

# THE FREE PRESS

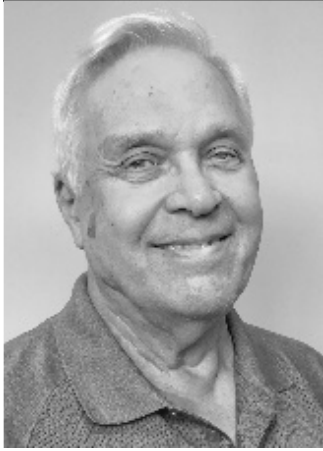
The Moorings at Lewes Residents Association

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TV Channel 970

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## President's Message

Well, well. Here we are at the start of another new year. Happy New Year, everyone. Much has happened since my last column and we'll get to it all.

I am today sequestered, not by Covid, but by the

second snowfall of the season. One local TV station reported 12 inches in Lewes. Thanks to our hard-working, dedicated employees we're being dug out quickly. And our dining services staff is hard at work making sure everyone is properly fed. As you encounter these folks take a moment to express your appreciation for their efforts.

Fortunately, we still have power, unlike a major storm several years ago. Our pioneer members would love to tell you their stories about that one.

What's been happening? We've welcomed 12 new resident/members. (See the New Residents panel later in this edition to see who they are.) They are all great folks and we are fortunate to have them with us. So, when you see an unfamiliar face take the time to introduce yourself and make them feel welcome. Rumor has it that there will be still more new faces arriving in the coming weeks.

At our December meeting we elected/re-elected officers and area representatives to two-year terms. Congratulations to Tom Reed, Treasurer; Larry Myers, Assistant Treasurer; Marianne Jarvis, Corresponding Secretary; Mildred Wiedmann, Cottage Representative; Diane Bair, East Wing 2nd Floor Representative;

Linda Trzyzewski, West Wing 2nd Floor Representative; and Fran Baker, Healthcare Area Representative. Congratulations to you.

**Stay well, Jim**

## THE QUAKER ORIGINS OF CADBURY AT LEWES

The original establishment of Cadbury at Lewes, now known as The Moorings at Lewes, was accomplished with a strong background in Quaker beliefs and practices, and these were important to some early residents' choices of a home here.

Cadbury was named for Henry Joel Cadbury, a leader of the Religious Society of Friends, better known as Quakers. In the early published mission of Cadbury, it was stated that Cadbury at Lewes is "guided by the philosophy of the Religious society of Friends in offering a continuum of services to meet the emerging needs of seniors."

In the "Code of Conduct for Cadbury Senior Services and Affiliates" published at the time, guidance was provided on the steps needed to provide excellence of care and of quality of support staff, plus the importance of maintaining appropriate respect for all residents and the confidentiality of their personal information.

What did this mean in everyday life at Cadbury at Lewes? It included such things as making decisions by carefully developing consensus rather than by simple up-or-down voting, and by starting all meetings with a moment of silence to help clear minds and encourage calm collection of thoughts and ideas.

It was never intended that residence at

## Board of Directors

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Asst. Treasurer	Mike Bair
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Corresponding Secretary	Marianne Jarvis
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Assisted Living	Fran Baker

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By-Laws	Jane Lord
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Dining	Claire Thomas
Empl. Appreciation	Carol Lader
Gift Shop	Gil Kaufman
Library	Judy Burgess
Nominating	Gil Kaufman
Program	Adele Trout
Wellness	Sharon Hoover
Wood Shop	Richard Thomas

## TMALRA Free Press (Printed Quarterly)

Editor	Sharon Hoover
Layout	David Bleil
Distribution	Joanne Nichols

*Board Mtgs 2nd Monday*  
*General Mtgs 3rd Monday*

Cadbury at Lewes be limited to Quakers; rather it was intended that some Quaker practices like decision making by consensus and the employment of the moment of silence would be followed. For non-Quaker residents like Ruth and me, the day-to-day impact was minimal, but we saw the Quaker philosophy as a positive.

The Quaker practices were generally followed in the early years of Cadbury at Lewes, encouraged by the fact that our resident life director, later the executive director, was a functioning Quaker. With time and an increase in the wider range of residents of varying backgrounds, however, such things became less rigorously followed. Even starting meetings in that manner was gradually limited to higher level meetings run by the Cadbury management and to those run by the resident association management.

Once the affiliation with Springpoint was established, led by the first executive director of Cadbury at Lewes, the stated reliance on Quaker philosophy was dropped and the association recognized simply as a part of the early history of Cadbury at Lewes.

So when Jim McMullen starts the next TMALRA meeting calling for a moment of silence, please recognize that he is not only following our early Quaker tradition, but also in his own words using it as "a way to collect my thoughts, decouple from the hub-bub of the outside world, and try to figure out what's best for the members and the community." We couldn't have said it better!

***Gil Kaufman***

## Resident Life Committee

As reported in the December 2021 issue of The Free Press, early last year the Resident Life Committee was rejuvenated with goals of helping new residents adapt to life here at The Moorings of Lewes and researching activities or topics the residents are interested in that have either not been

considered before or previous activities that have not been recently offered.

For the benefit of all the new residents what follows is the mission statement of the RLC.

"The Resident Life Committee of the Moorings at Lewes' purpose is to enrich residents' lives with programs and services that entertain, inform and educate so they can stay social and active in Independent living while helping to facilitate transitions through the continuum."

The major project the committee is now working on is the development of a handout that addresses questions, concerns, fears, and the process of transitioning from Independent Living to Assisted Living.

Additionally, we are looking at the many ways Assisted living residents can interact with our lives in Independent living and participate in more of the Independent living activities.

If anyone has questions about the Resident Life Committee, please feel free to contact either Lauri or me.

**Don Smith**

## **The Well Read Owl**

Have you seen the new signs in our library for the "Well Read Owl"? These two birds carefully guard a collection of books, selected for your reading pleasure as really good reads. Members of our Library Committee have chosen books they personally enjoyed and have placed them on this shelf.

Each of these books has a bookmark, adorned with a bookish bird. So please, take one of these for your pleasure, read, enjoy and return to the "Well Read Owl" book shelf when you are finished.

**Judy Burgess**

### **Valentine's Day Thought**

Love is that condition in which the happiness of another person is essential to your own.

**Robert A. Heinlein**

## **CADBURY CHORUS CORNER**

Here is an update on what the members of the chorus have been doing after a very successful Holiday Program. We have been resting our voices ! We were in hope of returning in February without masks but it certainly does not look likely at this point. So, if we are to have a Spring Program we need to practice.

We will have our first rehearsal on Tuesday, Feb. 8th at 11:00 A.M. in the auditorium. Please wear the proper attire...a MASK ! But hopefully, not for long.

**Carol Bishop,  
Chorus Manger**

## **The speed limit throughout the Moorings is 15 MPH**

Our roads are occupied by persons and pets who are less nimble, possibly hearing impaired and possibly distracted. Please observe the posted limit. It is low for a reason.



## The Bridges of Moorings County

After enduring several years of semi-submerged sidewalks, because Delaware doesn't drain, the Moorings sought a contractor to improve the possibility of passage – dry shod. All the buried electric wires and apparently some of the buried lawn irrigation pipes were located and flagged. Low spots in the sidewalks where water collected after rains were marked and fitted with drains at sidewalk level. These were piped directly into the central pond. Elevation surveys found that in several areas the sidewalk had subsided sufficiently, that the French Drains being installed elsewhere, would not succeed in eliminating ponding on the paths. To deal with these troublesome areas, bridges were proposed. Many wondered how could this be done? What would they look like? Would the bridges have an Oriental garden theme?

An itinerant photographer arrived on the scene to record the progress and the results.



First the existing sidewalks were removed. Gravel fill was added to the saturated soil to facilitate water flow. Drains and piping were added next in order to carry water to the new drain field headed to the pond.

Decking for the new bridge was framed over the low spot. Fortunately it was not necessary to elevate or arch the bridges to allow passage of vessels or waterfowl underneath.



Wheeled vehicles were expected to use the bridge, so guard rails were necessary to keep vehicles from rolling off the sides and to prevent bungie jumping off the bridge.

The depressions on the low side of the bridge were filled with river rock to avoid creating long term ponds underneath.

The finished bridges are an attractive gray, weather resistant boards with vinyl railings. An inclined ramp to permit easy access for



wheelchairs was the finishing step and these have proved successful.

The bridges of Moorings Country are attractive improvements for travel in any season.

**David Bleil**



## **Our Medical Leadership – Dr. Manu Sehgal**

Dr. Manu Sehgal is our Medical Director here at The Moorings, and he is also the primary care physician for a number of our residents. Dr. Sehgal is a board-certified geriatric and internal medicine specialist specializing in the unique health needs of seniors, including chronic diseases, nutritional problems, skin ailments, cognitive loss, memory impairment, the adverse effects of medications, immobility, and balance issues.



Dr. Sehgal practices in Milford, DE as well as here at The Moorings. He is a member of Beebe Healthcare's Medical Staff and has affiliations with other hospitals in the area including Bayhealth-

Kent General Hospital, and Bayhealth-Milford Memorial Hospital.

Here at The Moorings, Dr. Sehgal not only sees Independent Living and Assisted Living residents at our Health Center, but also administers to all Skilled Nursing residents in their apartments.

Dr. Sehgal graduated with honors from Sarojini Naidu Medical College in Agra, India in 1995, and has been in practice for more than 25 years. He is married to Dr. Shalini Sehgal, a nephrologist in the Lewes area.

**Gil Kaufman**

## **Book Report**

### ***Shipwrecks of the Delaware Coast* by Pam George**

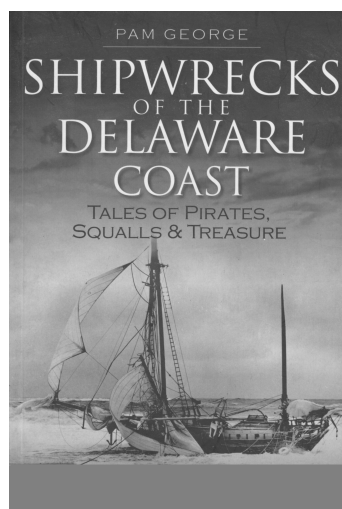
This little book follows sea disasters off the coasts of Lewes and Rehoboth Beach from early colonial times through W.W. II. It is an easy read and is broken into segments of time and type of vessel.

The author starts with colonial times including pirate stories. It includes the De Braak from which there are artifacts in the Zwaanendael Museum here in Lewes. The De Braak (The Beagle), has mysterious origins and was supposed to have been built around 1781 someplace in Europe as a single mast cutter. "It is the rumors of treasure, which spurred salvage companies to risk their lives and their ships to find De Braak." The author also writes about the backgrounds of some of the various ships in the book.

In other chapters, the author describes some of the life saving stations and the efforts to save sailors. Then she goes on to talk about the lighthouses and ships which try and prevent such tragedies.

I found the little book, which includes drawings and pictures to be very informative and interesting. Look for it in the Moorings library.

**Bill Littell**



## Library Lines

Our Library has a number of interesting areas. We have many books and magazines about life in and around Lewes, Delaware. The 'local history' material is located in the non-fiction section under the clock. Included are many articles written by Bill Gehron, a long time Cadbury / Moorings resident. We also have journals from the Lewes Historical Society.

The books include Celebrating 375 Years of History by Kevin Moore and Cape Henlopen Lighthouse and Delaware Breakwater, by John W. Beach. Wonderful photographs and illustrations are included in these volumes. Or you may be interested in the more comprehensive presentation in Swanendael in New Netherland. Bill Littell, a newcomer, has written about one of our books in his report, Shipwrecks of the Delaware Coast, by Pam George.

A large print book collection is located just past the fireplace. Publishing houses have made large print copies of the works of many popular authors. These include books by Pat Conway, Elizabeth George and Amy Tan. Large print books are easily identified by the red circle on their spines.

We also have a few books on CD. Included are: Nora Roberts' Chesapeake Bay Collection, Jan Karons' Somewhere Safe with Somebody Good and a Light in the Window, and Steven Erikson's Gardens of the Moon. These are located on the small wooden shelves in front of one of the windows. If you are ever stuck in the traffic on Route 1, one of these might serve as a sanity saving device!

**Judy Burgess**

## IT PAY\$ TO EXERCISE

You have probably all heard the above phrase, I know I have. Now, I know that it is true. During this past Christmas holiday season, Shirley Coleman, our fitness coordinator here at the Moorings ran a drawing. To participate in the drawing you filled in a paper and got points for activities you took part in, such as formal exercise classes, swimming laps in the pool, working out in the fitness room or such. After you got enough points you put your paper in a drawing box in the fitness center. You might have one paper, two or more, it didn't matter

. On Friday, January 21 a winning chance was drawn from the box. It was MINE. The prize was a wonderful crammed full basket of healthy goodies:- water, healthy trail mix packages, healthy snacks, a rubber exercise handball, a yoga mat, an aromatic body wash, an aromatic candle, special probiotic water drinks and more, plus a \$150.00 gift certificate from Amazon. I hadn't attended that mornings exercise class when the drawing was made and when they called to tell me about my name being drawn I thought they were kidding about the gift certificate.

I really do believe that exercise and eating well does pay, not in just a monetary way (as in this case) but more importantly to help keep us healthy and able to lead more active lives. We have all kinds of opportunities to exercise here at the Moorings so let's try to do it.

**Mildred Wiedmann**

**"It ain't what they call you. It's what you answer to."**

**---W C Fields**

### **Don't blame the cat.**

Small rosettes of bird feathers have been noticed on sidewalks and lawns in the cottage area. The first thoughts many have had is, "it's those darn outside cats". But the pattern of the feathers offers a clue to the real culprit, and one has been seen in the vicinity. A couple of species of hawks are known as feeder hawks because of their habit of hanging around bird feeders. These hawks prey on smaller birds which they can catch in mid air, then hold down on the ground while they use their sharp, hooked beaks to pull the feathers off and eat the bird. The result is a ring of feathers left behind. Residential bird feeders are their smorgasbord.

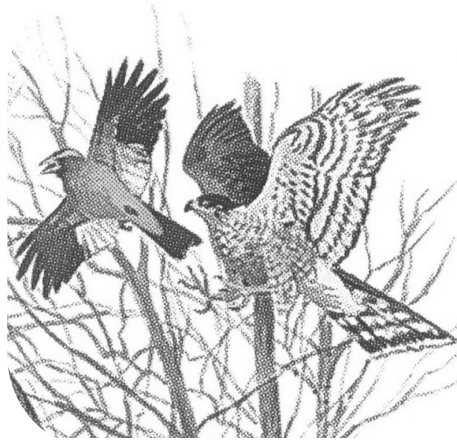
Cats, when they catch a bird, tend to carry the entire bird, intact, back to their home to show off their hunting skills. Only a few scattered feathers will be left behind, the rest are still on the bird being carried away.

The hawk I have seen recently leaving the vicinity of two feather rosettes has been a Sharp-shinned hawk (*Accipiter striatus*). This hawk was flying rapidly and low to the ground, about two feet off the grass. This is the smaller of the two similar looking feeder hawks. The larger is the Cooper's Hawk. The major difference in appearance between the two is size.

The painting of a Sharp-shin pursuing an Evening Grosbeak was copied from the National Geographic Field Guide to the Birds of North America, fifth edition. It will give you some idea of what to look for.

If one is watchful, there is still some wildlife to be seen at The Moorings.

**David Bleil**



**Never miss  
a good  
chance to  
shut up.**

**-- Will  
Rogers**

### **Railroads of Delmarva**

The Program Committee hosted Douglass Poore, curator of the Greater Harrington Historical Society, on January 18. Mr. Poore, who has retired in the town of his growing up years, engaged the audience with railroad stories and accompanying maps and photographs for an hour and a half.

Activities Committee, take note! He invited us to arrange a special visit to the historical society, and said they could even open the ice cream parlor.

Mr. Poore's three books are now in our library for you to enjoy: Abandoned Railroads of Delmarva;

Railroad Stations of Delmarva;

Railroads of Delmarva (Pictorial History). Please do so!

**Rebecca Brenner**

**Cats can work out mathematically the  
exact place to sit that will cause the  
most inconvenience -- Pam Brown**

### **New Residents**

**Joan Wallace Apt. 114**

**Mike and Beth Mallon Apt. 238**

**Carol McWetlhy Cottage 11**

**Dennis and Jean Gillespie Cottage 28**

**Stephanie O'Hara Apt. 117**

**David and Margret Beers Apt. 209**

**Betty Goldenson Apt. 220**

**Julie Piolunek Cottage 6**

**John and Kathleen Pederson Apt. 207**

**Floyd Saums Cottage 14**

**Marian McCarthy Apt. 230**

### **In Memorium**

**Mr Bill Rogers**

**Ms. Janet Bendrick**

**Mrs Patty Canby**

**Mr George Travers**

**Mrs Lois Wills**

**Mrs Elizabeth Haygreen**

### **Like to see your name in print?**

Write something for the next Newsletter. Does your pet do funny things? Do you have a favorite vacation memory or a vacation you are longing to take? Write about it. If you write poetry or ballads they will be of interest to Moorings residents. This is your publication. What you see in it is what you put into it.

The next Newsletter deadline is May 1st. Please submit your creations to Sharon Hoover and to David Bleil. We seem to be each others lost and found.

### **Quiet Room Library**

The Moorings Library collection of spiritual and religious resources is housed in the Quiet Room on the first floor. Thanks to Ed Steiner for his recent donations.

Over the coming weeks, books will be arranged in more descriptive categories. Residents are encouraged to borrow anything of interest. Returns should be placed on the top of the shelves, next to the door.

**Rebecca Brenner**