

CALRA FREE PRESS

Cadbury At Lewes Residents' Association

Vol 1: No 2

AUGUST 2009

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Monthly Board Meetings -
Second Monday
Association Meetings
Third Monday

Newsletter Editor:
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DIAL-A-RIDE



To: All Independent-living
Residents

Are you in need of a ride to
a doctor, pharmacy, etc.,
and you are not eligible for
a free ride from Cadbury ?

Call your Dial-A-Ride
Coordinator:
Elaine Glisson at
703-2645



President's Message

President Barbara interviewed, Lynette Palen, Executive Director of Development of the Cadbury Foundation. Here are the questions and comments from that meeting:

BARBARA: *Lynette, what is your role with the Foundation?*

LYNETTE: I am the Executive Director of Development and I am responsible for generating additional financial support for each of Cadbury's subsidiaries. Cadbury's income is mainly generated through entrance and monthly service fees. To keep these at the lowest possible number, we are the source for additional income.

BARBARA: *How do you raise these funds?*

LYNETTE: There are several ways.

We often receive direct donations. Residents as well as friends, families, staff and vendors contribute.

Sometimes we hold events, like our recent CADBURY DINES OUT FOR A CAUSE...

We apply for grants. In Cherry Hill, we have already received several grants, including one for a handicap ramp at the main entrance.

And planned giving is very popular. Right now, the interest rate for charitable giving far exceeds the normal rates, making it an excellent choice for residents. A tax deduction and a monthly income, it's a wise decision.

As you can see, there are many ways to give.

BARBARA: *You mentioned staff and vendors. How do they give?*

LYNETTE: CAL staff participate in special events like making a purchase at the "Flower Market" or attending CADBURY DINES OUT FOR A CAUSE... but some also sign up for automatic payroll deduction. Each paycheck, I contribute to Cadbury at Lewes, along with several others. As for vendors, they often make direct contributions to the community.

BARBARA: *What is the most urgent fund for Cadbury at Lewes?*

LYNETTE: Right now, the Lewes Development Committee is focusing on the RESIDENT RESERVE FUND.

BARBARA: *Why is that important to me or other residents?*

LYNETTE: This fund is solely for residents of Cadbury at Lewes. It helps assure that qualified residents, who may *(for no reason of their own)* out live their funds, can receive confidential financial support to meet their Cadbury obligation. Even if you don't use the fund, it helps you by keeping expenses down.

BARBARA: *Who is on the Lewes Development Committee and what does it do?*

LYNETTE: The committee consists mainly of residents. Additionally, we have a Foundation Board Member, Neil Holzman, the Foundation Coordinator, Patti Griffith and myself.

Current resident members: Don Burgess, Robert Gale, Bill Gehron, Howard Parker, Adele Hudson and Anne Rouse

The committee created the Statement of Purpose and I feel it best explains their role.

Cadbury at Lewes Development Committee members are encouraged to:

Join with the Cadbury foundation Staff and Cadbury Senior Staff to devise ideas and efforts in the interest of raising funds for the Cadbury Foundation to meet the needs of the residents of Cadbury at Lewes.

Participate as fully as possible in the design and implementation of such programs and activities as are arranged by the Development Committee for the Cadbury Foundation.

Utilize their expertise, contacts and resources to help generate financial support from those sources, which might have an interest in supporting the Cadbury Foundation's mission.

After the successful completion of the Patio Project, their efforts are currently directed to the Cadbury Resident Reserve Fund.

BARBARA: *Thank you for sharing this information about the Foundation. It has helped me realize how the Foundation works for residents by securing additional funds for our community. I didn't realize how much outside support the Foundation generated. I think my fellow Cadbury residents will like hearing answers to these questions as well.*

LYNETTE: I will be happy to chat with you anytime. Please, remember everyone is invited to stop by the Foundation Office on the second floor, (next to the Creative Arts Room) anytime Monday, Tuesday, Thursday or Friday and meet with us. Or make an appointment; we will always make time for you. Thank you.

The Piece – Maker Project FRIENDSHIP STAR QUILT

What? – a queen size quilt to be created by Cadbury residents and sold to support the Cadbury Foundation.

When? – Fridays – 10 a.m. to 12 p.m. and
1 p.m. to 3 p.m.

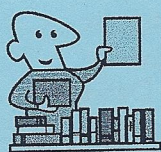
Where? – Craft Room

Who? – anyone who is interested in helping to build a quilt. Experience is appreciated, BUT not necessary. We need a lot of “pressers.”

Lynette Palen asked the three of us to create an idea for a quilt. The batik fabric, in shades of blue and sand, has been bought. Our initial meeting has been held. At our first session, 14 Cadbury people worked to put together almost 178 half-square triangles.

Please come by any Friday to help us or to see what we're up to.

Ruth Barnett, Judy Burgess and Vi Cribb



LIBRARY LINES

Unable to walk for most of the summer, I have enjoyed being pushed into the library to view the constantly replenished new supply of books—all kinds of books, serious novels, mysteries, history, politics, humor, health . . .

A sucker for anything that says “diet” in the title, I recently picked up *The Healing Diet: A Total Health Program to Purify Your Lymph System and Reduce the Risk of Heart Disease, Arthritis, and Cancer*.

A horribly long title, I thought. Then, I asked incredulously, “Do I now have to worry about my lymph system, too? What is that? Thankfully, I don’t have heart disease or cancer, but I am suffering from arthritis in my right pinkie. It’s red, swollen and stiff. So I picked up the book.

It’s written by Gerald M. Lemole, chief of cardiovascular surgery at the Christiana Care Health Services of Delaware since 1986, among other

prestigious appointments. He has been honored extensively in the medical community and featured in *Delaware Today* and teaches prevention, an idea whose time has come. Furthermore, he believes in combining traditional medicine and *complementary or integrative medicine* ((his italics).

Let me give you the conclusion of his book. It’s a good text summary, but he calls it an “*Aging Treatment*” (my italics).

Eat complex carbohydrates, including grains, vegetables and fruits.

Avoid animal fats and shortenings (usually found in baked and fried foods). Gives you dry skin, ladies.

Eat some seeds and nuts, such as walnuts, pumpkins, sunflower and sesame seeds (omega-3s)

Add appropriate vitamin or mineral supplements with guidance from your doctor.

Use a good skin moisturizer daily.

Avoid overexposure to the sun.

Use mild soaps and cleansers.

Humidify your home.

Exercise regularly. He cites a woman who at 95 walks a mile a day and does 10 minutes three times a week with 2-pound weights for upper body strength. For younger seniors he suggests walking 30 minutes a day, swimming whenever you can, making love and jumping on a trampoline or “rebounder”, by sitting on it if you must, or jumping upright, starting with 100 times, working up to 500.

Institute a program of regular massage.

Practice relaxation techniques such as yoga. (He has a section on breathing, too.)

Meditate.

Maintain an optimistic outlook. Smile. Enjoy good music.

Follow a regular spiritual practice.

He emphasizes that this advice is not New Age, it’s good science. !

Sharon Hoover

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*The man who could satisfy everyone  
has not yet been born*

~~~~~

*Many of us are like wheelbarrows;
useful only when pushed and easily
upset*

The Cadbury Book Club
August 2009

THIRST

Poems, by Mary Oliver

This month we will talk about poetry, focusing on the poems of Mary Oliver. There is a basket of her books on the table in the library. Please feel free to borrow them. However, we ask that you return them promptly so others may read them as well.

Join us for a lively discussion in the Cadbury Library on Tuesday, August 11th at 7:30 p.m.
Questions?

Call Anne Rouse (#208) at 645-6342.

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## CHERRY HILL *CHILLS* CADBURY AT LEWES

The Pinbusters overpowered the WiiZARDS in Wii bowling by a score of 1529 pins to 1381 pins. The leading bowlers for the Pinbusters were Edith Hesciak (267), Chris Christensen (223) and Barbara Dougherty at (196). The best bowlers for the WiiZARDS were Vi Cribb (185), Di Pack (183) and Kathy Holstrom at (182).

The Pinbusters surged ahead early and lead by almost 90 pins after the first round. The WiiZARDS not bowling well in the second match, fell even further behind and ended up losing the contest by 148 pins.

The Cadbury Cup is now on display in Cherry Hill, N.J., and will remain there until the WiiZARDS, win it back. The next match is at Cherry Hill and most likely will occur in April of 2010.

*Bob Hein*

## WILLIAM PENN and DELAWARE

William Penn (1644-1718) was responsible for the "Great Treaty" which in essence put the pieces of the state of Delaware together. It was a difficult and complex task.

Penn was born and spent most of his life in England. However, he is best known for his contribution to American history. That, in large part, was due to the great tract of land he gained in East New Jersey and on the west bank of the Delaware River. The Quakers bought the proprietary rights to the former and in payment for a debt King Charles owed his father, Admiral Sir William Penn, he was granted the latter. It was here that he put to work his "holy experiment" setting forth a representative form of government for a "free . . . sober and industrious people".

Penn was not born a Quaker. He was brought up in an Anglican family. Yet, through his youthful years, he was a religious nonconformist. In his very early twenties he became a Quaker.

Realizing that much of the land ceded to him was held by the Delaware Leni Lenape Indians, he sailed to America in 1682 and reportedly signed a treaty with them at a spot somewhere along Delaware Bay possibly near where Lewes stands today. This was called the "Great Treaty" because he treated the native Americans very fairly. Voltaire was subsequently to note that it was the only treaty made by the settlers with the Indians that was never sworn to and never broken. It brought together the three existing counties of Delaware which, eventually, became semiautonomous after 1704 under privileges granted by Penn.

His task of gaining Delaware was not easy because of the competing claim of Lord Baltimore and his heirs who saw Delaware as a part of Maryland. Penn returned to England in 1684 to try to settle his dispute with Baltimore. The infighting between the two sides went on until Queen Anne's accession in 1702 when she ruled for Penn, who because of his political connections enjoyed more political clout than Baltimore. However, Baltimore and his family continued to struggle to gain a favorable ruling until in 1708 the question of Delaware was finally settled in Penn's favor.



Penn's historical contribution to America consisted of the democratic system he established with full freedom of religion, fair trials, elected representatives acting for the people and a separation of powers, all ideas that would form the basis for the American Constitution. Thomas Jefferson said of Penn that he was "the greatest law-giver the world has produced". Oddly, while he promoted good treatment of slaves, he traded and owned slaves.

The end of Penn's life was painful as he had a stroke in 1712 which left him unable to speak or take care of himself. He died penniless in the care of his second wife at his home in Berkshire, England in 1718.

Speaking of Penn brings to mind the walkway from one end of Friends Way to the other. Would it be in order to name it "Penn's Way" with appropriate signage?" (ed. note: others have made same suggestion)

*Bill Gehron*

### *Time Has Wings*

There is little time and so much to do  
Still I keep postponing, and you do too;  
We foolishly shelve many present plums  
To wait for a future that never comes

Too busy to write, see friends, make a trip,  
The days go by, weeks, months, and years slip;  
Good books are unread, kind impulses fade,  
Into oblivion go plans that were made.

Now, while there's time, begin to live,  
Get things done today and of yourself give,  
For our years here on earth at most are few,  
So take time to live before time takes you !

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It is not who is right, but what is right that
Is the important thing in this life.

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For every minute you're angry you lose  
60 seconds of happiness.

## Cadbury is for the Birds & More

What's more? Four-legged critters, - a fox for starters. Several residents had seen a fox along Cadbury Circle West near the former cornfield. And when Don Wiedmann saw the fox during his predawn walks, he started carrying a cane and a flashlight to fend it off should it attack him. This summer security staffer, Dave saw a fox when parking behind the health care unit. Lois Nickerson and Jan Bendrick became concerned about an adult rabbit in their yard eyeing their lush garden. Just before this writing, Sharon Britton and the Bazzolis saw young bunnies in their yards. Then Sharon detected an odor of skunk behind her cottage. When she went into the porch, the order was so strong that she felt it wiser not to investigate any further. Security staffer Brenda saw two deer behind the Kent Cottages backing on to Gill's Neck Rd. between 3 & 4 a.m.. on at least two occasions.

We have had an active summer for the birds. At the cottages, Adele Hudson was saddened that the bluebirds had not returned and English sparrows had taken the house to raise their young. Jan Bendrick and Lois Nickerson returned from vacation upset by english sparrows occupying their bluebird house. But pleased to see that a pair of bluebirds occupied their ornamental birdhouse not intended for birds, laying 5 eggs with 4 fledgings. Lois saw one of them leave the nest and head for the shrubbery. The next morning she rescued it from the crawl space well, picked it up and it flew away.

Jim & Leslie Sylvanus' birdhouse was vacant last summer, but this year they were pleased that a pair of bluebirds occupied their house and produced 4 blue eggs. Then saddened when a pair of English sparrows drove the bluebirds away and destroyed the their eggs. However, a pair of tree swallows later occupied the house and successfully raised their young. Leslie's diverse gardens made for more bird habitat. A pair of sparrows made a nest in a planter of pansies by the front door. Two chicks hatched and one died which the mother removed from the nest and laid on the patio, the second one fledged. A pair of robins raised their young in a backyard shrub. And the gold finches are feasting on the Russian sage. Jim also saw a cardinal nearby. Neighbor, Diantha Pack



had sparrows in her birdhouse. Bob Hein spotted an indigo bunting on his birdhouse but it remained vacant this summer. Gary & Elaine Showers had their birdhouse occupied by unidentified birds. When Gary opened the door to look at the birds, they all flew away. The house now has a second nesting with young ones. Woody Seamone reports active hummingbirds around his cottage and a birdhouse that has fledged an unidentified bird and a second nesting with 2 chicks.. The Bazzolis had 3 bluebirds fledge and before the old nest could be removed, bluebirds again occupied it and produced 3 more chicks that are about to fledge.

The West Wing is for the birds too. Former resident, Delores Williamson maintained a feeder and birdhouse that produced an unknown number of tree swallows. Elaine Connell, now known as the Queen of Bluebirds, treats her birds like royalty. She provides an elegant house with an always clean bird-bath 2 feet off the ground. The bath contains a small dish in which she places mealworms. These are like caviar to bluebirds. No wonder she had bluebirds that fledged 5 chicks. And soon a pair of bluebirds arrived to raise a new family. The apartment birdhouses outside the Chart Room are teaming with tree swallows and sparrows. It appears that several units are occupied.

Our two retention catch basins and three permanent ponds have produced bird activities. Three great blue herons can be seen feeding on frogs in all ponds. Recently Bob Hein saw a great egret in the West Wing pond. When rains kept water in the retention basin by our entrance, a pair of mallard ducks swam together for several days. Then the female disappeared and the male swam alone. Later a female mallard was seen swimming in the West Wing pond and walking on the grass with 7 ducklings trailing behind. Was that daddy in the retention pond? As the basin was drying, sanderlings, least sandpiper and 3 killdeer fed from the ponds' bottom. Last, but not least, one of the male mocking birds that sang for a mate in our last report, apparently found one and were nesting in a tree behind the Gill's Neck Road cottages. One day 3 crows landed in the Bazzolis' back yard to look for food. Out of nowhere a mocking bird, upset by these invaders started attacking them. Soon the mate joined in, and together drove the crows away. A few days later a coopers hawk sat atop a power line pole and the mocking

birds attacked the hawk and drove it away. What guts to protect their young!

That's it for the birds.

*Frances & Jim Bazzoli.*

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*Grandpa's Words of Wisdom** *A G-WOW*

During your time in high school you will meet three of four new people who you will probably see after you graduate and maybe once in a while for the rest of your lives. The other 200/300 people you will never see again (in your case, unless you make a trip to the Far East!)

Is it really worth it to worry about what the 200/300 people say or do, or what they think of you?

THINK ABOUT IT !!

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## *Another G-WOW -*

All little girls grow up to be women.  
All little boys grow up to be men.

Not all women become LADIES  
Not all men become GENTLEMEN  
Both men and women have to LEARN to become  
Ladies or Gentlemen.

This includes, among many other things, learning how to be kind, how to be courteous, how to have good manners (table and otherwise), how to respect older people even if they may not always deserve it, and how to get along with all people as if they were important to you - because they are. When you have done all of this you will be well on the way to becoming Ladies and Gentlemen.

THINK ABOUT IT !!

*\*Grandpa's words of wisdom..... Jack Pack*