

President's Message

From Jim McMullen

What a summer this was. Everything locked down or severely restricted. But we are very fortunate to be here in our well-protected enclave. We surely have been inconvenienced and isolated; but importantly we have been spared any virus cases thanks to the extraordinary measures taken by the staff and management here and our willingness to observe these measures.

The situation is improving; restrictions are being relaxed. Restaurants in town are open with limited seating. We are meeting in small groups (wearing masks and observing social distances). The Lollypop theatre returns; bus trips to grocery, bank and pharmacy resume and exercise classes resume with limited seating. It seems most of us are anticipating the reopening of the Dining Room and resumption of Happy Hour so we can enjoy good food and resume old friendships.

Speaking of friendship, several new residents have entered. Let's welcome them to the Moorings. Introduce yourself with a card or a phone call.

Finally, I want to give a nod to Sallie Corbishley, our editor. As you may know, Sallie passed a short time ago. She was a wonderful person and a diligent, creative newsletter editor. We miss her. Thanks to Sharon Hoover and Tom Reed for stepping up to take over on short notice.

Stay well,

Jim

Our "Covid" Vacation

Ed. Note – these paragraphs represent more than one person's activity. We combined some of them to make it easier to read.

Walk daily, outdoors or indoors (up and down the hallways in the big building in bad weather); Rereading favorites, such as "Charlotte's Web" and "Gift of the Sea"; Going through all the magazines, reading, then throwing out!; Telephone calls to distant family, to old friends and co-workers; Guided Meditation on Channel 970; Meeting new move-ins in my hall; Walking around the campus each day; Walking the lovely walkway behind the houses on Friends Way with lots of beautiful shade trees, well cared for grass and flowers (and some tomatoes). There's a comfortable bench to rest on. One day, the sprinklers came on. My running days are over so I got a little wet and chilly as I walked home!

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TMALRA Free Press

Published Quarterly
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Board Mtgs - 2nd Monday
General Mtgs - 3rd Monday

LIBRARY LINES

Covid 19 has changed our lifestyles in many ways. One thing that hasn't changed, however, is the desire to read among our residents. Also, the way residents get and return books, magazines, CDs or Videos has not changed.

If you are a newbie here at the Moorings you might not know that all you need to do is take the item that you want, no signing it out. All we ask is that you return it in a reasonable amount of time and when you return it put it on the small table (boxlike on the top) inside the West door. This is the door closest to the auditorium. You will find a sign designating the proper place for return items.

The other table inside the far door is for donations that you might want to give to the library. Our library committee members add new appropriate books to the library and reshelve the returned books. You might think you are helping by putting a book back on the shelf but we like to do it because we mark it to indicate that the item has circulated. When we need to "weed" the library it helps to know what is being read.

Enjoy your reading--find a good read, take it home, bring it back when you're finished. Questions or suggestions, ask Judy Burgess, Mildred Wiedmann or any other library committee member.

2020 Census

Sandy Spence is serving as a census enumerator (enumerators collect census data by doing interviews door-to-door) and got the last 3 independent residents. Annette reported all the people who were in Assisted Living and skilled care as of April 1, so we are now all counted! Rebecca Rogers was going to training to become an enumerator to make sure that all the other people in our area are counted.

Thank YOU!!!

A special thank you to the dozens of people who contributed to this newsletter! We love our residents who are active participants.

"May you live in interesting times"

This means may you **live** during **times** of uncertainty and disorder as opposed to peace and tranquility. (A blessing that is a curse)

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain

Covid Vacation (from p1)

Created an interesting event: a zoom party for a 60th anniversary with old friends who attended our wedding. A 10-minute video showed how young we were. Our granddaughters were amazed that we had ever been young! They got the idea that all we ever did was party! No one thought to take pictures of us scrubbing floors, bandaging bruised knees, or sitting in endless meetings. Afterward, there were no champagne glasses to wash and we had a quiet dinner with a sister and brother-in-law. A special celebration!

Watched more daytime TV!; Reading; Appreciated restrictions and confinement so that there is no Covid outbreak at The Moorings; Played golf; Waited for return of Monday night bridge and Friday afternoon Happy Hour!; Cleaned my clothes closet; Organized paperwork and files, a never-ending chore; Read; Played video games; Did jigsaw puzzles (20 so far).

Have learned that I can sleep so late in the morning that breakfast and lunch can be the same meal. That only leaves one more to do for the day!; No activities means my plants get watered more regularly!; Contemplated cleaning out the closets; Yoga; Tai chi; Learned to post on Facebook for church; Helped to update a new website for church. Oodles of zoom meetings with church members for happy hour and card playing and movies; Movies, movies, movies; Reading from our own library!

Xtreme Sudoku; Free cell; Retinue of kings and spider solitaires on the computer; Mahjong and jigsaw puzzles on my smartphone;

Walked the dog; Puzzles; Painting; Fed the birds; Listened to music (no TV or telephone until 6-7 p.m. then shut it off); Reading; Writing family memoir.

Researching family genealogy; Painting rocks; Waiting patiently for the poker game to start; Learning to zoom; Learned that P.J.s are the perfect attire until lunchtime; Watching calendar squares stay empty except for “cooking in” or “ordering in”; Tried to keep local businesses, such as Atlantic Liquors, from closing down.

Got my husband (not a game player) to play Gin Rummy and Rummikub and kept every score sheet for history!; Bought a new car in January and now have a grand total of 1200 miles on it!; Thought a lot about how life used to be; Read so many books; Colored many pages; Took many naps; Cleaned out every closet; Did Sudoku books and Word Search books; Cleaned every bureau drawer and cabinet; Helped Amazon to increase its profits; Learned my husband’s middle name.

Went away for a week and enjoyed the different views; Bothered Lauri Weeks with questions; Spent many hours on the computer; Found one piece of a 1,000 piece puzzle; Ate take-out, take-out, take-out; Typed up a list of what I did during Covid-19; Have never been bored; worked in the woodshop; Attended Quaker Meeting every Sunday on the patio. Stayed busy doing nothing. Waiting, waiting, waiting...

Rathskeller Ramblings By Jim McMullen

Last time I was preparing to brew the Whiskey Barrel Stout. The brew is now properly aged and bottled and it tastes GREAT! Not the tasteless mud of most stouts. (Sorry Guinness, but that’s how I feel.) As you may recall it is aged on wood chips from used whiskey barrels and that really ramps up the flavor. It’s now at its peak and I was sure you would really enjoy it. *Continued on pg.6*

How is your Deoxyribonucleic Acid?

By Gil Kaufman

You may have heard more about deoxyribonucleic acid by its more common nomenclature as DNA. It is the hereditary material found in humans and in fact in almost all other organisms. As a result, one of its major uses is to help us learn more about our family history, more specifically where our families originated centuries ago. Ruth and I both did so several years ago and found the results interesting and surprising.

Along with support for well documented knowledge of my German and English heritage, I was surprised to learn the existence of a significant Scandinavian component. Nowhere in family lore or documentation is there any hint of Scandinavian family members, so we have to assume there was a Viking raid or two back there somewhere. Ruth's was more straightforward, confirming what we knew of her family's English and Scottish roots. The experience was worthwhile, and I recommend it. This information was a valuable addition to our already substantial family history. DNA kits for family history are readily available from several sources, the three most popular being Ancestry.com, 23andMe.com, or CRI Genetics. All that is required is a bit of saliva put into the kit packs and returning them, as directed.

Getting your answer will likely take several weeks. All three companies offer determinations of additional information such as health history for additional fees. Basic fees for family history vary but are generally in the range of \$150-\$250.

It is worth noting that DNA has other uses, primarily crime scene investigation, anthropological research, and bioinformatics. A brief word about each:

Crime Scene Investigation: DNA is used in police investigation to determine matches with individuals who have carried out murder, rape and robbery by matching DNA found at the scene of the crime with that of suspects in the crime, a process generally referred to as DNA profiling. Crime scene data can be recovered from even the smallest residual of someone's presence: hair, blood, skin, semen or saliva. This has become a whole new branch of forensic science sometimes leading to the solution of long dormant crime investigations.

Anthropological Research: Even very small samples of DNA from the bones of long extinct humans and animals can be used to trace their historical existence and their relationships to other similar beings, including those still alive today. Sufficient information is stored within the DNA to permit scientists to study evolutionary biology and patterns and to deduce useful historical information about specific species.

Bioinformatics: This is the term encompassing the discovery and evaluation of techniques to mine, store, search and manipulate DNA information. Its continued pursuit is providing ever more accuracy and precision of what can be learned from DNA. It is within this field that the Human Genome Project is carried out in efforts to learn more about the possibility to modify DNA to improve health by deleting defective genes. It is also the field of concern to many because of the potential for its misuse in cloning or racial screening or modification.

In Memorium

Bill Gehron	5/24/2020
Bea Robinson	5/27/2020
Pat O'Hanlon	6/3/2020
Frances Bazzoli	6/14/2020
Barbara Travers	6/20/2020
Joe Boyle	7/26/2020
Richard Gumski	7/31/2020
Phyllis Frick	8/19/2020
Sallie Corbishley	8/20/2020

What Have We Been Doing in the Gift Shop?

While it has been an overtly quiet time for the Gift Shop, behind the scenes there is more going on than it appears. This includes cleaning the sticky scotch tape scars off the sales desk with GooGone™, beginning to categorize and price all of the donations that have come in during the hiatus (thank you very much), and organizing the shelves in our storeroom. We also are inventorying and determining needs for new candy, ice cream and gum supplies; much of the candy has become outdated during the period we have been closed (you can look forward to some big sales at 50% off to get rid of it).

We still have a ways to go with all of this, but we have help. Mike & Diane Bair will be helping with the donations and keeping the shelves looking good in addition to handling some purchases; Marianne Jarvis helps us deal with the need to take overflow to local thrift shops, and Naomi Lowe has become our main line to bulk purchases at BJ's, all much appreciated. And I'm pleased to say most of our volunteer sales group remains intact.

The bottom line: we are looking forward to a reopening perhaps as early as September 15, but possibly October 1 depending upon Covid-19 guidance from the Governor and from Springpoint headquarters. In the meantime, please feel free to let us know what you can hardly wait to get from the Gift Shop so we are sure to have it on the shelves for you when we open. And please keep those donations flowing; we are in special need of jewelry items you no longer need, but welcome all of your redundant items except clothes (and books, DVDs, and CDs go to the Library).

Covid Conditioning (Exercise)

Exercise is a popular Covid-19 sport at The Moorings. Probably 25 to 35 people in Independent Living participate on a somewhat regular basis. That's not counting those who use the exercises on channel 970.

Walking is the easiest exercise (for those who can walk!). Individuals and small groups walk the grounds and the neighboring developments. The trails are excellent (many rolling walkers do fine) and walks can be shorter or longer. On reasonable days, a small group walks at 2:00 p.m. Not only is walking good exercise but even with social distancing, the social comradery is welcome. On hot or rainy days, walking is done along the long hallways in the main building upstairs and down.

Outdoors you can see a heron land on the ponds, a box turtle inching down a trail, butterflies landing on bushes, and hear myriad birds singing, including the raucously loud singing at times of the resident mockingbird.

About a half dozen people regularly use the fitness room under Michael's supervision. The machines and the stretching exercises help strength, endurance and balance. The NuStep strengthens the legs for those who use wheelchairs. Those who want individual attention appreciate Michael's specific guidance. Email, call, or drop in to make appointments. It is not difficult to arrange days and times.

The 9 a.m. and 10 a.m. classes are popular with about 15 to 20 people. Michael leads all sorts of stretches of the body, provides exercises for specific problems residents mention and entertains with stories of his experiences and failures in the martial arts. Residents move as they are able and tell stories as they please.

Welcome New Residents!

Gail Bourassa	Apt. 234
Karen Gillam	C 22
Rosemary Letonoff	
	Apt. 126
Carol Wilkinson	C7
Geraldine Kaier (Geri)	
	Apt 201
Meredith Cox	Apt. 223
Eileen O'Neill	Apt. 228
Joan Madeksza	Apt. 233
George Travers	Apt. 242

If you happen to see a new resident, introduce yourself (from a safe distance). They have interesting stories!

Joan Modeksza, for instance: born on an Iowa farm, began her education in a one-room schoolhouse with no electricity and ended at the University of Iowa, Phi Beta Kappa, and began teaching in Omaha, Nebraska.

She took whatever jobs she could as she followed a much-transferred husband from Connecticut to Florida to Alabama. She worked as a magazine editor, newspaper editor, and finally a faculty member at St. Augustine College in Raleigh, N.C. She then followed her husband to

Delaware where they had lived at one time in Milford. While traveling and working, she had time to have three children with now five grandchildren (ages 15-25). They are strewn across the country from Dewey Beach to Wayne, PA, to Flagstaff, AZ.

She and her husband wintered in Sun City, Arizona, until his health no longer allowed it. Now she clumps around The Moorings with a purple cane because of a hip fracture last Thanksgiving. She has about decided to keep the cane when she no longer needs it because she notices that people to more readily agree with her when she is using it! She prides herself on being a mediocre bridge player, a great reader and a former seamstress. She hates to cook.

Delaware Election - 2020

Sept. 15, 2020 – State Primaries
Nov. 3, 2020 – General Election
Register to vote by October 10

Vote by Mail – Mail-in Voting is only approved for the 2020 elections. Mail-in ballot applications will be sent to every registered Democrat and Republican for the 2020 Primary Election and every registered voter for the 2020 General Election 60 days prior to the election.

Rathskeller... from pg.3

Here's a bit of irony. I got a case of large 22 oz. bottles specifically for Happy Hour. Those bottles took about 4 gallons of the 5-gallon batch. But guess what? Corona virus showed up and just won't go away. Upshot; no Happy Hours and not enough folks to help me enjoy it. I have been sipping at it and there is still some left. So, if you'd like to help empty some bottles for the next round give me a call. We can work something out.

The next effort is an old favorite Red Ale. Brewing is imminent, just as soon as I can get the right days open. It is deep red in color with a robust flavor. The malt is the star player here and the hops play a strong, but not overpowering, supporting role. Even folks who don't like beer like this one. If the timing is right it will be ready by Halloween and peak out for Thanksgiving and Christmas. By then we might have our Happy Hours back? We can only hope

"I never made a mistake in my life. I thought I did once, but I was wrong." Charles M. Schulz