

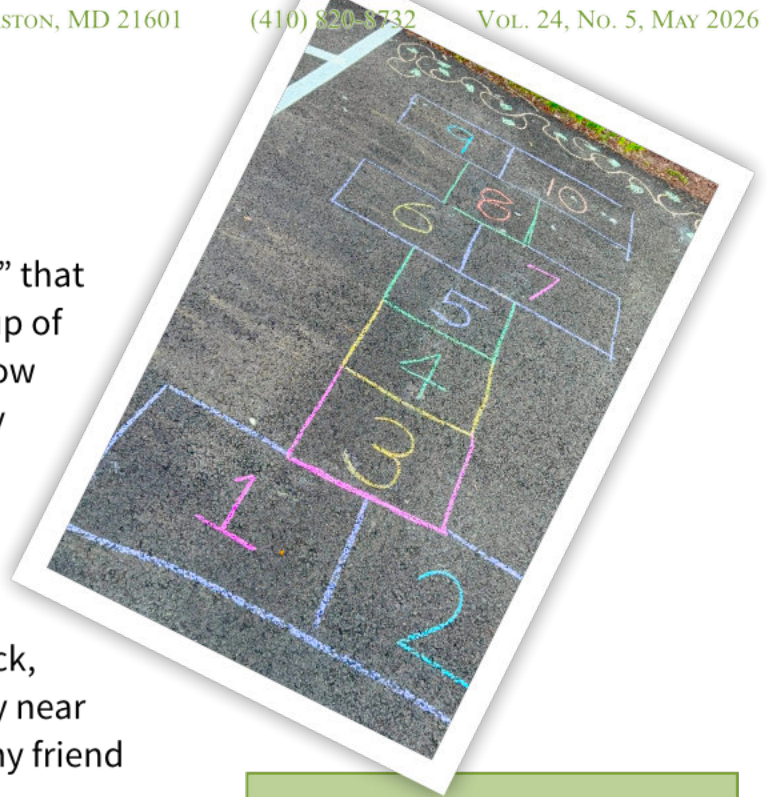
Hopscotching into Spring

By Patricia Bradley

Well, it happened after all. The hopscotch “court” that had been a humorous speculation among a group of friends one day, because my parking spot was now empty of car and was looking sad to me, actually came about. Apparently, Cathy Cooper was not satisfied to leave this to speculation, so she appeared at my door one Saturday morning—it was April 11 as I remember it—and she had a bag of sidewalk chalk with her and said, “4 o’clock, be there”, or words to that effect. So, I alerted my near neighbors and, not ever wanting to disappoint my friend Cathy, we gathered and had a party.

Helen Pritchett pitched right in—actually it was her chalk Cathy borrowed—and she drew the hopscotch and also a floral scene with tulips, a tree and the sun. Connie Lauffer drew a stunning picture of her dog Lucy, and Gina Amy

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Hopscotch (cont. from page 1)

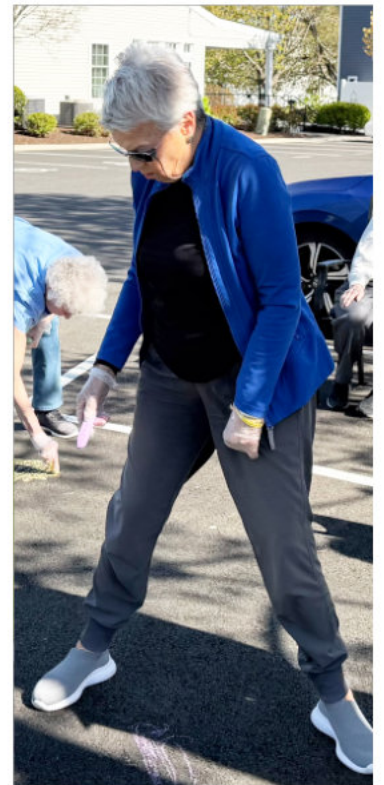
framed two sides of the “court” with a long, continuous vine with blossoms. It was stunning, too. We also managed refreshments. I had some Londonderry bags of potato chips, and Jan Johnson brought some non-alcoholic beer and two chairs. Ken Sadler had some beer he shared with Walt Dominick, just arriving home from doing chores. He came for moral support, along with Elaine Leahy, whose idea the hopscotch was in the first place. Ann Esposito was an especially welcome guest at the party as she is our newest neighbor and was meeting new friends.

Ken brought his ukulele so there was background music when Connie, the only contestant, actually hopped the course. Her prize will be awarded when we finish eating the cereal. There was group singing at the party, too; we did well on “She’ll Be Comin’ Around the Mountain,” an odd choice,

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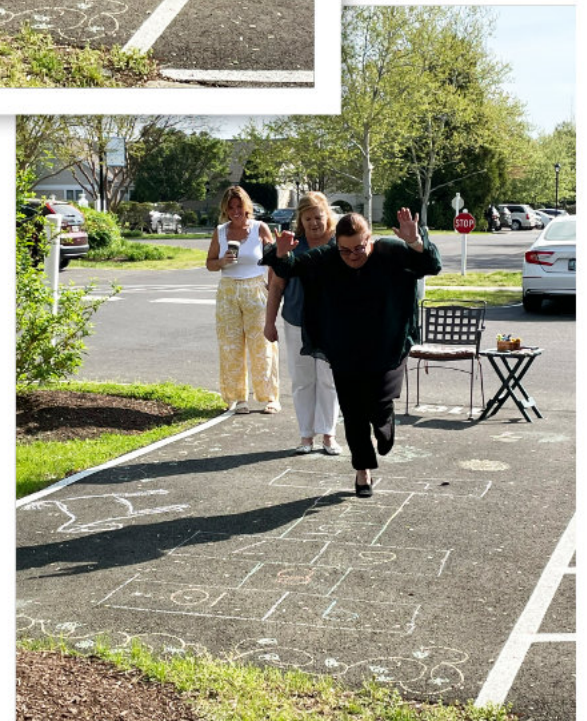
Note: Only a couple intrepid (and fool-hardy?) residents attempted to hop down the hopscotch court. Londonderry’s Director of Health and Wellness Lorraine Flisher does NOT recommend or encourage jumping (or hopping) for seniors. See page 17 for other ways seniors can build strong bones.



Hopscotch (cont. from page 2)

but a hopscotch song hasn't been written yet to my knowledge. And there was much laughter. All in all, we all had fun. Isn't it great how little it takes!

But the hopscotch fun didn't end there. At 9:45 on the next Tuesday morning, Erica reserved the hopscotch "court" for the Directors to come and play. There were many more hoppers in this age group. Again, there was a lot of laughing. ♦



April Fools' Surprise

By Jay Craig

It was April 1, and several men from Londonderry gathered together at the community center awaiting their chariot for a short trip over to the Easton Diner for a hearty meal. Although it was April Fools' Day, it seemed to be a regular gathering with no trickery in the air, not even a discussion about it. Unbeknownst to us, however, the mischievous mind of our Community Engagement Director, Erica Hardeo, was hard at work planning ways to challenge established norms.

The van ("The Old Grey Lady") pulled up, and in addition to the regulars who jumped on board for the short trip to the diner, we were happy to welcome Edward Marcoon, who recently moved into cottage 105. With everyone strapped in and the Director of Security and Transportation Richard Williams behind the wheel, off we went.

Getting back to April Fools' Day, Kaye Dutrow sent me an article she had just read called "The Bizarre History of April Fools' Day." It was interesting to learn that April Fools' Day dates back to 1582 when France switched from the Julian calendar to the Gregorian calendar. Apparently, people who were slow to get the news or who failed to recognize that the start of the year had been moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of hoaxes and jokes and were called "April fools."



In recent times, many have gone to great lengths to create elaborate April Fools' Day hoaxes. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees. In 1996, Taco Bell duped people when the fast-food chain announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell. In 1998, when Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich.

For the average trickster, there is always the classic April Fools' Day prank of covering the toilet seat with plastic wrap or swapping the contents of sugar and salt. Being a classic April Fools' Day hoaxer, Erica dove deeply into her devious mind and came up with a hoax to remember.

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April Fools' Surprise (cont. from page 4)

When the men arrived at the Easton Diner and entered a private eating area for breakfast, they were greeted by loud screams of "April Fools!" by 13 ladies from Londonderry (right) who had been secretly transported to the eatery to await our arrival. Yes, "The Old Grey Lady" had to perform double duty that morning, but was up to the task.

The men were pleasantly surprised to be taking part in the festivities and did not mind being tricked. I noticed that our driver Rich sat with the ladies, taking a break from the men's table, possibly for some intellectual stimulation. Our server



Jenna (left) was prompt and courteous and took the ladies' orders first, followed by the men. Somehow 25 plates of food showed up and everyone dug in. I thought the men were heavy eaters, but my attention was drawn to several of the ladies' plates that were filled to the brim.

The ladies had no trouble keeping up with the men. In fact, I believe that some of them could have helped some of us finish our meals. The women received their food first, and it was obvious they did not intend to share any of it with us.

It seemed like a lot of noise was coming from the ladies' table, but I think it was because the men

(continued on page 6)



April Fools' Surprise (cont. from page 5)

were quiet, trying to listen to what the women were saying. General conversations occurred at our table about life at Londonderry and daily activities. John Foss and Jack Ross are avid golfers and were excited about the spring-like temperatures as they prepared for Monday morning tee times.

All in all, the food was generous and tasty, and no one left hungry. Some of the men mentioned that the coffee could have been hotter, but for the most part everyone was complimentary about the food. The social interactions were great, and everyone seemed to enjoy themselves even though the men were fooled about what was to transpire.

Rich went ahead and drove the ladies back to Londonderry as we finished our meals. A short



while later we were picked up and taken back under the skilled leadership of Lead Security Guard John Muldowney.

Another interesting adventure, another chance at camaraderie and fellowship and another belly-filling experience. If interested in joining in, please check with CATIE near the end of each month to find out the date and location of the next month's eating adventure, and make sure to sign up early, because the van fills up quickly. ♦



Happy Birthday, Sailor!

The Jammers celebrated Sailor's 9th birthday on April 9. Sailor attends all their practices with her owner Sandy Ryder. ♦



Gallery Celebrates 35 Years of Londonderry

By Patricia Bradley

At the reception in the living room at the Community Center on Wednesday, April 15, Erica Hardeo, our Director of Community Engagement, showed us 35 years of life at Londonderry. The variety of items that she was able to assemble for this exhibit is impressive, and she deserves a lot of credit for her effort. She shared with us that this day marked the 7th anniversary of her years at Londonderry.

It takes some time to view this exhibit and do it justice. So many of the items contain written text, and the more you look the more you learn. If you are interested in getting a bit more of Londonderry's history, it's worth paying a visit to this exhibit. There are a lot of examples of promotional materials, from ads in the Tidewater Times over the years featuring Londonderry residents to large posters too big to fit in the cabinet, featuring sales opportunities. You'll find articles written about special moments, such as breaking ground for new building, and the very popular, very much fun Casino Party. You



will see a copy of *Londonderry Air*, which is a history of Londonderry written by a former resident—and much more.

Look for the sample of gifts given at Christmas time over the years and the welcome materials and gifts given to new residents. Some are amazing, like the vanilla extract or the spice blend, the potpourri in a jar. There's lots more, like the blanket, the cap, the 1,000-piece puzzle of the Manor House. Pat Lewers put her gift puzzle together one year, had it framed, and for our exhibit it is

(continued on page 8)



Gallery (cont. from page 7)

hung over the fireplace. Also hanging on the wall, don't miss the round, wooden top to a barrel, graced by the signatures of the residents enjoying the 30th-anniversary party.

Some of the current activities offered here are represented, too, such as the Jammers singing group and wine- and beer-making. All in all, it is a very colorful, warm, up-beat kind of exhibit, and I believe a first-time visitor to Londonderry would go away thinking this must be a pretty nice place to live. ♦



A Bevy of Beautiful Bunnies

By Susan Andrews

On Tuesday, March 31, fifteen Londonderrians gathered in the Activities Room and made felt bunnies! Paige Davis of Farm Girl Felts led the women in this fun and easy activity.

Starting with a cotton ball, we added brown lambs' wool and used a special needle/poker to attach the wool to the ball. The needle/poker can be a dangerous instrument as a couple of participants learned—there were several jumps or quiet sounds of “ouch” when the needle hit a finger. We were given



guards for the thumb and a finger; one of us ended up with guards on *all* fingers.

The cotton ball was the body. Using a smaller cotton ball, we followed the same procedure and created the head. We attached the head to the body using the poker. The bunny got a nose with pink wool, and its eyes were pins with a black ball on the end.

We continued with making ears by folding the wool and then poking it, adding it to the head. Admittedly, we had a few bunnies that looked like Dumbo for a while, but Paige (right) showed us how to make the ears smaller.

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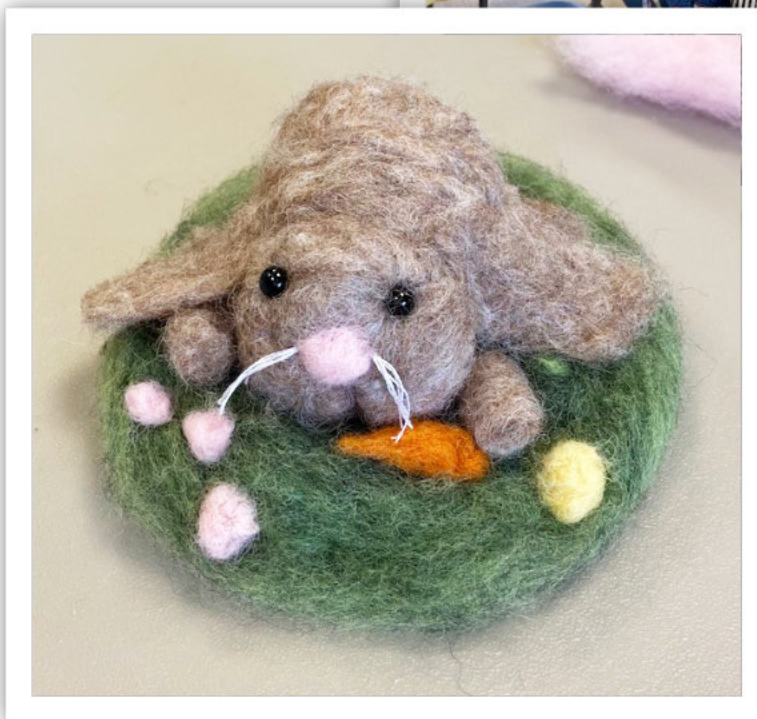


Bunnies (cont. from page 9)

Next step was to make the legs. After rolling the wool into four strips, we poked the wool and attached the legs to the bunny. The easiest step was creating the yard on which the bunny rested. Paige gave us green wool which we shaped into an oval and did some poking to make it stick together and look like a lawn. Then we attached the bunny to the lawn. One resident had her bunny sit upright; it looked very proper.

The final step was to decorate the lawn with pink and yellow flowers, using very small bits of the wool. A clever addition was an orange carrot.

The participants were Brenda Meier, Judy Lutkus, Lynn Kranz, Bonnie Codrington, Erica Hardeo, Dee Craig with Taneika Stanley, Queenie Swaren, Jan Johnson, Helen Pritchett, Susan Andrews, Jan Benvenuto,



Elaine Leahy, Cathy Cooper, Rose Ertz and help from Lorraine Flisher.

The cute felt bunnies went to children and grandchildren or are proudly displayed in a resident's home. Look for another felting activity this summer. 🐰

National Arboretum Outing

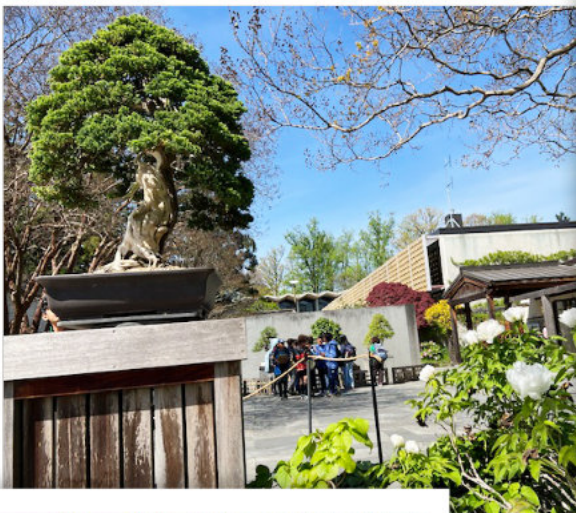
By Sue Betz

A group of Londonderry residents enjoyed traveling to the National Arboretum in Washington, DC, on a sunny April day, with Director of Security and Transportation Rich Williams at the wheel of our van.

The Asian Pavilion was alive with ladies creating Ikebana (Japanese floral designs). This is an annual event, but this year besides celebrating spring, Ikebana International is celebrating its 75th year of Ikebana in the USA.



In the garden bloomed Tree Peonies, Wisteria and Azaleas. We then drove around the Arboretum to see the blooming Azaleas, Red Bud and Cherry Trees.



Then Rich found a picnic area where we had lunch. Thanks to the staff for planning a lovely day. ♦



Shopping in Annapolis

By Susan Andrews

After two canceled trips, the Annapolis shopping, eating, fun-loving group set off with Mike Robbins on Monday, April 6. The group for this trip included Edna Blakely, Mercedes Stone, Judy Coffren, Helen Pritchett, Susan Andrews, Queenie Swaren and Rose Ertz.

As usual, Mike dropped us off at Marshalls, with access to Home Goods and the mall. We discovered that shopping during spring break means contending with crowds and young people. And it seemed that the merchandise was picked over. Nevertheless, we all managed to add some bags to the bus.

Lunch is always a treat at the Cheesecake Factory. Queenie's tortilla salad would provide her with good food for many days. A staple is the soup (tortilla or chicken mushroom) and salad (Caesar or garden). Judy tried the Brussels sprouts appetizer; she said it was not as good as Londonderry's. Some other choices were crab bites, spicy tuna, and wontons. A highlight of our lunch was a belated birthday celebration for Mike.

The major shopping stop is Trader Joe's. While the shops were busy, TJ's was normal—no lines for check out. More bags were added to the bus with goodies ranging from plants and flowers to chips and nuts.



Our final stop is Dairy Queen. Not all of the shoppers indulged in the ice cream treats; those of us who did enjoyed our cone, cup or blizzard.

After shopping, eating and having fun, we returned to Londonderry at 3:00. ♦



When Disaster Strikes, Disaster Aid USA is There

By Linda Cades

Hurricanes, ice storms, tornadoes, flooding... disasters happen. When they do, we see reports about them on the news, we worry about those affected, but we get on with our lives. Since 2010, Rotary Club leaders, members and volunteers have been doing much more. Founded by Londonderry resident Bob Grill and his good friend Larry Agee, Disaster Aid USA (DAUSA) heads toward disasters to help people in desperate need. On April 16, Larry provided Londonderry residents with an overview of the many ways Disaster Aid USA helps people recover from disasters.

According to its website, "DAUSA began with one Rotary Club's Vision to nurture Rotary's Dream of a world absent of pain and suffering by providing humanitarian aid when domestic and international disasters strike. DAUSA's goal is to build a significant humanitarian aid organization that provides immediate relief to those victims when disasters strike."

Since 2010, DAUSA has worked in 110 communities, here and abroad, that have been affected by disasters, helping people who have lost everything begin to put their lives back together again. Most recently, they have been there to help after Hurricane Melissa (Jamaica, October 2025), Central Texas flash floods (July 2025), Kentucky flooding (July 2022) and Hurricane Helene (Florida, September 2024). They bring in heavy equipment, food, water and other supplies and recruit volunteers from the local community to work with them.



While federal agencies like FEMA and state and local authorities handle much of the work, DAUSA sees itself as a force multiplier vastly increasing the number of people available to help. In fact, FEMA will not step in to help after a disaster until state and local agencies have spent a certain amount of money. The value of DAUSA's contributions counts toward that number, making it possible for FEMA to help sooner.

Larry explained that the aid DAUSA provides helps people turn the corner so they can begin to put their lives back together. One man who had lost everything in the Texas floods couldn't begin to recover until he found his flag pole and got it back up. It was buried

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Disaster Aid (cont. from page 13)

under huge piles of debris, but Larry and his crew found it and set it back up. They even provided a flag.

Having evacuated their home when floods came, a woman and her family were safe. However, she couldn't begin healing from this disaster until DAUSA volunteers rescued her parakeet.

Because DAUSA volunteers come from all walks of life and all parts of the country, they can break down barriers through service.

DAUSA recruits volunteers of all ages, from high school and college students to



seniors. Many young people come from athletic teams. Larry's wife and his two sons are actively involved. Donors fund everything they do. If you are interested in donating or helping in other ways, go to Facebook and/or the Disaster Aid USA website: disasteraidusa.org. ♦



Sun's Out, Buns Out!

Londonderry directors had a blast hosting a casual team cookout in April.

“We don't need a massive milestone to celebrate; we just love any excuse to get together, eat some good food, and catch up. Investing in ‘team time’ is our favorite way to fuel our teamwork!” ♦

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



Library News

By Florence Thompson

The “Library Group” (Patricia Bradley, Connie Lauffer, Helen Pritchett, Faith Dobrenski and the writer) has a few requests to make of the many book lovers in our midst.

For many years there has been a practice to limit our collection to books no older than twenty (20) years since publication. This is necessitated by the shortage of shelf space. Older books have been delivered to Goodwill, the only facility we have found willing to take them. Many of these books are familiar titles, some still quite popular.

Beginning in May we will place these older books on the table outside the activities room, giving residents and staff the opportunity to take a book to read or keep. These books will be marked by date in order to send to Goodwill any books still on the table after a month.



And here is how you can help:

Please do NOT place your donations or returns in the basket outside the activities room. We need to process all donated or returned books.

All returns and donations, hard cover and paperback, should be placed in the designated space at the bottom of the shelves in the library, and not in the basket outside the activities room.

The Library Group happily tends the library and asks all residents for their cooperation. ♦



Pool's Open!

After you choose your book from the library, take it outside, find a sunny spot by the water and enjoy the spring weather by reading by the pool, now open for the season.

Just a friendly reminder: there is no lifeguard on duty, so please keep it safe while you're lounging!

Growing a Piece of History on the Londonderry Campus

Look at how well our Maryland Liberty Tree is growing! We are so proud to watch this seedling thrive and establish its roots here on campus.

But what exactly is a “Liberty Tree,” and why is this seedling so special to our community?

Before the Revolutionary War, “Liberty Trees” were vital symbols. Each of the original 13 Colonies had a specific tree, often a great Tulip Poplar, where colonists and groups like the Sons of Liberty would gather to meet, organize, and advocate for independence from England. They were rally points for freedom.

Maryland's original Liberty Tree was a massive Tulip Poplar on the grounds of St. John's College in Annapolis. It stood for centuries and was the last surviving of the original 13 Liberty Trees before it fell in 1999.

This seedling we are tending to today is a direct descendant of that iconic, historical tree, preserving its DNA and its spirit of independence right here in our backyard.



This special tree was donated in 2024 by the Maryland Forestry Foundation to honor two incredible individuals who have given so much to our community: Janice R. and Dr. John E. Foss.

Both Janice and Dr. Foss (who was also a distinguished professor of soil science) have left an indelible mark on Londonderry and beyond through their service, dedication, and leadership. We could not think of a more fitting tribute than planting a symbol of strength and history in their honor.

Next time you are strolling through campus, take a moment to visit this living legacy! ♦



Concerned about osteoporosis?

What helps prevent fractures beyond medication.

By Hadia Zainab, CNN Health, April 2, 2026

Val Stones, the “Great British Baking Show” star, was walking across a field to a nearby school meeting when she misjudged a step, fell onto her wrist and broke it.

“I heard it break,” said Stones, author of “The Cake Whisperer,” who was 56 when that break led to the discovery that she had osteoporosis.

Osteoporosis is often called the “silent disease” because it rarely causes symptoms in its early stages—bones can weaken quietly for years before a fracture reveals the problem.

The most common metabolic bone disease worldwide, osteoporosis affects about 10 million people in the United States and over 3 million people in the United Kingdom. Women make up the majority of cases, and while the risk increases with age, younger women can develop osteoporosis, too.

The condition often develops from osteopenia—a state of lower-than-normal bone density that, if left unchecked, can lead to a significant drop in bone density and strength.

“Increasing bone density means improving both strength of the bone and the amount of mineral packed within it,” said Dr. Connie Oh, a sports medicine physician at Hoag

Orthopedic Institute in Irvine, California. “This happens only when the body builds new bone faster than it breaks old bone down.”

Stones exercised regularly and maintained a healthy weight. But she said her diet was low in healthy fats and calcium—both essential for building bone. Bone health, experts say, is a team sport: It isn’t driven by a single nutrient or workout but by the combined effects of diet, movement, hormones and everyday habits over time.

“I now know that exercise with a well-balanced diet would have been better,” Stones said.

Twenty years after her diagnosis, Stones manages the condition through regular exercise and good nutrition and advocates for bone health, developing bone-friendly recipes inspired by her love of baking and shared with the Royal Osteoporosis Society in the United Kingdom.

Building bone without medication

Bones constantly remodel throughout a lifetime. Old bone breaks down, and new bone forms in its place. With age and during transitions like menopause, the balance often

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Osteoporosis (cont. from page 17)

tips toward bone loss. That means supporting bone health earlier on builds a stronger foundation for later in life.

Existing research supports the idea that diet and exercise can meaningfully improve bone health. In a 2021 study, researchers followed over 7,000 older adults in care homes over two years and found that those who increased their intake of calcium- and protein-rich foods had 33% fewer fractures overall, nearly half as many hip fractures and an 11% lower risk of falls.

Smaller studies point in a similar direction. In a 2023 study of postmenopausal women with osteoporosis, those who followed a structured lifestyle program alongside usual care saw greater improvements in bone density after six months than those receiving standard care alone.

Nutrition that supports stronger bones

Calcium and vitamin D are widely considered the foundation of bone health and remain central to treatment plans that don't involve medication. Calcium helps build and maintain strong bones, while vitamin D allows the body to absorb that calcium effectively. Without enough of either, bones can gradually weaken over time.

"If I could, I would tell my younger self to eat not only the greens and oranges but the whites and creams too," Stones said via email.

A person's overall diet matters more than any single nutrient, said Lindsay Malone, an instructor and functional medicine dietitian in

Case Western Reserve University School of Medicine's department of nutrition, via email.

"Protein is essential—it helps build muscle. If you're building muscle strength, you're also building bone strength, Malone said.

Higher protein intake is linked to greater bone density, but it only helps up to a certain point. In a 2025 study, women saw gains when eating up to about 60 grams of protein a day. Beyond that, eating more didn't seem to provide extra bone strength.

Magnesium, vitamin K, potassium, phosphorus and trace minerals also help maintain healthy bones.

After her diagnosis, Stones said she increased her intake of calcium-rich foods and developed recipes, including a cake made with soy milk, dried fruits and plenty of calcium-rich seeds. She also created a "menopause cake," which she included in "The Cake Whisperer." The recipe is called "Ladies' Cake."

Many people can meet their nutrient needs through food, particularly by following a varied, whole-food diet, Malone said. She recommends anchoring meals with protein, eating about 2 cups of vegetables each day, including leafy greens several times a week, and regularly choosing fortified or calcium-rich foods.

For vitamin D, Malone recommends egg yolks, fortified foods, fatty fish like salmon and

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Osteoporosis (cont. from page 18)

sardines, certain cheeses, such as Parmesan-Reggiano, low-fat ricotta and part-skim mozzarella, as well as liver. “If a person isn’t eating these foods regularly, a vitamin D supplement is appropriate,” she added.

For calcium, especially for those who don’t consume dairy, she suggests fortified plant milks, calcium-fortified tofu, canned fish with bones, beans, nuts and seeds, along with whole grains and legumes for extra mineral support.

While getting enough nutrients is important, so is making sure your body can absorb them. Vitamin D, for example, is fat-soluble, which means it’s best absorbed when eaten with healthy fats, Malone explained.

Exercise that builds bone

It’s important to get moving to protect and build bone. During exercise, muscles release the hormone irisin. This molecule directly stimulates bone-building cells, helping increase bone density and strength.

“The best ways to build bone density are resistance exercises, like lifting weights...,” said Ashley Katzenback, a doctor of physical therapy at Cape Concierge Physical Therapy in Massachusetts. [And weight-bearing exercises like walking, adds Londonderry’s Director of Health and Wellness Lorraine Flisher.]

“You need to lift a weight that’s heavy enough for your strength so your muscles have to pull on your bones,” Katzenback explained. “Muscle attaches to bone and when it pulls, it creates stress that stimulates bone growth.”

Studies also show that when done carefully and under supervision, resistance training [and weight-bearing] exercises can help improve or maintain bone density in post-menopausal women, especially in the spine and hip, which are common sites for fractures.

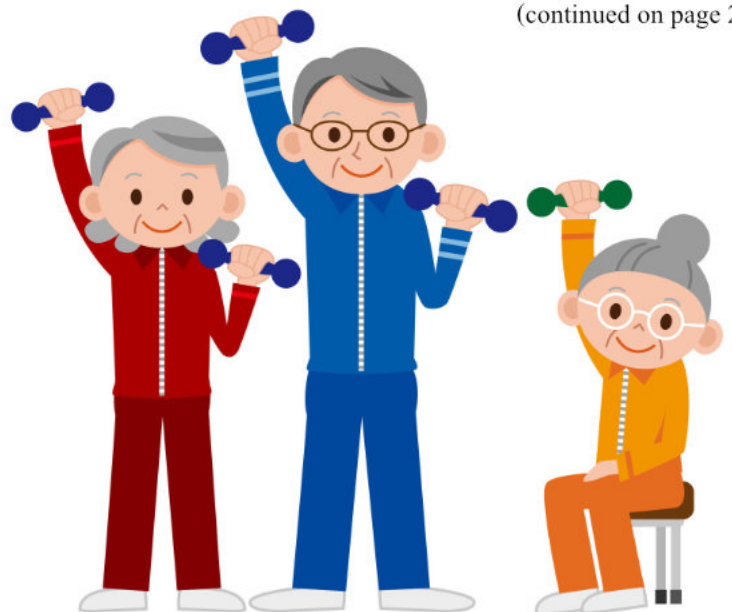
Before beginning any new exercise program, consult your doctor and stop immediately if you experience pain.

Stones says she does balance exercises every day to help prevent falls, along with a set of movements that includes stretching, light weights and push-ups.

“Also, when you’re waiting for a kettle to boil, the microwave to ping, a cake to mix, or tea or coffee to brew, get some steps in,” Stones said. “I’m almost 76 now, and I’m quite happy if I get 7,000 steps per day.”

Katzenback recommends four sets of five repetitions with heavy weights to stimulate bone growth. She adds that it’s best to combine resistance and impact exercises,

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Osteoporosis (cont. from page 19)

though resistance training is the most effective. By “heavy weights,” she explains, it doesn’t mean lifting something dangerously heavy—it means using a weight that feels challenging.

For beginners, especially if you’ve been mostly sedentary, it’s best to start gradually, building a daily walking habit first. You might begin with 3,000 to 5,000 steps a day, then slowly work up to four days of strength training and two days of balance exercises each week. Once that feels manageable, move on to heavier strength training and add...other [weight-bearing] exercises.

For people with osteoporosis, Katzenback says certain movements should be avoided. “One of the most common ways a compression fracture can happen is by bending over to pick something up off the ground,” she said. Instead, use safe body mechanics, which can mean squatting to pick up a weight rather than bending over.

“If your form is correct, everything is stacked safely, keeping your bones protected,” she said.

Bone health over a lifetime

To protect bone strength, people need to support rebuilding and reduce the factors that speed up bone breakdown in the first place.

Malone explained that high sodium intake can increase calcium loss in urine, while excessive alcohol is linked to lower bone density and a higher fracture risk. Moderate caffeine, however, appears safe for most people if calcium intake is adequate.

The state of our gut health matters, too. Ongoing inflammation in the digestive tract can interfere with how well nutrients are absorbed. Certain weight-loss medications and steroids can also affect vitamin D levels in the body.

Oh recommends a DEXA scan, a test using a large noninvasive X-ray machine that measures bone density, for women 65 and older, for younger postmenopausal women with risk factors, for men 70 and older and for younger men at risk.

With the right lifestyle changes, it’s possible to improve bone density from osteoporosis to osteopenia, Katzenback said. However, medication is recommended for those already diagnosed with osteoporosis or at high risk of fracture.

Stones was prescribed a chewable tablet providing 1,000 milligrams of calcium daily, along with a weekly dose of prescription alendronic acid—also known as alendronate.

“It isn’t a disease that can be treated and cured; it’s one that I can only fight with the tools at my disposal,” she said. “I can only hope that my sheer will to live and enjoy my family—especially watching my grandchildren grow up—will keep me going.”

It takes about a year to see a measurable change in bone density on a scan after making lifestyle changes, Katzenback said. “You can gain strength and bone mass at any age, and you have the choice to keep moving forward.” ♦



In Memoriam

By Florence Thompson

JUNE GUILLETTE LEWERS TERRY was born on March 26, 1942, in Salisbury and passed away on March 31, 2026, in Easton. June's life can be summed up with the term "giving."

A Bachelor of Science degree in nursing from Wheaton College in Illinois led to a commitment of ten years to a hospital in the Republic of South Africa staffed by an international interdenominational organization. There she nursed and taught nursing to Zulu women in competition with traditional witch doctors. This was the beginning of the commitment she made as a teenager to help others.

Upon returning home, she earned a master's degree in New Testament Greek from Trinity Seminary in Illinois. She stayed on at Trinity as Dean of Students and as a teacher of New Testament Greek. This was followed by similar teaching and administrative positions in Saskatchewan, Canada.

A widowed friend from Trinity College, James H. Terry, contacted her and by phone and in person made his case. Jim and June were married in 1986. Their loving marriage of 25 years ended at his death in 2011.

Together Jim and June had served as administrators and educators at Christian colleges and seminaries in Illinois, Pennsylvania, and Canada. As Jim served as registrar at Salve Regina University in Rhode Island, June worked as a nursing home social worker and lay chaplain.

At Jim's passing, June retired and moved to Londonderry to be near her family. Her nursing home experiences had convinced her that many people wait too long to become part of a community in retirement. She had seen little of her brother Ted Lewers since her age of 10 when he went away to college. Londonderry was the perfect answer.

In Easton, she joined the choir at Trinity Cathedral and lent her beautiful voice to Allegro Academy. In 2018, she presented a well-received program to Londonderry residents: "Memorable Years with the Zulus." She communicated well her aversion to SNAKES! She demonstrated the native language which includes clicks and clacks

(continued on page 22)



In Memoriam (cont. from page 21)

mid-word in place of Q, C, and X. Her displayed memorabilia included a photograph of a handsome young ring bearer at her wedding, the son of one of her Zulu nurses who now lives in the United States.

June was predeceased by her parents and her brother Ted Lewers. She is survived by her stepdaughter Rebecca Williford and her husband Mark; grandsons Mark Williford and

his wife Hannah and Daniel Williford and his wife Paige; her sister-in-law Pat Lewers; and her nieces Debbie Lewers, Linda Rajacich, Kim D'Amico and their families. June's many friends at Londonderry join her family in mourning the loss of this quiet gentlewoman. ♦

Recently moved resident **EVELYN GRAYBEAL** passed away on April 24. We offer our condolences to her family and friends and will publish a memorial in the next issue.



Former longtime resident **NANCY COLLINS**, who had recently moved to Candlelight Cove, passed away peacefully in her sleep April 1. Our deepest condolences go out to her friends and family.

She was a passionate gardener, who loved making beautiful flower arrangements and maintaining her gardens. Nancy lived a long healthy life, which she attributed to staying active, daily walks, and playing golf well into her nineties. She was an accomplished bridge player and loved her time with her field trial Labradors. Nancy was a longtime member of Christ Church, the Harbor Club and Talbot Country Club. Her dedication and love for her family, community, church, friends and her total grace will be remembered by all who knew her. She will be truly missed.



**LILY
THE SWAN**
decked out in
her spring ensemble





A record crowd turned out for this month's **WINE TASTING** in the Activities Room on April 14.



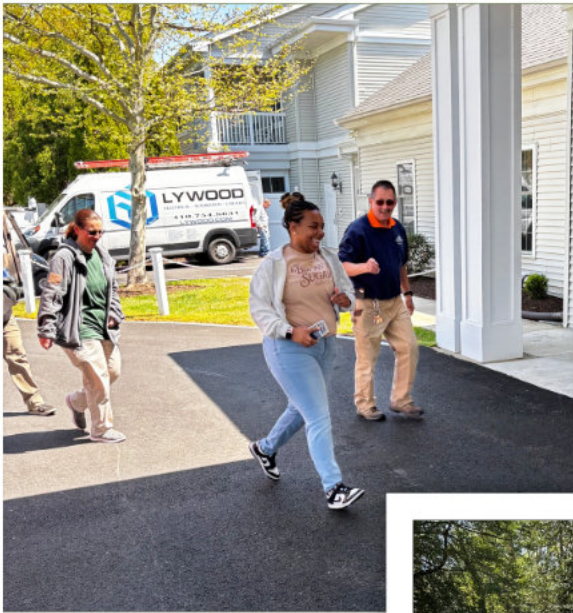
Have ideas to share? Photos? Stories?

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, May 5, 9 AM

Newsletter Committee

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The Londonderry staff enjoyed an **EMPLOYEE FUN DAY** on Friday, April 10.



The afternoon was filled with a scavenger hunt, Rita's treats, and lots of games, all topped off with a taco feast!



Parting Shots

