

# Tred Avon Times

## BRINGING BLUE BIRDS BACK

Patricia Bradley



Beth Elkins is passionate about blue birds and has been ever since her mother lifted her up, as a young child, to look into the blue bird nest nestled inside a hollowed out fence post on their farm in Louisiana. Now, she says with a sigh, fence posts are all metal. Upon moving into cottage #522 earlier this year she went to check on the blue bird boxes around Londonderry before unpacking the move-in boxes at home; that's how much she cares. She has blue birds in some artistic rendering in every room in her house, her favorite being a picture her mother painted.

Beth says we are at a critical point if we want to preserve this beautiful native species, and there are other Londonderry residents as well for whom this is important. Blue birds, not aggressive fighters, have been threatened with extinction since sparrows and starlings were brought into the United States sometime in the 1800s. The message is, "Let's at least give them a fighting chance," and the method must be to give them protection where we can. Don't put up a blue bird house if you can't protect it from snakes, raccoons, cats and the like. To see what she is talking about visit her yard and check out the boxes on poles with their protective equipment attached. Protecting them from the sparrows, however, will take other methods. Beth currently monitors our Londonderry trail, checks out boxes to be sure sparrows haven't nested there, and is quite prepared to eliminate any trace of sparrows she finds. It will take constant vigilance. (Sparrows and starlings, not being native species, do not enjoy federal protections as our native song birds do.)

There is much Beth could tell us about these much loved birds, what they eat, their nesting habits, etc., and if she could enlist the help of the Maryland Blue Bird Society she would be happy to give us an illustrated talk. Meanwhile, Wild Birds Unlimited on Elliott Road is an interesting store to visit. The web site of the Maryland Blue Bird Society is also an interesting place to visit, virtually, and anyone who is especially into blue birds might like to look for a very fine book by Grooms and Peterson very aptly titled Symbol of Hope.



## FATHER'S DAY

June is the month of Father's Day. I am extremely fortunate. I have four wonderful children, eight grandchildren and four great-grandchildren. At this stage of my life it is they who make my life worthwhile. To me, every day is Father's Day.

For all you Dads living here at Londonderry, enjoy your children, and we wish all a wonderful day with them.

Happy Father's Day.

## PLAYING POKER – and more.

Patricia Bradley

There is a poker game going on at Londonderry every Monday night from 7:30 to around 9 o'clock. It's held in the library and all are welcome, ladies included. The organizer and donator of a handsome poker table is Bob Grill, and he wants people to know that there is room for many more players; and if you don't know how to play, you are welcome to come and watch. It's a good way to learn. The library has plenty of tables and plenty of chairs.

Bob explained that this is nickel, dime game. He says it's definitely a non-profit much. Neither will you go home poor, would be happy to have more people play.



and quarter poker, so this is not a high stakes affair, no one there is expecting to profit by but you will have fun. He and the other regulars join in. Bring your bag of coins and be ready to

The other thing we talked about in Bob's garage/office was the thing he spends so many hours of the day working on. He is the volunteer president and treasurer of Disaster Aid USA, and the big effort right now is raising money to send ventilators and other medical equipment to India through Rotary Clubs there. He is hoping to raise \$250,000 through donations. Another Rotary Club district in North Carolina is working on doing the same. There is a corporation called SEWA International that will match whatever they can raise. This could end up being one million dollars! (Not exactly nickels, dimes and quarters, is it?) Of course this has nothing to do with poker, but everything to do with Bob Grill. If you are interested in going on line to learn more about Disaster Aid USA, you can also read about its president and find out he has accomplished some impressive things in his life. And he still is working at it.

## Teresa Murray



Teresa Murray has been a Londonderry Security Guard for two and a half years. Many residents have become acquainted with her as a driver, and might have heard that she is a brand new grandmother. Her only daughter, Ebony, has given birth to a six-pound, fifteen ounce bouncing baby boy. Teresa reports that he is thriving and is "adorable." Little Eli, at this writing, is just six weeks old and Teresa's family can look forward to many surprises and adventures through the years as he grows up.



When asked, Teresa reports that she very much likes working at Londonderry. Let's give her the congratulations a new grandmother deserves.

## MEETING OVER ICE CREAM

Patricia Bradley

It was lovely seeing so many of us gathering in front of the Community Center on May 13<sup>th</sup> for ice cream. “I scream, you scream, we all scream for ice cream!” That was a familiar chant when I was growing up. You too?

If you were growing up in King have to be invited to the Royal Feast and only royalty got to taste it. But informs us that an Ice Cream Social is which is *ice cream*. . . .” Now, an Ice way for folks to get together and attention to the “new” residents who -down, and whom I may not have met just that.



Charles II reign in the late 1600s, you would to eat ice cream. It was difficult to produce times have changed, for sure. Wikipedia “a planned event, the primary focus of Cream Social is a common and welcome meet other folks. I wanted to pay special came to Londonderry during the Covid lock yet. It was the perfect occasion for doing

I was happy to see that Linda and Edna Blakely and Ed and Marge Boyer.

crowd and exchanged nods with John Merriken. Paula Gervis and I talked briefly about a book, and I had a nice catch-up conversation with June Wiechmann. Beth Elkins was there with Larry Ulm. She and I spoke of our appointment to talk about blue birds soon. But I met two people I had not yet met and that is one of the reasons for coming. I had delightful talks with Gerry Phillips and later with Lois Hamilton. I’m so glad to have met them both. If I have missed mentioning any other “new” residents who were there, I do apologize.

Steve Cades were there as were Jim and I saw Carolyn and Ernest Ilgenfritz in the

Of course it was great to see old friends and so many of them, and thanks to all the staff who were there to dish out firsts and seconds too if anyone wanted them. The donuts, by the way, came from Emily’s Produce in Cambridge. Erica says she features all kinds of healthy things and delivers to Easton, if you’re interested.

Looking forward to the next one.

## SOME GOOD NEWS, AND WELCOME

Patricia Bradley

Not to keep you in suspense, here’s the good news. A bonus has been paid to all the staff, from directors on down, for the hours they put in during the Covid lock-down, keeping Londonderry safe and running successfully. Reportedly, they are all very happy about this, and residents will be very happy to learn this as well, because we know they deserve it.

The story behind it is this: In April of 2020 Londonderry was given a PPP loan of \$360,000 to be used only for salaries and/or utilities. Management made sure to follow these stipulations. It meant keeping all staff, not laying off anyone, and making sure that all services (such as meals, for example) were still offered. In April of 2021 Management was informed that the loan would be forgiven since the rules were followed, and

because it did not have to be paid back, there resulted a surplus in the salary budget. Irma proposed the idea, to the Board of Directors, of taking \$60,000 to give a bonus to the staff, the Board agreed and that's the good news. The amount each staff member was given was decided according to hours worked during that period. Several people received the top amount of \$1,500; one person who only worked one week in all that time still received \$100.

They held a cookout at the Maintenance Building on Friday, May 14<sup>th</sup>, because the Manor House was taken over by a wedding party, but the Maintenance Building turned out to be a fine place for a party, and in this case, quite symbolic. Tables set up inside and outside, hot dogs, hamburgers and bonus checks. Something to celebrate!

## MEMOIRS

### HOW I SURVIVED COVID-19

Florence Thompson

#### MAY 5, 2021

Have *I* really survived covid-19? Have *we* survived this nasty scourge? So far, so good, for me and anyone reading this in June 2021. Still, so many people, for a variety of reasons, have not been vaccinated and many will *never* bare their upper arms for the needle. So only time will tell; the history books will inform those who survive and their descendants. We live in a history-making era.

Londonderry shut down in mid-March 2020 and was under quarantine for several months. How did we survive? The quick action of the Talbot County Health Department and the management of Londonderry Retirement Community can take credit for the Moderna vaccine in our arms on January 20, 2021, with the follow-up shot on February 17, 2021. The staff of the Health Department credited Londonderry with the smoothest-run events of other organizations in the county. Residents were anxious, and then relieved, as the shots were proven to be easily tolerated.

Londonderry residents also give credit to our management team for enacting rules for our welfare and enforcing them, with no exceptions allowed. Masking has been the most difficult of the rules to follow for residents, followed by the 10-person limit to the few events held during this year. The dining room closed down completely for many months, while the kitchen/dining staff prepared enjoyable meals twice a day, and with the aid of the security staff delivered thousands of meals. Early in 2021 the dining room opened to a very restrictive, socially-distanced number for lunches and dinners, while still delivering meals to the majority.

How did I personally survive? I have been grateful that I live in such a well-run community, and that gratitude makes it easier to accept the rules and restrictions. I have continued to work out with the Strong and Steady exercise group since it was reinstated several months ago, first on Zoom only and more recently in a 10-person group, socially distanced, in the Clubhouse. The Book Club took early advantage of Zoom and now meets in the library (10 socially-distanced members). The staff of Tred Avon Times barely missed a beat in 2020 and published each month with the exception of April, although a few months provided little news beyond the latest restrictions on activities. And, as of this writing in May, the many fans of Bob Huntington and his excellent

program, *Joy of Music*, are cheered to learn that in May 2021 he will present his program on three successive Mondays. This writer was the thirtieth of his fans and newcomers who signed on. We are eagerly awaiting this good turn of events. All the above activities have been a boon to me in lasting out this strange period of my life.

My five children and I have had a wonderful experience in Zooming. We have met every Wednesday evening for many of these months when we were not able to meet in person. I, for one, think it has been a great time for family. I believe that because the occasions when my children and I have had sit-down hour-long conversations have been few and far between over the years. Our usual family gatherings involve several generations and are joyous, noisy festive times – little time for in-depth conversations, in contrast to Zooming. I count my blessings where I find them.

# HEALTH CORNER

**Lorraine Flisher RN**  
**Director**

## Ways to Tap Into Your Intuition (And Why You'll Want To)

You know the feeling. It's a 'knowing' or at the very least a gentle persuasion that something is off, or awesome, or needs our attention. It's subtle and doesn't clamour for attention, which is why it's easily missed. It's intuition, and like most things that speak with a quiet voice... if we listen the potential is life-changing.

For a long time, intuition was dismissed by science as pseudo-science-sort of science but not really. Really! Fortunately for all of us, science is now on board and researchers have found the part of the brain where intuition does it's brilliant best.

Intuition: We've all heard of it, but what is it?

Researchers at Leeds University analyzed a hefty pile of research papers on intuition. They concluded that intuition is a very real psychological process where the brain uses past experiences and cues from the self and the environment to make a decision. The decision happens so quickly that it doesn't register on a conscious level.

Intuition exists in all of us, whether we acknowledge it or not. The more we can learn about it, the more we can use it to shape our lives for the better.

The human brain has two operating systems. The first is quick, instinctual and effortless. This is where our intuition lies. Intuition works by drawing on patterns collected by our experience and when we have to make a quick decision about whether or not something is real, fake, feels good, feels bad, right or wrong, we draw on these patterns. It all happens 'offline', outside our conscious awareness.

The Evidence: Science has found real evidence to support the existence of intuition. There are plenty of studies, but let's talk about one in particular- because it's a good one. This particular study showed how the intuitive part of our brain knows the right answer long before the more analytical part.

In this study, participants played a card game which, unknown to the participants, was rigged from the beginning. Participants had to choose from one of two decks of cards. One was rigged to provide big wins, then big losses. The other- small gains but hardly any losses.

Participants reported that after 50 cards, they had a hunch about which deck was safer. After 80 they were able to explain the difference between the two decks. But here's where it gets interesting- after only 10 cards, the sweat glands on the palms of their hands opened whenever they took from the dangerous deck. It was about then that participants started to prefer the safer deck but there was no conscious awareness that this was happening. So, before the analytical part of their brain knew what was going on, the subjects' intuition guided them towards a better decision.

### Sharpening Your Intuition

Every person on the planet has intuition but not every person chooses to listen to it.

Intuition is the way the subconscious mind communicates with the conscious mind. The information that informs 'that feeling' is real. It's like any other decision but the workings of it – the collection, the storage, the putting together-happen outside the conscious mind.

So intuition is a brilliant thing. The sharper it is, the better off you'll be. Here's how to feed yours so it's flourishing and ready to advise.

1. Shhhhh. Listen ...It sounds simple enough- and it is. No tricks here. Your intuition can't talk to you if you're not listening. When you start to take notice, good things will happen. Just try it and see.
2. Trust Your Gut Feeling.

When a word like 'gut' teams up with a word like 'feeling', you know there has to be a good reason. And there is. Research suggests that emotion and intuition have a physical presence in our gut. The gut is lined with a network of neurons and is often referred to as the 'second brain'. It's known as the enteric nervous system (ENS) and it contains about 100 million neurons, which is more than the spinal chord and peripheral nervous system but less than the brain. This is why we get 'sick' about having to make a tough decision or knowing we've made a bad one.

3. Feel

You'll know your intuition is there because you'll be able to feel it-if you let yourself. You'll feel it in your belly and it will goosebump your skin, send a shiver down your spine, race your heart and quicken your breath. Sometimes it's even more subtle and the only way to describe it as a 'knowing'. You'll feel when something is right- it will feel clear, nourishing and enriching. And you'll feel when something is off- for me it's an ache or a flattening. Trusting your intuition might be difficult at first if you're not used to it, but give it time and trust it bit by bit, if that feels better. It will be worth it.

4. Be ready to let bad feelings go.

Negative emotions will cloud intuition, which is why when you're angry or depressed bad decisions can happen so easily. Research has backed this, finding that people made better intuitive choices in a word task when they were in a positive mood as compared to when they were in a negative mood.

5. Be deliberate about the people you hang on to.

People who drain you will add to the noise and make it more difficult to hear what your intuition wants you to hear. Chances are that you already know who they are. If not, be still for a moment—your intuition will be trying to tell you. Keep people who enrich and empower you and walk away from those who drain you. Understandably, you can't always walk away from the troublesome ones and if that's the case, empower yourself by making it your decision to stay, rather than theirs because they've taken your choice. The difference is subtle in language but big in impact. One lets the power stay with you, one gives it over to them.

## PIANOS

Florence Thompson

*I love a piano, I love a piano, I love to hear somebody play*

*Upon a piano, a grand piano, it simply carries me away.* (Irving Berlin)

Londonderry had the good fortune to come into the possession of a grand piano when Bob Welte became a resident here. He shared a love of classical music with his wife, Dyanne, who had been active in music circles in Talbot County. She was devoted to the arts and became a sponsor of Chesapeake Chamber Music; the couple hosted visiting artists in their home. When Dyanne passed away in 2013 Bob moved to Londonderry, delivering their piano to a prominent place in the dining room. It was used many times for musical presentations and dancing on occasion. Our former sous chef, Finnur, improvised his own music on his breaks. We felt fortunate to have the piano.

And now we move on. The moved to Londonderry in has been gifted with a grand, musician in the family. Gary birthday twenty years ago to of the Kohler & Campbell dining room; on another new oboe, depending on instrument.



KAUFMANS, GARY AND JUDITH, April and, again, Londonderry grand piano. Judy is the took the occasion of her have delivered the surprise gift piano now ensconced in our occasion he gifted her with a others to ensure it was a quality

The beautiful mahogany has obviously been given excellent care through the years. Gary has passed on the good advice he received: let the piano settle into its new environment for 30-40 days before having it tuned. Judy has been pleased to see it when the couple comes into the dining room for dinner.

Kohler & Campbell instrument

And now another chapter in this story of pianos. When the staff began a search for a new home for the Welte piano, they found no takers. They tried everywhere possible, and the day for the Kaufman's gift to be delivered was set. The day before the delivery a last ditch effort was made. The staff was informed that the piano was available. Kiersten Chaney of the waitstaff timidly said that her mother had always wanted a piano. That's all it took! Kiersten's mother now has a piano! And she recently took her first piano lesson!

(When our lives resume normal activities, **Piano with Ray Hobbs** will resume. Ray is in for a big surprise.)

# JOY OF MUSIC

Florence Thompson



A wonderful step forward was made on Monday, May 10, in regaining some normalcy at Londonderry. Bob Huntington presented his Joy of Music program for the first time since mid-March 2020. Thirty residents signed on for the reserved seats, and the problem of restricting audience seating to nine was solved by having Bob repeat his first program of the year on three consecutive Mondays.

During the past year Bob has continued as Music Director for Presbyterian Church of Easton, as well as presenting his educational and entertaining programs at nursing and assisted living establishments in Easton, Salisbury and Seaford, Delaware. He has recently resumed rehearsals of the Queen Anne’s Chorale by voice part into groups of six voices. Londonderry residents look forward to attending the chorale’s delightful Christmas and Spring concerts.

Bob chose to title his first program *Heavy Metal*. Beginning with a traditional style Irish song, he introduced several classics featuring the clanking, metallic sounds of anvils. Surprisingly, there are three sizes of the smithy tools, therefore three pitches inserted into the music of many of the classic composers such as Holst, Handel, and Strauss. Verdi’s *Anvil Chorus* from *Il Trovatore* is the most familiar to music lovers; excerpts from Wagner’s *Das Rheingold* and *Siegfried* (The Ring Cycle) were highlighted. The program ended on an unexpected note, with *Maxwell’s Silver Hammer* by Lennon and McCartney of the Beatles, and even a cartoon with Roadrunner losing out to (you guessed it!) an anvil.

Welcome back, Bob.

**If you would like a copy of the TAT delivered to you electronically (PDF format) please leave your email address in cubby 518.**

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# LONDONDERRY HAPPENINGS

JUNE 2021

## *Message from our CEO...*

### Updates:

Masks are Optional

The Dining Room is now open at full capacity

Food Delivery charges will resume on June 1

As of June 1, all activities will start with regular group sizes. No need to sign-up unless it is noted (trips, select events, etc.)

An Air Filtration system has been installed in the Community Center to clean and purify the air

If you have a car on campus, please stop by security to get your new Londonderry vehicle tag

Fresh Herbs will be planted in the raised garden bed to make our dishes even tastier...thank you Chuck

Andrews for overseeing this project

It's been a long year, please try to remain safe and stay healthy!



**IMPORTANT  
ANNOUNCEMENT**

**Please refer to CATIE  
for monthly Calendar  
of Events**

### PLEASE JOIN US!

#### **Memoir Writing Group**

We all have stories to pass along to our children and grandchildren. The purpose of this group is to help us in this endeavor. We are given a topic to write a 500 word essay. Subjects are generic and are things most of us experienced. We share our writings at our, twice monthly, meetings. If a given topic doesn't appeal to you, you may write on any topic of your choice. Come join the fun and share your stories, in the library on the first and third Wednesday of the month.

### MONTHLY OUTINGS

Men's Breakfast...Denton Diner  
Friday, June 11 Departs 8:30am

Women's Luncheon...The Narrows  
Tuesday, June 22 Departs 11:30am

Limited Space Available...Sign-up at Front Desk

## HAPPY BIRTHDAY

Priscilla Marrah	6/1
Sam Trippe	6/2
Helen Box	6/6
Jerry Fairbanks	6/8
Gordon Callahan	6/13
George Wadellton	6/17
Jane Bollman	6/19
Frankie Thorington	6/20
Evelyn Graybeal	6/23
Judy McLaughlin	6/25
Edward Boyer	6/27

## HAPPY ANNIVERSARY

Jane & Roger Bollman	6/9/62
Lari & Craig Caldwell	6/12/65
Sarah & Ken Sadler	6/12/58
Linda & Steven Cades	6/15/68
Ardy & Ken Bridges	6/16/56
Judy & Jack Harrald	6/17/64
Betty & John Flavin	6/23/62
Diane & Phil Dinkel	6/27/56
Marilyn & Ed Schmidt	6/27/59

### ARE YOU INTERESTED?

WATER AEROBICS

SING-A-LONGS

UKULELE/HARMONICA LESSONS

CORNHOLE

Please let Erica in Activities know if you are interested!

## NOW SHOWING

AFTERNOON MOVIE MATINEES

“JERSEY BOYS” the Musical

Tuesday, June 15...2pm...Clubhouse  
Rated R for Language...2 hours 14 minutes

“NOMADLAND” Best Picture Winner

Tuesday, June 29...2pm...Clubhouse  
Rated R for Adult Situations.  
1 hours 48 minutes

**NEW**

### Parlez-vous Francais?

Avez-vous envie de pratiquer votre français? Nous voudrions lancer un nouveau cercle français à Londonderry. On peut se rencontrer de temps en temps pour parler français ensemble. Peu importe si votre français est un peu rouillé. Ça sera une bonne occasion d'améliorer votre vocabulaire et regagner de la confiance. On peut prendre un café et bavarder de tout ou de rien. Absolument pas d'Anglais !

Cela vous intéresse ? Contactez Erica dans les Activités et l'informer de votre intérêt.

A bientôt

Are you interested in practicing your French? We would like to start a new group of French speakers at Londonderry. We would meet from time to time to speak French together. Not important if your French is a bit rusty. This would be a great opportunity to improve your vocabulary and regain confidence. We could have a coffee and talk about everything or nothing. Absolutely no English!

**NOTE:** This activity is for persons who have experience speaking French. If you have little or no past speaking experience this is probably not the group for you BUT there may be hope still.

If you would be interested in learning French via a wonderful course that was developed at Yale University called French in Action, let Erica know that, as we are also considering offering that if there is interest.

# SUMMER CONCERT SERIES

## Capital Effect Duo

Thursday, June 24...6:30-8

## The Matt Daniel Band

Thursday, July 29...6:30-8

## The Joe Baione Quartet

Tuesday, August 24...6:30-8

**BRING  
YOUR OWN  
CHAIR**

**SOME  
SEATING  
PROVIDED**

**LOCATION  
TBA**

**FROM  
NYC**

# Longwood Gardens

Escape the everyday here at Longwood, where the most beautiful, most peaceful, most enthralling summer getaway awaits.

Stroll through our gardens awash in brilliantly blooming annuals and perennials, or find a quiet, shaded spot among our towering trees to our serene woodland paths.

Looking to make a splash? Head to our spectacular Main Fountain Garden, where fountains spin and soar during our daily fountain performances, giving “refreshing” a whole new meaning.

**Monday, June 14...Departs 8:30am**

**\$29pp includes admission & transportation**

**Lunch on Your Own at the Terrace Café**

**SIGN-UP AT FRONT DESK by June 8**

**WALKING IS A MUST...WEAR COMFORTABLE SHOES**