

Hearts & Harmony

By Jay Craig

Here at Londonderry, our great staff would never allow a special day like Valentine’s Day to go unnoticed. Voila! A special “Hearts and Harmony Dinner” was created and scheduled for that day in the Tred Avon Tavern.



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To celebrate the event, Chef Brendan Keegan, director of dining services, created a special menu consisting of borscht with horseradish and chive crème fraîche, followed by a choice of roasted rack of lamb with grilled asparagus and roasted cipollini onions or lobster and scallop galettes with broccolini, ending with a slice of decadent flourless chocolate cake with raspberries and Chantilly cream.

As usual, Chef Keegan prepares entrees that fit the occasion and this offering fit the bill. Borscht, made from beets, represents the color of love. A rack of lamb is considered a special, luxurious cut of meat offering an intimate dining

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Valentine's Day (cont. from page 1)

experience. According to food experts, lobster is considered an “indulgent, luxurious, and romantic treat served for special occasions,” and flourless decadent chocolate cake is a “rich, indulgent, and romantic dessert that is gluten-free, making it suitable for many diets; furthermore, its intense chocolate flavor symbolizes “passion and love.”

Celebrations like this would be impossible without a great support staff. Here at Londonderry, we are blessed to have professional servers and kitchen staff who are determined to make every resident feel like royalty. From head waiter Duval Mills, who was stationed at the entrance to welcome the 80 or so residents and guests, to the cooks who prepared the food and the delightful servers who



were like little cherubs with tiny wings flying around shooting arrows at people, this great team swooped in to take control and made perfect messengers for Cupid.

In addition to the food and camaraderie, guests were entertained by vocalist Suzette Pritchett, left, who adds her own gravelly and soulful voice reminiscent of Billy Holiday and Etta James to digitalized vocals of other artists. Included in her playlist were songs like “Unforgettable You,” “He Ain’t Heavy He’s My Brother,” and “I Only Have Eyes for You.”

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Valentine's Day (cont. from page 2)

Suzette's vocals blended beautifully with the casual dinner that residents and their guests were enjoying along with the wines of their choice which further enhanced the dining experience. The atmosphere was one of friendships and loving couples, symbolizing compassion for one another and fond memories of those beloved Valentines who have departed before us.



Another small token provided to the residents by the staff was the heart-shaped Valentine cookies—baked by Shavonte Greene, lead line cook and baker extraordinaire—placed in each resident's cubby, a much appreciated, thoughtful idea. The cookies remind me of the time while in kindergarten and grade school when the kids celebrated Valentine's Day by exchanging small paper Valentine cards and little heart-shaped conversation candies. It was always exciting to witness the receipt of these items from your friends. It reminds me of the friendships developed here between the

staff and residents that make Londonderry a great place to live.

So, thank you, Erica Hardeo, director of community engagement, for providing musical entertainment by Suzette and to all the other members of the great Londonderry staff who make these occasions memorable and life here so enjoyable. ❤️



Faith + Joe
Dobson



Isobel Tascher



Evelyn Lore



Millie + Bill Houck



Claire Liversidge + Mark Tye



Judy Litkus



Stan Reed + Rick Lynch

Antiques in the Gallery

By Patricia Bradley

If you have an appreciation for what Ken Davis calls primitive antiques and collectibles, do visit our Gallery exhibit. It is full of wonderful old things, as well as some newer items Ken and Mary own because of their appeal. His collection has many ordinary, useful things that would have been found in one's home or barn or fishing shack on the Eastern Shore. You will find an antique fishing creel, a port and starboard lamp, an old, boxed deck of cards, a miniature chest that could have held a child's dolls. There is a shelf dedicated to old cans that would have held a myriad of things: Chesapeake Bay oysters,



McCormick's spices, coffee and tobacco; polish, engine oil, and tar soap; homeopathic medicines to address cholera and asthmatic problems, and a salve for pain and cold.



One thing that takes pride of place in the display is a very old carved decoy of an Upper Bay Canada goose. The collection also contains birds both old and new, some carved and painted by well-known carvers and painters: a red breasted merganser, sandpipers, a hanging pair of old squaws, swans, a tern, two canvasbacks, and other shorebirds and rockfish. There are two wood-framed mirrors in the exhibit that are examples of Ken's craft as well. He was well known in the St. Michael's area as a restorer of wooden furniture for years, and that business eventually evolved into his

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Gallery (cont. from page 4)

antiques store he called Hodge Podge. Be sure to look over the mantle to see pictures of the store and an article on decoys featuring Ken himself.

Ken and Mary treasure these items of course, and we are grateful that they have been willing to share them with all of us. The Gallery committee knows there are many of our residents who have their own things they treasure and might want to share as well. Whether your collections

would fill the whole cabinet or just a shelf or two, we urge you to get in touch with us and we will be grateful! ♦



*The Gallery committee:
Susan Andrews, Ellie Belinski,
Pat Bradley, Paula Gervis,
Nancy Henry*

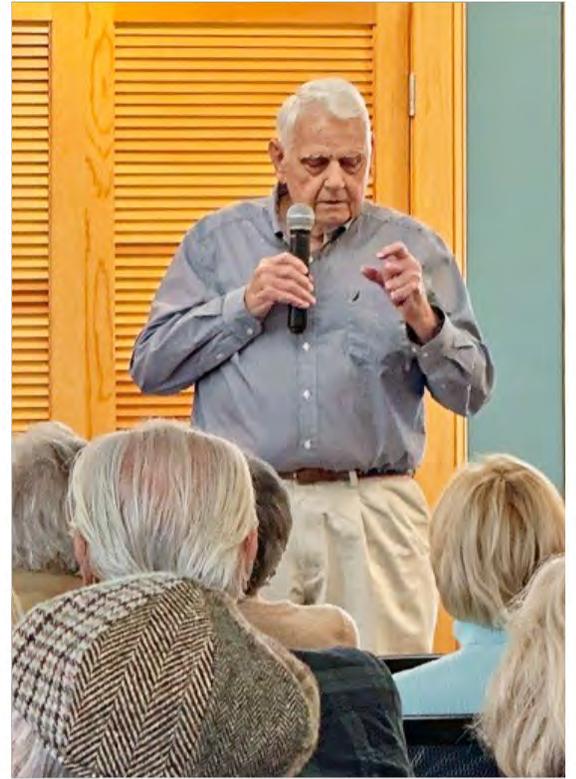


Characters of the Chesapeake

On February 17, Don Parks shared wide-ranging tales of the Chesapeake Bay with a roomful of residents at the Clubhouse. A true Eastern Shore native, he was born on Hollands Island, one of the historic Bay isles that have now disappeared.

Having spent his life learning about the Bay and its inhabitants, upon retirement, he began putting his knowledge into books, preserving the stories and lore in danger of disappearing along with his island. His books include *Chesapeake Winds and Tides*, *Chesapeake Splendor*, *Chesapeake Men*, *Chesapeake Women*, *Chesapeake People*, and *Islander's War*.

At his presentation, Don shared many of those stories in addition to describing the history and ecology of the Chesapeake Bay. He remembered his home island and some of the characters he has encountered in his life, some of them familiar to those Londonderry residents who have



lived on the Eastern Shore more than a few years. Heads nodded and there were smiles on faces when Don brought up fond images of well-remembered names from the past.

Thanks go to Don for sharing these stories with us. Just as the islands of the Chesapeake are being engulfed by the waters of

the Bay, the people of the Chesapeake—its characters—will be engulfed by time without people like Don who strive to remember them and pass on those memories to the rest of us. ♦



Tutoring at Easton Elementary School

By Jean Rhian

Sixteen residents of Londonderry met with the Easton Elementary School outreach coordinator, Katie Fox, on Friday, February 13.

All of us had expressed interest in working with students at the school. Katie greeted us with warmth and enthusiasm. She explained that we would be working with second grade students to help them advance their reading skills.

Each tutor will be assigned to one of seven second grade classrooms. We will work with the students one on one. They will come to us with an assigned book appropriate to their skill level. We will coach them as they read to us from that book. We will probably see 2 to 4 students in the one hour of tutoring from 9–11 AM. Some of us plan to go once a week, others will go every other week.

We also toured the school that morning. Katie will be our contact and support person while we are in the school. Londonderry will provide transportation as needed.



We returned to Londonderry filled with enthusiasm and looking forward to being with the children!

If you think you would be interested, please contact Erica Hardeo.

Resident coordinators for this effort are Susan Andrews and Jean Rhian. Feel free to contact them with any questions. ♦

Salisbury Shopping & Lunch

By Susan Andrews

The Londonderry shopping group—Susan Andrews, Rose Ertz, Helen Pritchett, Peggy Sloan, Queenie Swaren, Jane Ward and our patient driver, Mike Robbins—headed to a different venue, Boscov's in Salisbury, on Monday, February 9.

Rose remembers shopping at the original Boscov's in Reading, Pennsylvania. Helen, Peggy and Jane have shopped at Boscov's in the past and were surprised by the changes to the store. For Queenie and Susan, shopping at Boscov's was a new experience.

After two hours of exploring Boscov's, we all returned to the bus with shopping bags. Some of us got great deals, some of us were taken in by a 30%-off offer (ended up costing more than in other stores), and some of us found unexpected treasures.

Our lunch was at LongHorn Steakhouse where we were joined by Peggy's granddaughter, Nina. Rich Williams had recommended the restaurant, and we were all pleased with his suggestion. Soup and salad were the choices for most of us. The French onion soup was delicious with cheese we had to cut with a knife. Speaking of which, we decided Londonderry needs knives like



these (see photo below). The two different salads were chicken, strawberries and lettuce and steak, tomatoes and lettuce.

As we departed Salisbury, we decided to stop at the Dairy Queen in Cambridge. As Mike maneuvered for the turn, we were surprised when he told us it was GONE. We recovered from our disappointment by heading to the Easton Dairy Queen, where we all had a treat to end our fun shopping day! ♦



Men's Breakfast

By Jay Craig

Another Friday morning, another van ride to an eating adventure, and another group of hungry Londonderry men gathered together as brothers in arms to descend upon an eatery selected by Erica Hardeo, director of community engagement.

Shuffling off to the Bay Country Bakery in Cambridge on February 6 was interesting for the guys because we had never been there before as a group, and the eatery was better known for its baked goods than hearty breakfast meals. Although serving a few types of egg sandwiches, it was better known for its decadent pastries.

It was great to see James Brooks, director of buildings and grounds, back behind the van's steering wheel. He had been very busy supervising the cleanup from a recent snow and ice storm along with other obligations.



Joining James as his copilot to our delight was Robert Heggelke from security. We knew we were in good hands with James and Bob and eagerly anticipated our arrival at the bakery.

When we arrived, we were confronted by a large pastry-filled glass cabinet displaying scrumptious goodies, and many of us understood immediately that sometimes life calls for pastries over due diligence. The moment we stepped in line to be waited on at the counter, we knew proteins and fiber did not stand a chance.

After placing our orders, we found small, separate eating areas within the dining room to sit. The group, consisting of Roger Bollman, Steve Cades, Dick Codrington, Jay Craig, Lou Duvall, Don Goodliffe, Richard Henry, Barney Johnson, Richard Morin, Henry Prieger, and Don Parks, gathered together and waited for our decadent goodies and/or egg sandwiches to arrive.

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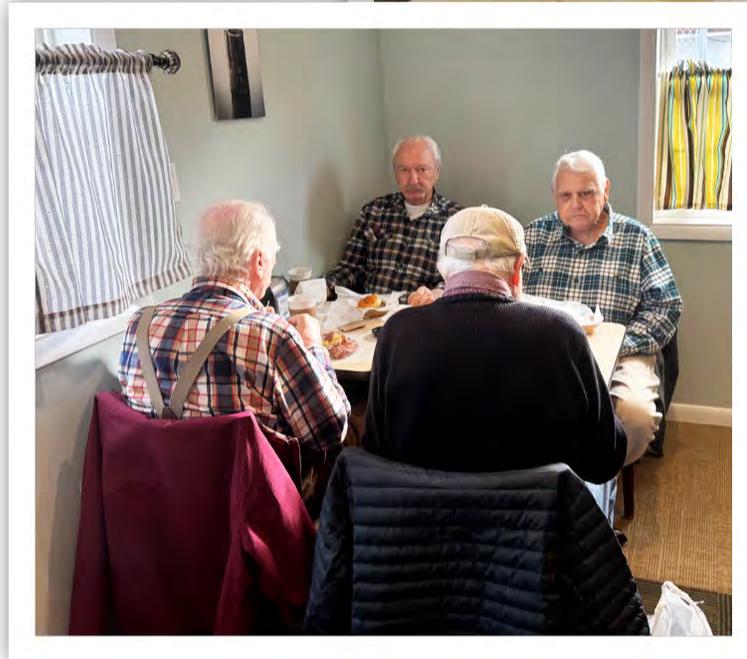
Breakfast (cont. from page 9)

Not thinking about cholesterol levels or upcoming doctors' appointments, our plates filled with flaky pastries and other decadent goodies seemed to evaporate before our eyes as we appeared unconcerned about our next checkup or confident that we had enough time before the next doctors' visits to walk it off.

Many of us purchased extra pastries to take home, presumably for someone else, but I have a feeling some of the pastries made for delicious snacks later in the day. With strict orders from Erica, James made sure that he purchased at least two or three dozen assorted donuts and pastries for the staff back at Londonderry.

The return ride was uneventful under the skilled supervision of James and Bob. Upon arrival, we were met by CEO Christine Harrington who was curious to know about our trip and who with eyes wide open accepted the boxes of donuts to be distributed to staff.

With another outing under our belts and bellies filled with sugary treats, we scattered about the community to our cottages or apartments knowing that we had experienced another morning of camaraderie and fellowship with a dose of forbidden goodies



that our doctors really did not need to be told about.

If you have it in mind to join the group, you are very welcome to join us.

We usually travel

for breakfasts on the first Friday of each month to an eatery designated by Erica Hardeo. The announcement is published on CATIE near the end of each month for the upcoming trip; however, the van has been filling up quickly, so be sure to sign up as soon as you can after the announcement is made. ◆

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

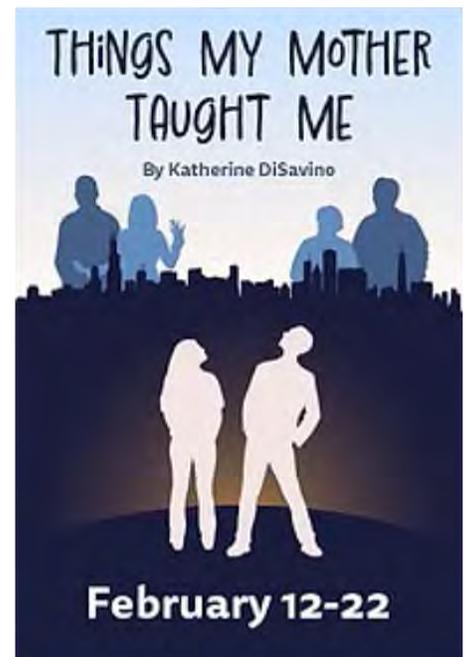
Things My Mother Taught Me

By Linda Cades

The recent snow storm and ensuing cold snap has had many Londonderry residents thinking about ways to escape the dreary winter days until spring comes, preferably to someplace with ambient temperatures around 70 and lots of palm trees. Ten of us found a way to go not all that far away to not terribly distant times when we recalled being young adults, the parents of people that age, or both. While nearby Oxford wasn't much warmer than Easton, our travelers—Susan Andrews, Paula Gervis, Queenie Swaren, Janet Benvenuto, Rose Ertz, Judy Coffren, Linda Cades, Pat Bradley, Evelyn Lore and Etta Redden—laughed enough to forget the cold and snow.

Londonderry driver Savannah Snyder carried us away to Oxford for *Things My Mother Taught Me*, the most recent play performed by the Tred Avon Players at the Oxford Community Center. Katherine DiSavino's script explores the experiences of Olivia (age 27 ½) and Gabe (age 28) as they attempt to settle down in their first apartment together. Convinced that their "kids" cannot possibly accomplish this feat by themselves, both sets of parents arrive to "help." Many complications and much merriment ensue.

Gabe and Olivia are certain that they can manage their move from New York to Chicago via rental truck on their own. They are also sure they have managed to escape some of their parents' more difficult personality quirks: Gabe's mother's intense need to



thoroughly clean the apartment (especially the top of the refrigerator!) before anything can be moved in and Angela's mother's need to protect her daughter from the mistakes she made at the same age. Anyone who has been a young adult or the parent of one recognizes the conflicts inherent in navigating the determination of the young to declare their independence and the difficulty their parents experience trying to let go.

DiSavino's script also illuminates the basic human conflict between emotion and logic. A chair stuck in a doorway and a stolen moving van carrying all their worldly possessions (and the expensive engagement ring Gabe had planned to present to Olivia) create problems for our young lovers to solve. Full of pent-up emotion, they are sure they are acting rationally as they try to sort out these crises. Convinced that they are operating only on the basis of logic, their parents fail to hide their own emotions lurking just below the surface.

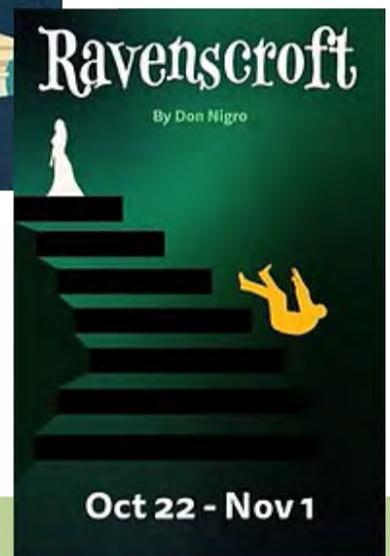
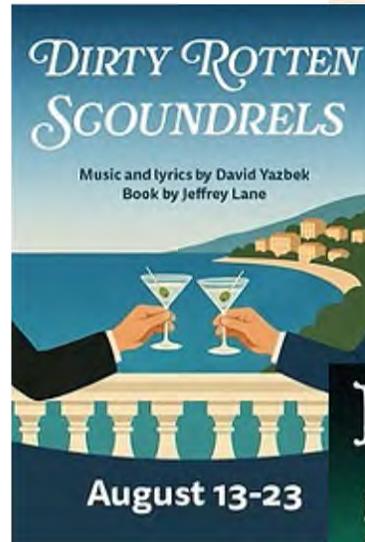
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TAP (cont. from page 11)

They get some unexpected help from Max, the building's super, who is, maybe or maybe not, a recent immigrant from Poland. He speaks and understands English perfectly except when it's more convenient to forget his new language. At first, he refuses to help, but comes through when Gabe and Olivia most need him.

If you missed *Things My Mother Taught Me*, take heart. The Tred Avon Players have been offering their many talents for 45 years, so they won't leave you in the lurch. They will present *Don't Dress for Dinner* April 16–26, *Dirty Rotten Scoundrels* August 13–23 and *Ravenscroft* October 22–November 1. Erica Hardeo, Londonderry's director of community engagement, and season passes—including a flex pass and a Thursday preview package—make attending easy and economical. Even if it lacks palm trees, Oxford has talent in abundance. Don't miss it! ♦



Weather

A poem by Merle Marsh,
submitted by Jane Bollman

Go away snow.
Go away ice.
Let wind be gentle,
And temps be nice.
Make the skies blue.
Make the sun glow
With warmth for us all
And smiles as we go.
Let us dream snowdrops,
Warmth and beauty.
I'm tired of this weather.
It's driving me looney.



Spotlight:

Beer Making

Good to the Last Drop

By Calvin Yowell

On every other Tuesday afternoon, under the tutelage of our Brewmeister, the beer-making team starts a new batch of beer for the following month and bottles the batch started the prior month. Each month, the team chooses a kit that contains all of the necessary ingredients such as hops, yeast, sugars and various concentrates. The kits also include detailed instructions indicating when specific ingredients are to be added, how long to cook, and later to cool to specific temperatures.

Generally, there are four to six participants each session. Each individual will perform one or more of the tasks. Some are rather mundane, but essential to producing a good outcome. Some stir the pot while adding ingredients and others may be washing bottles for the next batch, and then there is the bottling process. The above picture shows activity on bottling day: Joe Jehl is sitting and filling the bottles while Dick Codrington ensures we get every last drop out of the fermentation bucket and Jerry Fairbanks supervises. The hand on the left belongs to our expert capper, Roger Bollman. Not shown, but regular participants doing the bottle



labeling are Bill Lawton, Calvin Yowell, Rich Henry and Jane Ward. Bill Lawton provided the picture.

This month we made Whiskey Barrel Porter and bottled 50 twelve-ounce bottles. The chilled bottles are brought up from the Manor House and placed on the right-hand door of the refrigerator in the dining room. All residents and guests are welcome to help themselves during lunch or dinner. ♦

Dinner at The Spaghetti House

By Kaye Dutrow

After Momma Maria's had to cancel our dinner reservation due to renovation issues, Erica Hardeo quickly made plans to go to The Spaghetti House located in Waterside Village. On February 24, Erica, Pat Bradley, Barbara Hargroves, Kaye Dutrow, Carol Lane, Queenie Swaren, Elaine Moore, Paula Gervis, Gina Amy, Gloria Gibson, Peggy Sloan and Susan Andrews (in photo at right, from left) met our driver, Brayden Aleshire, who took us to dinner (and took the photo.)



We were welcomed and quickly seated. Brittany, our efficient server, took our varied orders: pizza, mussels, veal Parmesan, shrimp scampi, calamari, salads, and spaghetti. We enjoyed our

meals and commented on the generous servings and the reasonable prices.

The best part of the evening, however, was getting to know other residents and staff. We shared where we were born and were surprised to learn that Erica was born in Tucson, not New Jersey. Susan Andrews shares a birthday and birth place with Ernest Hemingway. Both Susan and Papa were born in West Suburban Hospital in Oak Park, Illinois, on July 21. Another birthday fun fact is that Brayden, left, will turn 21 on June 10. He likes working at Londonderry, and we like having him on the transportation and security team.

Thanks to Erica for organizing our enjoyable evening and to Brayden for driving us safely to and from The Spaghetti House. ♦



Giving Back

In February, Londonderry proudly supported our Satellite Rotary Club in giving back through the Senior Supply Drive hosted by the Talbot County Health Department.

Each year, the Londonderry Satellite Rotary Club collects essential supplies to support senior citizens throughout Talbot County, items that many individuals may struggle to afford. Thanks to the incredible generosity of our residents, we were able to make meaningful contributions to help local seniors maintain their health, dignity and independence.

Carrie Ottey, community health nurse program supervisor of the Talbot County Health Department, thanked the community, saying, "The Londonderry residents are always so generous. It is so appreciated by everyone."

Thanks to all our residents and team members who continue to embody the spirit of giving that defines Londonderry. ♦



Londonderry Satellite Rotary members Lari Caldwell, Carole Ann Shaw and Jay Craig.

- There is a baby boom in dining! Megan Schultz is due in April, Mariah Sisco is due in May, and Aunesti Williams is due in August. Makes you wonder what's going on back in the kitchen!
- John Foss skipped town just in time to miss the big snow and ice event, returning from his Caribbean cruise after the worst of it had gone. Couldn't you have taken us all with you, John?
- Our dear Betty Hurford passed away after only recently moving out of the 300s into her daughter's home. We hope her final days were filled with happiness surrounded by family.
- Daniel Douglas, grandson of Peggy Sloan, has been admitted to Washington University Engineering School in St. Louis, Missouri, for the fall semester of 2026, where he will join his sister Lily who will be a senior in Chemical Engineering. Congrats!
- John Barkin returned the rain jacket to Jay Craig that John had mistakenly taken instead of his own similar one. Unbeknownst to John, he had left a handful of dog biscuits in a pocket when he returned it. Jay says he guesses he'll have to get a dog now.

Submit any items for the next issue's NewsBits to Cyndy Miller or one of the other newsletter committee members.

Preparing for Emergencies

By Linda Cades

Emergencies...No one wants to be confronted with one, but sometimes, despite our best efforts, they happen anyway. Fires, floods, medical emergencies, pandemics: they all happen, and we need to know that when we are dealing with a crisis, capable, caring people will be there to help.

Those people are always there, working for the Talbot County Emergency Services Department. Last week at an event sponsored by the Londonderry Satellite Rotary Club, Geneva Schaffle, right, provided detailed information about what kinds of services our residents can depend on.

Talbot County's Department of Emergency Services (DES) is comprised of four distinct divisions:

- 9-1-1: responsible for processing and dispatching emergency calls
- Emergency Medical Services: provides emergency care and medical transportation
- Emergency Management Division: implements and coordinates appropriate response to any number of natural and man-made disasters
- Technical Support Division: responsible for the implementation and maintenance of all technology in the department



Talbot County's 911 service is first point of contact for most emergencies. When you call, dispatchers who answer the phone are trained to determine what the emergency is and what kind of services you need. They have technology to know where you are to send the help you need quickly. If you are experiencing a medical emergency like a heart attack or a stroke, they send the ambulance you need to get to the hospital. Ambulances are staffed by EMTs trained to stabilize patients before they arrive at the hospital.

Planning and technology professionals make sure our emergency services are ready when they are needed. That means they have to anticipate emergencies before they happen. Some happen fairly often like fires, floods, snow storms or fuel spill cleanups. Others are events we hope never happen, but sometimes do. In early 2020, no one knew our country would be confronting a pandemic, but plans were in place already just in case. Those plans included using the old Black & Decker

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Emergencies (cont. from page 16)

building on the Route 322 bypass for Covid testing. They have also planned for emergencies like a terrorist attack or other mass casualty situations.

Today's emergency services use modern technology to do their jobs faster and better. Those include unmanned aircraft systems and drones they can deploy to assess how large an emergency is and what kind of personnel to send. They also use CAD systems as well as GIS mapping technology, and sophisticated radios to communicate with other county services. Strong working relationships with our fire department, law enforcement services and the health department mean the right people with the right training and equipment can get there quickly. They also have special equipment like ATVs, an ambulance bus and a portable temperature-controlled tent.

The department also offers lesser-known services. Those include election security to make sure people can vote without



interference and have their votes counted as well as overseeing large community events like the Waterfowl Festival.

All of us have a role to play in keeping our communities safe. The DES surveys residents to find out what their concerns are so that they can better prepare for emergencies. They also urge residents to keep an emergency kit handy and stocked in case people need to

evacuate or shelter in place during an emergency. Information on their web site explains what should be in that kit including water, batteries, chargers, and important documents such as medical records. Twice a year, they offer free emergency response training to teach people what to do until help arrives.



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Emergencies (cont. from page 17)

Londonderry's security and transportation department is also prepared to respond in emergencies. Director Rich Williams, right, explained how they keep us all safe. The CATIE system's daily check-in alerts staff if people might need help. The gatehouse screens visitors and has sophisticated camera systems to make sure staff know if anyone needs help right here on our campus.

More information about the Department of Emergency Services is on its website, talbotdes.org. You will also find forms to fill out, an app you can put on your phone and contact information for other services available in an emergency. ♦



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: Thursday, March 5, 9 AM

Newsletter Committee

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Parting Shots



Friday the 13th was not so unlucky for the staff when CEO Christine Harrington treated them to a fresh, hot breakfast.

With the help of several team members, a delicious breakfast was prepared for everyone to stop by, enjoy, and start the day right. There's nothing better than kicking off a Friday with full stomachs and grateful hearts.

The staff thanked Christine for her thoughtfulness and for always putting her team first, saying her kindness and appreciation never go unnoticed!

