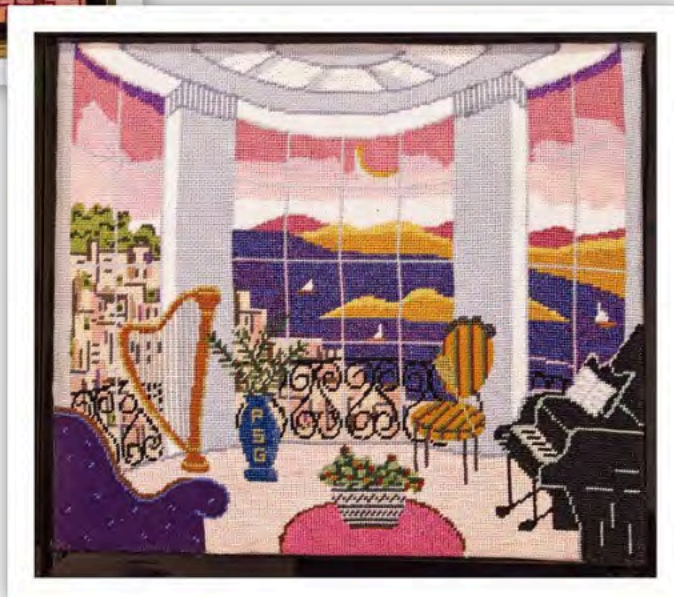
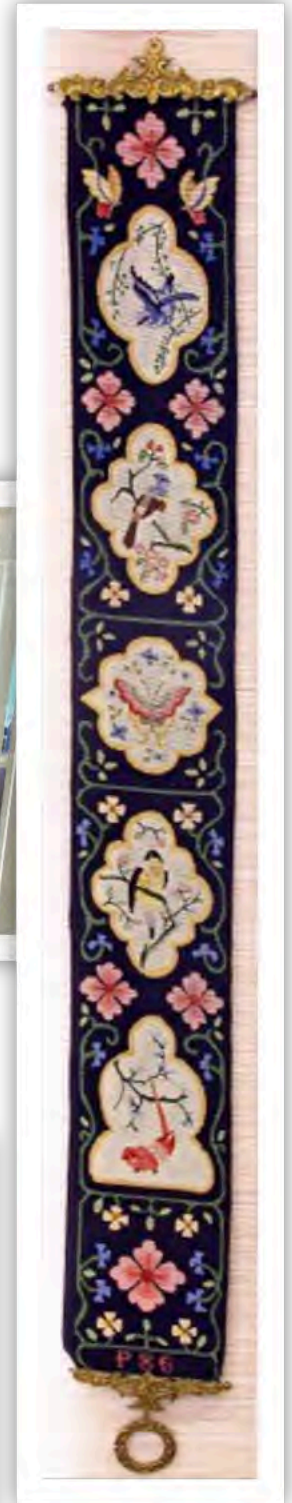
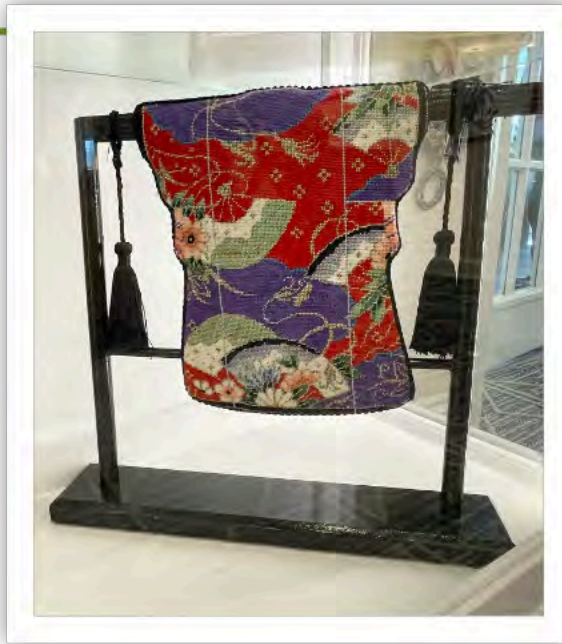


canvases, often on eBay, decide which of the many colored yarns to use, and then carry the piece with her while attending to other things, in case she might catch a few minutes to stitch. Doing petit point meant 18 stitches to the square inch. (Not all needlepoint is that fine.) One piece she could not carry with her is a 3 foot by 8 foot dragon with butterflies around it that hangs over her bed and took seven years to finish.

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Gallery (cont. from page 5)

I have a favorite of all her work that I've seen, but I'm not telling which it is. It could be the beaded yarmulkes, the set of five dancing girls, or the copy of the Imari china bowl that hangs over the fireplace. Is it the kimono or the fan or the two pictures of interesting rooms with a view? Go find your own favorite, and if you run into Paula, tell her what it is. She would love to hear from you. ♦



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Jane Bollman: Painter/Teacher

By Patricia Bradley

When Jane enrolled at Hood College in Frederick, Maryland, she knew she wanted to be a teacher, and art would be her field. Having drawn and painted her entire young life, she knew she was good at it, and so she majored in art and later studied at the Maryland Institute College of Art before becoming an art teacher in Baltimore County public schools. She left teaching in order to be at home to raise her family.

In the ensuing years, Jane did a lot of volunteer work and also paid work using her talents in management and human relations. There wasn't a lot of time to indulge her love of painting until she retired, and she and Roger moved to Easton in 1999. She took a class at the Academy Art Museum under Mary Ekroos which happily launched her into the world of contemporary impressionistic painting here on the Eastern Shore.

Her biography includes many associations with artists' organizations and many opportunities for one person shows and many prizes won. The paintings she has sold number in the hundreds: landscapes, still life, figures, animals, flowers and gardens. She has also accepted consignments in both

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See more of Jane's paintings in Parting Shots on page 17.



Bollman (cont. from page 7)

painting and faux finishing walls and furniture. She has taught oil painting at the Senior Center for over 12 years. She also taught painting at Londonderry before she and Roger moved here in 2021.

One of her paintings which was chosen to be a cover of Tidewater Times magazine hangs in our living room. Many of her works grace the walls of her apartment here at Londonderry.

Open Art for Open Hearts

But Jane's influence is best appreciated by the fellow painters who gather every Friday morning when the Activities Room is turned into a studio. This group—Open Art for Open Hearts—is not a class but, rather, is a gathering for anyone who wishes to paint. The supplies are furnished by Londonderry, and Jane is the organizer. Anyone who wishes to



Mary Davis: "Jane taught me to love oil painting and now I'm getting back to it. I want to get my mojo back!"

paint is welcome. Ken Sadler explains the project this way: "This activity is really well designed. Jane is among us and responds to requests for information and brings her expertise to bear. She comments and also elicits comments from the class. I may be the least artistic of all, but it's one of my favorite events of the week."

Jane clearly enjoys this group. She says that success as a painter, beyond natural talent, involves the ability to see accurately, and the more you paint the better you are able to see. Beyond that, success means to be able to express what you see in a personal way. Jane likes broad strokes. She likes to see "the hand of the artist." She gets pleasure from

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Rose Ertz: "Jane came after me to paint again, and I am really enjoying the class."



Bollman (cont. from page 8)

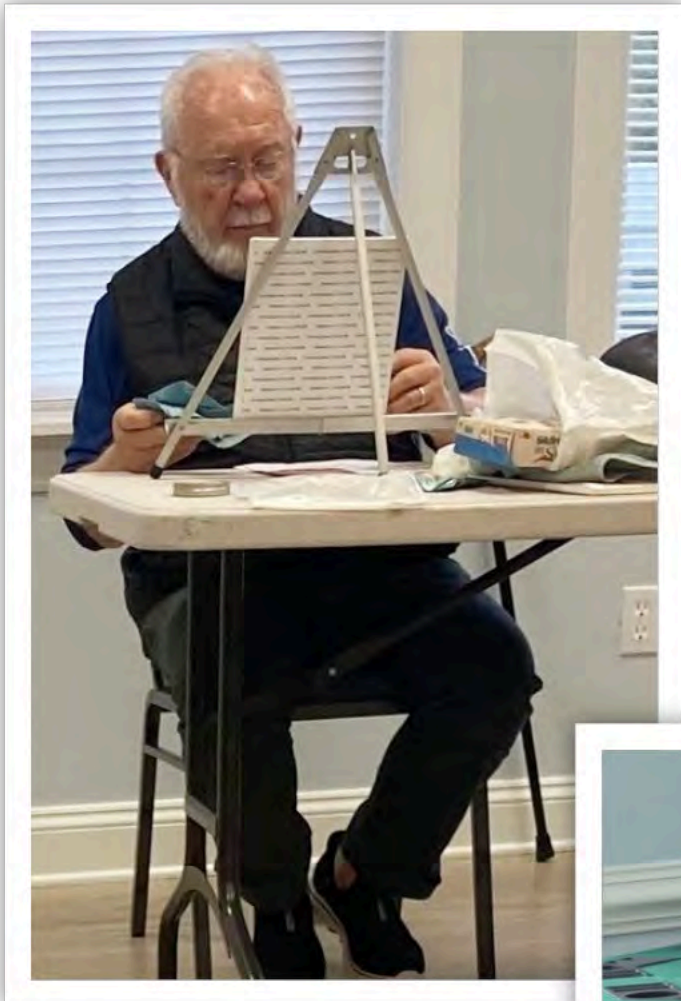
helping the others see success. She can offer advice if it's wanted, she can encourage, she can celebrate what she sees as others' success. She insists she is not there to teach painting, but call her coach, resource person, encouraging colleague, agent of inspiration, whatever you wish—it seems to me she is doing what good teachers do. ❤️

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Susan Andrews: “It’s amazing what Jane can do. She helped me finish this, and I’m ready to start another.”

Patty Foss-Bennie: “I’m working toward a gallery show—hopefully.”



Barney Johnson: “I’m getting back to painting again—it’s bringing me joy.”

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





Bollman (cont. from page 9)

Marilyn Burns: “Jane inspired me to paint again. She always marvels over my work.”

Lari Caldwell: “I’ve kept trying to get better for years. It’s my inner artist trying to get out.”



Ken Sadler: "The artists' group—it's one of the best events in the week."



Havin' a (Kick) Ball Doin' the Hair Wash Grapevine Shuffle

By Susan Andrews

What about a “grapevine” step? Or a “kick ball?” Or a “shuffle?” Or “hair wash?”

Jacki Moreland introduced about 25 residents and a couple of staff members to these moves with **LINE DANCING** on Friday, January 17.

Jacki is a former competitive ballroom dancer who has been teaching since 2012. Her company, Beyond the Ballroom, specializes in adaptive dance. She is certified to teach wheelchair ballroom dance and dance fitness, pioneered a special abilities category with USA Dance, and coaches an award-winning Special Olympics dance team. Jacki is also experienced in designing dance and fitness programs for seniors. Her experience was evident in her enthusiastic presentation to the residents.

We all worked hard and had fun going through a lot of dance moves with Jacki. Some of us were sitting as we did the moves—or sitting after we did the moves standing up! Jacki demonstrated steps to disco, Latin, ballroom, Michael Jackson, Gloria Estefan and other music with us trying to follow her steps and arms. We did a wonderful rhythm

dance. All of this was done to great music. We had fun. We moved. We laughed.

Jacki demonstrated all the different styles of line dancing, the styles that we will learn in the six-week session in February. With the January class, we never mastered any specific dance; we just learned what can be offered and how there are all sorts of steps and moves with line dancing.

The Line Dancing class with Jacki starts on Friday, February 7, 10:15 in the Club House. Many of the residents participating in the demonstration will be back to master the moves and to have fun. Maybe the participants will put on a show for everyone, and we will all know about the grapevine, the hair wash, the shuffle, the kick ball! ♦



Men's Breakfast

By Jay Craig

The monthly group of hungry men from Londonderry met at the community center on January 16 awaiting transportation to the Denton Diner for breakfast. The group consisted of Roger Bollman, Dick Codrington, Jay Craig, Lou Duvall, Robert Gillen, Don Goodliffe, Barney Johnson, Rich Morin, and Henry Prieger. James Brooks, Director of Buildings & Grounds, and Richard Williams, Director of Security & Transportation met with us to ensure a safe trip to and from the diner. James took the wheel, and Richard was the copilot.

Off to Denton we traveled with eager anticipation of a great meal ahead. It was a chilly morning (around 30 degrees), James and Richard were doing their best to maintain a comfortable temperature in the van. As usual several topics of interest were discussed during the 20 or so minutes it took to get to our destination.

Upon arrival we were met by our host who immediately seated us at a long row of tables. Our server, Desiree, was very prompt and professional. She took coffee, water and orange juice orders from all 11 of us and returned shortly to distribute the drinks in the exact order they were given. Desiree took all of our meal orders and never allowed our coffee cups to go empty.

The meals were promptly delivered and were exactly as ordered. Looking around the table it was noticed one of us had ordered chipped

beef and hash browns. The 11 inch in diameter plate that the food rested on was completely covered from rim to rim with food without a millimeter of plate visible. It was suggested we take a photo of his plate and send it to his wife but he would not allow that to happen.

With bellies full, we traveled back to Londonderry with the assistance of James and Richard. The trip was relaxing and uneventful as usual. James and Richard make safety the highest priority, and it is a pleasure to have them go on these trips with us. As you can see below, we were dropped off at the front door none the worse for wear.

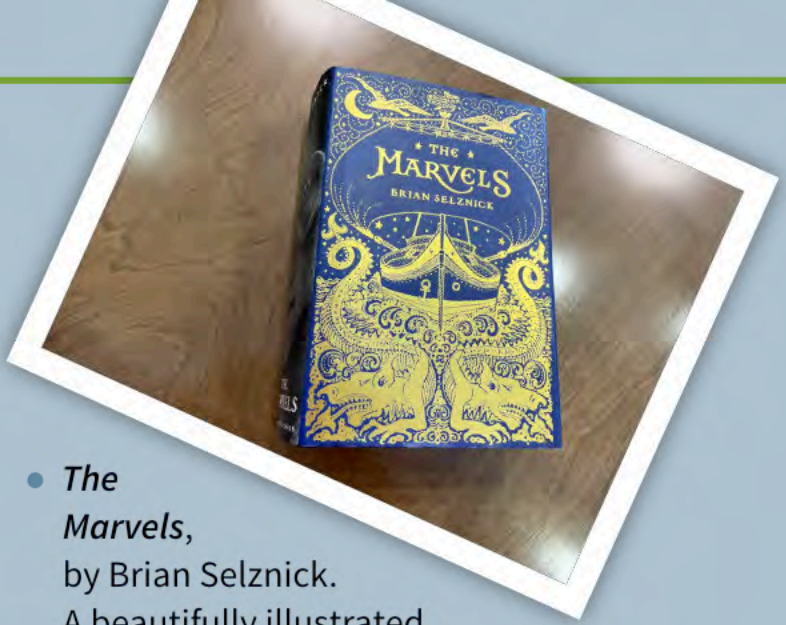
As usual, Erica Hardeo, Director of Community Engagement, should be acknowledged for making these trips happen. She picks the restaurants to go to, makes reservations, and sends notices on CATIE to allow for signups for the trips. The monthly breakfast outings are enjoyable. If interested, keep an eye on CATIE and join us for our next breakfast adventure. ♦



Books in Need of Owners

Our library owns some books that are special in one way or another that are about to be offered to the Public Library at the end of the month if no one at Londonderry wants to own them. Currently, they occupy a bottom shelf in our library. Take a look, and if you like, take them away. Thank you. Happy reading!

- *Easton Album*, Historical Society of Talbot County, Commemorating Easton's 275th Anniversary.
- *Forks: A Quest for Culture, Cuisine and Connection*, by Allan Karl. "Three Years, Five Continents, One Motorcycle."
- *Gone With the Wind*, by Margaret Mitchell. A leather-bound collector's edition in two volumes.



- *The Marvels*, by Brian Selznick. A beautifully illustrated graphic novel.
- *The Five Books of Moses: the Schocken Bible: vol. I.* A new translation by Everett Fox.
- *U.S. Air Force: A Complete History*, 2006, Air Force Historical Foundation. 600 pages, numerous illustrations. ♦

Thanks, Londonderry!

From the Residents



The amaryllis bulbs you gave to each of us for the holidays are blooming and brightening our winter days!

We so appreciate your thoughtfulness!

Welcome

New Residents

Pat Crane #564

Joann Porter-Manning #4113



In Memoriam

by Florence Thompson

MARY CAROLYN SANFORD was born in Uniontown, Pennsylvania on January 6, 1931, to Thomas and Eleanor Ghrist. The eldest of four sisters born within five and a half years, the “Ghrist Girls” remained close despite eventually living thousands of miles apart. Known as Carolyn, she earned a bachelor’s degree from Indiana State Teachers College and taught fourth grade until 1959.

She married Paul Sanford in 1954. His career as a designer of waste water plant equipment took them to several locations. They finally settled in Hatboro, Pennsylvania, where they raised their children. Between 1978 and 1984 Paul and Carolyn built their log home in a wooded area in Meadowbrook, Pennsylvania, which became their home for 40 years. They lived there until moving to Londonderry in 2020 to be closer to family.

Sadly, Paul died in 2021. Carolyn is survived by their daughter Patty and their son Larry who works at Horn Point Laboratory in Dorchester County. Their son David, a Down Syndrome child, died at age seven.

While living in Hatboro and Meadowbrook, Carolyn worked as a special education instructional aide, co-founded the Warminster Food Bank and helped run it for 40 years, and was an active leader in her church. She and Paul enjoyed RV travel, camping, and visiting friends up and down the East Coast.

Moving to Londonderry, she found many enjoyable activities, loved all the music programs, delighted in the library and the

sub-library of paperbacks; she was a happy senior with family close by. Her son arranged for the Sunday services at the First Presbyterian Church of Warminster to be available to her via Zoom. Her friends at Londonderry describe her as a beautiful lady.

Carolyn was predeceased by her husband, her parents, sister Bobbie and son David. She is survived by son Larry and daughter-in-law Alison, daughter Pat, grandchildren Dean, Lily, Mimi, and Andy, great grandson Za’khai, great-great grandson Legacy, and numerous extended family members. Her friends and neighbors at Londonderry join them in mourning her passing. ♦



Celebrate a Healthy Heart! February is American Heart Month

Each year in February, the American Heart Association, and countless others endeavor to raise awareness about heart conditions and promote heart health.

Heart disease is the leading cause of death in the United States for both men and women. American Heart Month is a great time to take steps to protect yourself against heart disease.

Here are 10 ways you can celebrate American Heart Month:

- **Exercise**—Go for a walk, play a physical game, exercise along with your favorite YouTuber, or whatever moves you! Studies show that getting 30 minutes of exercise a day can lower your risk of heart attack and stroke.
- **Educate Yourself About Heart Health**—Learn about heart disease, the factors that may increase your chances of getting heart disease, and what you can do to make more heart-healthy choices. Talk to your primary care provider to learn your personal risk for heart disease.
- **Quit Smoking**—If you smoke, quit. Within just a year of quitting, you'll reduce your risk of heart disease by 50%. There are many free resources to help you quit smoking including services from Be Tobacco Free and SmokeFree.gov
- **Reduce Stress**—Constant stress has been linked to a wide variety of health problems including heart disease. Try to lower your stress level by taking a walk, meditating, listening to music, practicing deep breathing, or taking a restful nap.
- **Talk to Your Family Doctor**—Make an appointment with your primary care physician for your annual check-up. Not only does your doctor monitor your heart health with tests, because they know your personal history, they can also answer any questions you have about your risk factors and what you can do to reduce your chance of developing heart disease.
- **Make a Heart-Healthy Meal**—A healthy diet and lifestyle are keys to preventing heart disease and you can start today! Check out these American Heart Association heart health diet recommendations.
- **Check Your Blood Pressure**—High blood pressure increases your risk of heart attack and stroke. You can get your blood pressure checked at your family medical office, a pharmacy with a digital measurement machine, or at home with a personal BP monitoring kit.

Heart Health (cont. from page 15)

- **Go to Bed Early**—Sleeping 7-9 hours each night is important for heart health. Studies have shown that not getting enough sleep can increase the risk of high blood pressure and heart disease.
- **Invite a Friend**—Arrange a lunchtime walk with co-workers, invite family over for a heart healthy meal, or play sports with friends. Involving other people in our quest to lead a heart-healthy lifestyle not only helps to motivate us but can also help us to feel more connected and cared for which can benefit our overall health.

In the United States, a heart attack strikes someone every 43 seconds. However, the fact is that most cardiovascular diseases can be prevented with education and healthy lifestyle changes. American Heart Month is a time to bring attention to heart disease as a leading cause of death for Americans and promote steps people can take to protect their hearts.

Join us in celebrating heart month by exercising, educating yourself, quitting smoking, reducing stress, seeing your doctor, eating healthy, checking your BP, sleeping, seeing friends, or wearing red! ❤️

- **Wear Red**—February 3rd is National Wear Red Day. Sport your favorite red clothing and spread the word about heart health!

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.

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Parting Shots



Paintings by Jane Bollman

