

Moonlight and Martinis

By Jay Craig

It is always exciting to meet new residents here at Londonderry, and Erica Hardeo, Director of Community Engagement, arranged an event she called “Moonlight and Martinis” to be held on the evening of October 7 to do just that.

In doing her research, she determined that there would be an astronomical event called a “super moon” on that evening and the planning began. She contacted Janet Paulsen, lead female vocalist and manager of the Hotel Paradise Orchestra, who also performs as a soloist with a musical trio of the

same name, and the Hotel Paradise Trio agreed to appear. Things were falling into place, and the planning continued with the hope of a clearly visible super moon on the evening of the event.

Residents were notified on CATIE of the upcoming event and 75 signed up to join the festivities. Since six individuals who signed up did not show, four people who did not sign up were able to attend, which balanced what was ordered for food and beverages.

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Moonlight (cont. from page 1)

Just as Erica had hoped, a lustrous light from a harvest super moon shone down on the festivities as Londonderry welcomed our new residents. Several tables adorned with crisp white linen and beautifully designed seasonal flower centerpieces greeted the guests who were entertained by Janet Paulsen, a jazz vocalist specializing in music from the 1920s and 1930s. The majority of Janet's songs had moon or nighttime themes.

With the help of staff, three large fire pits were set ablaze. The warm glow of yellow and orange flames emanating from the pits appeared to be reaching upward toward the beautiful harvest moon. As the twilight deepened, the moon rose higher, casting a bright light onto the throng.



The martini menu was great, featuring chocolate and apple concoctions that paired just right with an array of high-end Italian delights of petit fours, brownie bites, cream puffs and other delicacies provided by Londonderry's own Director of Dining Services Brendan Keegan.

During the festivities Erica introduced our new neighbors. We enjoyed meeting Christine Cooke and John Barkin who recently moved into #322.

Although it was not quite dark yet, John stated it was past his bedtime. Robert Fortkiewicz, who moved into #226, wanted everyone to know that he has a twin brother Richard, and he wondered on occasion if he himself was Rob or Richard. It was great meeting Mary Slacum of #316. Millie and

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Moonlight (cont. from page 2)

Bill Houck of #526 were introduced, and it was interesting to find out that Bill won the Talbot County Country Club Golf Championship five days before getting married, and that after 59 years of marriage, he has not won again. In the past, Millie taught ice skating and did lots of ice dancing. Carol Shaw, who moved into #216, was a school guidance counselor who loved her job although admitted that middle school kids were a challenge. Claire Liversidge and Mark Tyx of #128 were introduced, and it was learned that some of Claire's ancestors came over on the Mayflower. The other new residents since the last welcome event, Pembroke and Jack Noble of #546, were unable to

attend. As a welcoming gift, each new resident departed with a beautiful bouquet of flowers.

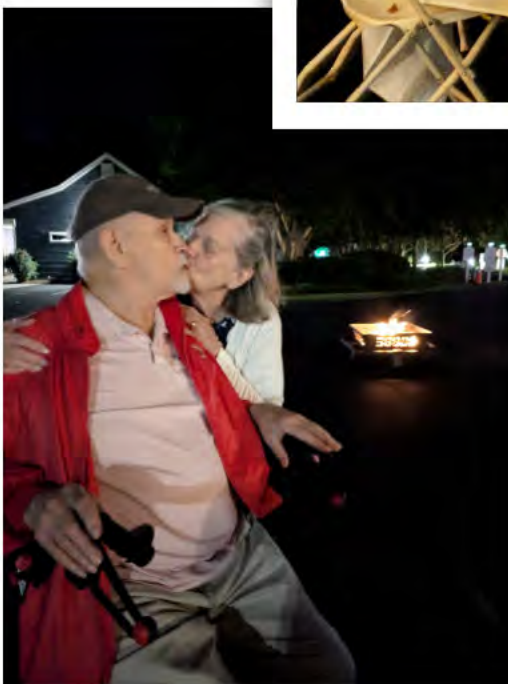
Events like these are more than just social gatherings; they are the heartbeat of Londonderry's mission as a welcoming environment. As with every other Londonderry happening, it takes all hands on deck to achieve success. This affair was no exception. All nine directors participated directly to make it another great occasion. Maintenance was invaluable in making sure all tables were set up and the fire pits ignited.

Erica Hardeo, Director of Housekeeping Services LaCree Brown, Director of Health and Wellness Lorraine Flisher, and Controller Jennifer Hughes, along with others pitched in to set up all of the tables. With Director of Buildings and Grounds James Brooks, Director of Security and



Transportation Richard Williams, and Jennifer Hughes all having experience in firefighting, the fire pits were ignited and extinguished professionally, limiting any hazards. CEO Christine Harrington provided welcoming remarks and, with Director of Sales and Marketing Rachel Smith, helped to make the festivities run smoothly.

So, let's welcome our new neighbors with open arms and thank all who were involved in making this magical event the great success that it was. ♦

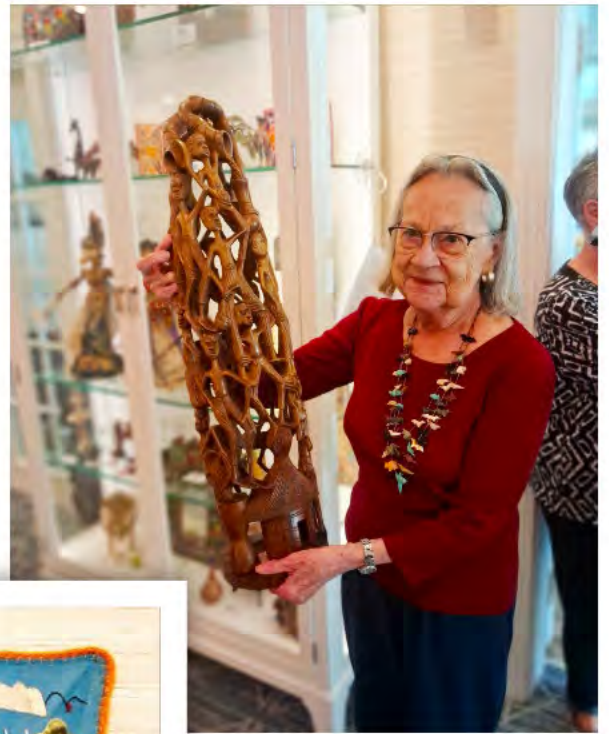


Monica's Museum

By Linda Cades & Nancy Henry

A batik print of fisherwomen from Indonesia. A filigree application of an Andean Indian fiesta. An embroidered application of an Andean market bursting with color (center).

Those are three of the fascinating items included in "Monica's Museum," Londonderry's most recent exhibit. Displayed on the fireplace wall in the Community Center's living room, those collectibles are just a small part of a collection Monica Stecher shared with all of us. The display cabinet contains many others.



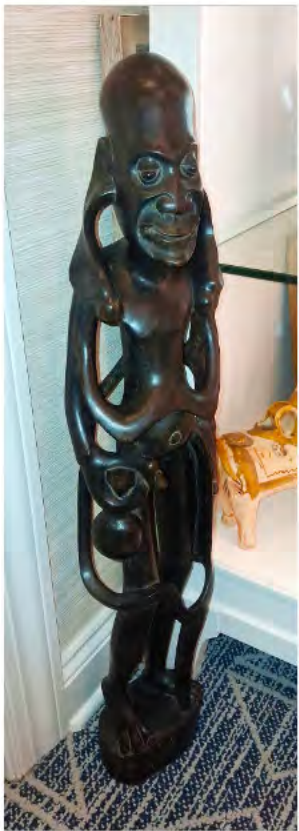
Africa and Indonesia gave her a chance to learn about the objects that tell us all something about the culture and people of those places.

Monica says she picked up her interest in collecting unusual

things from her mother and pursued it as a hobby throughout her life. Those now on display reflect just a small part of what she has collected. The "Monica's Museum" exhibit includes large pieces like an ebony statue of a warrior from Mozambique and a sandalwood Makonde "Tree of Life" (above). The artist carved his Tree of Life from a single piece of wood, symbolizing familyhood, community and ancestral connection.



Monica's collection reflects a lifetime of traveling and working all over the world. Raised in Peru, Monica speaks five languages and worked for 22 years for UNICEF, the United Nations agency dedicated to improving children's lives around the world. Posts in Peru,



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Museum (cont. from page 4)

The display cabinet contains objects large and small. Among the largest are a pair of puppets from Indonesia—Lakshmana and Arjuna (center). Lakshmana is an important figure from the Ramayana epic, one of two important epics of Hinduism. The Ramayana epic dates back to the seventh century BCE. Arjuna, a warrior puppet, is a character in the Mahabharata epic, another epic of Hinduism dating between the third century BCE and the third century CE.

The smallest pieces in this collection are four tiny turtles, a malachite one from Ivory Coast, a soapstone one from Zimbabwe, and two wooden ones from Mozambique and China.

Other fascinating and beautiful pieces include a carved wooden monkey tree from Guinea-Bissau, West Africa, and hatmaker figures made of bread dough plaster.

(continued on page 6)



Museum (cont. from page 5)

An opening reception introducing “Monica’s Museum” was held for residents on October 3. Monica walked us through the exhibit explaining each item in fascinating detail.



As an added bonus, the audience was treated to a sample of genuine Peruvian snacks and drinks. A specialty store provided mini beef empanadas and mini tamale bites. For drinks we enjoyed chicha morada (a purple

corn drink boiled with pineapple skins and cinnamon) and Inka Kola (a traditional yellowish Peruvian soft drink made from a base of lemon grass essence). For dessert Monica’s daughter, Claudia Stecher, used an original recipe to create a delicious supply of alfajores (traditional wheat and corn flour cookies filled with blancmange and topped with powdered sugar).

Below, Monica’s daughter Claudia, right, and friend Susan Claggett helped prepare the reception treats.



Take some time and come and see the whole exhibit for yourself. A guidebook provides wonderful pictures and explanations of where each piece comes from and what it represents. Even if most of your travelling days are behind you, you can set out to see and learn more about our world right in the Community Center’s living room. The exhibit will be on display through November. Don’t miss it! ♦

Pot Luck Dinner

by Clare Kettell & Kaye Dutrow

We had a very nice pot luck social with dinner in the Clubhouse on September 28. Many thanks to the committee who planned it and stayed to put it all away. Camille Kneale, who has lived in Londonderry since 2005, wanted to revive the pot luck dinner tradition which had been discontinued during Covid. Camille asked Paula Gervis, Jan Benvenuto, and Evelyn LoRe to help execute her plan. The committee met to discuss food, a sign-up sheet, table arrangements and decorations. Erica Hardeo was helpful providing pretty decorations, tablecloths and silverware.

They did a lot to make us comfortable with nice food offerings prepared by those present. It was a smorgasbord of delights: chicken Parmesan, Israeli salad, fried chicken, curry puffs, farro salad, cucumber salad, broccoli salad, baked ziti, fresh sliced Italian bread and assorted pies, cakes and brownies.

In addition to the good food, we enjoyed the conversations with other residents. We were a mixture of those who usually eat at the first seating and those who eat at the later seating.

Thanks to Camille, Jan, Evelyn, and Paula for organizing this fun Sunday night event. Let's do it again! ♦



Ghost Hunting in St. Michaels

By Kaye Dutrow

On Friday evening, October 17, five intrepid residents and driver John Riccio set out to St. Michaels to learn more about the ghosts that presumably haunt this historic town. The ghost tour company's founder, Mindie Burgoyne, has written books about the paranormal.

These carefully researched stories serve as the basis of their tours. Our guide, KC, began the tour at the Maritime Museum's former gift/souvenir shop building which in the



past had been a brothel. More recently, interns were housed there; however, problems arose when the interns were awakened with someone tickling their toes and then getting into bed and wrapping their arms about them. CBMM had to find new quarters for their frightened interns.

For the next 90 minutes as we walked through the darkened streets of St. Michaels, KC entertained us with ghost stories combined with local history. Not long ago at the Victoriana Inn, left, a prior owner, Aida Trussell, welcomed a young man from NYC who wanted a quiet weekend. He offered to pay for his room in

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Ghosts (cont. from page 8)

advance, but Aida told him to pay when he left. Unfortunately, the young man died during the night. Aida refurbished the room and later found three pennies in the room. Not thinking much about it, she and others continued to find pennies in odd places—shelves, drawers and at the front desk. It seems the young man was diligent about paying his debt.



Above: Janet Dwyer, Rose Ertz, Queenie Swaren, Susan Andrews, Kaye Dutrow

Left: Queenie Swaren, Susan Andrews, Rose Ertz, John Riccio



chief refused, and LeCompte shot and killed him. The chief's son cursed the LeCompte family. "Since you were blind to the ways of peace, so shall your descendants be blind." Since then, many generations of the LeCompte family have had problems with their eyesight.

Although the back streets of St. Michaels now have beautifully restored homes, it was quite different during the 18th century. Sailors, robbers and murderers roamed these streets visiting the brothels and saloons. This part of town was aptly named Hell's Crossing. Among the ghostly sightings is "Muskrat Mary" who is a sad spirit seen dressed in 1970s attire.

KC told us another fascinating story. A Frenchman, Antoine Le Compte, was granted land by the English in 1659 which was part of Native American territory. A confrontation ensued when LeCompte confronted the chief and offered an ultimatum: leave or die. The

KC regaled us with more ghost stories and shared her considerable knowledge about ghostly behavior. Some ghosts are friendly and interactive while others are aloof and non-confrontational; however, the ones to avoid are the malevolent ones, who may cause harm. Although we did not experience any ghost sightings that evening, some recalled other experiences of ghostly sightings in the past. Thanks to Erica Hardeo for organizing this interesting and fun ghost walk and to John Riccio for driving us safely back to Londonderry, making sure no one had been kidnapped by an otherworldly being! ♦

Lunch at Frix's Fire Grill

By Susan Andrews

A reduced number of the lunch bunch went to Frix's Fire Grill on Kent Island on Friday, October 24. The group, Paula Gervis, Queenie Swaren, Susan Andrews, Dee Craig with T Stanley, led by Erica Hardeo and driven by Bob Heggelke, were treated to an interesting Brazilian menu.

We needed translations for much of the menu, and then we enjoyed the results. A traditional item, crab dip was on the menu and delicious. What do you think queijo quente is? It is a really good and fancy grilled cheese sandwich. There were two orders of pastels—cheeseburger and southwest. A pastel is not a color or a mint; it is a stuffed and fried pastry. Really good. Another interesting order was bife acebolado: filet, onions and fried eggs. A chipotle flatbread was also ordered and enjoyed (with leftovers for another meal.) An outlier for a meal was the beef and broccoli entry.

A special treat after the lunch was a stop at a nearby bakery, Fields of Heather. We added more calories to our meal with choices of cookies, cupcakes and pecan rolls. It was hard to resist the tempting offerings. Pumpkin and RIP salt and pepper shakers were also purchased.



Say a big **THANK YOU** to all the wonderful staff who take care of us throughout the year with your generous contribution to the Londonderry **EMPLOYEE APPRECIATION FUND.**

Contributions are due by **November 30** and will be distributed at the December Residents Meeting.

Hot 'n' Cole

By Linda Cades

If you loved humming along to Cole Porter's songs long ago, imagine being invited to attend a performance of them in the apartment he shared with his wife, Linda, on the 41st floor of the Waldorf Towers in New York City!

A lucky group of Londonderry residents got just such an invitation, enjoying songs we still knew the words to along with some we had never heard before. Almost all of us knew "Night and Day" and "Anything Goes," but "The Tale of the Oyster" from 1929's *50 Million Frenchmen*? Not so much.

Porter wrote over 800 songs during his long career, and the Tred Avon Players brought more than 40 of them back to enjoy anew. Directed by Marcia Gilliam, 14 singers, five dancers and a five-piece band put on a fast-paced evening showing off the multiple talents of the cast. Some were old theater hands, while others were making their debut with the Tred Avon Players in this show.



By turns wry, irreverent, romantic, touching and hilarious, some songs like "Take Me Back to Manhattan" were solos, while others featured duets like "Miss Otis Regrets." Still others brought together the entire ensemble for rousing choruses of "Now You Has Jazz" from *High Society* and "I Love Paris" from *Can-Can*. Porter's clever lyrics tell us a lot about his era, but they also have more than a little to say about ours.

The performers were backed by a talented production crew who designed and built the sets, arranged the music, found the props, created the costumes and stage-managed the show.

If you haven't caught the Tred Avon Players before, it's time to get acquainted. *Hot 'n' Cole* runs through Sunday, November 2. Their 2026 season begins at the Oxford Community Center on February 12 with *Things My Mother Taught Me* followed by *Don't Dress for Dinner* in April and *Dirty Rotten Scoundrels* in August. *Ravenscroft* rounds out the season in October. Season tickets are available. ♦



TED Talk: Why Climate Action is Unstoppable

By Patricia Bradley

On Monday, September 29, Barry Gillman presented a second TED Talk by Al Gore, whose name is synonymous with environmental advocacy. Gore has played a key role in the past in forming the Kyoto Protocol, the Rio “Earth Summit” and other foundational efforts. In 2006, he brought climate consciousness to the United States with his award-winning documentary “An Inconvenient Truth” with its dire warnings of global warming. Since that time, he has co-founded organizations that address investment in environmental sustainability, training of climate leaders in more than 100 countries, scientists working with AI, and numerous initiatives to reduce our influence on the planet. Al Gore shows us the powerful impact one person can have when they are truly committed.

In Gore’s previous talk, which he gave in 2016 and we heard back in July of last year, he was cautiously optimistic about the future, citing the increasing interest in investing in renewable energy and the increasing action by younger generations. In the recent talk, which he gave in June of this year, he begins by calling the Trump administration to task for phasing out government support for clean energy and blatant support for fossil fuels. It seems we are the one nation that has begun the process of withdrawing from the Paris Agreement (where 195 nations agreed to try to get to net zero in fossil fuel omissions by mid-century.)

In the main body of Gore’s speech, he gives the stark facts about many aspects of the Earth warming: areas of scorching heat and millions of heat refugees; whole regions where occupants will become uninsurable; ice melting, seas rising, increasing numbers of fires, floods, draught. We will experience fresh water scarcity. There will be health issues for humans as well as animals, as the seas also become heated. And all of this will cause economic chaos and suffering. The fossil fuel industry is raising issues that it would solve with more dependence on fossil fuels—Gore refutes every one. But there is danger when the fossil fuel industry and its cohorts control policy.

In his speech, however, he turns to the good news and lists an impressive number of ways in which renewable energy has become more aggressively produced, with costs being dramatically lowered and new research on the rise. He gives numerous examples of other countries’ progress and successes and makes the case that we can all be hopeful. We have everything we need to save our future. We just have to act with urgency.

Happily, the examples are far too many to report here, but I suggest that anyone interested in the good news can find the speech on YouTube, titled, “Why Climate Action Is Unstoppable and ‘Climate Realism’ Is a Myth.”

The people are demanding change. There may be a shortage of political will to support clean-energy initiatives, but political will is also a renewal resource. Al Gore says, “Let’s get out there and renew it!” ♦



Breakfast at Katie's

By Jay Craig

It was time again for another breakfast outing for several of the men of Londonderry. So, on October 3 we took off for another spectacle of camaraderie and culinary adventure. The target for this trip was Katie's Kafe in Secretary. James Brooks, Director of Buildings and Grounds, jumped behind the steering wheel of "old reliable" accompanied by security guard Troy Sherwood.

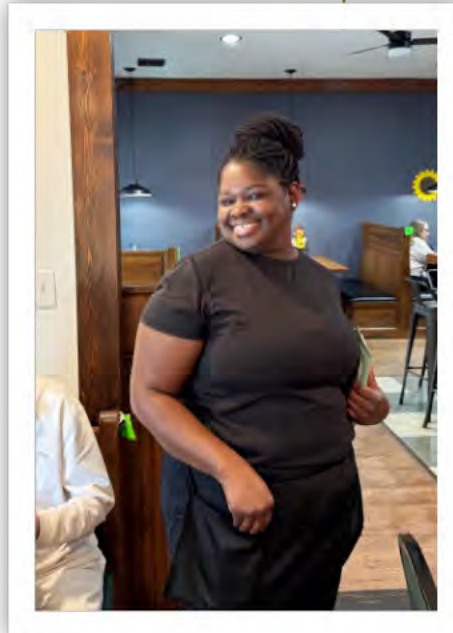
The group, consisting of Steve Cades, Jay Craig, Lou Duvall, John Foss, Don Goodliffe, Richard Henry, Barney Johnson, Rich Morin and Henry Novian, piled into the van and scrambled to get a seat. One of the guys, who has a really bad back but enjoys being tortured by sitting in the rear where the bumpiest ride is, noticed that his torture seat was already occupied. Raising his walking stick in humor, he threatened to bop his seat stealer on the head to no avail, with the other passenger unrelenting as far as retaining his seat.

As usual, James was able to avoid major traffic delays, ensuring the group arrived at its breakfast destination on time and in high spirits. Katie's Kafe is a family business which has faced major challenges over the years. Formerly known as Kay's at the Airport, it eventually became known as



Katie's Kafe at the Cambridge-Dorchester Regional Airport. Between Katie and her mother Kay, the restaurant was in business for almost two decades before being forced to close. The cafe was owned by Katie at the time of closure in January 2023. The restaurant fell behind in the rent, and the County Council eventually closed them down. It was a shame, because the place was considered a beloved institution and a place to go for good food and a relaxed, comfortable environment.

Not to be undone, Katie was relentless in opening a new cafe, and a year later Katie's Kafe became a fixture in Secretary and a favorite place for locals for good home-cooked meals and belly-filling breakfasts.



Our server, Erica, greeted us and got us started with coffee and other beverages and took our orders. The room we were in was very small, and the tables were separated but close enough to one another to carry on conversations. For some reason, however, half of the group received their meals while the other half sat and watched them eat. It was not until the first group was finishing their food that the second group received theirs.

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Breakfast (cont. from page 13)

Although somewhat disappointed in the service, everyone agreed that the food was very good, and this would be a place to return to if the service could be improved. While at the cafe, we enjoyed spinning local tales and discussing Londonderry happenings. While sitting at the table, it was noticed that someone had dropped something on the floor, and there was complete silence. No bones were heard cracking because no one was able to bend over long enough to pick it up or their bellies were too full to allow that to happen.

The drive back was uneventful because we were well taken care of by James and Troy. As usual Erica Hardeo, Director of Community



Engagement, made the arrangements for us, and we thank her for her attention. The breakfast trips occur during the first week of each month and are published on CATIE. If interested, keep an eye out for the next men's breakfast trip and join us for a good time and a filling breakfast. ♦

All Things Londonderry

By Dotty Olbat

On October 17 and 20, CEO Christine Harrington held a pair of her biannual "All Things Londonderry" sessions, where residents may ask her any questions they wish about the community and how it works. With no questions having been submitted in advance, Christine offered updates on a variety of topics, with additional questions and comments welcome from the many residents who attended.

She began with an explanation of the difference between committees and advisory groups. The standing committees are

specified in the bylaws—Finance, House Rules, Governance, Election, and Ad Hoc—and support the work of the board of directors. Advisory groups—Landscaping, Activities, and Dining—relate to operations and support those areas' staff directors. Each neighborhood has a representative on each group, whose names may be found under "Important Documents" on CATIE. Christine noted that terms of service are being standardized to two years, and restricting service on only one committee at a time is being considered. She emphasized that anyone is welcome to attend and participate in any of the committee and advisory group meetings.

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All Things Londonderry (cont. from page 14)

Christine next explained procedures for after-hours emergencies. While there is a sign posted at the front desk with the name of the manager on call, residents should call security when there is a problem after hours, and they will call the manager on duty or the appropriate individual. There is always a Buildings and Grounds representative on call for household emergencies.

For medical emergencies, residents should call security, 911 or the nurse, as appropriate. The nurse is always on call, but security will call the nurse and/or 911, depending on the urgency of the problem. Christine emphasized that security will NOT take a resident to the ER unless it clearly is a minor problem and the nurse approves the transport.

Another topic Christine reviewed was recycling, which she admitted is quite confusing. She had found that Maryland and Talbot County both say they only recycle plastics marked #1 or #2, but both our old and new to-go containers are #5 or #6. A Maryland recycling specialist will be coming on November 18 at 9 A.M. to give us all a better idea of what we can and should be

recycling; but she said for now to just continue recycling the way we have been doing.

Recycling should be put in bags before it goes into the blue bins. It was noted that sometimes the lids are on too tight to open easily. She said to place the bag on top if one cannot get the lid open. Christine added that there had been a problem with a raccoon getting into trash cans, and a trap had been set but nothing caught.

Christine reported that catering is being put on hold until after the first of the year, so anyone considering asking the kitchen to cater a family gathering over the holidays should look elsewhere for the service.

She reminded everyone that requests for any capital expenditures for the coming fiscal year will be due in January. Notices will be coming out along with reminders about the difference between capital improvements and maintenance items. It was noted that capital expenses are items or improvements costing more than \$1000 and with a useful life greater than one year.

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All Things Londonderry (cont. from page 15)

Christine reminded everyone that contributions to the Employee Appreciation Fund are due by November 30. She noted that all contributions are confidential, with only the controller, Jennifer Hughes, seeing the amount. Checks may be put in the payment box in the mailroom, turned in at the front desk or given directly to Jen.

Other items brought up by residents who attended included:

- Crabgrass: Put in a work order if you feel there is a problem with weeds in your area. The landscapers do routinely weed, seed and feed the lawns. There also was a question about what chemicals are being used, to be sure we are being sensitive to the area's ecology.
- Grass is being cut too low behind the 500s.
- It was noted that some areas can use some new plantings.
- There was a question about whether squirrels can be trapped and relocated, as they carry fleas and ticks. Christine said that the area is attractive to squirrels and other wildlife, and it is difficult to control squirrels especially with so many residents feeding the birds. It was noted that some communities prohibit bird feeding, but Christine felt that too many people here enjoy the birds. She said that landscaping does treat the grounds for ticks.
- New soup containers not microwaveable: Christine admitted that is a problem, but that overall, the staff is very happy with the new to-go containers, as it allows better quality control in the kitchen. She said the old soup containers tended to leak, especially if the lid wasn't secured correctly. She added that there will be a new tavern menu coming out soon and that there now are two people working on the tavern-menu items in the kitchen—there had been only one—which should help eliminate delays in food coming out. She also said that some menu items may be eliminated but also may be brought back at the next menu change.
- Speed bumps: Christine said she would look into a question about the new ones being too steep. A resident also noted that delivery trucks going over the bumps early in the morning were very loud and asked whether there were set times for truck deliveries. Christine added that the puddle at HeartFields had been eliminated, but the puddle at the front gate is a Town of Easton issue. There was a suggestion that a stop sign be placed at the HeartFields exit (and that has since been done.) She noted that HeartFields has been sold, with the changeover to take place November 4.
- Port Street Project status: Christine advised that the town's plans for Port Street have been put on hold due to lack of funds.
- Visitor parking spaces: She admitted there is a problem with lack of parking, especially for staff, who do use some of the visitor spaces, but that there has not been a satisfactory solution found and emphasized that the staff does try to be respectful in their use of parking places. ♦

Soils and Archaeology

By Cathy Cooper

The screen announced the afternoon program. Accompanying the title was a picture, right, that appeared to depict a pirate's treasure chest spilling its contents of jewels. It turns out that the treasure was the description of the sites that John Foss and his family visited over the years.

John, University of Tennessee Professor Emeritus, spent much of his teaching career studying soils and how different soils relate to ancient archaeological sites. The travelogue started in southern Italy with the study of Mt. Vesuvius. The earliest known eruption of the volcano was in the year 79 AD. The eruption obliterated the citizens and the city of Pompeii, below, within a matter of minutes. Over the centuries, remains of the villas, private baths and gardens were excavated, studied and admired. The most recent eruption was in 1944.



The excavations at Pompeii, over time, revealed art objects, building structures, the tools of the Romans' daily activities, and the utensils of people caught in their everyday tasks by the eruption. Over the centuries, excavations revealed more about life of the times. Roman influence was widely spread from the eastern Mediterranean area to the construction of Hadrian's Wall roughly marking the border between England and Scotland.

Gradually, the study of soils became increasingly serious. Miners drew attention to testing soils and the value of knowing the connection of a people's history to the related events of a given era. The connections increased, and over time they linked the study of soils with climate change and environmental

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Archaeology (cont. from page 17)

issues, among other fields. So, soil samples can indicate the chemistry of a given type and lead farmers and big agriculture firms to match the crops they plant with the heathy soils they find.

Archaeologists were among the first scientists to study the chemistry of soils. They were curious about the layers of soils—the horizons—and what caused the differences in the color of different soils or the feel of the grit on their hands. Analysis of soil samples of ancient sites showed increasing amounts of lead content as well as salt content through the passing centuries. John joined a dig in Jordan at Petra, a fascinating site with more than 800 monuments. Steven Spielberg drew on Petra for a site for his film *Indiana Jones and the Last Crusade*.

John described some of the aspects of his family driving through Italy and elsewhere. The pattern was that he would fly abroad and work on a site for a week or so. Then Jan, his wife, would join him. Then in several more days, their two daughters would join them, and the “home-schooling” would start. But interpreting ancient Roman ruins and inspecting gardens and structures like Hadrian’s Wall must have made for unique perspective for the two girls in their early teens. The thing that got the family in sync was the crying out for “gelato” (ice cream) heard frequently from the back seat.

One trip that Jan wisely stayed home for was the site in Guatemala. The particular site is not far from Tikal, a site that still has visitors studying what happened to the Mayan people. John and a colleague flew to the vicinity of Tikal and then traveled by bus and mule to El Mirando to their site. The living was rough. Pigs had the run of the campground, below. No wonder Jan took a pass on accompanying John on this dig.



When asked the number of sites that he has visited in the U.S., John replied “over 120” in eastern and western states. So, is the pirate’s treasure chest spilling jewels, or is he doing what retired pros do—enjoying a more relaxed pace of chasing knowledge of his primary interests? ...That is, having a relaxing day at the office, with us as the beneficiaries! ♦

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

In Memoriam

By Florence Thompson

GAIL MARSHA WOODALL (nee Rothwell) was born on July 26, 1936, and passed away on September 24, 2025, age 89.

Graduating from the Columbia University School of Nursing in 1959, she answered a call to service and joined the Peace Corps. She served for two years in Malaysia, 1962 to 1964, nursing and teaching.



In her extensive and rich career in nursing, Gail taught at the McQueen Gibbs Willis School of Nursing in Easton and at the University of Maryland program, RN to BSN (registered nurses to bachelor degree nurses.) She worked at the National Institutes of Health and received a master's degree in Gerontological Nursing from the University of Maryland. She worked as a family planning nurse practitioner. She and her teaching partner founded a business called Transitions. This was care management for seniors who lived alone, and they also monitored health care and education at four senior citizen centers under Upper Shore Aging, Inc.

During the years of these accomplishments, Gail had married Thomas Wells, a naval officer, in 1964. This marriage ended in divorce in 1975, leaving Gail with her three children. Gail later met Bob Woodall and became stepmother to his two daughters.

Bob and Gail moved to the Eastern Shore in 1984. Bob was an aeronautical engineer and built a two-seater airplane, which he flew from 1979 to 2006. Sadly, he died in 2007, and Gail retired in 2011. She moved to Londonderry in 2014, having been encouraged to do so by residents who attended the Unitarian Church with her.

At Londonderry, Gail participated in several activities, including a knitting group and the Londonderry Book Club. She was a valuable member of the book club, even after she was unable to physically attend the meetings, making valuable recommendations of books she had read. After she passed away, the Londonderry library received books of an impressive level of literature from her own library.

Gail is survived by her three children, Shane Wells, Christopher Wells and Karen Campbell; her two stepdaughters, Vicki Stockard and Gayle Woodall; and her two grandsons and a step-granddaughter. Her many friends at Londonderry cherish her memory and join her family in mourning her passing. ♦





It's never too late: How older adults can restore optimal well-being, according to experts

By Gina Park, CNN Health, October 5, 2025

Patients in Canada who were able to improve their emotional and mental well-being were on track for positive change later in life, a new study found.

When it comes to aging and healthy living, we're often given the same advice: Eat better, exercise every day and sleep more. But solely focusing on your physical health isn't enough to achieve longevity, a new study has found.

Researchers looked at older adults' optimal well-being, which they define as having social support; positive perceptions of aging, physical and mental health, happiness, and life satisfaction; and the ability to carry out daily activities without severe limitations.

"Our study of over 8,000 older adults found that many who were not in optimal well-being at the start of the study were able to regain it within just three years," said Dr. Mabel Ho, the study's first author, in an email, referring to the 1 in 4 older adults whose health significantly improved. "These findings challenge the notion that well-being inevitably declines with age and highlight the potential for positive change later in life."

The study, published on September 24 in the journal PLOS One, was a secondary analysis of data collected from the Canadian Longitudinal Study on Aging.

"These findings apply to older adults aged 60 and over who are not currently in optimal

health or well-being," said Dr. Esme Fuller-Thomson, the study's senior author, in an email. "The study offers hope and practical insights for older adults, caregivers, and policymakers by showing that with the right supports and lifestyle choices, many older adults can regain a high level of well-being even after experiencing sub-optimal well-being."

In 2023, about 93% of adults age 65 or older in the United States reported having at least one chronic disease, such as heart disease and diabetes. While not all chronic conditions can be avoided, many can be prevented by altering your lifestyle.

"Individuals who began with strong psychological and emotional well-being were nearly five times more likely to reach optimal overall health by the end of the study," said Ho, a recent doctoral graduate at the University of Toronto's Factor-Inwentash Faculty of Social Work and the Institute of Life Course and Aging.

The results "also underscored the critical influence of supportive relationships, socioeconomic conditions, and healthy lifestyle choices such as regular physical

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activity, not smoking, and good sleep,” she added.

Taking a holistic approach to health & aging

Physically, there are three main lifestyle changes you can implement to achieve healthy aging: exercise, sleep and diet.

And while behaviors like nutritious eating and strength training are important, they won’t be as effective if you aren’t also addressing issues of loneliness and maintaining positive relationships.

“One of the things I always say to my patients is, believe it or not, there’s no disease, disease or lack of ease, without your mind. The mind-body connection is unbelievably underestimated by Western medicine,” said Dr. Andrew Freeman, director of cardiovascular prevention and wellness at National Jewish Health in Denver. He was not involved in the study.

Chronically lonely adults age 50 and older have a 56% higher risk of stroke than adults lower on the loneliness scale, according to a previous CNN report.

Stress reduction and frequent socialization were also associated with improved cognition in adults experiencing early-stage Alzheimer’s disease.

“Cultivating strong social connections is an essential component of overall well-being. Lifestyle changes such as quitting smoking and addressing sleep issues like insomnia can

also lead to meaningful improvements in health,” said Fuller-Thomson, professor and director of the Institute for Life Course and Aging at the University of Toronto’s Factor-Inwentash Faculty of Social Work.

“By focusing on these key issues, older adults may be able to build resilience and enhance their quality of life, even when managing existing health challenges.”

Never too late to make changes

The study highlights that it’s easier for younger adults to achieve optimal well-being, but that does not mean older adults can’t.

“Our study shifts the narrative by showing that well-being in older adulthood isn’t static. Many older adults can recover and regain optimal health even after setbacks,” Ho said.

“While previous research has often focused on decline, this adds a new dimension by highlighting the potential for resilience, recovery, and improvement later in life. It emphasizes that aging can include periods of growth and renewed well-being, not just loss.”

And healthy living can start with increasing your steps, said Dr. Joyce Oen-Hsiao, a cardiologist at Yale Medicine, who was not part of the study.

“A lot of my elderly



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patients, their outing is going to the store. So, I'll say, well, don't park at the parking spot that's close—maybe park at the parking spot that's a little bit further. And then that way you increase your steps, you get a little bit more mobile," said Oen-Hsiao, who is also an associate professor of cardiovascular medicine at Yale School of Medicine.

No matter your age, you can start making choices to get physically and mentally healthier, experts say.

"If you put your mindset that you're going to get better, that you're going to feel better, that you're going to do better, that you're going to achieve whatever it is you're trying to achieve, it makes the odds of that actually happening significantly more," Freeman said. ♦

**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: Tuesday, November 4, 9 A.M.



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Parting Shots

