THE MOORINGS AT LEWES

THE FREE PRESS

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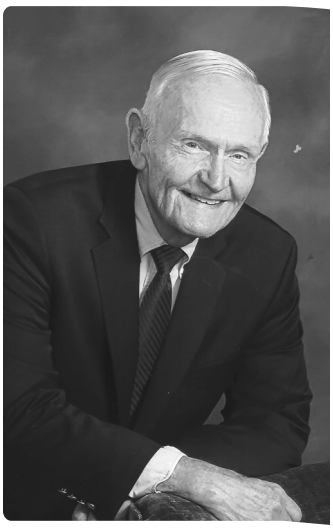
The Moorings at Lewes Residents Association



President's message

We have recently submitted our response to the Halloran Survey. Although we did not reach Annette's goal of a 90% response rate, there was enough to give management a very good idea of how we think our needs are being met. Where there were shortfalls reported we can look for opportunities to help, particularly through active participation in the newly reactivated Resident Life Committee, plus Dining, Wellness and Activities Committees. I encourage all relatively new residents to review information they have been given about those committees and consider where you might be helpful. Some time over the next few weeks Tk's new assistant will be on the job. Hopefully that will have a positive impact on various communications problems that have surfaced from time to time.

Speaking of committees, Franz Portman has given up his responsibilities as Dining Committee chairman. Franz has a great background in food service which has served us very well. He may not claim credit for dining improvements but it has gotten better during his term.

The Program committee has recently offered programs like the Cape High School jazz band, Dr. Panwalker's presentation on health care issues and Gil Kaufman on aircraft. There are many living here who could enthrall us with stories about their experiences. Please do not be shy about offering to share them. Bill Martin, Program Committee chair would love to hear from you.

In March we were offered the opportunity to interact with the people planning the facilities expansion. Many good ideas and questions surfaced during the meetings and members of the AD Hoc Committee on the Expansion have since that time submitted a document summarizing those ideas and are looking forward to discussions with project management.

The annual service that memorialized our friends that have passed in the past year was beautifully done. We are fortunate to have Rebecca Brenner leading and thank TK for her efforts in putting it together.

Our most recent All Residents meeting was very well attended but I am concerned that a lot of time was spent on issues that can more effectively be dealt with. Please remember that if you do not know the proper person to address with a problem, the Concierge desk can tell you where your communication should go. You should then follow that with an email or dated written statement of the problem. If it has not been addressed in a reasonable amount of time, Annette should be informed. When all other avenues have been used, the monthly Afternoon Exchange becomes the place to speak up. May the Spring and Summer be filled with fun and good weather.

Two things people should never see bring made: laws and sausages.

Otto Von Bismark

Board of Directors

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Nominating	Don Smith
Program	Bill Martin
Wellness	Gail Bourassa
Wood Shop	Richard Thomas

TMALRA Free Press (Printed Quarterly)

Copy Editor	Rebecca Brenner
Proofreader	Dennis Gillespie
Layout	David Bleil
Distribution	Joanne Nichols

Board Mtgs	2nd Monday
General Mtgs	3rd Monday

Charter Members of Cadbury at Lewes

Long–time residents of The Moorings will recall that residents who came in early to what was known at that time as Cadbury at Lewes were given the accolade "Charter Members."

That designation was given to the 77 individuals who became Cadbury residents in 2007 and early 2008. Now, eighteen years later, only a handful of those Charter Members still are here, all the rest having graduated to whatever comes next.

Based upon our historical records, the following Charter Members are still at The Moorings, listed in alphabetical order with the following abbreviations for the various parts of The Moorings: Independent Living – IL; Assisted Living – AL; and Skilled Nursing – SN:

Fran Baker (AL)

Judy Burgess (IL)

Dean and Sharon Hoover (the only couple still in IL)

Elaine Showers (IL)

Adele Hudson Trout (IL)

Ron and Marge Trupp (Ron in SN, Marge in AL)

Mildred Wiedmann (IL)

These residents have been mighty contributors to life here at The Moorings. Mildred created the TMALRA Library and established the



Sharon and Dean Hoover

Library Committee that Judy subsequently chaired. Ron, Gary, and Dean created the Wood–shop, and have built many items around the campus, like the grandfather clock and the display case in the entry way.

Adele was a TMALRA president, and she and Sharon have headed committees, like the Program Committee and Healthcare Committee, respectively. Fran was secretary of the TMALRA Board for many years and played piano for us on a number of occasions.

As noted above, Sharon and Dean Hoover are the last of the Charter residents still together in Independent Living. They are 88 years of age and have been married an impressive 68 years.

We are glad to still have these Charter members in our midst.

Gil Kaufman

Our purpose in life is to help others. If you can't help them at least don't hurt them.
--Dalhi Lama

New Tai Chi Class

I will offer weekly sessions in Chen style tai chi, adapted for seniors, on Thursdays at 10:30 in the auditorium beginning May 14. I began studying this form in the mid–90's in Pennsylvania, and have led a few groups at the CCRC in PA where I was a volunteer and later part–time chaplain. Chen style has some similarities to the Yang 24 form, which is popular here. But it is different. No experience is necessary! This is a standing class, and you should wear comfortable clothing and shoes. Tai chi's gentle movements support good balance, strength, flexibility and stress reduction. Regular tai chi practice is said to favorably impact the immune system, cognitive well–being, and general physical health. I also like to think my practice has helped me to be more graceful and peaceful, but that depends on the day.

Rebecca Brenner

The next Free Press will be put to bed on August first. Articles may be submitted any time between now and then. Articles will be placed in the draft in the order they are recieced. There is one article in the draft carried over from this edition. Once the draft is full, which may be before August 1st, any submissions will be carried over to the November issue. Please plan accordingly.

State Representative addresses the Moorings

On March 19 State District representative Claire Snyder–Hall made a presentation and held a question & answer session at the Moorings at the request of Dr. Panwalker. Several topics were addressed including infrastructure problems related to recent growth of housing in the county.



2026 A Winter to Remember

Almost back to back major snow storms kept residents indoors and maintenance staff working overnight to clear roads, driveways and walkways. The photo above was taken after two days of melting which reduced the height of the snow piles making intersections into guessing games about who was approaching from the other direction. The first storm was mixed with a bit of rain which left a crust on the snow. The second storm, which dropped 11 inches of snow on Lewes, was combined with periods of high winds. This snow was wet and heavy, resulting in serious damage to trees lining the roadways. Throughout Sussex County roads were blocked and fallen trees took out power lines. Our electric service was maintained due to our under ground wiring but wired telephone service, cable TV and the Internet were out for at least a day. Clean up of the downed trees and broken branches from the storm continued both here and around the county.

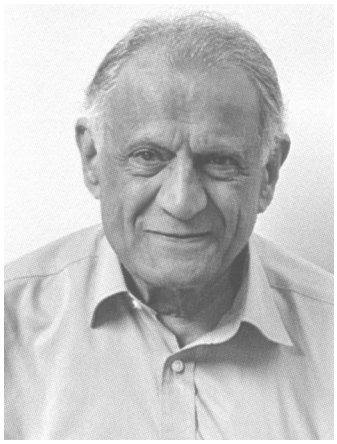


CADBURY CHORUS SPRING PROGRAM

Get ready for a night of great entertainment. On Thursday, June 18, at 7:00 PM, happy sounds will fill the auditorium.

Louise Foster, our Director, has been patiently working on our vocal skills with a program that runs from " Hernando's Hideaway", "The Lion Sleeps Tonight" and "Wicked", on to our patriotic section with "The Pride of America", "In Flander's Fields" and "Give Me Your Tired, Your Poor" to mention just a few selections. All that adds up to a great night of song. You even get a cookie after the show. See you on the 18th of June.

Carol Bishop



Who's Who at the Moorings-

- Dr. Anand Panwalker

Anand Panwalker was born and raised in Nairobi, Kenya by Indian immigrant parents. He received his medical degree in India and served for three years in resource–depleted settings in Kenya. Racial and political tensions in Kenya brought him to the University of Illinois in Chicago where he received his training for 5 years in Internal Medicine and Infectious Diseases and served as the Chief Resident. As a faculty member, his laboratory researched new antibiotics while he continued to teach and see patients.

Jefferson Medical College in Philadelphia recruited him in 1980 as a Clinical Professor of Medicine to start a new section of Infectious Diseases and to teach students and residents who would rotate through the VA Medical Center in Elsmere, Delaware. While there he opened the first–in–the–state primary care clinic for patients with HIV infection and AIDS and developed a first–in–the–nation registry of patients with HIV and Hepatitis C infections for 10 VA hospitals on the East Coast.

Anand joined a private practice in 2003 at Christiana Care's Health System where he served as Chief of Infectious Diseases, President of the MD staff, Vice Chair of Christina Care's Board of Directors, and later as Associate VP of Medical Affairs, VP of Patient and Family Relations, Peer Review and Professional Excellence. He implemented a system of Just Culture to manage physicians who make errors and was a member of a team called CANDOR whose goal was to honestly share details of errors with families.

During his career he has published over 60 research papers, book reviews, abstracts and articles. His two books are in our library. The Place of Cold Water is autobiographical, and Sick and Scared describes his work in what he feels is our dysfunctional health care system and his efforts to make the system better from whitin.

He is the recipient of numerous teaching awards from residents and students at the University of Illinois and the Sidney Kimmel College of Medicine.

Anand received the 4th HIV Consortium of Delaware award for care given to veterans. In 2024, he was given the title of Master of the American College of Physician, a society with 170,000 members. This award has been given to fewer than 50 physicians each year. Anand is only the 8th Delaware physician to receive this award in 100 years.

In 2025, the Delaware Academy of Medicine gave him the Lewis Flinn

Award for public service and in February 2026, Governor Meyer of Delaware honored him with the highest civilian honor – the Order of the First State– for service to Delaware's citizens. For Anand, his other most meaningful awards came when the residents of the Jefferson Medical College Class of 1985 elected him to the honor society Alpha Omega Alpha with their motto"Worthy to Serve the Suffering" and when the medical staff at Christiana Care gave him the Mark Maxwell Award for compassion and care in 2005. In late 2024, Anand moved to The Moorings at Lewes where he became a resident of Cottage 9 and has enjoyed the wonderful people and the stories they have to share. Since being here, he has already shared his experience with us in presentations about his travels and his work and has supported Gail Bourassa's activities for the Healthcare Committee.

We are most fortunate to have Dr. Anand Panwalker here with us at The Moorings where he has already contributed significantly to our well being.



Dr. Anand Panwalker with Governor Matt Meyer

Gil Kaufman

In Memorium

Brigith Jensen

Cliff Mitchell

Betty Goldenson

Silvia Ritchie

New & Relocated Residents

Cheryl & Joe Hoechner Apt. 137

Bill Walker -- Apt 218

Nancy Powell -- Apt. 204

Aubrey Jeffers moved to safe harbor from Apt 226.

Kristie Thelma Maxey moved to AL 118

Irma Klein moved from IL 118 to AL 127

Dane Lynch moved away to be with family

Moorings Cares

"Moorings Cares" is the name given to our residents' outreach support to organizations in Sussex County that are in need of various supplies. This can be cleaning supplies, non-perishable food items and /or paper products. The focus of this project is to reach out to help others in ways that are EASILY supported by our residents, such as searching through cupboards or ordering from "Moorings Market". Collections occur two or three times a year during designated months with donation tubs and signs posted in the Bistro area.

At this point we have donated to:

HOME OF THE BRAVE in Milford

"CODE PURPLE" STATE SERVICES in Georgetown

THE CAPE HENLOPEN FOOD BASKET in Rehoboth/Lewes

THE COMMUNITY RESOURCE CENTER in Rehoboth.

Our efforts have been overwhelmingly appreciated by the recipients!! Comments or suggestions always welcome.

Carol Lader & Diane Bair have been Sylvia Ritchie's partners in this endeavor over the years.

If there were no women, all the money in the world would have no meaning,

--Aristotle Onassis

Who's who at the Moorings Staff -- Andy Abele



Most of us know Andy Abele as our go-to guy when we have a leaky faucet, a door that won't close, a stopped-up sink, or the like. We depend on him to enter work orders for our problems so that the maintenance staff can fix our issue as soon as possible. Andy has held the Maintenance Clerk position for the past five years. He actually started here five years before that as a Driver. Over the years he has worked numerous positions including Healthcare Activities, Grounds maintenance, Companion, and finally Security.

In a recent conversation with Andy, I learned there is much more of his work that goes on behind the scenes. He is also responsible for purchasing medical supplies for healthcare and ensuring that every item is stickered with a bar code to ensure proper reimbursement. In addition, he is responsible for the processing all utility bills for the campus. This means he processes 54 individual water bills and 57 electric bills each month and 52 sewer bills each quarter. Besides all that, he assists his wife Tammy, who is our Support

Services Manager, with the daily operation of our facility. No wonder we often see them in passing in our halls, scurrying to deal with one problem or another. Andy previously held jobs in manufacturing. Interestingly, many years ago he was Production Manager at the Hocker Brush Factory in Lewes. Yes, the same Brush Factory where we go today to buy the wares of local vendors. When he worked there, it was a functioning factory, producing dauber caps for the PVC glue industry and horsehair tin brushes. Tammy also worked there, operating of a 35 ton Continental Can Press producing 180 – 1 ¼" tin caps a minute. As I talked with Andy I realized that he was a very good storyteller. For that reason, I am going to have Andy tell you his personal story in his own words (or at least my version of his words).

" I was born in America, as the first generation of my family to be born outside Europe. My father was born and raised in Germany, and my Mother in Poland. My father started working at 13 as an apprentice at the Mercedes Benz plant in Stuttgart, Germany At 17, he was drafted into the German army in 1939. During the war he was responsible for running radio wire along the front line and was wounded numerous times, captured, and imprisoned in Norway. At the same time, my mother's parents had provided financial payment to a convent to protect her from the frightening war in Poland. Things finally improved for both of them after the War was over. The Marshall Plan set in place by the United States and Great Britain to help Germany recover provided an opportunity for my father to return to the Mercedes Benz factory in Stuttgart as a pipe fitter. Those opportunities also influenced my mother to leave her destroyed country and move to Stuttgart for a fresh start. As it turned out, they both joined the same Catholic church in Stuttgart, where they met and eventually married. By 1961, my parents had two children and were expecting a third when my mother received a letter from her older brother. He had become a doctor in Poland, and seeing the threat, had moved to America before the war started. He set up a practice in Dagsboro and started his family there. In the letter he told her he had recently purchased 100 acres in Redden Forest to assure the financial future of his just born retarded son, Reiner. In his letter he offered my mother a new house and farm buildings on that property, if she and her husband would bring their family to America, live in the house and manage the farm. My parents agreed, packed up their children and all their possessions, and steamed to New York City aboard the USS United States. Once there, everyone stuffed into a taxi with all their belongings to ride to their new home in Delaware. A short time after arriving my sister was born and on September 14, 1965, I was born in Peninsula Hospital in

Salisbury, Maryland.

After graduating from Cape Henlopen High School in 1983, I joined the Navy as an Advanced Electronic Warfare Technician. My recruiter wanted me to go into the nuclear program but there was no way I was going to serve on a Submarine. While serving on deployment in the Mediterranean Sea aboard the USS Thomas C. Hart, FF 1092, our ship stopped in Naples, Italy for repairs. After arriving, I called home to let my mom and dad know that I was safe. I was unable to get hold of my parents, so I called my sister in Long Neck. She too, was not home, but her babysitter answered the phone. After relaying the message of my safety, a couple shipmates and I took a three day liberty to Rome.

On returning to Naples, I was finally able to talk to my parents. My mother, informed me that the babysitter saw the picture of me in my dress Blues on my sister's wall and would like to write letters to me. For the next two years, the babysitter and I wrote to each other through other deployments. During that time, we were able to see each other for a total of around 45 days. Also, during this time, I completed my tour on the ship, and I was given orders to Pensacola, Florida for advanced training. In September of 1987, Tammy flew down to Pensacola for my birthday. After a couple of hours catching up with each other, I gave her a small teddy with a ring attached to the bow. Two days later we eloped at Escambia County Court–house. The next day we traveled to New Orleans to attend mass with Pope John Paul II. We kept this marriage a secret because my mother, a devout Catholic, did not consider a Civil ceremony to be a real marriage. A year later we married again, this time at St. Michaels Church in Georgetown. We now celebrate two anniversaries – September 11, 1987 and September 10, 1988 which is also my mother's birthday. The babysitter who took time to write me letters when I was deployed was now my wife, Tammy Kandravi Abele.

While raising our two boys on the property where I grew up, we were very active as Cub Scout and Boy Scout leaders. My favorite memory was bicycling 184.5 miles with twelve boys down the historic C&O canal into Washington D.C. I also followed my father's footsteps by becoming a member of the Knights of Columbus. At his death, I committed to a 10–year path to become the State Deputy for the Delaware Knights of Columbus. I achieved that goal in 1999, as I was elected to be the youngest State Deputy in Delaware. I was able to honor my father, who became an American citizen since it was a requirement of the Fourth Degree of the Knights of Columbus. Tammy and I continue to live in that house my uncle built for my parents on 4 acres deeded to us by my brother and sisters after my uncle sold the farm to

Delaware State Forestry. My time now is filled with traveling, caring for the property, reading and most importantly, spoiling our three granddaughters."

Andy says that the thing he enjoys most about his work is his interaction with us, the residents. In return, we at the Moorings are happy his parents decided to come to America, and we have both the Abeles on staff.

Kathleen Pedersen



A pair of ducks, dubbed George and Gracie by Sandy Spence, are upended feeding in the large pond.

I don't think men and women suit each other very well. They should just live next door and visit now and again.

-- Katherine Hepburn

Celebrate, Celebrate, Celebrate

The Program Committee presents Our Country's 250th Birthday

We all have been anticipating this significant birthday of our country – July 4. Government organizations at all levels have been planning events, many tailored to the local area. At the Moorings, TMALRA's Program Committee has scheduled a special Program night and will show the award-winning documentary series The American Revolution, produced by Ken Burns, Sarah Botstein and David Schmidt.

Darryl Hudson will present a History of Our Flag on the forth of July. Using both real flags and graphics, he will lead us through the surprisingly complex evolution of the flags representing our Nation. Historical events have prompted the flag's changes in configuration.

The American Revolution (2025) is a six-part, 12-hour PBS documentary series detailing the thirteen colonies' rebellion against British rule and the birth of a new nation. It offers a comprehensive, bottom-up view of the war, highlighting stories of soldiers, women, Native Americans, and enslaved people alongside leaders like George Washington.

Scheduled events: All events will be presented in the Auditorium at 7 PM on the day scheduled.

Thursday, 4 June –– History of Our Flag

Wednesday, 10 June –– The American Revolution, Part 1. In Order to Be Free (May 1754 – May 1775) This episode details the escalating tensions between Great Britain and its 13 colonies over taxes, land, and sovereignty.

Friday, 11 June –– The American Revolution, Part 2, An Asylum for Mankind (May 1775 – July 1776) As the conflict deepens, George Washington takes command of the newly formed Continental Army.

Wednesday, 17 June –– The American Revolution, Part 3, The Times That Try Men's Souls (July 1776 – January 1777) The Revolution faces its darkest hour as Washington is forced to abandon New York City and retreat across New Jersey.

Wednesday, 24 June –– The American Revolution, Part 4, Conquer by a Drawn Game (January 1777 – February 1778) After beating General Washington in battle, General Howe takes Philadelphia, forcing Congress to flee the city. But the Americans' surprising victory over General Burgoyne at Saratoga encourages France to openly support the United States.

Wednesday, 1 July –– The American Revolution, Part 5, The Soul of All America (December 1777 – May 1780) The war expands into a global conflict, moving to the Southern states and onto the high seas. It also addresses the brutal campaigns in "Indian Country," specifically the Sullivan Expedition's devastation of Indigenous settlements.

Friday, 3 July –– The American Revolution, Part 6, The Most Sacred Thing (May 1780 – Onward) The final chapter follows the struggle to pacify the South which effectively ends British military efforts. The series concludes with the disbanding of the army and the difficult birth of a new government under the new constitution.

If you miss a part, the DVD will be available in our Library on the Program Committee shelf (top of DVDs) to borrow and return. Movies scheduled for 5, 19 and 26 June will be entertaining but not part of the celebration series.

Bill Martin

Re-cyclers

We continue to ride at 10:15 on weather–friendly Fridays! Please join us. Our rides are modest in length (8 to 10 miles) and speed (9 miles per hour). No one is left behind! The seasonal crowds began appearing on local trails at the beginning of April. Coming with them is the need for more attentiveness and "defensive driving." Noted hazards include folks on the high–powered e–bikes (the ones which do not even need to be pedaled), people who haven't biked for awhile, and kids who are just learning to control a bicycle. There also seem to be more kid and animal trailers to navigate around. You know the drill! Stay right, pass left, giving a verbal warning that you are

doing so.

Never assume a vehicle will stop for you; enter an intersection only when it is clear that oncoming traffic is indeed stopped. Cycling the trails is a great way to get to Lewes, Rehoboth and beyond while avoiding traffic on the roadways. And parking your bike is easier, and free.

For more information about Recyclers' rides, or to get on the e-mail distribution list, contact David Bleil.

Rebecca Brenner

The Well Read Owl

Next time you visit The Moorings Library, check out the Well Read Owl shelf on the outside wall above Short Stories. It's got books that some residents found worth recommending, with short reviews on why they thought so. Consider adding your own reviews. Here are the books that were found recently:

Cold Wind by Paige Shelton
A finalist for the Mary Higgins Clark Award in 2021.
Breakdown by Sara Paretsky
This is a really good mystery. The plot is complex and intriguing.
This is Why We Lied by Karin Slaughter
The latest addition to the Will Trent series as seen in earlier books on ABC-TV. A little slow start. But eventually almost every man at the resort is a suspect and the clues keep adding on.
Stolen by Richard Bell
A most interesting story based on real happenings.
The Harbor by Katrine Engberg
All this took place in just four days, but it holds up to my expectations of outstanding Nordic Noir mysteries!

Rebecca Rogers & Sancy Spence

Library Lines

As the Dover Air Force banner reads: "All Gave Some and Some Gave All." From World War I to the Vietnam War, military-theme stories abound. And there is a great selection in our Moorings Library.

Read a gripping true story in Alex Kershaw's The Bedford Boys. Nineteen boys from Bedford, VA, population 3,000 in 1944, died in the first bloody minutes of D-Day.

Or consider Adam Makos' Devotion, an epic story of heroism, sacrifice and brotherhood during the Korean War. This aerial drama tells the story of the US Navy's most famous duo, Lt. Tom Hudner and Ensign Jesse Brown and their experiences when much of America remained divided by segregation.

Finally, look in the library for Dunkirchen 1940 by Robert Kershaw. This is the first major history to uncover what went wrong for the Germans at Dunkirk and arguably cost Hitler the war.

Terry August