

Annual Meeting Features Election, Staff Recognition & Resident Award

By Linda Cades

Londonderry shareholders gathered on August 28 for their annual meeting with enough of a quorum to make board elections official. Board Member Jean Rhian presided. With only two candidates for two open positions, **BARBARA PRATT** and **BRUCE KRANZ** were elected by acclamation.



Susan Andrews
This year's recipient of
Londonderry's
Ingerson Award.

In This Issue:

Annual Meeting	1
Meet & Greet.....	2
Election Convention.....	3
Root Beer Floats	6
Men's Breakfast	7
Concert & Market	9
Welcome Brendan.....	10
Gallery.....	11
Pressing Strings.....	12
Card Making	13
Creative HeARTS	15
Clue Outing.....	17
Baseball Outing.....	18
AI for Seniors.....	19
New Residents	22
Talbot Interfaith Shelter .	23
In Memoriam	25
Quiz Time Results.....	25
Parting Shots	26

In addition to the board election, the meeting is the annual opportunity to recognize staff for years of service and a resident for his or her exceptional contributions to life at Londonderry.

CEO Christine Harrington acknowledged the vital importance of Londonderry's employees, presenting certificates to staff with one, five, fifteen and twenty-five years of service.

Charles Guy, who has been working for dining services for 25 years, was the longest serving employee honored. Ericka Taylor, administrative assistant, has completed 15 years of service.

Five employees have completed five years of service: Bryant Harper, line cook; Natalia Harper, server; Andrew Reisberg, prep cook; Emma Ross, server; and Heather Turkington, lead housekeeper.

Nine employees have completed one year of service: Brayden Aleshire-Belcher, Bobby Johnson, Justin Ottey, and Robert Pitts, security guards; Tylean Collins, housekeeper; Caroline

(continued on page 2)

Annual Meeting (cont. from page 1)

Fluharty, server; Christine Harrington, CEO; Michelle Pepper, Receptionist; and Kathy Ross, receptionist.

Christine also announced that **SUSAN ANDREWS** is the recipient of this year's Ingerson Award for a resident who has given outstanding service to the Londonderry Community. Susan was unable to attend and will be presented with the award at the next Residents Meeting.

In other business, Finance Committee Chair Beth Elkins reported that our auditors Baker Tilly reported a clean audit which was accepted by the board. Jean Rhian praised Jennifer Hughes's excellent work as our Controller.

Board Chair John Flohr could not attend but sent a letter read by Jean thanking outgoing board members Pat Lewers and Roger Bollman for their service to the Londonderry Community. He also praised Christine for her successful full first year as CEO, especially her semi-annual "All Things Londonderry" meetings with residents and her open-door policy.

In addition, John acknowledged the efforts of Jen, Christine, Beth Elkins and the Finance Committee to deal with the replacement fund. He also mentioned the re-organization of the Finance Committee making Board Treasurer Beth Horner that committee's chair. Finally, he summarized the high points of the successful Board self-assessment. ♦

Meeting & Greeting the Resident Board Member Candidates

By Calvin Yowell

During the first week of August, the 2025 Election Committee sponsored two sessions for the Londonderry residents to informally meet with the two candidates: Bruce Kranz and Barbara Pratt. One session was held on Thursday, August 7, in the afternoon, and the other was held on Friday, August 8, in the late morning.

Seated in small groups of six to eight residents at a table with one of the candidates, the residents had the opportunity to get to know the candidates better, and vice-versa. Also, the residents could ask questions of the candidates regarding their election platform, professional background, and areas upon which they might focus their attention as members of the Board of Directors.



(continued on page 3)

Meet & Greets (cont. from page 2)

The Thursday afternoon session was attended by 29 residents and the Friday morning session by 24. The levels of attendance appeared to be correlated with the number of candidates. This year two current Resident Board Members, Roger Bollman and Pat Lewers, are finishing their three-year terms and will be replaced by two excellent newcomers.

Coordinating the program at the Clubhouse was done with the assistance of Erica Hardeo and Cathy Cooper. Election Committee (EC) team member Jay Craig served as host and program moderator. Other team members



who attended, if for no other reason than for the refreshments, were Jan Johnson, Nancy Henry, and Calvin Yowell. The EC team wants to send a shout-out to Shavonte Greene for the refreshments and to Michelle Pepper for her administrative support. ♦

A Successful Convention for Resident Board Members

By Calvin Yowell

On Wednesday, August 13, the convention for two new Resident Board Members was held at the Londonderry Clubhouse. Attendance exceeded expectations, with roughly 120 residents in attendance to hear the candidates—Bruce Kranz and Barbara Pratt.

Jay Craig, a member of the Election Committee (EC), served as the moderator. Jay opened the session by recognizing the members of the EC and describing on what facets of the project each had focused. Cathy Cooper insured the room reservations were made and the work orders submitted and executed. Jan Johnson coordinated all communications via CATIE, including the

banner-like reminders and related prescribed documents. Nancy Henry was our expert on the Bylaws and Board Policies and conducted an education session for the candidates. Nancy said she condensed 115 pages of information into a one-hour presentation. Jay Craig was instrumental in developing EC documents for the conduct of the Meet and Greet sessions and for the Convention agenda.

Jay was an engaging moderator, recognizing all the administrative personnel who graciously supported the EC team. Foremost is a shout-out to the front desk staff: Michelle

(continued on page 4)

Convention (cont. from page 3)

Pepper, Kathy Ross, Ericka Taylor and Erica Hardeo. Equally important was the fantastic job that Shavonte Greene did with homemade cookies, muffins, fruit, and cheeses for the Meet & Greet. Also worthy of honorable mention were our two over-qualified time-keepers: Dick Codrington and Charlie Yonkers.

The format for the remarks by the candidates was to give each one five minutes for opening remarks followed by three minutes each for three previously identified questions. While one candidate spoke, the other was out of the room. This approach prevented each candidate from piggy-backing off the commentary of the previous speaker. This approach also ensures an answer



The first candidate to speak was **BARBARA PRATT**. Following her opening remarks, she began answering question #3 and commented upon the benefits of the cooperative structure operations, emphasizing the fact that Londonderry is a small independent facility with hands-on management as distinguished from large corporations in the seniors' housing arena. Being a co-op means Londonderry is run on democratic principles with

residents being involved in operational and financial decisions. Lastly, one's investment is backed up by stockholder shares which ensure the return of a significant portion of one's investment.

Next, Barbara answered question #2. She indicated that she did not see any compelling reason for change and that our Londonderry residents appreciate having the option for

independent of another candidate. The following were the three questions:

1. What three aspects of Londonderry's day-to-day operations do you think are most important? And, knowing there is always room for improvement, what (if any) suggestions for incremental improvements would you make?
2. What is your position regarding Londonderry's meal delivery and dining fees? Should there be (or not be) a charge for meal delivery, and should there be (or not be) a separate charge for caregivers attending meals in a support role?
3. Please explain your understanding of a cooperative and specifically what that means and how that structure benefits Londonderry residents.

home delivery. She thinks it would be an unnecessary burden on our nurses to have to decide who pays and who does not. It was pointed out that home delivery was a "marketing item" distinguishing Londonderry from some other facilities.

Barbara's answer to question #1, regarding three areas for improvements, indicated that she does not see any area needing priority

(continued on page 5)

Convention (cont. from page 4)

attention. She championed the benefits of the services and information promulgated by the Front Desk, the quality of the groundskeeping and beautification that presents a pleasant and welcoming environment for residents, visitors, and prospective residents. Thirdly, Barbara complimented the entire staff from CEO to the entire complement of happy, smiling, and helpful personnel.

BRUCE KRANZ drew the second position, and he began with question #2 regarding dining services and costs. Bruce indicated that considering the waiving of the guest-service fee for caregivers was a reasonable suggestion and could be readily implemented with a modification of the related Board Policy. He likes the idea of having the free-of-charge home delivery service and that it is a “marketing item.”

Bruce’s answer to question #1, regarding operations, indicated a high level of satisfaction with all of the departments and emphasized the excellence of Security and Transportation services and Dining Room services.

Answering question #3, Bruce stressed the financial benefits of Londonderry’s business model to the stockholders and the level of involvement and cooperation between residents, the Board of Directors, and Operations. By example, he stressed the participation of the Finance Committee in establishing the annual budget.

Residents asked two questions from the floor. The first pertained to the “real” level of involvement of the Board in examining and understanding the annual budget before

approving it. Bruce, who served on the Finance Committee, indicated that the Board’s involvement was perfunctory and that it would be appropriate for the Board (or a subset of members) to become more involved.

The second question was regarding the number of Board members and the distribution between Resident (5) and Outside (5) members. The submitter was essentially pointing out that with an even number, there might be instances of stalemate or decisions contrary to the position of the Resident members, and that perhaps this balance needs to become skewed in favor of the residents by adding another Resident Board Member.

The convention was wrapped up by Calvin Yowell, Chair of the EC, with a word of thanks to Barbara Pratt and Bruce Krantz and fellow committee members. Finally, Calvin reminded all resident attendees about the importance of voting and how doing so ties in with the achievement of a quorum to hold the Annual Shareholder’s Meeting. ♦



R & B and Root Beer Floats

by Patricia Bradley

Wednesday, August 6, turned out to be a Really Beautiful afternoon. A Really Big audience turned out for the Root Beer Floats and some Rhythm and Blues; the former was served up by our wonderful team in their “soda jerk” hats, and the latter by Rosewood, the musical trio led by Sandy Ryder, who also leads our Jammers. It felt very good to be able to celebrate her in the other role she carries out so well, lead singer and spokesperson for her group.

The other two members of the group are Chip Norton, Sandy’s husband, on guitar, and Dave Lyons who plays bass. They offered numbers that were not only R & B but also pop, a little bit of country, one bossa nova, and some golden oldies. Rosewood describes their group as an “Acoustic trio from the Eastern Shore of Maryland playing covers of artists like Bonnie Raitt, Norah Jones and Alison Kraus.”

The audience gathered very comfortably in the air-conditioned dining room and enjoyed the



music while sipping the truly delicious root beer floats. For me it was a treat from my past.

In addition, we were introduced to a musical instrument I think few, if any of us, had heard of—a Roland Aerophone. It is classified as an electronic wind instrument synthesizer, but can

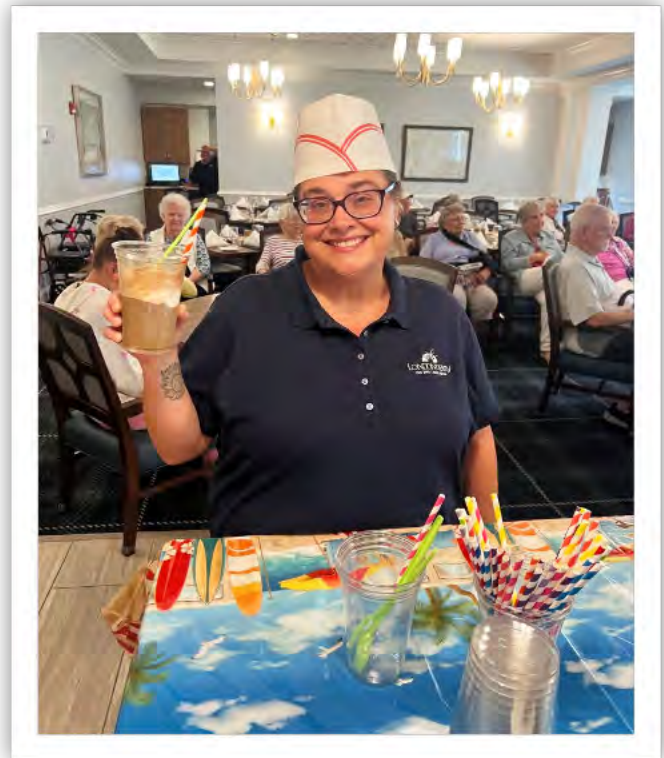
(continued on page 7)



Root Beer Floats (cont. from page 6)

project any number of instruments—woodwinds, brass, and even strings—by changing the setting. We heard Chip on the aerophone accompanying the two guitars with the sound of a cello; the song was a Linda Ronstadt number called “Long, Long Time,” and it was especially beautiful.

Thanks to Erica Hardeo for making this happen, and to the rest of the staff who pitched in: Lorraine, Jen, Christine, LaCree and Kristina. (If I have left anyone out, please know it wasn’t intentional!) It was a lovely treat for a rainy afternoon. ♦



Denton Diner Breakfast

By Jay Craig

It was Thursday morning, August 7, and time to gather the men at Londonderry for another breakfast outing. It was a beautiful day with sunny skies and mild temperatures with a slightly cool breeze and low humidity.

The group was somewhat smaller on this occasion, possibly the result of vacations, road work within the community and possibly some illness. But as usual these outings reflect camaraderie and culinary adventure. In most cases a great time is had by all with interesting chat and good food. The Denton Diner fills the bill for all things good and is the reason we are always comfortable going there.

It is life’s simple pleasures like this that remind us that age is just a number when there is good company, great transportation, and good food—except when we have to put our seatbelts on. A couple of the guys had to be helped putting those monstrous van harnesses on before departure. Our exceptionally experienced driver, Richard Williams, Director of Security, however, was Johnny-on-the-spot and got everyone strapped in for the 30-minute drive to Denton.

During the trip and while at the diner, we chatted about many topics including the severe storms we have endured this summer, the continued traffic nightmares concerning weekend backups in Easton because of Bay Bridge traffic, and the exorbitant costs of eating out these days. It was mentioned that going to a place like Chick-fil-A or Starbucks

(continued on page 8)

Breakfast (cont. from page 7)

seems so expensive. Ordering three Chick-fil-A sandwiches with fries could cost \$30–\$35. Even though we all agreed that Chick-fil-A sandwiches are very good, it was comforting to know that old-fashioned diners like the Denton Diner still exist where you can get a hearty breakfast with all the fixings for \$10–\$15.



Upon arrival, we were greeted by our server Bobbie Jo who remembered us from times past. She immediately poured our coffees and left a large carafe of hot coffee on the table for us to enjoy. She took our meal orders and returned within 15 minutes or so

with hands full of goodies for us to enjoy. Several at the table ordered the meat lover's omelet, which filled the plate with scrambled eggs loaded with bacon, sausage and ham, in addition to a pile of home fires and two slices of toast.

Seated at the table from front left and counterclockwise: Jay Craig, Robert Gosser, Henry Novian, Richard Henry, Richard Williams, Lou Duvall and Barney Johnson. Everyone seemed to have enjoyed their food, and no one left hungry.

With another great breakfast finished, the group headed back to Londonderry under the supervision of Richard Williams

with security and safety front and center. We arrived unscathed at about 10:40 making this trip one of the shorter ones in history. We all decided to skip lunch that day to allow our full bellies to get acclimated to being normal again.

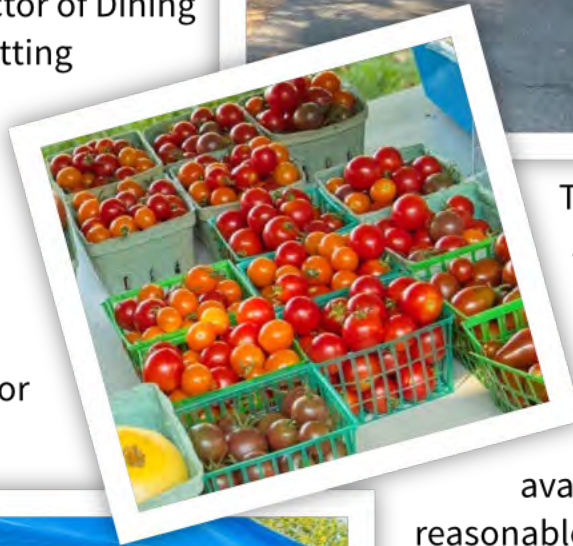
Thinking of joining us? Remember that Erica Hardeo, Director of Community Engagement, schedules these adventures during the first week of every month. Although somewhat limited, we attempt to visit as many different places as possible for breakfast. While the food is of importance, it is also good to get together for the fellowship and to do a little gossiping. So, keep an eye out on CATIE and join us on our next culinary adventure. ♦



Summer Concert & Farmers' Market

By Jay Craig

July 30th brought a combination of summer fun with music, food and a fond farewell. Residents gathered in front of the Manor House to listen to Delmarva's own The Jones Boys band and to stroll through the on-site farmers' market where local produce was on display and for sale. Chelsea Harris, Director of Dining Services, did a great job in setting up the produce stand with an abundance of goodies from local organic farms and other producers of baked goods and jellies. Much of the leftover produce was returned to the kitchen for future use.



Take your pick. Would you like some corn on the cob, eggs, tomatoes, cherries, lettuce, cantaloupe, watermelon, cucumbers cookies and more? They were all available for purchase at

reasonable prices. It was Chelsea's last day before leaving us for adventures unknown, and she will surely be missed.

If looking at all of the produce made you hungry, you were in luck. Erica Hardeo, Director of Community Engagement, waved her magic wand again and was able to provide everyone with their choice of a heaping barbecued beef or turkey sandwich accompanied by a bottle of water and some chips if you liked.

Although nearing 90 degrees in temperature during the day, almost 70 residents and friends showed up for the

(continued on page 10)



Concert & Market (cont. from page 9)

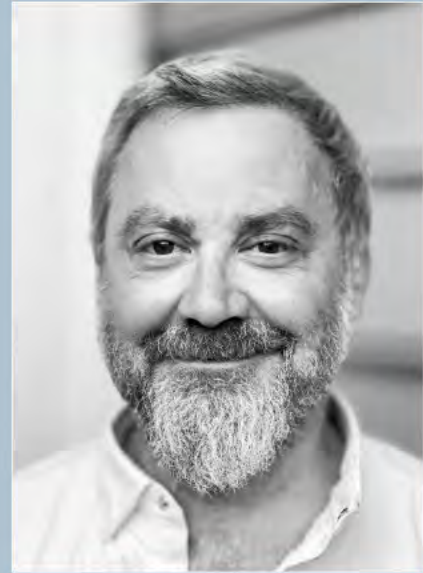
concert and were relieved that it got a little cooler at dusk. While relaxing in their chairs and munching on beef and turkey barbecue, residents were entertained by the Jones Boys.

This musical group has been turning heads and causing toe tapping in one form or another since 1992. Their classic country style is enhanced by a secret weapon named Tom Kauffman, their lead guitarist, who sets his fiddle strings on fire with his rendition of “The Orange Blossom Special.”



As usual, everyone had a great time. The staff at Londonderry is always so accommodating and makes these events the great successes that they are. Did you find it difficult to get to the Manor House? No problem, just call security. Need something from the food truck but have some mobility issues? Don't worry—a staff member will help. So, let's be thankful for what is presented to us and for us on a daily basis by staff and take time to thank them for the professional services they provide. ♦

Welcome!



We extend a warm welcome to **BRENDAN KEEGAN**, our new Director of Dining Services. We look forward to enjoying some new culinary treats as he adds his personal touch to Londonderry's always exceptional dining!



Sports on Display

By Patricia Bradley

The new display at the Gallery was introduced on Friday, August 8, with a brief talk by Nancy Henry and then Cracker Jacks and Coca Cola in the Sun Room. The great thing about the “All Call” exhibits is to find out who did what and when and finding out things about your neighbors and friends that perhaps you didn’t know. So here is a plan to help you in your search.

Try this. See if you can find:

- The baseball caught, to her surprise, by the “un-athletic” 11-year-old girl who caught it.
- The golf putter with money embedded in it.
- The winning yacht-racing captain whose motto when sailing is, “We Never Reef.”
- The college football team that won their first ever title with our resident watching.
- The trophy that lets us know that grandmothers are the smartest!
- The photo that tells us that women can be skippers.
- Perfume from the 1950s.
- The four-legged winner at the agility trials.

- A school boy’s leather treasure from the 1940s.
- How many professional teams are represented in our display?

If you are successful in your search and find all of the above and more, congratulations! You win a prize. See Erica Hardeo. She has the Cracker Jacks! ♦



Pressing Strings Concert

By Kaye Dutrow

After the recent blistering hot and humid weather, we were treated to a lovely, cool evening on Thursday, August 21, as residents and staff, along with their friends and families, gathered around the pool to enjoy Pressing Strings, a popular band from Annapolis.

They started with a soft mellow song, proceeded to Paul Simon's "El Condor Pasa" ("I'd rather be a sparrow than a snail"), and then followed with jazzy "Take a Ride." They dedicated "Most of Us" to Erica Hardeo which is one of her favorites (she has many!) and "This Must Be the Place" to Brendan Keegan, the new Director of Dining Services. The band continued to play songs they had written, such as "40 Miles," and classics from other

The talented band members are Jordan Sokol on guitar, Nick Welker on bass and Justin Kruger on drums, with all three on vocals. Bob Dylan, Paul Simon, Marvin Gaye and Led Zeppelin are some of the artists that have influenced the band. See August's *Tred Avon Times* for more detailed information about Pressing Strings.

No outside concert is complete without food trucks. We enjoyed both the tacos and quesadillas from Evelin's and the burgers, fries and hot dogs from the Red Shef. Thank you, Erica, for introducing us to Pressing Strings and planning this fun end-of-summer evening concert. ♦



bands, including "Right Down the Line" by Gerry Rafferty and "A Whiter Shade of Pale" by Procol Harum.



We're So Creative!

By Susan Andrews

Who knew how creative the Londonderry women could be? On Friday, August 1, fifteen of us met with Stacy Sass to make greeting cards. Participants were Susan Andrews, Janet Benvenuto, Marilyn Burns with Lisa Wilson, Lari Caldwell, Cathy Cooper, Mary Davis, Rose Ertz, Gloria Gibson, Erica Hardeo, Nancy Henry, Clare Kettel, Camille Kneale, Helen Pritchett, and Jean Rhian. Stacy, a retired art teacher, has worked with Londonderry before in painting the Blue Crab and the oyster.

(continued on page 14)



Cards (cont. from page 13)

Stacy assembled all of the materials for the cards. There were blank cards, cards with a rectangle see-through on the front, and boxes with all types of colored and printed papers, doodads (stickers, hearts, flowers, etc.), and different greetings. All we had to do was select what we wanted to use and put it all together. Easy, right?

Stacy demonstrated how to use the paper and doodads to create cards that “pop.” We all worked diligently on creating special cards for our special friends. We searched for the appropriate doodads, such as an ice cream cone or the right color/texture heart. We also needed the right paper for the “pop.” Stacy provided stamps for the greetings.

Nancy had a great idea to put the personal label on the back, and maybe a price. Clare came prepared to the workshop with old greeting cards for ideas. Marilyn quickly put together several beautiful cards. As we finished, Stacy commented that we were different from her students—we cleaned up.

When you receive that special card from a participant in the workshop, know that it was made with love and laughter. ♦



Creative Hearts: Rose Ertz/Painter

By Patricia Bradley

I had heard from a lot of people that Rose's apartment was full of her lovely paintings, and I finally saw it for myself. On her walls, in frames her husband had mounted for her, are flowers in vases, flowers on their own, waterfowl on the wing, and chickens in the barn yard. But over the years, she has painted many other things that people have asked her to do. Rose has made it a point never to sell her paintings, but has given many away to others: lucky people. She has painted a handsome pair of mallard ducks she has offered to Londonderry if room can be found for them.

She has always loved art, drawing, coloring, painting, but she was in her 30s before she began to study it. She found a wonderful teacher



and painted with her for years until she died. Rose stopped painting, and then her passion became playing golf for 40 years. (She still has her putter by the front

door where some canes and umbrellas are kept.) Her two children encouraged her to get back to painting, and when she made the move to Easton, her sister packed up her painting supplies to make sure she had them wherever she went should she ever want them again.

(continued on page 16)

Rose Ertz (cont. from page 15)

In her 30s, Rose went to school again to be a nurse. She worked in the Emergency Room at St. Joseph's Hospital in Reading, Pennsylvania, for 28 years and found friends there who also loved to paint. They found it a great way to relieve the stress of the work they were doing. At Londonderry, with the encouragement of Jane Bollman, she has begun to paint again and has a new group of friends who encourage each other every Friday morning and enjoy the peacefulness. While painting, Rose finds no stress, no



distractions—everything else fades away. And she can concentrate on the delicate parts, the tiny duck feet, the chicken wire, the leaves and grasses along the river.

So, when you look at Rose's paintings, look carefully, and look for those. ❤️



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

Who dunnit?

By Susan Andrews

Paula Gervis, Judy Coffren, Cathy Cooper, Jan Benvenuto, Evelyn LoRe, Pat Bradley, Queenie Swaren and Susan Andrews had an exhilarating experience at the Tred Avon Players on August 14 when we saw the play, *Clue*. There were murder weapons (think the board game, *Clue*), innuendos, suspense, surprise, laughter, lots of action, and murder!

As Londonderry residents, we are treated royally at the theater. Seats are reserved for us, and we pay the student price. I guess we are students of old age. The actors all had microphones, so it was easy to hear the lines.

The setting is a mansion on a dark and stormy night in 1954. Six strangers are invited to a party at the mansion by the owner, Mr. Boddy. The butler serves as host for the strangers as they attempt to solve the



reason for the invitations and then try to solve the murder mystery.

Some of our comments after the play were: "How do they do this each day?" "The butler was amazing; he had to be really fit, and probably black and blue



after the performance." Miss Scarlet was perfect for the role." "It was fun to watch the maid; she made all sorts of faces."

The information about the play sums up the experience: "a hilarious, fast-paced romp full of iconic characters, hidden motives, and plot twists galore" and lots of laughter. ♦

Londonderry Rotary Group Attends “Strike Out Polio” Baseball Game

By Susan Andrews and Stan Reed

On August 5, nine members of the Londonderry Rotary Club attended the Shorebirds baseball game in Salisbury. John Riccio drove us (Susan Andrews, Craig and Lari Caldwell, John Foss, Bob and Phyllis Grill, Barbara Hargroves, Don Parks and Stan Reed) safely to the game.

This was a special game, with many Rotarians from the Delmarva area in attendance. Part of the proceeds went to the Rotary cause to end polio. The national anthem was sung by John Nanni, a Rotarian who is a strong advocate in fighting polio. John has been to a number of our meetings here at Londonderry.

We were treated to a wonderful picnic buffet before the game, and some of us even went in search of ice cream. The game was fun to watch (we did leave early), but the best part was spending time together and catching up with other Rotarians from other clubs.

Special thanks to John (known to some as Christmas John), our driver, and to Erica for all her help in setting this trip up. ♦



How Artificial Intelligence is Shaping the Future for Seniors

By ChatGPT and Kaye Dutrow

On Monday, August 18, Sze Wong, a renowned inventor and AI specialist, spoke to residents about AI. We were captivated by Sze's thought-provoking and important presentation.

Artificial Intelligence (AI) is no longer a futuristic concept; it is becoming an integral part of daily life, revolutionizing how we live, work, and even age. Sze is mentoring businesses like Easton-based MY Tech Clinic. Alongside MY Tech Clinic's co-founders Mira Nagchaudhuri and Yixin Qiu, Sze plans to bridge the digital divide for seniors and is committed to making technology more accessible for older adults. MY Tech Clinic aims to empower seniors by offering tech support, helping them navigate the digital landscape and improve their quality of life. In fact, on Saturday, September 20, from 1:30–4:30, MY Tech Clinic will be offering tech assistance to seniors at the St. Michaels Library.

The Rise of Large Language Models (LLMs)

AI's role is expanding rapidly, particularly with the development of Large Language Models (LLMs) such as ChatGPT. These models have advanced at an unprecedented rate, especially following a major explosion in 2022, when billions of dollars were poured into AI technology by tech moguls. Microsoft's Co-Pilot, Google's Gemini, and X's Grok are some of the most notable players in the field, each offering unique AI-powered tools



Sze Wong, Yixin Qiu and Sze's wife Lum

Please be sure to read Kaye Dutrow's explanation which follows of how this article was generated using AI.

designed to enhance productivity and assist with various tasks.

For seniors, this rapid evolution of LLMs can be especially beneficial. AI tools can now help with document comprehension and summaries, making it easier for older adults to process large amounts of information. Imagine uploading a book to ChatGPT, which then organizes it, copies its tone, and even rewrites sections for clarity. This could be a game-changer for seniors, especially those with limited mobility or those who find it difficult to navigate complex texts.

AI in Deep Research and Simplification

AI's ability to organize and simplify complex subjects like medical, legal, and financial

(continued on page 20)

statements has the potential to greatly improve how seniors interact with information. AI can break down dense, technical language into more digestible pieces, helping seniors make informed decisions about their health, finances, and legal matters.

Moreover, AI has the capability to mimic human voices and generate information in a personalized manner. For example, seniors could receive medical advice or financial summaries in a familiar tone, making the information feel more accessible and less intimidating. This could revolutionize the way seniors learn and interact with critical content.

A Double-Edged Sword: The Risks of AI

Despite the numerous benefits AI offers, it also raises significant concerns, particularly regarding privacy and security. Many seniors have expressed fears about the potential dangers of AI, worried that it could be used for malicious purposes. In fact, as AI continues to evolve, it becomes a “cat-and-mouse” game between industry leaders trying to prevent fraud and those exploiting the technology for personal gain.

In the United States, AI development is accelerating, and companies are constantly striving to outpace each other in the race to dominate the market. However, the lack of stringent regulations has left some residents questioning the ethical implications of AI. In Europe, on the other hand, stricter

regulations are in place to protect consumers from misuse, offering a model that the U.S. may eventually adopt.

There’s also the fear of AI being misused in harmful ways, leading to scenarios reminiscent of dystopian fiction, such as the “Terminator” movies. This darker side of AI could, if left unchecked, result in a world where machines overpower humans. While this may sound extreme, experts acknowledge the risks, calling for responsible development and oversight of AI technologies.

AI in Medical Research: A Beacon of Hope

One of the most promising areas where AI is making a tangible impact is in the field of medical research. AI’s ability to process and analyze vast amounts of data at speeds far beyond human capabilities allows it to assist in tasks that would otherwise take dozens of medical professionals. It can sift through thousands of medical papers, identify patterns, and predict outcomes with incredible accuracy, making it a valuable asset in discovering new treatments or improving existing ones.

For seniors, this is especially significant. AI-powered tools can help detect early signs of diseases such as Alzheimer’s, cancer, or heart conditions, potentially saving lives by facilitating earlier interventions. Furthermore, AI can assist in the development of personalized treatment plans, tailored to each individual’s unique needs, leading to better health outcomes for aging populations.

(continued on page 21)

AI (cont. from page 20)

The Future of AI for Seniors

In conclusion, AI has the potential to dramatically enhance the lives of seniors, from improving their quality of life through automation and tech support to aiding in complex decision-making. However, with these benefits come risks that need to be carefully managed. The ongoing race between innovation and regulation will determine how AI is integrated into society and whether its dangers are effectively mitigated.

As technology continues to evolve, seniors will need accessible, reliable support to navigate this new world. Initiatives like MY Tech Clinic are stepping up to provide that support, helping to ensure that seniors are not left behind as AI shapes the future. Contact mytechclinic.org for more information. ♦

How I Used AI to Create the Article

By Kaye Dutrow

The article about Artificial Intelligence (AI) in this month's TAT was written by using AI. I'd like to share some thoughts about this new writing process.

After Sze Wong's presentation, TAT's editor, Erica Hardeo, asked me to write an article about the presentation using AI. We both agreed it might be an interesting experiment. Recently, I have used the ChatGPT App to design a sign, to find the 20 best book club books and to pair food and wine for wine tasting. I was impressed with the speed and the depth these searches created. Until this week I had never used AI to create a document.

Sze Wong suggested some interesting ways to use AI to help us understand complicated legal, financial or medical documents. When giving directions for the search, he suggested, "Ask AI to explain the submitted document so a third grader could understand." Still, I wasn't quite sure how to proceed with combining my notes and then asking AI to write the article.

I decided to seek out another expert: my teenage grandson. He mostly uses AI as a study tool. For example, if he doesn't understand a complicated scientific concept, he asks AI to explain so that a third grader would understand. He also mentioned the importance of giving specific instructions and checking the completed document for accuracy. I was ready to begin.

(continued on page 22)



Using AI (cont. from page 21)

To produce the AI document, I wrote my notes in a Word document on my iPad. Then I uploaded that document into the ChatGPT App and asked it to summarize, organize and write an article. Within seconds I received a two-page article. To say I was amazed is an understatement!

I had to make some minor changes to clarify meaning, but I felt the article was very organized and written clearly and effectively. Since I had not specified the audience, the tone is very formal and appropriate for a newspaper or a magazine; however, for the Tred Avon Times, a less formal style might be better. (I should have thought about the audience, since it's one of the important components of writing I discussed with my students!) I then re-submitted the article giving the same directions but adding the audience which is senior neighbors and friends. The new article was shorter and had a more friendly and conversational tone; nevertheless, I decided to submit the original one.

No doubt this discussion will continue as we learn not only the benefits of AI, but also the problems it presents. For example, *The Star Democrat* recently published an AP article written by Caleigh Wells who noted, "Every time someone uses AI, it uses energy that is often generated by fossil fuels. That releases greenhouse gases into the atmosphere and contributes to climate change." Using AI for simple searches uses ten times the energy of a regular Google search, and hundreds to

thousands of times the energy when using it for writing or photo manipulation.

Furthermore, the large data centers are a great drain on the electric grid and on water resources for cooling, needing "up to 5 million gallons a day. That's roughly the same as the daily water demand for a town of up to 50,000 people."

We are entering a new age not unlike the one our grandparents faced at the beginning of the 20th century: automobiles, airplanes, telephones and electricity. Will this new technology both help us and harm us?

Let's continue the Chat....◆

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

Welcome

New Residents

Bill & Millie Houck #526

Pembroke & John Noble #546

Talbot Interfaith Shelter

By Linda Cades

Looking superficially at Talbot County, a casual observer might think that homelessness is not a problem here. However, as those who work and volunteer at the Talbot County Interfaith Shelter (TIS) know all too well, homelessness is an issue here, and it has been for a long time.



Sponsored by the Londonderry's Rotary Club, the Talbot County Interfaith Shelter's Executive Director Julie Lowe (above, left) provided a detailed account of the shelter's history and the way it has grown over the past 17 years.

Founded in 2008 by Evelyn Sedlack and a coalition of faith groups, TIS was originally an overnight shelter from the cold from January to March. As their website explains, it was a "homeless" homeless shelter, rotating cots, blankets, supplies and support through

Talbot's faith congregations during the cold-weather months.

Teams of volunteers from 19 faith communities came together to bring hot meals, drive guests to shower at the YMCA, make bagged lunches and provide fellowship for the shelter's guests. Early on, it could serve only five people at a time, rotating the services among the churches and the synagogue. However, while TIS could house a

few people overnight, they could not provide shelter all day or for an extended period of time or serve everyone in need. The people they served needed more help.

In 2014, TIS purchased Easton's Promise, a former bed & breakfast at 107 Goldsborough Street. That building, centrally located, with five en-suite bedrooms, large dining and living areas and kitchen, offered a tremendous amount of

flexibility. With an ever-changing population, having five private rooms with their own bathrooms enabled TIS to serve any combination of individuals and families who were present at a given time.

Having a permanent facility not only enabled TIS to serve more people, but it allowed guests to stay longer. That gave them the opportunity to develop a program that would address homelessness and its root causes, rather than simply giving guests a temporary reprieve.

(continued on page 24)

To help people transition from homelessness to stability, TIS embraced what they call their “4S program”—Shelter, Stability, Support and Success. The 4S approach provides homeless people with the additional services they need to transition successfully to live independently in the community. Both the services and the homes in which they are offered have grown as has the number of people who need those services. In Talbot County, a minimum wage job will not support someone in a one-bedroom apartment. Seniors are the largest growing group TIS serves right now.

TIS operates two houses and offers shelter in an additional 18 transitional apartments. It runs with a staff of 17 people. However, staff alone cannot provide all the services people need, so hundreds of volunteers and a growing list of business and non-profit partners makes what TIS does possible.

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.

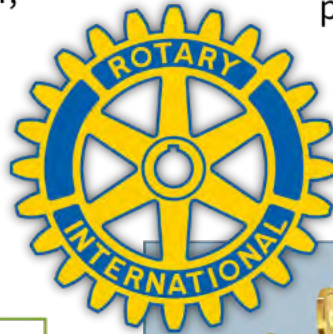
Next meeting:
Wednesday, September 3, 9 A.M.

If you would like to volunteer, the TIS website (talbotinterfaithshelter.org) provides a contact form and information on ways you can help. Right now, they particularly need people to work with children.

You can find out more about the volunteer experience from several Londonderry residents who are already volunteers. Both Kaye Dutrow and Stan Reed would be happy to talk with you.

Not surprisingly a program as comprehensive as the one TIS runs costs money. Donations of any amount are gratefully received. You can donate directly using the website.

Our community is a better place when those most in need get help to become independent people living stable lives. Success means putting people on a path to reach that goal. ♦



Since the inception of the CART program, the Londonderry Rotary Satellite Club has collected more than \$5,600 for the Alzheimer's Research Trust. Look for the blue cups and deposit your spare change (or bills!)

In Memoriam

By Florence Thompson

Londonderry resident Ellie Bilinski notified the staff and residents that on July 27 her husband, **EDWARD JOHN BILINSKI**, had passed away under the care of Hospice. Ed and Ellie were married 57 years. They moved to Londonderry in 2023 and Ed’s health brought about his move from Londonderry in December 2024.



Ed had a career in finance at IBM, Dun and Bradstreet and the American Stock Exchange. He flew his own plane and loved boating in his own yacht. He and Ellie and their three daughters enjoyed a full and enriched life before and after his retirement to St. Michaels and then on to Londonderry.

Ed’s and Ellie’s friends and neighbors extend their condolences to the Bilinski family. There will be a memorial mass celebrated at Sts. Peter and Paul church on September 26th at 11:00 a.m. ♦



Newsletter Committee			
Editor	Erica Hardeo		
Layout Design	Cyndy Carrington Miller	Additional Contributors This Issue:	
Photographers	Craig Caldwell	Writing	Susan Andrews
	Jay Craig		ChatGPT
Writers	Patricia Bradley		Stan Reed
	Linda Cades		Calvin Yowell
	Jay Craig	Photos	Susan Andrews
	Kaye Dutrow		Crazy Chiquita
	Clare Kettell		Kaye Dutrow
Proofreader	Florence Thompson		Erica Hardeo
	Kaye Dutrow		Nancy Henry
Health Corner	Lorraine Flisher		Londonderry Facebook
	Liz Whitby		



Parting Shots



Paving underway,
Chuck's Garden,
Nancy Henry's hummer
and outgoing Board
Member Pat Lewers

