



# Village Life

August 2015  
Volume 22 Number 6

A NEWSPAPER FOR ASBURY METHODIST VILLAGE

Residents, Associates, Families & Friends  
[www.asburymethodistvillage.org](http://www.asburymethodistvillage.org)



## Happy Birthday Francis

By Mac  
McCullough,  
Diamond

August 20  
is the  
270<sup>th</sup>

anniversary of the birth of AMV's namesake, Francis Asbury. What a guy. Born in England, he dropped out of school at the age of 12 to become a black-

smith's apprentice. When he was 14 he had an "awakening" and soon began to preach. By 21 he was a full-fledged minister in the Anglican Church.

In 1771 he was asked by John Wesley to go to America as a missionary. He arrived in Philadelphia and for the next 45 years, as his journal attests, he traveled more than 300,000 miles on horseback and preached more than 16,500 ser-

mons. He spent six months in hiding during the Revolutionary War because he didn't wish to commit to either side.

He is known as the "Father of American Methodism," which was established at the Baltimore Christmas Conference in 1784. At the time there were 15,000 Methodists and 83 preachers in the United States. When Asbury died on March

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Doug Leidig

### Meet Doug Leidig, President and CEO of Asbury Communities

As of June 1, 2015, Doug Leidig became the new President and CEO of Asbury Communities. Doug has a 25-year career dedicated to enhancing and enriching the lives of older adults. During his nearly 17 years with Asbury, he has remained firmly committed to the organization's mission to "do all the good we can by providing exceptional lifestyle opportunities to those we serve." Doug has demonstrated a steadfast commitment to attaining and delivering the highest levels of quality service and care and an unwavering pursuit of organizational excellence. And frankly, we would expect nothing less from the person who will lead us into our 90<sup>th</sup> Anniversary Year and beyond.

Doug began his career in the senior living industry as a licensed nursing home administrator in Maryland and Pennsylvania. After several roles, including Administer in Training, Human Resources

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The statue was designed and sculpted by Thomas A. Kozar, paid for by an anonymous donor, and dedicated on October 17, 2001. Have you seen it?

## Avis Moore, Friends of the Earth

By Joe Feinberg, Villas

Avis Moore, a 21-year resident of Asbury Methodist Village, was recently re-elected as a member of the Friends of the Earth Board of Directors. With Friends of the Earth since its founding in 1969, Avis has been a life-long environmentalist, activist, researcher and scholar. She co-founded and chaired the New York branch of Friends of the Earth in 1972 and is a past chair of Friends of the Earth's board. Avis has served on numerous other boards over the years, including Sierra Club's Atlantic Chapter, Zero Population Growth's New York Chapter and the Louisiana Landmarks Society. She has served as the chair for Potomac Riverkeeper and



Avis Moore

the Community and People's Recovery Association in New Orleans.

Avis divides her time between the Villas, where she has resided for over fifteen years, and New Orleans, her home town. Among her campus activities, she was a member of Asbury's Future Projects Partnership Advisory Committee (PAC), where she was a strong advocate for maintaining Asbury's lovely pastoral character. Along with husband Bill Moore, until his recent demise, both served on Potomac Riverkeepers and were members of the AMV Chapter of MaCCRC (Maryland Continuing Care Retirement Communities), both of which still keep this very active lady quite busy.

Harking back to college days, Avis received her B.A. from Bryn Mawr College and M.A. in French literature from New York University.

# A Farewell to the Incomparable Mary Church



After 21 years of dedicated service at Asbury Methodist Village, Concierge Mary Church retired to spend time with her husband, Dick, who retired last year, and she plans to become more active in her church and travel. They have family in Michigan where they hope to spend more time.

## Mark Your Calendar

### Asbury Republican Club

1:30 p.m., Thursday,  
Sept. 17  
Parker Hall

Speaker:  
**Kat O'Connor**

Communications Chair,  
Montgomery County  
Republican Party

## VILLAGE LIFE

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life Betty Goen!

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"The mission of *Village Life* is to provide timely, interesting and entertaining news about the lives, concerns and activities of the people who reside, work and volunteer at Asbury Methodist Village."

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## Errata to "Asbury Guild Showcase" in June/July issue of Village Life

The corrected list of Asbury Guild Representatives for the various neighborhoods is as follows: Trott-Britta Chambers, Mund—Jeanne McCoy, Edwards Fisher—Sandy Matthews, Diamond—Car-

ol Brewer, Wallace—Ila (Deen) Olson, Park View—Mary Ann Tierney, Villas—Jo Yount, Courtyard Homes—Terry Herndon, Kindley—Val McIlrath.

## LEIDIG

Continued from page 1

Manager and Administrator with Homewood Retirement Centers, Inc., he joined the Asbury organization in 1994 as an Administrator at Asbury Methodist Village. He left Asbury briefly to serve as Executive Director of the RiverWoods Senior Living Community in Lewisburg, PA.

In October 2000, Doug was asked to return to Asbury as the Executive Director of Readers Memorial Home in Boonsboro, MD, and in 2002 he was named Asbury's Director of Business Development where he was responsible for developing business plans for potential new lines of service and assisting with the day-to-day operations including strategic planning, budgeting, marketing, compliance and clinical oversight. Four years later, in 2004, Doug was named Chief Operating Officer for Asbury.

In addition to serving as COO, in 2012 he was named President of The Asbury Group, a for-profit division of Asbury Communities, Inc., that provides management, market-

ing, and integrated technology consulting services on a contract basis to for-profit and not-for-profit senior living entities. Under his leadership, The Asbury Group's senior living client base has experienced significant growth.

In January, 2015, Doug was elected Board Chair of LeadingAge Maryland after serving as Vice Chair for the previous two years. Most recently, he was elected to join the advisory board for Senior Living 100, the premier leadership event for C-level executives from the nation's largest, most progressive providers dedicated to advancing the role of senior living in the continuum of care. Doug also serves on the Kairos Health Systems Board of Directors.

Doug holds a bachelor's degree in long-term care administration from York College in Pennsylvania and a master's degree in business administration from Mount St. Mary's University in Maryland. Doug, his wife Lisa, and their two children, Paige and Noah, reside in Middletown, MD

## FRANCIS

Continued from page 1

31, 1816, there were 212,000 members, 2000 local preachers and 700 circuit riders.

A nine-foot, 1000 lb., unidentified, bronze statue of Francis Asbury stands on the lawn between the Rosborough Fitness Center and Kindley Assisted Living. He stands with a Bible in his hand and has on a long frock coat. The statue was designed and sculpted by Thomas A. Kozar, paid for by an anonymous donor, and dedicated on October 17, 2001. But there is no horse in sight. For that you need to go to 16<sup>th</sup> and Mount Vernon Streets in northwest Washington, DC. There you will find Asbury astride his horse. This bronze statue is 12 feet high, weighs 5000 pounds, and was dedicated October 15, 1924 with a speech by President Calvin Coolidge

We can take pride that our village is named after Francis Asbury. A biographical sketch of him is on the wall inside the passageway between Rosborough and Kindley, but isn't it too bad this memorial statue is otherwise unidentified?

# Stewardship . . . Why Being “Green” Matters

By Anita Taylor, Park View

Let’s “talk” about the ability to be “green”; about why Asbury needs all residents and associates to live green; and how we can do that. In this conversation starter, I’ve been told it’s good to apply the KISS rule: Keep it Simple, Stupid.

Sorry; no can do. Not in my DNA. Besides, with an Asbury audience, I don’t need to. We CAN think. We DO care.

So . . . this first “column” is about why. Hows come later.

Being green is grounded in stewardship, a fundamental precept in every major religion that has stood the test of time. It is not a new idea that our stewardship responsibilities apply to the resources (blessings) given by (or through) the earth on which we live.



For example, that great architect of Greek philosophy, Aristotle, said “Everything in our intellect comes from the senses, and thus the thinker is powerfully connected to the world he

thinks about.” Aristotle was quite ignorant about women, but he understood that we all need our senses, which are inextricably linked to our earth.

Indeed, this great ancestor of “rational enlightenment” and modern democracy would fully understand our modern pioneer John Muir’s comment, “When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

Greenability rests on these two ideas: Humans have a stewardship responsibility for the earth and each other; and whatever we do involves resources inherently tied to the earth in a myriad of ways. That’s why being green matters. To us, and to Asbury.

Join the conversation . . . and the team. Contact current Greenability Team leader, Lenny Hines, Asbury’s Director of Plant Operations and Maintenance: 4070.

## OUR NATIVE PLANTS (10 of a series) SPICE BUSH

By Peter Cascio, Courtyard Homes

The scientific name which doesn’t change as one moves around the country is *Lindera benzoin*. The common name which does is often spicebush but might also be: northern spicebush, common spicebush, wild allspice or Benjamin bush (Texas?). Its habitat starts in the northeast with Prince Edward Island and moves west through Ontario, then down to Texas and eastward to northern Florida.

It is a loose shrub that tops out at 8 - 10 feet with about the same spread. Its small bright yellow flowers grow in clusters along the stems in early spring. Its oval pointed leaves turn a bright yellow in the fall. It is spectacular in group plantings. We have one survivor in the fenced pollination plot at the south end of the upper pond. We anticipate the replacement of the two females and one male which didn’t leaf out this spring with funding by either the



recent Wildlife Habitat silent auction or the kindness of Brickman’s heart. As is usual, we will need both types of plants to arrive by fruit on the female plant.

The fruit is an oblong shiny bright red berry at the end of sum-

mer which attracts many bird species as well as raccoons, opossums and deer. It is also larval host for the spicebush swallowtail butterfly (*Papilio Troilus*), the eastern tiger swallowtail (*Papilio glaucus*) and the promethia silkworm (*Callosamia promethea*). Research says the name comes from the pleasant spicy aroma of its crushed leaves, stems or fruit. The fruit, like that of the sassafras, tupelo and dogwood is high in fats and therefore sought by flights of migrating birds; particularly the great crested flycatcher, veery, wood thrush red-eyed vireo and similar species.

Our Native Americans had many medical applications for the spicebush. The Cherokee, Chippewa, Creek, Mohegan and Rappahannock used it to flavor freshly caught game and to make a spicy drink which other sources say resembled the attraction of turpentine. So - let’s leave it at that. I hope this was helpful.

For lo, the winter is past,  
The rain is over and gone.  
The flowers appear on the earth;  
The time of singing has come.

From Song of Solomon 2:11,12  
(NKJV)

With that verse to encourage me, I determined to celebrate the birthday of our country at the Fourth of July Sing-along at Parker Hall. Rain had been intermittent all day; dark clouds dominated the sky; and I noted a growing tendency among Asbury residents to examine the headlines and then discuss the various ways the ideals of our forefathers are being ignored.

No gloom and doom girl, that



night I dressed in royal blue slacks, white blouse, and a bright red jacket. It was heartening to see that most of the others in the Sing-along crowd were also clad in imaginative versions of the red, white, and blue theme. As we waited for the event to start, I did interviews for this column as I wove in and out

of the folk gathered there, a bright American flag waving from the rear of my power scooter.

SMILES has been the subject since day one of my column in *Village Life* and it was business as usual this night, with much variety forthcoming.

**Evan Haynes, Trott**, served as host for the evening, subbing for **Ruthie Swain, Mund** who was at a family celebration. In a private conversation, Evan told me: "Smiles are awfully important. I try, as I walk up and down the halls, to give a smile to everyone I meet, although they don't always return them. Our smiles remind our neighbors that they can smile, too, and cheer up others," he said. "This is just automatic with some people [and doesn't always look sincere] but it should be an active effort to reach people." In addition to announcing each of the patriotic songs and hymns, Evan gave a brief history of each and even sang us his heart-warming solo rendition of "I Believe."

**Bonnie Schneider, Trott**, is

someone people enjoy because of the effervescence of her smile. "It's something you can give away and still have a million of them," she says.

**Joe Wolczyk, Trott**, admits that Bonnie's smile, as she sat at the Trott reception desk, plus the big TV in Trott's Conley Hall, were the deciding factors in his choice of an apartment in that building.

**Charles Woodward, Edwards-Fisher**, remarked that he came to the sing-along "to celebrate the Fourth of July, a great day in the history of this nation." He marked his one-year anniversary at Asbury in April, finding that "Asbury residents are very friendly. Their smiles show a gentle nature and are a real welcome sign."

**Betty Lou Ball, Mund**, said she came to the sing-along "because I was alone and needed good company - and I'm glad I did!" She remembered that growing up back in Louisa, Kentucky, she always looked forward to Fourth of July as a time of soda pop, friends and relatives, and a big parade down the center of her little town. She volunteered: "Smiles are the same in any language and they don't cost a thing. They are free; freely given and usually returned!"

**Cathy Heim, Mund**, at the piano, gave "oomph" to the entire program. Her husband, **Norman**, joined her for the finale, a stirring duet rendition of the national march of the U.S.A., "Stars and Stripes Forever," by John Philip Sousa.

## We're a Family Affair

By Marilyn Gaut, Trott

**H**al and I, among several others, followed our parents to Asbury. We have also seen siblings and cousins here together, often in different apartments or buildings. Sallie Benson with her husband Don moved into Trott while her mother was still in Wilson. The Maloys moved into Trott thirty years ago and their daughter, Nancy Vert, moved in with them a little over twelve years ago to care for them.

Now with people living longer these days, by the time they enter

Asbury their children are old enough to also be eligible for entry. While in the past they may have chosen a separate apartment, many are finding it more economical to share a two-bedroom apartment with their parent. Both are together on the contract and when the parent dies or needs help, the apartment then belongs to the son or daughter. This is a savings to the son or daughter in money, time, and convenience. What a wonderful idea! It's another way Marketing has found to help people enjoy being a part of the Asbury family.

## Mac and Zil



## Some Will Walk, Some Will Ride, All Will Enjoy

By Mac McCullough, Diamond

**O**n September 7<sup>th</sup> the traditional Gaithersburg Labor Day Parade will march past Asbury on Russell Avenue. There will be lots of AMV residents involved.

Following the lead convertible carrying Francis Asbury (a.k.a. Tom Hefner) some will be riding the trolley. This year World War II veterans will be honored for their service. If you are a veteran and have not been contacted, call Earl Thomas on x6347 for a free ride. You also will be serenaded along the way by cast members from "Village Life II," singing patriotic songs.

Marchers will represent the various activities we have here



at Asbury (e.g., tennis, bocce ball, golf, shuffle board, gardening, and woodworking). If you would like to join them for the mile and a half walk, contact Howard Hallman on x5331 to get directions.

And, residents are encouraged to line both sides of Russell Avenue to cheer on our paraders. It will be a fun time for all.

By Jan Garman, Diamond

Upon meeting Mia McFarland, Asbury's new Administrator of Residential Living, one is impressed by her friendliness, warmth and enthusiasm. One might even receive a hug as she is a self-proclaimed "hugger." Born in Syracuse, New York, she graduated from its Nottingham High School, a distinction she shares with at least two Diamond residents and one of this writer's daughters. From there she continued her education at Virginia State University, graduating in 2004 with a degree in Marketing. While in college, she spent a semester in London.

She spent several years working for the Federal Government, first in the Department of Defense, then in Homeland Security, ending up in the Veterans Administration as a project manager working on veterans' benefits. Somewhere along the way, she purchased a condo seven minutes away from Asbury and earned Project Management Professional Certification from the Project Management Institute.



While working at the VA, she became intrigued with health care. In 2011, she enrolled in George Washington University's Hospital Services Program, earning her Masters this past spring. While earning her degree, she continued working at the VA from 6 a.m. to 3:30 p.m. and then attended classes at GW from 4:00-9:00 p.m.. When taking courses, she began questioning and assessing her own strengths, one of

which is developing relationships. With this in mind, she decided that she was more interested in long-term care rather than in acute care.

During her time at GW, Mia was awarded a fellowship to develop a project which she did at the Kinley Assisted Living facility at Asbury. In doing so, she had the opportunity to attend a number of meetings and she liked the energy and the sense of collaboration that she witnessed,

so she applied to work here. This interview was conducted on Mia's second afternoon on the job. She had barely moved in and was just beginning the process of becoming acclimated. She is looking forward to attending meetings of the residential councils and other groups and becoming acquainted with the residents of Asbury.

When she was questioned as to what she would like people to know about her, she replied that she has been skydiving over Fredericksburg, VA and that she wants to do several laps on the NASCAR circuit next. She loves to read, and is about to begin reading *Being Mortal* by Atul Gawande, a book being discussed here at Asbury. She also enjoys cooking and experimenting with different cuisines. She is a morning person, rising at 5:00 AM. Family is very important to Mia and she talks daily with her mother, who is a retired teacher still living in Syracuse, and with her three siblings. Mia's office is in Mund. Her extension is 4501 and her email is MNMcFarland@asbury.org.

# SURVIVING A SCAM

By Jean Hubbell, Villas

My family very nicely spares my feelings by saying I fell for the scam in a vulnerable moment. But whatever the reason, fall for it I did. The call came about 7:15 in the evening and I had just finished fixing my dinner and was planning to call one of our computer club tech supporters to help me with a problem on the computer. To my surprise, the incoming call was from Windows Microsoft Tech Support! How about that?! They had detected errors on my computer and if I would turn it on, they would take care of the problem. Why I didn't question how they knew that my computer — out of all the millions in this country — was having troubles perhaps does indicate that I was tired and vulnerable.

I spent nearly two hours on the phone as the "tech" worked away to remove the errors and of course wanted to sign me up for life-time support in case of future errors. Naturally there would be a charge for such service and then all sorts of calculations appeared on my screen. Fortunately I don't usually do business on my computer but they

needed a bank account number. By this time, without dinner and really tired, I gave them the number. Fortunately for me, I think, their numbers didn't keep showing up on the screen so they said they would call back "tomorrow about 6 p.m." or I could call them on the number they then gave me. By this time it was nearly 9:00 p.m. and I finally had a chance to reheat and eat my dinner and then began to think about what had happened.

Soon after the Asbury branch of Sandy Spring Bank opened the next morning, I was there telling about the call and that I thought I had been scammed. Almost before I finished the sentence, it seemed, Victoria had closed my account and opened a new one. Then I remembered to call my credit card companies to alert them to what had happened. But I forgot other phone calls I needed to make. A letter arrived from Social Security saying their payment had been returned. A phone number to call was listed and I wasted no time in calling and talking to a very helpful agent. Then I realized my pension would not be deposited either



and I could be writing bad checks very soon if something wasn't done. So I called the Office of Personnel Management and got put on hold for a full half hour but finally got through to another helpful person who took down the necessary information. I thought I had then done what I could do. A check back at our bank here at Asbury showed that indeed one of the deposits had been received already. By now I was relaxing, thinking perhaps it was over, but then came a letter inform-

ing me that my direct electronic withdrawal of taxes had not gone through and I owed that tax payment. I called my CPA who takes care of those taxes for me and he told me to write the check for the amount due and he would send vouchers for the next payments.

Several weeks have passed since it all began and I have found that many others here at Asbury and elsewhere have received that same phone call from Windows Tech Support. The scammers tried and tried to call me back but I didn't answer the phone until I heard who was calling via the answering machine. I have heard from others who knew better than I that BONA FIDE TECH SUPPORT WOULD NEVER CALL ME; I WOULD HAVE TO CALL THEM IF I NEEDED HELP. That is the major lesson to learn. I am fortunate to have come through the experience without losing all financial resources. I share this experience with readers in hopes that it will help someone else who may get such a call.

# Can you Stand Another “Grand” Story?

By Keith Steele, Wallace

**M**y great grandfather, Lewis Owens, had five children but only one of them, my grandmother, produced any children. She had had three boys and one girl. One of the boys was my father. I was told that my grandmother laid down the law to my dad when he married that he had to have children to keep the “line” going. Dad being a good son had a son, me, and a daughter who died young. None of dad’s brothers or sisters ever had any offspring. That left me. This past June my granddaughter gave birth to twin girls, my great granddaughters, Grace Catherine and Olivia Marie. I hope my Grandmother is happy and I feel I have done my part and of course I am ecstatic. To top it all off, I was the first person to hold both babies at the same time, even before their mother.



Above, **NEED CAPTION**

At left, Grace Catherine and Olivia Marie—twins and double the fun!



Photo: Hal Garman

## THE BELOVED COMMUNITY GEARS UP FOR FALL

By Jan Garman, Diamond

**S**chool is out so the Beloved Community Initiative’s (BCI) mentoring, SHARE, and Mother’s Conversation Group are on hold until September. However, there is still plenty of BCI activity on several fronts.

As this article is being written, the BCI is in the process of interviewing candidates for the position of part time coordinator. Thanks to the continuing generosity of AMV residents and friends, there is funding in place for the part-time position for at least three years. It is the hope of the BCI that this will extend well into the future and evolve at some point into a full-time position.

Planning is also going on for the BCI’s annual trip to the National Book Festival to be held again in DC’s convention center on Saturday, September 5th.

Once again, Principal Stephanie Brant will accompany students from Gaithersburg Elementary School. Also again, Carolyn Camacho from Identity has recruited students from Watkins Mill and Gaithersburg High Schools to accompany the younger students. New this year will be the

addition of some students from Summit Hall Elementary School. Partnering again with the BCI will be Identity, an organization that serves Latino families, and Asbury Communities, along with AMV. Buses will be provided by Identity and AMV. The approximate hours of the trip, including travel time, are 8:30-4:00. Anyone interested in accompanying the young students can get in touch with Hal Garman at x6436 or hgarman1@gmail.com.

Thanks to the enthusiasm of current mentors, the mentoring season will open with a full complement of 20 mentors. New books that will be used as part of the training process have been ordered and distributed to the mentors in preparation for the training sessions on Friday, August 28 and Friday, September 4. Third, fourth and fifth grade students from Gaithersburg Elementary School will arrive for the first mentoring session on Friday, September 11.

Two exhibits related to BCI of note: “Character Counts” posters from elementary students in Gaithersburg in Parker Hall and “Faces of the Future” photos by Hal Garman in the Rosborough Gallery.



Mary Lou Luff dons her Mrs. Stonestreet cap.

## Mary Lou Luff Does It Again

By Mac McCullough, Diamond

**O**n Tuesday, June 30, Diamond resident Mary Lou Luff was invited to come to the offices of the Montgomery County Historical Society to help orient the new staff there.

Mary Lou planned a surprise for them. She showed up dressed as Mrs. Stonestreet, mother of Rockville’s famous Dr. Stonestreet. She carried with her a bag containing: a humdinger; a bodkin case; a laundry peg; and a silver darning egg for glove tips. The staff couldn’t

identify any of them. (Could you?)

The staff then surprised Mary Lou by presenting her with a certificate recognizing her 34 years of volunteer service with the Montgomery County Historical Society. She has been asked to help recruit new volunteers.

In addition to portraying several historical figures, Mary Lou has authored a book entitled “Home Remedies, Head to Toe” which is on sale at the Montgomery County Historical Society.

Congratulations, Mary Lou, volunteer extraordinaire.

# Sodium: Who Needs It?

By Barbara Barnard, Registered Dietician,  
Retired, Diamond

Everybody! But the body needs only a small amount of sodium (less than 500 milligrams per day) to function properly.

Sodium content of our diet becomes of concern as we age.

## What is sodium and how does it function in the body?

- Sodium is an essential nutrient that controls blood pressure and is needed to help muscles and nerves work properly.

## Who is at risk of developing health problems related to high sodium consumption?

- People over age 50
- People who have high or slightly elevated blood pressure
- People who have diabetes
- People who have cardiovascular disease
- People who have osteoporosis
- People with kidney disease
- African Americans

## How does too much sodium affect the body?

- Too much sodium causes a stiffening of the arteries and high blood pressure. High blood pressure is a leading cause of cardiovascular disease and accounts for two-thirds of all strokes and half of heart disease. For people with osteoporosis, high sodium intake leaches calcium from the bones. Even without high blood pressure, eating less sodium can blunt the rise in blood pressure that occurs with age. This will reduce the risk of heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer.

## How much sodium is recommended?

- The American Heart Association, Stroke Association and CDC recommend 1500 milligrams per day for adults over 50. The WHO recommends all adults consume less than 2000 milligrams sodium per day. Lowering

your intake to 2300 milligrams sodium will bring benefits, as studies show arteries are more flexible on a low-sodium diet. The average American diet contains 3500 milligrams sodium. Adjusting your taste to a lower sodium diet can be done in about eight weeks. Lemon juice and herbs can be used to enhance the flavor of food. You will be rewarded with health benefits by making this change.

## What is the difference in sodium and salt?

- Salt is 40% sodium and 60% chloride. Sodium chloride is a chemical name for salt. However, the terms salt and sodium are not interchangeable. One teaspoon of salt contains 2300 milligrams (mg.) of sodium; ¼ teaspoon contains 575 mg. Sea salt contains the same amount of sodium as regular salt.

## What are sources of sodium other than salt?

- Sodium levels of fresh fruits, vegetables and most meats are low. 77% of sodium consumed in American diets comes from processed foods. Processed foods such as breads, cereals, cold cuts and cured meats, lunch meats, bacon, cheese, pizza, poultry infused with a brine solution, canned soups all contain added salt.



sandwich or hamburger can add more than 100% of your daily recommended dietary sodium.

## How can I lower my sodium intake?

- Reduce or eliminate salt from your food. Eat 6-8 servings whole grains, (unprocessed grains such as oatmeal, barley, brown rice, corn, bulgur and quinoa are good choices); legumes such as dried beans and peas, soybeans (edemame); include 4-5 servings of vegetables per day; 4-6 servings of fruit; fish at least twice a week with a limited amount of red meat and 2-3 servings of fat-free dairy per day. Include a small amount of unsalted seeds and nuts, such as walnuts or almonds daily.
  - Choose foods high in potassium to blunt the effect of sodium. These foods are dark leafy greens, baked potato with skin, sweet potato with skin, dried apricots, bananas, baked acorn squash, fat-free yogurt, avocados, salmon, mushrooms and dried beans.
- Salt, I love you, but you are breaking my heart!

# The AgePage Healthy Eating After 50

By Barbara Lockett, Wallace

I recently received a copy of the AgePage on Healthy Eating After 50 from the National Institute on Aging. It answered a lot of the questions that I had about what to eat and how much to eat. It seems that every week there is a big article in the Washington Post about the American diet. How much salt should a person eat? Which of my food choices are likely to contain trans fats? And I had heard many of my new friends here say that they

had gained weight since coming to Asbury. I didn't want to gain weight and need to buy new clothes.

The AgePage talks about what to eat, how much to eat, salt, fat and keeping food safe in an easy to read, understandable way. Best of all it relates food choices to health. One of the most important things that we do each day that affects our health is to eat. Isn't that a wonderful thing!

Eating is enjoyable and can also be healthful.

This publication has been available at the Asbury Dining Rooms at the suggestion of the Food PAC. Multiple copies were provided by the National Institute on Aging. If you missed taking a copy to read you can contact the National Institute on Aging Information Center at 1-800-222-2225. They are located right here in Gaithersburg! And they will send you a free copy. In a Section titled "For More Information About Healthy Eating" there is a list of many websites where you can

get additional information. One of the websites that I found especially useful and helpful is their senior-friendly website. It is coproduced with the National Library of Medicine and covers a large number of health topics. It is very current and has an adjustable print size. If you don't have access to the internet perhaps you have a family member or friend who will search the database for you.

Let's eat healthy!!!!

# Resident Art Gallery

By Al Tholen, Park View

The recent Arts and Crafts Show held in Parker Hall provided an opportunity to view the personal talents of Asbury residents. Whether acrylic, oil, watercolor, collage, photography or wood-working, the show offered proof that special talent is prolific across the Campus.

Another venue provides us the opportunity to view the results of these artistic talents on a continuing basis throughout the year; this is the *RESIDENT ART GALLERY* in the Rosborough Center for Arts and Wellness. Located directly opposite the main entrance to Rosborough, one will see the entrance to the Gallery clearly identified by the large sign above the door.



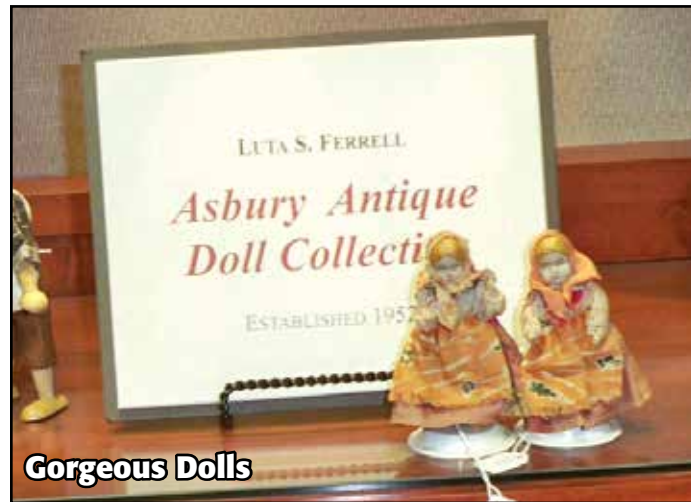
Happy faces

Upon entering, one finds 16 display cabinets almost encircling the Gallery. The first impression is of a pleasant array of colors emanating from the many cabinets. On closer inspection, each cabinet houses the personal artwork of an individual resident. The arts and crafts on display run a wide gamut including antique dolls, knit animals (for grandchildren to snuggle), water colors, stained glass figures, knit sweaters (by the Stitch and Knit group), basketry, computer-generated paint-



Stitch and Knit

ings, costume jewelry, and photography. Heddy Taima of Park View, an outstanding artist in her own right,



Gorgeous Dolls

supervises and manages the Gallery. She gave me a personal tour of the displays.

Regarding photography, one cabinet contains an unusual set of pictures taken by Hal Garman, who is Coordinator of the Beloved Community Initiative. Displayed are portraits of 4th and 5th grade students from Gaithersburg Elementary School. They are being mentored by members of the Initiative. Their pictures fill the cabinet of the Gallery with a very special "happy"



Jewelry Anyone?

feeling (one of that collection is shown below).

Heddy is very dedicated to the management of the collections and the selection of new displays as they become available. She would like to have a couple of resident volunteers to help in maintaining the Gallery.

A full report on all arts and crafts is not practical for this review; rather you are urged to drop into the Gallery on your next visit to Rosborough. Maybe you will be inspired to help Heddy keep the displays interesting.

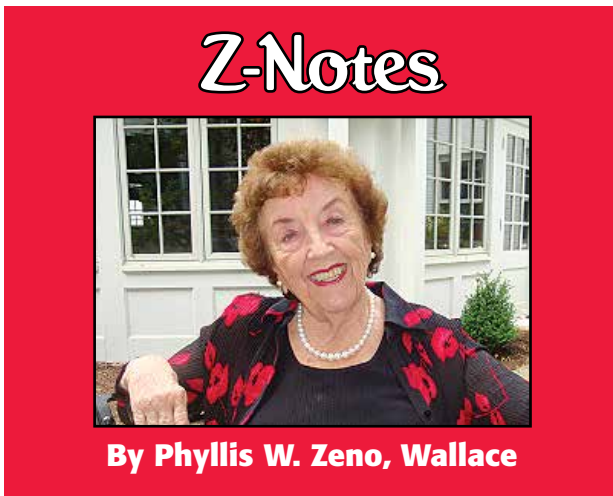


# I've Fallen and I Can't Get Up

I've always dreaded falling down in America because you have to wait for a responsible person to come and pick you up. It's the law!

Because if an irresponsible person picks you up, he could damage you worse than you're already damaged. Which means you could be lying in a ditch for a long time before someone responsible happens on you.

Of course it's different at Asbury. You don't have to wait too long before SARA arrives to rescue you. That's, of course, if you have remembered to wear your SARA pendant. If not, someone else surely has and will be kind enough to call SARA for you. And diners are courteous enough to step over you if you happen to be in



A sheep just ripe for flipping!

the dining room.

It's far worse if you happen to be a sheep in England. Especially in the fall (no pun intended!). In the fall, chances are you'll have on a heavy coat-wool, of course, and so heavy that it tips you over, and once you're "down" (another no pun intended) like that old tv commercial we all remember..."I've fallen, and I can't get up!"

That's if you're a sheep, of course. You are totally dependent on a passing tourist to right you, and if you're out on the moors, that's highly unlikely.

Except in the case of me and my two daughters, Linda and Leslie, who actually were on the

Moors in England in the fall and were given instructions in sheep rescues.

The way you know when to apply your professional technique is when you see a sheep lying on its back with its feet up in the air. (Or a tourist as well.) The problem is, when you right a 180-pound sheep after quite a struggle, you have to support him for a bit. (Not a "bite," nor financially!) Because, you see, depending on how long he/she has been lying there, his/her brains become addled, and you have to give them time to slide back into place. By that time, your own brain may have become somewhat addled as well, but never mind, you're out on the moors where no one will notice except another sheep.

Leslie wisely asked if we could practice on a squirrel which would weigh considerably less than a sheep, but our British guide caustically advised us that a squirrel would hardly stay in that position long enough for any of us to perform our rescue technique.

When both girls began sizing me up, I decided it was time to return to America and take my chances with SARA.

Now, fortunately, two out of three of us are at Asbury five out of seven days a week, and if you don't weigh any more than a 180-pound sheep, we are experienced picker-uppers, having been Roads scholars, and chances are, after giving you Sheep-PR, we'll have you up in no time.

## Sipping from the Fountain of Youth

By Jay Hatch, Villas

The Jewish Council for the Aging (JCA) is a member of the Gaithersburg Beloved Community Initiative (GBCI.) When I heard GBCI describe its BRIDGES after school program, I decided it fit my interests of education and inter-generational activities. The structured program meets once a week during the school year at Gaith-

ersburg Elementary School. For an hour and a half, we meet in small groups or one-on-one to eat (food is always important to middle schoolers!), read, talk and play games. Mentors are all over 60 and mentees are 3rd through 8th graders selected for their need to improve their comfort levels in reading, writing and/or speaking English and their self-confidence and ability to work well



Jay Hatch is a mentor to Dolvan who is here from Cameroon.



Dolvan says he is an engineer. His craft design of a car made from cardboard tubes proved that he's got creative talent in that area.

with adults or peers.

Dolvan, who was born in Cameroon, is a fifth grader and my mentee. He recently announced during a craft session that he was "an engineer" and wanted to design and build a car out of the available cardboard tubes. This effort required some creativity on both our parts to assemble a car with wheels made from pencil axles, a hood ornament and glittering running stripes. At an earlier session when we discussed snorkeling, Dolvan made from available materials a model snorkel and

goggles. Both impressed and recognizing the limitation of those models in the home tub, Dolvan's father bought him the real thing. That precedent aside, Dolvan doesn't believe that a car is likely to follow his current model although he'd be happy to have a bicycle.

JCA will be continuing this and other literacy programs in the fall and invites men and women to join. The main requirement is enjoying school-aged kids. There is no prep expected. Give John Hatch a call if this interests you. Ext. 4875.

# THE THINGS WE SAY – Just thinking about it can put you in stitches

By Jean Hubbell, Villas

**H**ave you ever thought about how our everyday conversations may be loaded with what I call colloquialisms and how those expressions are heard by those for whom English is a third or even fourth language? One of my caregivers (from French-speaking Burundi) made me aware of this when I saw puzzled expressions on her face and realized she didn't have a clue as to what I meant as we chatted away in our hours together. I started making a list and soon realized I had bitten off more than I could chew. That list is now gone with the wind, but during a recent visit with family, I mentioned the list and as we drove along we started thinking up a new list and ended up with fifty-one "interesting expressions" in just half an hour. I came up low on the totem pole as my son was just full of it and came up with the most, but we were all cooking up a storm.

I guess that makes my son top dog, the big banana, top of the trees, or whatever. He didn't wait for the cows to come home



before starting the list either, but was off a mile a minute it seemed. I remember my mother, a farmer's daughter, using "farm" expressions. Perhaps visits to my grandparents on the farm were when I learned to not count the chickens before they hatched. Traveling to the grandparents by train during the war years meant last-minute preparations had me running around like a chicken with its head cut off. My mother seemed to have

eyes in the back of her head, too, so I had to toe the line. I turned out to have a lot of my mother's characteristics, but people do say an apple doesn't fall far from the tree. Guess I'm proof of the pudding. A lot of my expressions are farm related — like run of the mill, make hay while the sun shines, straight from the horse's mouth, don't bite the hand that feeds you, hold your horses, chip off the old block, when pigs fly

or in a pig's eye, out to pasture. While we were on a roll in the car the expressions just kept coming.

Break the ice — use some elbow grease for that job — don't get your nose out of joint — take that with a grain of salt — pretty as a peacock — a watched pot never boils — a case of the pot calling the kettle black — it's more than meets the eye — that's a tall drink of water — that's a sight for sore eyes — squeaky wheel gets the grease — and many, many more. Did I mention my recent experience being scammed? A phone call to offer help with my computer had me falling for it, hook, line and sinker. Lesson learned. Never look a gift horse in the mouth.

If you're like me and use this type of language, you're not exactly speaking the king's English but perhaps it will all come out in the wash. How about taking a stab at making a list of your own? It can be family fun or with a group of friends, but don't get your knickers in a knot over it. Time to put a cork in it and stop. Next article will be a horse of a different color.

**How to Win Friends and Influence People: Keep It Short, Keep It Simple, and Keep it LOUD and CLEAR!** Announcements in the dining rooms should follow this form available at the dining room podiums.



## NOW HEAR THIS!

Dining Room Announcements will be made at 12:00 noon for lunch service and 5:30 p.m. for dinner service. Please keep announcements **SHORT** and **TO the POINT**.

Speak INTO the microphone. Speak loudly and clearly.

1. **WHAT:** \_\_\_\_\_  
(Name of Event, Concert, or Class—FREE or Not Free)
2. **WHEN:** \_\_\_\_\_  
(Day, Date, and Time)
3. **WHERE:** \_\_\_\_\_  
(Place)
4. **SHUTTLE BUS:** \_\_\_\_\_  
(Will be running or will not be running)

## In Memoriam

Resident	Residence(s)	Date of Death
Mildred W. Ezell	WHCC	06-20-2015
Mariette Vanderhaegen	Wallace	06-20-2015
Josephine Galdi	Edwards-Fisher	06-21-2015
Frances L. Hall	WHCC	06-24-2015
Paul Sirotkin	Edwards-Fisher	06-24-2015
Louise R. Beall	WHCC	06-26-2015
Barbara Evans	WHCC	06-26-2015
Richard "Ned" Hopper	Wallace	06-28-2015
Katherine I. English	WHCC	06-30-2015
Frances Kenvin	WHCC	07-03-2015
Carol Getzinger	Trott	07-06-2015
Georgina E. Deleon	WHCC	07-06-2015
Carolyn F. Iverson	Trott	07-09-2015
Russel R. Freese	WHCC/Wallace	07-12-2015
Marianne Cook	Diamond	07-14-2015
Florence Rykowski	WHCC	07-18-2015
Mary Sheridan	WHCC	07-18-2015
Irene Plummer	WHCC	07-18-2015
James Mehring	Villas	07-18-2015
Betty Allen	WHCC/Kindley/Wallace	07-19-2015
Athanasius Tapera	WHCC	07-22-2015
Gerald Wilson	Edwards-Fisher	07-23-2015
Mimie Meltzer	Mund	07-26-2015
Dale D. Decker	Kindley	07-27-2015
Emma Garay	WHCC	07-29-2015
John M. Clayton	WHCC/Kindley	08-01-2015

# How Green is Our Valley?

By Hal Gaut, Trott

Notwithstanding the fact that this article's title has a familiar ring, as good stewards of our resources we should all take an interest in our environment. Well, we can now get a delightful presentation of several of the various factors making up Asbury's

"greenness". (Good luck using that in your next Scrabble game!)

Sodexo, as part of their energy contract with Asbury, has provided us with a colorful Touch Screen that allows us to examine this information in some detail. Things displayed include water, electricity, natural gas, sewer output, as well as our contri-



Photo: Linda Aber

Author of this article Hal Gaut thought it would all be so easy. His expression here makes one wonder!



Photo: Hal Gaut

The Energy Screen is located on the wall between the AVTV Studio and The Smithey Technology Center in the Rosborough Arts and Wellness Center.

tribution to greenhouse gas emissions. For the last several years Asbury facilities have been doing quantitative measurements of these things at all of their facilities. Sodexo has now provided a means by which we can actually see the results of our stewardship, as well as trends based on past experience.

The system is an excellent tool that provides insights into how we are managing our resources. However, as it is still being perfected it still exhibits a few "interesting" anomalies. For example, during one of the last few years, one of our Asbury communities recorded the use of significant amounts of electricity and water. However, there was no indication of any sewage being generated. (Perhaps we should examine

the digestive systems of the residents.) You might want to check on which community has this "backup" before the computer folks "flush" out the bug that's causing that problem.

You will find the new Touch Screen, which functions much like a huge iPad, mounted on the wall, just to the left of the Smithey Technology Center in Rosborough. Many of you may have already seen the system featured on Asbury View a few weeks ago, but now you have a chance to try it yourself. So come on down and expand your environmental knowledge. There are four explanatory panels designed to walk you through the basics, mounted on the lower frame of the unit. GREEN HO!

## Welcome New Residents



### Trudy Strobel Diamond 104, x3193

Diamond now has its own "coal miner's daughter." Trudy Strobel grew up in Old Forge, PA, between Scranton and Wilkes-Barre, where her father worked in the coal mines. Upon graduating from high school she was recruited by the FBI and came to Washington, DC (her sister came 2 years later).

In 1952 she met, married and moved with her husband, Douglas to his naval assignment in Key West, FL. After a couple of years there, they moved back to this area, first to Wheaton, for 24 years and then to Olney for the next 26. Douglas worked for the National Geographic as a cartographer. He died 11 years ago. Trudy was

her Mother's caregiver for 45 years.

The Stroble family grew adding three sons (2 now in northern Virginia and 1 in Damascus) and a daughter in South Carolina, and 8 grandchildren. It is her daughter who was the driving force behind Trudy's coming to Asbury. They visited a number of CCRCs before choosing Asbury, which Trudy believes was the right decision. She is becoming reacquainted with a number of her former neighbors and friends.

One of Trudy's main interests is quilting and she hopes to keep involved with that now that she's settled here at Asbury.

-Mac McCullough, Diamond reporter

# Welcome New Residents

Dolores (better known as 'Dee') and John moved from their home in Arlington, VA to Park View 21 (phone x6809) on May 7. They had researched CCRCs throughout PA/NJ/DE/VA but it wasn't until they decided to try Maryland that they hit the jackpot. With the exception of the need for a few renovations, Park View 21 and Asbury Methodist Village were perfect for them (OK, not exactly perfect...no TV satellite dish).

Unlike many of us, Dee and John were born and raised in the same hometown, Long Branch, NJ. Living one block in from the ocean and the boardwalk made it a wonderful place to live. Both graduated from Long Branch High School, he in 1951, she in 1954.

Dee worked as a secretary at the nearby Army post, Fort Monmouth, from 1954 to 1966. John graduated in 1955 from Newark College of Engineering (now named New Jersey Institute of Technology) and started his career at Fort Monmouth. In late October, he was part of a team that was instrumental in plac-



Photo: John Villforth

## Dolores (Dee) and John Cittadino Park View 21, x6809

ing the first active communications satellite (Project SCORE) in space, in answer to the Soviet Union launch of "SPUTNIK" the year before.

In 1964, he earned a Master's degree at Stevens Institute of Tech-

nology, Hoboken, NJ. Also in 1964, Dee and John married. They have two children and two grandchildren.

In 1975, John was chosen to attend the Industrial College of the Armed Forces at Fort McNair, Washington,

DC. The entire family moved to Springfield, VA for 9 months. Shortly after graduation and the return to NJ, John was offered a position in the Office of the Secretary of Defense. This was very timely because at this point, Dee did not want to go back to NJ. Ultimately, John accepted the position and they moved back to Springfield in 1977.

In 1981, Dee returned to the workforce and one of her favorite jobs was working for the National Pasta Association. She retired in 1995. John retired from the Federal Government in 1987 and started his own consulting company, retiring permanently in 2013.

John enjoys watching sports of all kinds, TV, following the stock market, traveling, and movies. Dee enjoys reading, theatre, traveling, movies, concerts, music (especially DooWop/50s & 60s) museums, and organizing.

We welcome Dee and John to Park View and look forward to their involvement in many activities across the AMV campus.

—Lois Eberhard, Park View reporter

## Frances Rocha Mund 313, X5593

Frances moved into the Mund building over an extended period of time as she emptied her five-bedroom house in Prince George's County. But finally, just before Christmas, she was able to stay put and begin to settle down. She chose Asbury because she had been driving over to this area for years to visit her two sons and to watch her grandchildren's sports events and therefore putting a lot of miles on her car.

She was born in Welch, West Virginia, and when I asked in what part of W. Virginia Welch was located, she said it was Hatfield-McCoy territory, and she had actually known a teacher in one of the schools, whose name was McCoy. The teacher would not allow any Hatfields in her class; they had to be put in someone else's class!

Frances attended local schools, then went to the University of West Virginia where she earned a B.S. in Secondary Education. Later in her career, she did graduate studies at the University of Maryland.

She began her teaching career at Keystone Junior High in Keystone, WV. Her father's family lived in Maryland, and after two years teaching in WV so she could help her family there, she moved to Maryland and taught one year at Annapolis Jr. High. She moved to Prince George's County in 1964 and taught there until 2000, with breaks to have two sons. In 1996, the Department of Defense sent her to Germany to train



Photo: Bob Tedesco

military teachers and principals in mentoring techniques.

During her tenure in Prince George's schools,

Frances won several awards: in 1990, the *Bowie Outstanding Educator Award*; in 1995, *Christa McAuliffe Outstanding Teacher Award*; and in the year 2000, she received *Prince George's Chamber of Commerce Outstanding Educator Award*.

After she retired, Frances was asked to come back to work as a mentor to new and struggling teachers from 2001 to 2004.

Frances enjoys crochet, knitting, reading and especially watching Maryland sports, since her husband and all three of her sons are MD graduates and she did her graduate work there. She has crocheted afghans for ill church members; made baby afghans for all the babies born to families in her church; made afghans in colors of Maryland, Redskins, Ravens and Cowboys teams to use in silent auctions at a gala for "A Message of Hope Cancer Fund." (Her daughter-in-law is the CFO for the fund.) She also makes afghans from leftover yarn for students in low-income homes in Anne Arundel County. She would appreciate donations of leftover yarn for use in this project.

Frances is a member of Gaithersburg Presbyterian Church and is active in the seniors' organization there. She bore three sons, one of which died of MRSA a few years ago. Her husband died ten months later. She has five grandchildren, all of which are active in sports, and she enjoys spending many hours each week watching them "do their thing."

—Anne Porter, Mund reporter

# Welcome New Residents



## Ellen Klotz Diamond 917, x 5266

A Midwesterner, Ellen was born in Sheboygan, Wisconsin but grew up in Milwaukee. She attended Washington High School there and met her future husband, Charles. After graduation, Charles went into the U.S. Navy and Ellen went to Prospect Hall Business School. After Ellen graduated from Prospect Hall and Charles was discharged from the Navy and began coursework at the University of Wisconsin, the couple married.

Charles' career as a chemical and nuclear engineer meant the couple moved many times. This included a period at Oak Ridge, Tennessee where Charles had the opportunity to attend the Oak Ridge School of Reactive Technology and to meet Admiral Hyman Rickover. Charles worked for several other energy and

engineering companies before joining Argonne National Laboratory, from which he retired 20 years later.

The Klotzes had three children: the oldest, Eric, lives in Nashville, TN; Karl in Minneapolis, MN; and Ann in Washington, DC. They also have 3 grandchildren. Charles died last September and Ann convinced her mother to move to Asbury. Ann had done considerable research as to the best CCRC available and Asbury was it. Members of the 9<sup>th</sup> floor have already held a small reception for Ellen in the Pub.

Ellen has always had a strong interest in genealogy and wants to get back to it. She also says she is interested in refreshing her computer skills. She was assured she had come to the right place for both those interests.

—Mac McCullough, Diamond reporter

## Cecile Pease Trott 502, x6468

Lively is the word for Cecile. Her face lights up when she talks about her favorite things - Paris or horses to give two examples. Cecile was born and reared in New Bedford, Mass. Her grandparents were French Canadians, and she grew up speaking both French and English. Grammar school and high school used both languages. She went to college in nearby Bridgewater and moved to Portsmouth, New Hampshire after marriage. Joseph, her husband, was an engineer who worked for the Navy. Cecile taught math to high school students. While there they had the first of their two sons.

In 1971 the family moved to the DC area, where the second son was born. Joseph was still working for the Navy, and Ceci-

le did tutoring in Fairfax, VA. Later they moved to live for 25 years in Kettering, MD. She taught math in three different schools in Prince Georges County. After the boys had grown up they moved to Bowie. One of Cecile's passions is for horses - for many years she owned and rode steeplechase. [Cecile says it is therefore fitting that she moved to a building named Trott!]

She and Joseph enjoyed traveling, especially on cruises. But a real highlight, following their son's wedding in London, was to go to Paris. Her fluency in French made the trip even more satisfying. Joseph died in 2011. One son lives in Michigan, but the other and Cecile's three grandchildren, are here in Gaithersburg. This made AMV her first choice for retirement, and she is already enthusiastic about the Fitness Center in Rosborough.

—Jack Hutching, Trott reporter



Photo: Hal Gaut

## Joann Schilling Wallace 220, x6591

Golf has, for a long time, been an important part of Joann Schilling's life. She doesn't play any more, but she watches a lot of tournaments on television. A rug at her door carries this message: "Life is like a game of golf ... you just get out of one hole and head for another."

Joann and her late husband, Walter, played plenty of golf in Vero Beach, Fla., where they had lived since 1989; they lived in the Regency Park Retirement Community for nine years. Before that, they lived in Gaithersburg, where Walter owned an insurance agency now run by their two sons. Their daughter lives in Gilbert, AZ. Joann has seven grandchildren and three great-grandchildren.

Walter died of lung cancer in 2006, but Joann continued playing golf and running Regency

Park's library. Reading continues to be an important part of her life. Balance problems prevent her from playing golf.

Joann attended Washington public schools. She studied at Stephens College in Columbia, Mo., and at Northwestern University, where she met Walter. They were married after her junior year.

In the 1940s, before starting her family, Joann worked at a "one-horse radio station" in the District. Early in their marriage, she worked in Walter's office. She and Walter loved to dance. At Regency Park, she was in charge of the library and was a member of the committee that welcomed newcomers.

"I was blessed in many ways," she says. "I just enjoy my life."

—Mercer Cross, Wallace reporter



Photo Mary Waldron

# Welcome New Residents

Bing - jokingly nicknamed by his nurses when he was a baby because they said he sounded like the crooner - and Patty have paddled their canoe on rivers all over the United States. They still have it, and they're still paddling. They've biked endless miles in this part of the country. They've hiked a good distance on the Appalachian Trail. As Asbury newcomers, they show few signs of slowing down.

They came here from Montgomery Village. Both commuted to Washington, where Patty was an office administrator and Bing was a statistician with the Food and Drug Administration, working on food safety.

Patty, a District native, grew up in Rockville and graduated from Penn State. Bing, a native of Tampa, graduated from the University of



**Wallace Garthright and Patricia King,  
Wallace 214, x6862**

Richmond before earning a graduate degree in mathematics from Duke University.

Both Patty and Bing have traveled widely - she to Europe, he to Mexico and South America - and they honeymooned on the Seine River in 2000. They want to see more of the United States.

Both are well acquainted with retirement communities. Bing's mother, Dottie Garthright, lived in Kindley for three years. Seven other family members lived in continuing-care communities similar to Asbury.

Patty has two children and two grandchildren. Bing has three children and four grandchildren.

Bing is looking for a good poker game.

- Mercer Cross, Wallace reporter



Photo: Hal Gaut

## Leslie Goshorn • Mund 707, ext. 5483

Leslie moved to Asbury from Orlando, Florida in April of this year. She and her husband had been married 40 years when he died in 2004, and they had never downsized, so she says that was the hardest part of this move. Her son, Darryl, and a sister both live here.

Leslie was born in Pullman, Washington, but grew up in Washington state near Mt. Baker. Her parents were both college graduates, unusual in those days, but she did not enjoy academics. She attended Jr. College for one year, but because she was interested in fashion, she moved to Los Angeles and found a merchandising training program in one of the department stores there, which

she attended for two years and spent one year in the University of Hawaii merchandising program.

Returning to the mainland, she found a position with Northwest Airlines in Seattle. Later she was transferred to Washington, D.C. Very soon after she arrived the Northwest employees went on strike and Leslie found herself out of a job. She had met her future husband on a church-sponsored hayride. Elmer Goshorn was a newly minted Patent Attorney, but he was willing to spend two months in Washington State getting to know her parents and helping on the dairy farm where they lived and worked. He and Leslie were married at the end of the summer and honeymooned in

Lake Louise and Banff.

Elmer's work took them from his first job with International Harvester in Chicago, Illinois in 1962 to San Francisco, to Washington, D.C. during the Kennedy administration, and later, the Navy Department. While they lived here, Leslie worked as a secretary in the office of the Congressman from Ohio and as a Realtor in the Arlington, Virginia area where she was in the top one percent in real estate sales nationally at the height of her career.

When Elmer retired, they bought a motor home and sold their house. Eventually they ended up in Orlando, where they both took jobs with Disney World. Leslie retired after two years, but Elmer continued to work and, in 2004, died of a heart attack while he was at work.

When she was young, Leslie enjoyed hiking and back packing, and was also active in high school and college drama productions. She has made many quilts, learning from each one. She belonged to a group of quilters, who met together, each working on their own quilt. She has also volunteered at her church (Christian Science) and attends Bible Studies. In addition to her son, who lives in the area, her daughter lives in New York City.

-Anne Porter, Mund reporter



## Edith Poetzchke Diamond 1001, x5879

Edith moved into Diamond in mid-April. She had heard about Asbury Methodist Village from her son's father-in-law, Ade Graham, who had moved into Edwards-Fisher a few months earlier.

Edith was born and raised in Germany. She met her first husband while they were both serving in the German army. The family, mother, father, son and two daughters, came to the United States in 1957. She has been a widow for the past 5 years.

Edith made her home in Southwest Washington for 20 years and worked in data processing for National Marine Fisheries, NOAA, before her retirement.

In addition to her children, Edith has nine grandchildren, three great grandchildren and a large number of family and friends in the Washington area. We welcome her to Diamond.

-Mac McCullough, Diamond reporter

# Welcome New Residents



Photo: Dorothy Harris

## Norma S. Adams Edwards-Fisher 211, x4990

While raking leaves and purchasing Halloween candy was foremost in everyone's minds, Norma S. Adams' mind was on moving. The transition was challenging because it not only called for adjusting to a new life for herself, but situating her husband in a caring environment. She became an occupant of Edwards-Fisher apartment 211 on October 14, 2014. Norma was born in Pittsburgh, Pennsylvania where she received her education.

It was at a high school dance that Norma met her husband and the romantic, but brief courtship that followed bloomed into a marriage of sixty-eight years. Coming to terms with his recent death, Norma is fortunate to have a large loving and supportive family consisting of four sons, nine grandchildren and seven great grandchildren - a true family circle.

Communication was Norma's field of expertise. She became Group Manager for Bell of Pennsylvania and held similar positions at AT&T and Verizon. A successful business career plus raising a family left her little time to enjoy her current interests such as travel, reading and puzzles. She finds crocheting and knitting very relaxing. Norma's high school volunteer work was being a "Candy Striper" at Braddock General Hospital. She also enjoyed helping out at her local library.

A medical facility that would offer comprehensive care for her husband situated close to attractive, independent living quarters plus a location near family was the need that led Norma to select Asbury Methodist Village as her place for retirement. Now we Asbury friends and neighbors get the opportunity to help to open new doors as Norma did when she took her first golf lesson at seventy-nine.

—Joan Dunlop, Edwards-Fisher reporter

## Martha Olin Edwards-Fisher 405, x4562

Many starry-eyed young women dream of a glamorous career in New York City, but Martha Olin of Edwards-Fisher actually achieved it!

Born and raised in Ann Arbor, Michigan, she came to D.C. in 1951 to attend the prestigious National Cathedral School for Girls, and then on to Connecticut College for Women, (now co-ed), with majors in both physics and philosophy.

Her first job was with American Airlines, where for 9 years she progressed from a neophyte management trainee to an executive position in marketing.

She went on to a rewarding career with Avon Products in New York City. It is fascinating to note the juxtaposition of her tenacity

and creativity with the fast-emerging concept that a woman could do everything a man could - - and perhaps more! At the start of her corporate journey, Avon Products was regarded as an exciting new way to enrich a woman's life, with the added allure of adding a few coins to the family's coffer! (At this juncture, a fortuitous time to buy Avon stock!).

As Avon prospered, Martha's opportunities in various marketing departments grew. She was given a challenging position as head of the Costume Jewelry division, expanding the scope of its offerings to include sophisticated, innovative costume jewelry and other accessories. She created an entirely new division, "Gallery Originals" — a line of high-end, giftable creations, marketed through its own separate

glossy catalog to a new target audience. This brought her great satisfaction and the opportunity for business trips to Europe and the Orient.

Martha "retired" in the late 1980's to her home in Litchfield, Connecticut. There, she was engaged in her new adventure — selling real estate for Sotheby's International. After 20 rewarding years, Connecticut's rough winters persuaded her to relocate. This time, she chose Gaithersburg, in order to be near her brother and his family.

Here at Asbury, she can look back on a ground-breaking career, and forward to new opportunities, such as enjoying her varied hobbies and interests. Let's take care, Asbury, that we don't gobble up all of her free time!

—Trudy Meissner,  
Edwards-Fisher reporter



Photo: Dorothy Harris



## Steve and Susanne Hardy Diamond 1002, x3119

Susanne was born in Charlotte, NC, but grew up in nearby Newell. After high school she went to Agnes Scott College in Atlanta for two years before enrolling in the University of North Carolina, where she received an A.B. in mathematics education.

Although he was born in New Orleans, LA, Steve is more of a Marylander. He moved to Rockville when he was seven. His father had taken a job with the Public Health Service. Steve graduated by Bethesda-Chevy Chase High School and then from the University of North Carolina in Chapel Hill with undergraduate and master's degrees in physics.

Steve and Susanne met at UNC Chapel Hill. They married and have three children. Their older son lives in Colorado; their daughter in Mt. Airy, Maryland; and their younger son near Phila-

delphia. There are six grandchildren, two girls and four girls.

Steve was employed at the National Institute of Standards and Technology in the Metallurgy Division, starting at the National Bureau of Standards on Connecticut Avenue in Washington before moving to its present location on Diamond Avenue. Susanne was employed at Montgomery College in the Student Financial Aid Department. The Hardys are longtime members of Mill Creek Parish, United Methodist Church.

Steve likes to read, work the more difficult Sudoku in the Washington Post, and follow baseball. Susanne likes to work crossword puzzles, garden in containers, and use the computer. The Hardys know Asbury well having lived in Derwood for many years, having Steve's Mother in residence for nine years, and having many of their friends already in residence here.

— Mac McCullough, Diamond reporter



# Village Life

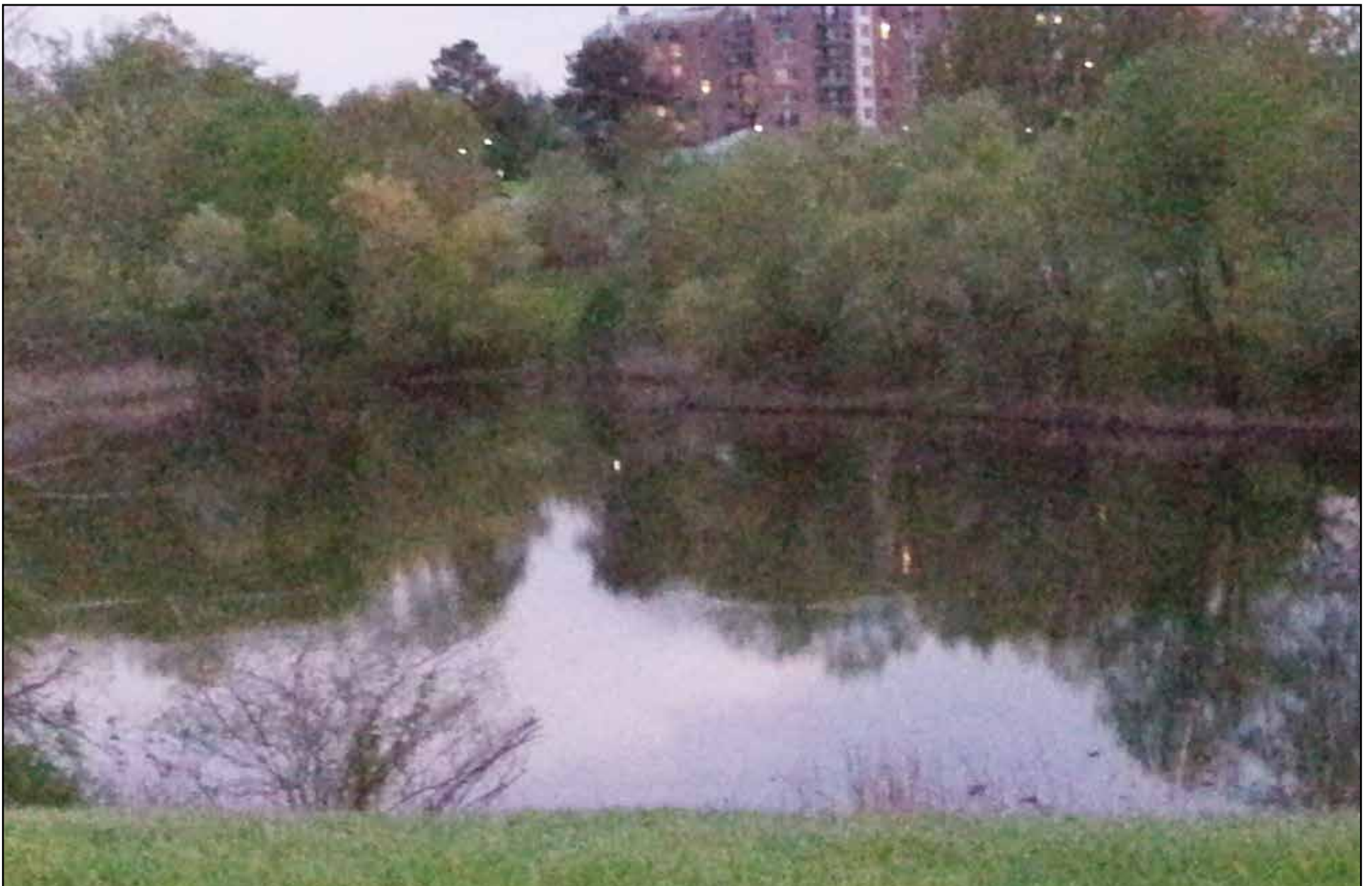
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*“...at the twilight’s last gleaming...”*



The lower ponds at twilight.

Photo: Maria Roberts