

# THE FREE PRESS

The Moorings at Lewes Residents Association

Vol. 16, No. 3

August, 2023

TV Channel 970

www.tmalra.org



Hello everyone,

As I type this message, we are dealing with the dog days of summer; the temperature is forecasted to be a high of ninety-eight (98 degrees) today. Ugh!!!

Hopefully, by the time you read this newsletter, we will be experiencing more pleasant temperatures and looking forward to the start of the fall shuffleboard season in early September. Remember, even if you don't play, you should come out and enjoy the fun; it is a great way to start your Saturday mornings. If you do want to play, contact Jim McMullen (302-743-1529, email [jimmc605@gmail.com](mailto:jimmc605@gmail.com)).

Our petition letter (with 101 signatures) regarding Morrison Living, our dining services company, David Woodward, Springpoint COO, had interactions with Morrison's representative, who services The Moorings, his supervisor, and the division president. Now we will wait to see if all of Mr. Woodward's efforts produce improvements to our dining experiences. To help gauge this, ensure you continue filling out the dining comment cards, making Bob Porta, the dining committee chairman, and me aware of any concerns you continue to have.

As Lauri settles into her new Director of Human Resources position, I know

we all wish her well. There is no doubt she will be as successful as the Director of HR as she was as the Director of Resident Services. Whoever becomes her replacement will have some very big shoes to fill. Any change can be challenging to accept, but once Lauri's replacement is announced, all of us will have to help him/her succeed in their new job. I'm hopeful we will eventually have the same respect for the new Resident Services Director as we did for Lauri. Be safe, enjoy the final days of summer, and stay well.

**Don Smith**

## Marching the kids to the pond.

A pair of Canada Geese are escorting their hatchlings to the safety of the pond. Not only does the Moorings have their ducks in a row but their geese as well.

**Photo by Gail Bourassa**



***If you want to know what a man is like, take a good look at how he treats his inferiors, not his equal.***

**J.K. Rowling**

## Board of Directors

President	Don Smith
Vice President	Ed Steiner
Treasurer	Tom Reed
Asst. Treasurer	Larry Myers
Secretary	Kathy Holstrom
Corresponding Secretary	Carol Lader
Past President	Jim McMullen

## Area Representatives

Cottages	Mildred Wiedmann Carol Bishop
East Wing	Mary Lou Poffenberger Diane Bair
West Wing	Peg Partlow Linda Trzyzewski
Assisted Living	Gil Kaufman

## Committee Chairs

Activities	Peg Partlow
By-Laws	Jane Lord
Communication	Tom Reed
Dining	Bob Porta
Empl. Appreciation	Larry Myers
Gift Shop	Diane Bair
Library	Judy Burgess
Nominating	Jim McMullen
Program	Franz Portmann
Wellness	Gail Bourassa
Wood Shop	Richard Thomas

## TMALRA Free Press (Printed Quarterly)

Editor	Sharon Hoover
Proofreader	Dennis Gillespie
Layout	David Bleil
Distribution	Joanne Nichols

Board Mtgs	2nd Monday
General Mtgs	3rd Monday

## Who's Who at The Moorings: TMALRA President Don Smith

Don Smith was born in Pittsburg, Pennsylvania, in 1946 and grew up 50 miles east of Pittsburg in the town of Ligonier (near Latrobe, Arnold Palmer's hometown.) Don married his high school sweetheart, Carol, in April 1966. They had two children, Todd, a 30-year retired police officer, and Kelly, currently the Director of Programs for the Southern Delaware Therapeutic Riding Association.

Don attended Davis & Elkins College and the University of Pittsburgh, then spent almost 40 years selling and marketing process control instrumentation, the electronic and mechanical measurement of liquid flow, gas flow and levels in industrial plants. His career path started with the Continental Division of Fisher Governor Co. in Pittsburgh, followed by moves to Detroit, Philadelphia, Baltimore, and Rehoboth Beach. From 1966 to 1972, Don served in the Pennsylvania and Michigan Army National Guards. After graduating from the Pennsylvania Officer Candidate School, his primary job in the Michigan National Guard was Signal Officer in an Artillery Battalion.

In Baltimore in 1979, Don and a partner started a business called Flow Controls Inc. While in Baltimore, Don served as president of the local chapter of the Instrument Society of America. After leading Flow Controls Inc. as president for 14 years, he sold his share of the business to his partner.

At this time, he and Carol moved to Rehoboth Beach. Don soon became bored, so he started a consulting company called Process Counseling, which specialized in helping manufacturers improve their existing sales channel's method of going to market. After doing this for approximately 16 years, he retired, and along with Carol moved to the local community of Paynter's Mill.

Prior to retiring, Don's interests included being an avid golfer, pilot, and certified flight instructor. During his years of flying Don owned a Piper Arrow retractable gear high

performance plane, which he and Carol used to take various trips. Some of these included trips to Ligonier, Pennsylvania; Orlando, Florida, and Nantucket, Massachusetts. Besides his private pilot certification, he also held ratings of a General Aviation Commercial Pilot, Instrument Rating, and a Certified Flight Instructor.

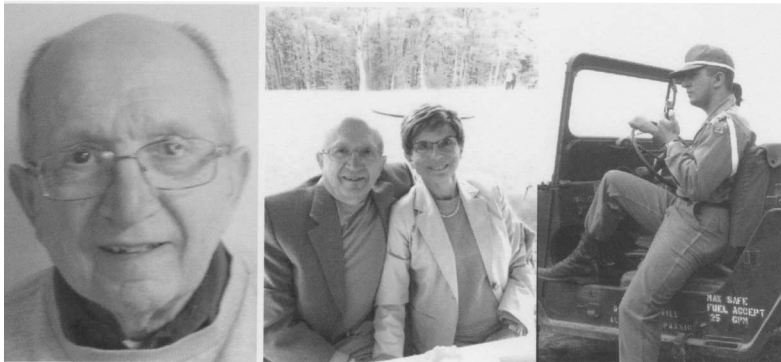
Don and Carol moved into The Moorings in November 2019 but, unfortunately, Carol only lived here for three days before passing. Don continues to enjoy life here at The Moorings and, in late 2022, was elected president of TMALRA for the 2023–2024 term.

### **Gil Kaufman**

Don Smith

With Carol

In the National Guard



### **Assistance requested**

One of our residents is looking for someone who can provide 2–3 hours a week to help with administrative and computer support. The assistance needed would be “Help Booking Travel, paying bills, light financial, and work with Apple computer, Apple phone and printing of documents.” If you are interested or know anyone that might be, contact Lauri @ 302–644–6373 or Lweeks@springpointsl.org. Anyone applying for the position must be patient.

### **RECENT CHANGES TO THE TMALRA BOARD OF DIRECTORS ARE AS FOLLOWS**

Peg Partlow becomes chair of the Activities Committee, replacing Carol Bishop.

Franz Portmann becomes chair of the Program Committee (effective July 1st), replacing Adele

Trout.

Carol Bishop becomes area rep for cottages 25–48, replacing Sherry Chappelle.

Larry Myers becomes chair of the Employee Appreciation Committee, replacing Carol Lader.

Mary Lou Poffenberger becomes the East Wing; 1st-floor area rep replacing Bunny Guerrin.

### **FALL YARD WASTE**

With the summer season almost in our rearview mirrors, we must now prepare for Fall and ready our gardens for the colder weather. Please remember that your yard waste does not belong in the trash room totes, nor does it belong in the outside “dog poop” stations. Per Bud Hirschman, Facilities Director, cottage residents should place a work order with Andy to pick up their debris at the end of the driveways. The apartment residents should follow the same procedure by placing a work order with Andy to pick up their debris outside their patio doors. If you have any questions, please let your area rep or Terry Webster, Facilities Manager, know what you need.

**Don Smith**

***We have only to look at ourselves to see how intelligent life might develop into something we wouldn't want to meet.***

***Stephen Hawking***

## A TRANSITION TO ASSISTED LIVING, PART 1

A few months ago, Ruth and I began to come to grips with the fact that we are facing increasing mobility issues, including some that require help with daily personal activities. After trying several combinations of companion support and personal aid support, we concluded we were facing an uphill battle, with increasing financial implications as well. So rather than go for near full-time support in our cottage, we made the difficult decision to move to Assisted Living (AL).

It was a difficult decision, but among the factors that helped us make it was the availability of one of the only two double AL apartments for couples. We toured it and were sold; it is a bright, surprisingly large apartment consisting of a roomy central living area and a bedroom on either side, one of which for a couple can be used as a den or office, a computer room. So, while leaving our pleasant Cottage 9, home for over 13 years, we could face the move.

The next decision was also a difficult one: which pieces of furniture from our five rooms in Cottage 9 could go with us to AL Apartment 114. It was a repeat of the kind of decision needed when we moved into Cottage 9 from a big home, and perhaps even tougher because we were really getting down to the basics, what we absolutely needed to have. Fortunately for us, it worked out reasonably well because almost all of the valuable pieces of furniture with a family history that we could not take were picked up by our children and grandchildren, including a large corner cabinet that had been a fixture in our homes for almost our entire 70-year marriage.

The next challenge – the move itself! Being mobility-challenged we knew we would need a lot of help, and with a recommendation from Healthcare

Admissions director Cristi Berrios, we hired a group known as “Caring Transitions” to make it happen. That group, headed by Stacey Himler, carefully packed all of our possessions, including many delicate and memorable knick-knacks, provided careful movers to handle the heavy pieces, and after the physical move unpacked almost everything in the new apartment. Some décor things still needed to be placed by Ruth or me, but “Caring Transitions” did a fine job of getting us living in our new place in just one day.

An event that made our move a bigger challenge than expected, was Ruth’s fall with a fractured knee that kept her in Skilled Nursing (SN) most of the way through this process; she is still there today. However, the move to AL even helped with that challenge, as I am in AL 114, just one floor down from Ruth in SN 210, so we are close and get to spend a lot of time together, including dinners most evenings in AL 114, thanks to the Dining Services staff who can usually figure out where to find us and deliver our meals.

In Part 2, we will talk more about some of the unique features, including both advantages and challenges, of living in AL.

**Gil Kaufman**

***In ancient times cats were worshiped as gods:  
they have not forgotten this.***

**Terry Pratchett**

***There can be no keener revelation of a societies soul then the way it treats its children.***

**Nelson Mandela**

## AVERAGE LIFE EXPECTANCY AT THE MOORINGS – CLUB 90

Among the reasons we all have made the decision to move to The Moorings is very probably the breadth of healthcare facilities available to us here, ranging from Assisted Living and Memory Care to Skilled Nursing, equivalent to hospital care. It appears that life expectancy figures would support this as a good basis for a move here.

As one of our local historians, I have made a study over recent years of the mortality of The Moorings residents, and I was pleasantly surprised at the findings. Over the past seven years during which I have had reliable data available to me, residents of Cadbury and The Moorings at Lewes have lived to an average age close to 90 years, around 92 years for women, about 88 years for men. Compare this to the average life expectancies published this year by the CDC for the United States: for women 74 years and for men 69 years.

When studied in more detail, published figures for life expectancy do vary a few years by region within the U.S.A and by variables like race. They also vary by year in which they are measured, with life expectancy lower in the recent several years because of the pandemic and increasing slowly now that Covid-19 seems more under control.

So, overall it seems that the life expectancy living at The Moorings today may be about 18 years longer than for the general public, maybe even more for men. This cannot be said to be a scientifically reliable finding, but it is an apparent advantage for our residents indicated by recent statistical averages. There are exceptions on both sides, of course, with departures as early as age 67 years (George Maxey, in 2019) and as late as 103 years (Ed Carter, in 2022).

One result of this increased mortality is the emergence of Club 90 for residents of The Moorings at age 90 or above. At the initiative of Shirley Rogers with Lisa Larsen in support, Club 90 had its first meeting in

the Bistro on June 9, 2023, with 25 residents in attendance. Each resident introduced themselves, and ideas were discussed for future agenda items, including recollections of early events in our lives and of the styles of the '30s and '40s. It was also suggested we might follow Mildred Wiedmann's example of bringing pictorial examples of that period.

Plans were tentatively made to hold the next meeting of Club 90 at 2:00 PM on July 14th in the auditorium. Lisa gave each of us the homework assignment of providing her with a picture of ourselves at ages 5 to 15 years, that she will use to give us the opportunity to see if we are recognizable at that young age.

Future newsletter articles will provide updates on Club 90.

**Gil Kaufman**



## Planting Day at Safe Harbor

Planting day in the Safe Harbor garden on May 8, 2023. Thanks to Franz Portman and Elsbeth Wahl who helped the resident gardeners, the residents' family members, the nursing and activities staff and maintenance who helped make this happen. It was a perfect day.

**Peg Partlow**

Photo next page.



## BELLS, BELLS, AND MORE BELLS

Seems to me, among other things, bells aren't what they used to be. Behind Moorings sheltering walls it is rare to hear the bells that punctuated our earlier lives – bells that chimed to tell the hour, rang to mark the beginning or ending of the school day, tolled to announce church services or a wedding, jingled to make a holiday sleigh ride merrier, tinkled to warn of the presence of a fairy, or, most memorably, clamored in chorus to celebrate the end of World War II.

These days bells alert us to more ordinary matters – the bread is toasted, the oven should be turned off {or on}, the refrigerator door needs to be shut, the coffee is ready, the clothes are washed (or dried), or there is a message on the phone. In keeping with their more humble tasks, this new generation of bells gets our attention with the less awesome (and often annoying) sounds of hums, dings, whistles, and buzzes.

I have to admit the hums, dings, whistles and buzzes make life easier. I don't like burnt toast, over- or under-cooked food, spoiled milk from the fridge, forgetting the clothes in the dryer, and I especially don't want to miss an important message from my phone. Because these sounds are so helpful, I guess I must put up with them. However, I still yearn a bit for the sounds of yesteryear. No matter. I'll tuck them away in my overflowing memory box -- and watch an old movie now and then.

**Kathleen Pederson**

## Wildlife at the Moorings

Moorings residents have observed that our campus has become more attractive to the non-domesticated animals who used to find more favorable habitat in the surrounding countryside, which is now filled with vacations homes under construction. We have seen the water fowl using our ponds and vegetation to feed, rest and raise families. Many of us have seen the fox which seems to live in the storm drains and wanders through the cottages around dusk or dawn. Deer have also done pruning of bushes and Hostas for years and lately they seem to have become more trusting of humans in their sampling tours. Recent photos of



grazing does and a pair of young bucks, with antlers still in velvet, act like temporary Mooring residents each with their own

meal plan, which unfortunately includes our plantings.

In addition to feeding our herbivores, the Moorings

occasionally produces bumper crops of earthworms and other carrion which



feed a variety of birds including this cleanup crew of vultures.



## Some Are Reading: Summer Reading Thoughts from the Moorings

In case you've run out of good books to read this summer, relief is in sight. What follows is a collection of recommendations from your friends and neighbors, books to fill those long lazy summer afternoons or tote to the beach, lake, park or mountains. Our summer reads include history and mystery, literary darlings and lite fare – all for your enjoyment.

Jane Lord recommends by Nikki Erlick a work of sci fi/magical realism. In this work, suddenly, every adult in the world has access to information on "the measure," or exact length, of their lives. While telling the story of eight characters, the author explores how such knowledge affects their personal relationships and raises interesting philosophical questions of larger impacts on society. Jane said, "Although I'm not a sci-fi fan, I found this book intriguing as well as thought-provoking."

For Peg Partlow it wouldn't be summer without books by Elin Hilderbrand. Set mostly on Nantucket, with a little Martha's Vineyard, her novels both entertain and provide a good story. 'I especially enjoyed Silver Girl a few years ago, but each summer there's always a new beach read from this favorite author of mine. I order enough of her new one each year for my girls' and grandgirls' beach read in NC, and she signs it to each one! Just ordered eleven!!! They each have four personalized autographed books and they're so excited about that! Thought they might like to experience another author but they said no. We all get together and discuss them at Thanksgiving."

Vicki Littell shared The Great Circle by Maggie Shipstead. It's about a young lady who learns to fly and ends up transporting planes etc. in the war. Vicki also recommends Horse by Geraldine Brooks. "Terrific author, and book which layers histories and cultures together in an engrossing and informing tale. This book is set in the South and the North. It's about the Greatest American Race Horse, it's about race, slavery, and lots of other important ideas, set into a fast paced and entertaining read."

Brooks, who won the Pulitzer Prize for A Year of Wonder (available in our library) is Vicki's

all time favorite author.

"Countdown 1945 by Chris Wallace is about what was going on during the one hundred sixteen days prior to the bombing of Hiroshima in the lives of those who were involved in the development, construction, decision to use and delivering of the first nuclear weapon. The reader learns of the information and conflicting advice that President Truman was given as he was deciding whether to use the bomb. A woman who worked on concentrating U235 at Oak Ridge, as well as scientists at Los Alamos, military officers and fight crews get attention. One gets a sense of their competence, dedication to the project and the stress they handled. Wallace makes good use of his experience in telling stories economically. There is a lot of easy to read information in 275 pages." Says Ed Steiner.

"Few living writers can take us back in time so assuredly, with such sensual density, through such gorgeous sentences." That's one reviewers take (and Sherry Chappelle's) on Joseph O'Connor's My Father's House. Reading it you will find yourself traversing Rome with an Irish priest stationed at the Vatican as the Nazis take over Rome. He and his cohort, "the Choir" are attempting to outwit the Gestapo to move those likely to be arrested out into the safer Italian countryside. Though a novel, it's based on true events and real people. It's a great escape in more ways than one. Great characters, wonderfully suspenseful. Worthy of a Netflix series!

"I am in the process of reading a series of books by Vince Flynn. Some are in the library, some I have purchased and will donate. Each is an exciting novel about an assassin who works undercover for the C.I.A in the war against terrorism. Sometimes gory, but interesting dialog about political corruption in our government in



Washington, DC. Congress, Cabinet members and others looking out for themselves." Flynn's books are Art Ricker's choice.

Rebecca Rogers found the classic The Moon is Down by John Steinbeck still relevant today. In it a small, peaceful town is suddenly invaded by an evil militant neighbor. "Steinbeck wrote the novella at the zenith of Nazi power. It was translated into Norwegian, Danish, Dutch, Swedish, German, Italian and French. Hundreds of thousands of copies were secretly translated, copied and distributed by partisans. It was considered the most popular work of propaganda in Western Europe. Steinbeck later said he wrote The Moon is Down "as a kind of celebration of the durability of democracy". It won the Nobel Prize for Literature.

The Secret Book of Flora Lea is a novel by Patti Callahan Henry, recommended by Jane Bretnall. Here's Jane's reporting. "Two sisters are evacuated from London to the countryside during WWII. To keep her 5-year-old sister Flora calm, 14-year-old Hazel creates a magical place where they can be anything. The sisters keep their adventures in Whisperwood a secret. Mysteriously Flora disappears. Years later Hazel comes across a book entitled, Whisperwood and the River of Stars. The discovery leads Hazel on a quest to find out what happened to Flora. This novel has wonderful characters, some history, a little romance, plot twists and a mystery to be solved."

Mildred Weidmann enjoys the books of New England writer Chris Bohjalian. She recently read Midwives, set in Northern Vermont, the story of an experienced midwife who has a mother under her care who dies during delivery. It is told from the point of view of the midwife's daughter and involves a court case against the midwife.

Fran Tobin highly recommends Same Kind of Different As Me by Ron Hall and Denver Moore, an incredible story of a dangerous homeless drifter, an upscale art dealer, and a gutsy woman with a stubborn dream.

The memoir Funny Farm is Naomi Lowe's choice. "It's about the six hundred animals, each with their own personality, who found their forever home at the Funny Farm Animal Rescue in southern New Jersey. It's also the

story of author Lauri Zaleski's rise from poverty to being a successful business woman. The book is inspirational, humorous, and a quick read."

Dennis Gillespie loves the books of Daniel Silva. "I had the good fortune to discover this American novelist about four years ago and have been an ardent fan of his ever since," says Dennis. "His books are basically spy novels, but better than any other author I have read in that genre...or any other genre for that matter." Dennis reports that the main character in twenty two of Silva's books is Gabriel Allon, a highly regarded Israeli art restorer who is also a spy. Silva draws on aspects of the art world as Allon deals with unsavory criminals and enemies of the state. It's unique and allows for many-layered action. Dennis again, "Allon is one of the most clever characters I've ever enjoyed getting to know."

No matter where you are, there are plenty of good books to carry you away to other lives and other worlds.

**~ compiled by Sherry Chappell**

## **Our Moorings Community Volunteers**

Many Moorings residents give generously of their time in volunteer activities here on campus, enhancing our life in community. Many are also active volunteers in and through their communities of faith. We also have a robust contingent of folks who volunteer in the wider community. In conversation, a few of us thought this may be of interest to you, and perhaps give you ideas for your own "spare time." If nothing else, it's fodder for interesting conversation! Thanks to those who have shared what you are doing.



Curt Christensen: When Curt is in Lewes, he helps out at the Cape Henlopen Food Basket, unloading trucks delivering food to their office on Oyster House Road in Rehoboth.

Gil Kaufman: Gil teaches with the University of Delaware's Osher Life Long Learning Institute (OLLI), offering a course on the history of military and commercial aircraft and spacecraft. Since 2015, he has taught a course he calls "Amazing Aircraft," covering everything from the Wright brothers' Flyer through the supersonic Concorde, and the crafts that transport us to the Moon, Mars and beyond.

Gil's next course, scheduled for spring 2024, will focus on new aircraft technologies, like aircraft powered by electricity and hydrogen, new rotorcraft, and the Artemis space program. Gil's interest and knowledge in this area come from his career in the development of aluminum alloys for specific aircraft like the Boeing 747, B-1 and B-2 bombers, the Concorde, and the Saturn rocket.

Bill Littell: Bill is a "bunker buster" at Fort Miles, in Cape Henlopen State Park. This crew has turned some of the bunkers into exhibit spaces. Bill is also part of the "dirty hands" crew, working on the Lightship Overfalls at Canal Park. This crew sands, paints, caulks and fixes things. The life boat, Monomoy, which has been restored, was in the July 4 boat parade.

Vicki Littell: Vicki is one of the 300+ volunteers for Lewes in Bloom. LIB keeps Lewes the Most Beautiful Small city by planting and maintaining gardens. Vicki is a "patron" at the Gateway and Lighthouse Gardens, and also does All Hands in the spring and fall plantings of 37,000 tulip bulbs and annuals. Vicki also participates in Read Aloud, a collaboration for Delaware increased early literacy. She reads to 3 to 5 year olds, one on one, at the Children's Beach House.

Jim McMullen: Jim helped low income folks file their taxes for a number of years after the earned income tax credit (which was very complicated) came around.

Jane Lord: Jane's current community involvement: Board of Directors and Press

Liaison for the League of Women Voters of Sussex County, DE; Communications and Education Committees of the Southern Delaware Alliance for Racial Justice; Friends of the Lewes Library, helping with book sales; Friends of Cape Henlopen State Park, helping with fund raising events; Sussex Alliance for Responsible Growth (advocacy with local officials)

Cilla Ricker: Cilla also works with Lewes in Bloom. LIB meets monthly at the library and plant and maintain many gardens weekly. "As you drive around Lewes, notice the efforts of the members as you view so many lovely flowers."

Sandy Spence: Sandy serves on the Delaware Childhood Lead Poisoning Advisory Committee (yes, this is still a huge problem!), and its several subcommittees. The committee meets quarterly, the subcommittees monthly. She has been appointed to this volunteer position by the governor. Sandy wants to share that there are many opportunities to serve on various state advisory committees; some appointments are made by the governor, others by various state agencies. If you have an interest, talk to Sandy about who to contact.

Ed Steiner: Ed volunteers at the New Life Thrift Shop on an average 5 hours per week. Except for clothing and furniture, he sorts, cleans and prices the great variety of donated items. "After a life in management positions that involved thinking about what other people were doing, this job where I just do as I am instructed is fun. The staff and volunteers are great."

Jeanne Upbin: Jeanne also volunteers for Read Aloud. And LEAP (Literacy Education Assistance Pups) along with Susie! The kids read to the dog, who is sitting quietly on a blanket and acting attentive and interested. Ideally! The dogs are health-certified, well mannered and clean, and hopefully the handler is as well. Jeanne and Susie were at Montessori over the winter, and Monday afternoons at the

library this summer. Jeanne reports that one little girl who was reading a chapter book paused and said, " Would you please ask Susie to look at me when I'm reading!"

Mildred Wiedmann: Mildred volunteers at the Lewes Public Library.

Thanks to all for your community engagement! May your examples inspire further service.

**Rebecca Brenner**

## **The Delaware Hospice Center**

Delaware Hospice offers a Continuum of Care in Sussex County, Delaware, and a small portion of Pennsylvania. This is the only Hospice that offers both residential inpatient care and home care. Services offered include Transitional, Palliative and Hospice Care. The primary goal of Delaware Hospice is to have its expert Multidisciplinary Care Teams and trained volunteers support caregivers, and provide comfort and care according to the patient's family to resources to assist in dealing with the decisions and challenges. Physician coverage is up to the patient to decide, and may be a coordination of care by both the patients and residence. The care team will coordinate and support care offered by family, and they are available 24 hours for needed assistance. When a patient who will remain at home is first admitted to hospice, a nurse will collect all the required supplies and medications from the Hospice center and will deliver them to the home the same day.

Residential Care offered at Delaware Hospice in Milford, Delaware provides 24-hour skilled care supported by a Multidisciplinary Team of certified nurses, There is a large table with chairs to allow family/friends to visit comfortably with the patient. Some

### **In Memorium**

**Mrs. Elizabeth Yost**

**Mrs. Jeane Wampler**

### **New Residents**

**Mary Shea Apt. 132**

**Marjorie Mounts Apt. 205**

**Theresa Montgomery Apt 210**

**Gail Feather Cottage 16**

**Shirley & Ron Blackburn Apt. 222**

***A good police department is one which catches more crooks than it employs.***

***Chief of Police, London England***

family members even work remotely from this area allowing them to be close to their family member.

The bathrooms in each room are a wet room with a toilet, handrails connected to the floor, a spray for emergent cleaning and a shower. There is also a spa area to allow the patient to enjoy a tub soak. There is a couch and a recliner in each room for family use. When desired, accommodations will be made to allow overnight stays for one person. There are family dining rooms with a kitchenette for use by families, who are encouraged to share a meal with the patient. Families are also encouraged to bring food the patient may enjoy, and it would be offered to the patient by the staff whenever the patient desires. There are Living Rooms for use by all, and a play area for children. Patients may enjoy visiting the outside area with the gazebo, brick walkway, and the lovely garden and visits with their pets since the facility is also pet friendly. Adding to the homelike atmosphere is the fact all the flooring is carpeted and the walls of the halls are gently curved allowing for more privacy.

When I first began the tour of the facility I was told, a tour of the facility by the staff removes the mystery regarding Residential Hospice care. This statement is so true.

The staff is warm and comforting while addressing every question and concern I had. They spent time with me and were very happy to know this was going to be an article for The Moorings. They have encouraged anyone who is interested to call and set up an appointment to visit the facility. They are more than happy to speak with anyone interested. They would be happy to come to The Moorings to do a presentation should there be interest. I hope this article goes a long way in relieving some anxiety regarding what Hospice is.

***Gail Bourassa***

## Library Lines -

Rebecca Rogers and Anne Fahringer, Library Committee members, have been escorting several Assisted Living (AL) residents to the Library in the main building to select books for their own use and to replenish the AL book cart in their foyer. Rebecca and Anne hope to do this activity about two times each month. I applaud their efforts!

These two members are also supplying the tables in two AL community areas with large coffee table books, those with interesting pictures. Will Holt, the activity director in AL, is lending her support to these efforts. This is an outreach between Independent Living and Assisted Living that shows much promise.

Other news: The Well Read Owl is alive and healthy. He/she has made an impressive come-back. New book marks, boasting his/her picture, have been replenished. So . . . investigate this shelf for yourself to find books recommended by our Library Committee members.

Finally, the Take Away Table has continued to supply you, your friends, and our staff with books for everyone to enjoy. These books are usually duplicates that we think you might like for your own. Keep on checking this table; it is always receiving more books.

***Judy Burgess***

## COMING MUSICAL OPS

In this instance an "op" is neither an opus, opinion nor operation. The term is used here to reference the OPPORTUNITIES appearing on the entertainment scene for those very fortunate Moorings residents who enjoy the easy accessibility we have to an increasing variety of good classical music in the immediate vicinity.

New residents (and those who are "new-ish") may be unaware of the ease of getting to local music events. Most scheduled concerts off-campus appear on the monthly Calendar of Activities, and the TMLRA

Activity Committee kindly organizes a bus and driver to deliver as many as thirteen of us (bus capacity) safely to our concert choices and back home again—no concerns about directions to unfamiliar venues, nor parking availability once there. We are privileged to enjoy this service.

Delaware Symphony, MidAtlantic Symphony and Coastal Concerts have already published their schedules and performers for the upcoming 2023–24 season; it will be an active season for music lovers, so get those calendars organized and checkbook at the ready. Another really great feature is that really good concerts are so reasonably priced compared to what we used to pay for the same artists in the metropolitan areas from which we came.

Delaware Symphony will perform at Cape Henlopen High School Auditorium on Sunday, November 12 and again next year on Friday, March 24, 2024.

Coastal Concerts season subscriptions went on sale July 15 and will remain available until September 1. After that only single concert tickets can be purchased. This year's program offers a series of 7 concerts, one each month starting in October and ending in April. The first concert will feature a pianist, Michelle Kwan, on October 7 at Cape Henlopen High School with the majority of the following concerts taking place in the usual venue of Bethel Methodist Church Fellowship Hall. This year all concerts will start at 2:00 on Saturdays. Full information about the performers can be obtained from the web site [coastalconcerts.org](http://coastalconcerts.org). Season subscription this season are priced at \$258 for the standard subscription. Premium seating (if available) is \$300. Single tickets will cost \$43 this year. It promises to be a rewarding year. I have found the caliber of the performers and their programs to be excellent. I've never gone home after a concert regretful that I went; I am inevitably uplifted with my ears ringing pleasantly.

The upcoming season will showcase the full MidAtlantic Symphony five times, starting September 30 at Cape Henlopen High School and wrapping up in April. Venues alternate between Cape and Epworth Methodist Church in Rehoboth. In addition to the full orchestra concerts this year, there will be several small ensemble instrumental programs including a Holiday Brass program on December 15 that promises to be a treat for the Yule Season. We normally purchase single tickets to the MidAtlantic concerts, frequently at a discounted price that we all enjoy! Ticket prices have been traditionally in the \$35–\$40 range.

So, Moorings Music Lovers, keep your eyes peeled to the monthly activity calendars so you can be among the first to register for the upcoming treats to the ear. See you on the BUS!

**Elsie Gould**

## Silaturahmi and Happy Hour

Recently, it dawned on me that my sense of well-being stems much from the power of visiting and connecting, such as I do at exercise, coffee time in the bistro, and happy hour. It recalled to me the concept of SILATURAHIM, a cherished practice in Indonesia. SILATURAHIM entails visiting others without any ulterior motives, simply to nurture relationships and express care and love for those we meet. Peace flourishes through this genuine sincerity. Often time and distance (cottage to apartment to health care?) erode connections, leading to misconceptions, anxiety, and assumptions about the people in our livess physical space. The host feels honored, while the visitor feels embraced. Peace and well-being are fostered through connection.

**Sharon Hoover**

***Two wrongs don't make a right, but they make a good excuse.***

**Thomas Satiz**