



Residents, Associates, Families & Friends  
[www.asburymethodistvillage.org](http://www.asburymethodistvillage.org)



Courtyard Home residents Jim Doyle, left, and his wife Ann, give instruction to students from Gaithersburg Middle School.

## GBCI Volunteer Survey reveals "Why are you doing for others?"

By Michele Bulatovic

More than 60 years ago, Dr. Martin Luther King, Jr., proclaimed that "Life's most persistent and urgent question is 'What are you doing for others?'" While the question remains important for all of us to answer, another fundamental question is, "Why are you doing for others?" The Gaithersburg Beloved Community Initiative is particularly interested in this question so we can better understand why people want to be engaged and how we can better connect older adults to our collab-

orative social initiative.

You may be a new AMV resident or maybe you have lived here for a year, five years, even more. Many of you are still in the process of defining how you want to live your life in your 70's, 80's, 90's and beyond. While some people are content retiring and concentrating on leisure activities, hobbies, and family, many are in search of a larger purpose.

In 2010, when Asbury resident Rev. Hal Garman and his wife, Jan, moved to AMV, he found his new calling shortly thereafter. After much reflection and with the support of many individuals and community partners, he founded the Gaithersburg Beloved Community Initiative (GBCI).

For eight years, GBCI has been forging intergenerational relationships and community partnerships to help improve the lives of many disadvantaged children, youth and families just beyond the Asbury fence. However, what Hal didn't fully appreciate at first was that his efforts would also be improving the lives of those inside



Gordon Forbes, a resident of Diamond, goes one-on-one with a student from Gaithersburg Elementary School.

Continued on page 4

## ♪: A Valentine's Day Treat for the Ears and More

Grab your sweetie or a good friend and enjoy an afternoon of classical music on Valentine's Day at 2:00 pm in the Rosborough Theater.

Producer and commentator Crawford Brown promises to deliver an unforgettable music experience of both sight and sound — made possible by using the newest technology.



Photo: courtesy yo-yoma.com

Yo-Yo Ma in concert with the Chicago Symphony Orchestra.

prise famous waltz to add to the romance.

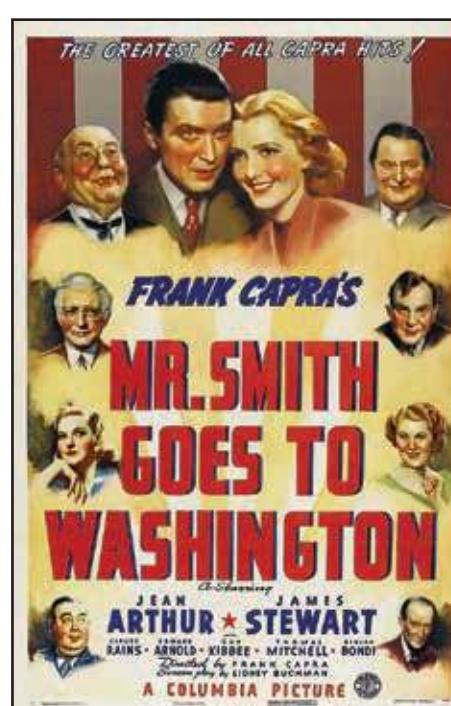
A reception sponsored by the Asbury Foundation, follows the concert.

## Back to School: Osher at Asbury

By Pam Brown

The spring semester of the Osher Lifelong Learning Institute at Johns Hopkins University kicks off on February 18 in the Rosborough Theater. If you're not familiar with the program, Osher offers a wide variety of classes with no entrance requirements, no tests and no grades — just learning for the sake of learning. Attending class is fun, educational and a great way to make new friends.

This semester's two classes run for 12 weeks each and focus on music and the arts. The morning session (10:00 am to 12 noon) is titled, *Bach and Handel — The Two Titans of the Baroque*, and explores the roles of these two mas-



Movie poster for Mr. Smith Goes to Washington

Continued on page 7

# Christmas Gift Drive Celebrates Year 47

By Bing Garbright

Last December 14, Asbury Methodist Village residents presented the results of their annual Christmas Gift Drive for the 47<sup>th</sup> straight year. The fund, which provides financial gifts to AMV associates, is the result of generous giving by our residents and

their families.

Last year the fund received over 600 gifts and was able to pay out a total of \$206,000. As a result, 732 associates received a monetary gift just in time for the holidays. Fulltime, eligible associates each received a check for \$376.

And, as they say, it takes a vil-

lage... Staff and residents working on the project included neighborhood coordinators, Peter Cascio, Mary Jean Davidge, Ralph & Bettie Holford, Bill Hicks, Maureen Baltay, Susanna Maddox, Bill Brown, Allyson Owers, Denise Hall, and Molly McFarland.

Dick Getzinger, as CCAV treasurer, made all the many bank deposits and gave solid management of the fund, assisted by Susan Wenger.

Huge staffing contributions were given by Stephanie Sabine, the organizer of the celebration and producer of all the brochures and reminders, and by Meredith Deutsch, who coordinated the production and distribution of the gift checks.

Most importantly, the success of the 2018 drive reflects the kindness and excellent service of all of our associates that inspired such gratitude. The quality and kindness of the associates makes Asbury Methodist Village an extra-happy place to live.



## The Spirit of Benevolent Care

By Pat O'Toole, Director of Development, Asbury Foundation

We are fortunate to live and work on a campus full of generous people. Each year, nearly 70 percent of residents and nearly 50 percent of associates contribute to the Benevolent Care Fund. Because of this generosity, we are able to say with pride that in our 93 years of providing care to seniors, we have never asked a resident to leave the campus they love due to outliving their financial resources through no fault of their own.

In 2018, Benevolent Care was provided to 25 residents in Residential and Assisted Living at a cost of nearly \$1.4 million. Recipients have spent an average of 10 years on campus prior to requiring assistance. Their average age is 93, and three out of four recipients are female. Residents continue to pay what they are able toward the cost of their care through their pension, Social Security, and other income. On average, Benevolent Care covers about half of their expenses. The program also covers other needs which arise



such as dental work, hearing aids, and prescriptions.

One of the best features of the Benevolent Care program is its anonymity — recipients are able to maintain their dignity and live their best lives without anyone other than those involved in the financial review process knowing they are receiving assistance. This anonymity also poses a challenge for fundraising, as it is sometimes difficult to envision who is being supported unless you happen to encounter someone who shares their experience with you.

Last year I visited with a longtime donor to the Foundation to thank her for her support. During my visit, she revealed that she had made the transition from a supporter of Benevolent Care to a recipient of it. After more than 25 years in Residential Living and three years in Kind-

ley, she had exhausted her resources and needed to turn to Benevolent Care for assistance. Her gratitude for being able to remain in the community she loved so dearly was quite apparent, and she expressed what a blessing Benevolent Care had been for her and her family. A few weeks after my visit, this resident passed away. It made me feel all the more grateful for the work we do to meet someone whose final days were made better because of the support of her neighbors.

I hope you will continue to support the vital work of the Benevolent Care program. If you would like to explore some of the creative ways residents have been able to expand their impact — such as our Life Income Program — please give me a call at ext. 4052.

## VILLAGE LIFE

Asbury Methodist Village

201 Russell Avenue

Gaithersburg, MD 20877

General information: 301-330-3000

Website: [www.asburymethodistvillage.org](http://www.asburymethodistvillage.org)

*Village Life* brought to you in part by



**Editor-in-Chief**

Pam Brown

### Neighborhood Coordinating Editors

**Anne Kuester**, Mund

**Marilyn Gaut**, Trott

**Jan Garman**, Diamond

**TBD**, Wallace

**Joan Dunlop**, Edwards-Fisher

**TBD**, Park View

**Maria E. Roberts**, Courtyard Homes

**Marolyn Hatch**, Villas

**Jeanne North**, Kindley

### Resident Staff

**Courtyard Homes:** Peter Cascio

**Diamond:** Jan Garman,

Barbara and Tony Barnard

**Edwards-Fisher:** Joan Dunlop, Dorothy Harris, Luella LeVee, Phil Sze

**Mund:** Anne Kuester and Bob Tedesco

**Park View:** Duane McKenna

**Trott:** Bettie Donley, Copy Editor; Hal Gaut, and Becky Ratliff

**Villas:** Marolyn Hatch, Jean Hubbell, Margaret Sugg, and Luann Mostello

**Wallace:** Patty King, Arthur Forrest, Kathy Hirata and Phyllis W. Zeno

### Design/Layout:

Mina Rempe @ Electronic Ink

### Printing:

Chesapeake Publishing Corp..



"The mission of *Village Life* is to provide timely, interesting and entertaining news about the lives, concerns and activities of the people who reside, work and volunteer at Asbury Methodist Village."

# Caregivers Need Support, Too

The number of caregivers is rising dramatically as the number of older Americans and people with chronic conditions increases.

Caregivers take on the crucial role of caring for family members who can no longer care for themselves. It can be very rewarding caring for a loved one, but many caregivers also face challenges taking on such a demanding responsibility.

Sister Kathleen Weber, CSC, is the coordinator of the Holy Cross Caregiver Resource Center. In this column, she answers some commonly asked questions about caregiving.

### How do you know when a person needs a caregiver?

A caregiver may be needed if bills are not being paid and medications are not being taken or managed properly. Other signs are issues of personal cleanliness like not showering or putting on clean clothes, or hoarding things like stacks of newspapers.

### What are some of the top challenges that caregivers face?

The challenges are endless. Older adults want to be independent and some may try to conceal problems if they can or they may be resistant to receiving help from a caregiver. There are financial needs. And personal issues within the family can cause friction.

Caregivers can face burnout unless they really take care of themselves and learn how to establish boundaries. They need time for themselves.



Sister Kathleen Weber, CSC, coordinator of the Holy Cross Caregiver Resource Center, helps caregivers cope with stress and burnout.

You can't give to somebody what you don't have yourself, so you've got to keep that nourishment and enrichment coming in to be able to handle a situation.

### How do you help caregivers cope?

Support groups can be very beneficial to caregivers. In the support groups I host, we have a motto and a sign on the wall that says, "Let whatever you do today be enough." And I try and drum that into caregivers' heads. No, they're not perfect. They cannot do everything. But what-

ever they do is all they can do, and as long as they do it well nothing more is expected.

### What are the caregiver support groups like?

There are usually six to 10 people in the support groups. Sometimes it's larger, sometimes it's smaller. We can accommodate 11 people comfortably without bringing in extra chairs.

Some people have been in these groups for years. Other people are new. Some people, particularly spouses, like to stay with the group for a while after their loved-one dies because that has become their support system and they've bonded so strongly that they continue to come for a while.

### Is there a support group nearby?

We have a support group for caregivers of adults on the first and third Thursday of each month from 2 to 3:30 p.m. at the Gaithersburg Senior Center (80-A Bureau Dr.), which is less than three miles from Asbury Methodist Village. We also have a telephone support group for spouses and adult children on Tuesdays, from 6 to 7:30 p.m.

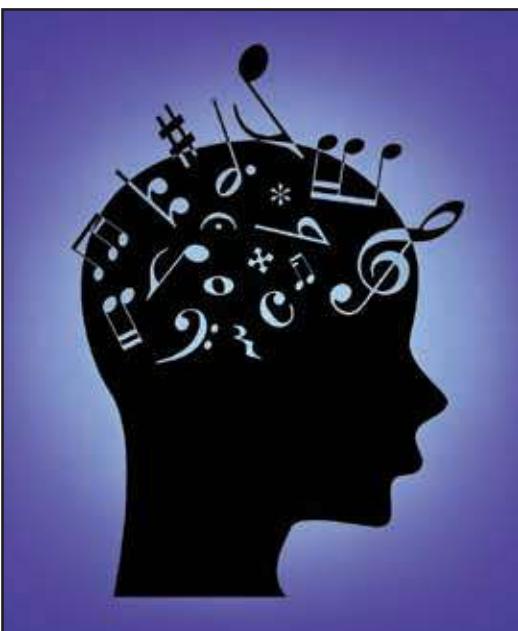
*For more caregiving information, visit [HolyCrossHealth.org/CaregiverSupport](http://HolyCrossHealth.org/CaregiverSupport) or contact Sister Kathleen Weber, CSC, at [WeberK@holycrosshealth.org](mailto:WeberK@holycrosshealth.org) or 301-754-7152. To learn more about the on-campus primary care practice, Holy Cross Health Partners at Asbury Methodist Village, or to schedule an appointment, dial 301-557-2110.*

## Music, Mood, and Self-Care

By Virginia Thorndike

*...for what art cannot express, poetry explains; and what poetry cannot express, is expressed by music... Therefore, to a thinker, music in all ages will stand supreme as the highest expression of what is deepest in oneself.*

*-The Mysticism of Sound and Music: The Sufi Teaching of Hazrat Inayat Khan (Shambhala Dragon Editions)*



**D**o you know why lullabies help put babies to sleep? Lullabies exist in cultures around the globe. They share common features despite the different spoken languages and child-rearing customs that abound on our planet. They are composed of simple melodies that are slower than usual tempo. Since the human body entrains automatically to rhythm, lullabies slow the

*Continued on page 7*

## Rachel Bademosi Wants to Work Out Your Brain

Welcome to Rachel Bademosi, Asbury's new brain health advocate. She'll be implementing a new program called BrainHQ, which was developed by neuroscientists and is a method of training your brain. BrainHQ is scientifically proven to improve brain function and target areas that may need a boost such as memory, attention and brain speed. Rachel is enthusiastic about this new role and she enjoys serving others and helping them feel more confident and happy with their daily lives.

Rachel was born in Silver Spring and lived between there and Atlanta during her formative years. She then relocated to London and attended university, where she studied nurs-



Rachel Bademosi

ing. While studying, Rachel volunteered at a number of residential and nursing homes, where she spent time with the residents and facilitated sessions that helped them with their computer skills. This was very rewarding because she was able to support the residents while they were learning computing skills and connecting with the online community around them.

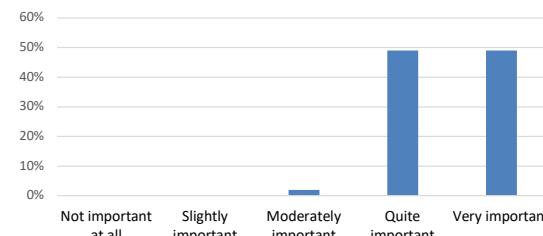
In her free time, Rachel enjoys travelling to new places and trying new foods. She has been to a number of countries in Europe, Africa, and the Middle East, and plans to visit Asia next. She's excited about her new position and looks forward to working alongside residents as they use BrainHQ and to improve their lives.

the fence. Eventually, Hal and others recognized this as the unanticipated outcome of volunteering. AMV residents have found fulfillment in helping others in the Gaithersburg community — working in local schools and low-income neighborhoods. The unintended consequence: GBCI volunteering allows many AMV residents to fulfill their need to find purpose.

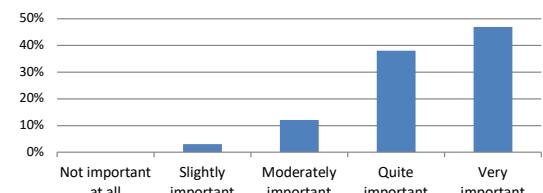
Today, GBCI has more than 120 Asbury resident volunteers working in eight programs, and we continue to grow. In order to better understand why people get involved with GBCI, last fall we surveyed 85 volunteers (56% response rate) and asked them to rank certain factors in answer to why they volunteer for GBCI. The results are highlighted in the accompanying boxes.

After mentoring vulnerable children or working collaboratively with middle schoolers to create beautiful art, or helping young Latino mothers with English language skills, it is no wonder that some believe this is the most important work they have ever done. GBCI Board Chair Spence Limbocker adds: "We have been excited to see the positive response from so many residents at Asbury to GBCI and our programs. It speaks to the fact that seniors want to have an opportunity to give back and be involved. GBCI leadership will be working to offer greater opportunities for Asbury residents to get involved and join our

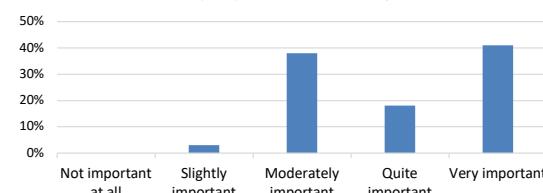
I want to use my knowledge and skills in a productive way.



I want to be an engaged member of the Gaithersburg community.



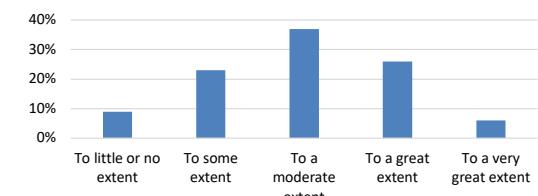
I look for opportunities to build relationships with people of different ages.



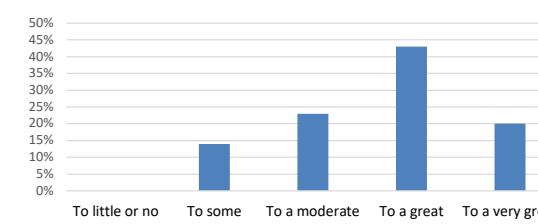
#### dynamic membership."

If you have any interest in becoming a GBCI volunteer or would simply like to sign up as a member to stay informed (no fee or commitment required), please contact Michele Bulatovic at 301.216.4090 or [mbulatovic@asbury.org](mailto:mbulatovic@asbury.org).

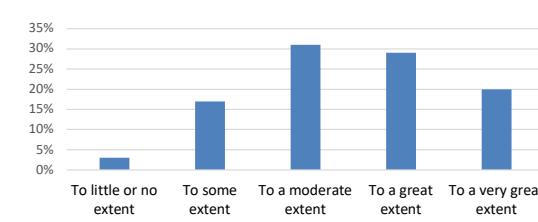
My overall health and well-being is better because of volunteering with GBCI.



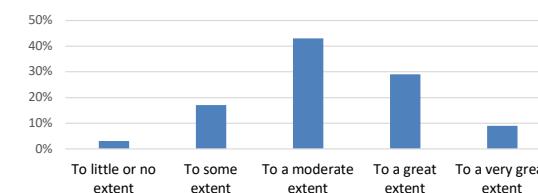
Volunteering with GBCI has allowed me to make new friends.



Volunteering with GBCI helps me fulfill my civic or spiritual responsibilities.



Volunteering with GBCI makes me feel better about myself.



# A Family Legacy

*By Jan Garman*

The large padded envelope arrived at Mary Lou Luff's Diamond apartment on a December day. When she opened it and pulled out its contents, it was a very emotional moment for Mary Lou. It contained a very heavy, gold-colored medal on a multi-colored ribbon, indicating that Mary Lou's granddaughter, Jackie, had completed the Honolulu Marathon. Attached to the ribbon was a pink card on which Jackie had written "Grandpa and I finished together." Before running the marathon, Jackie had asked her grandmother for something from her grandfather's running days to carry during the marathon. Mary Lou had sent a shoestring from her one of Jackie's grandfather's running shoes. At the 20-mile mark of the marathon, Jackie developed a stitch in her side, which could have caused her to quit. However, she looked down at her grandfather's



Photo: Jan Garman

Mary Lou Luff stands in front of a quilt displaying insignias from some of the 23 marathons run by her late husband Frank.

shoelace and determined to finish.

When Mary Lou's husband Frank was forced to retire at age 55 because of poor eyesight, he took up running and completed 23 marathons, including eight Marine

Corps Marathons and the 1980 Honolulu Marathon on the exact same route that Jackie ran in 2018. Between the marathons and all the runs in between each year, Frank racked up more miles running than the couple put on the odometer of their car. We went to races "all over creation," says Mary Lou. Those races included Calloway Gardens in Augusta, GA, the National Senior Olympics twice and the World Games for Senior Athletes in Melbourne, Australia.

Mary Lou had a special task to perform at each of Frank's races. She stood at the finishing line so that she could record Frank's time as his declining eyesight made it impossible for him to see the time clock. "We also serve when we stand and wait," says Mary Lou.

Mary Lou describes Frank as very detail-oriented, recording not only the finishing times of all his marathons, but the miles run during the two weeks prior to the race and the number of 20-mile runs during this period. These notations are stitched to the back of a large

quilt displayed in Mary Lou's apartment, an apartment she and Frank shared from 1999 until Frank's death in 2004. On the front of the quilt are the insignias from most of the marathons, but not the Honolulu Marathon. A segment of the tee shirt Frank wore in the Honolulu Marathon is stitched to the quilt's back.

When their grandchildren used to come to stay overnight with Mary Lou and Frank, they did not sleep in their pajamas but in tee shirts their grandfather had garnered from all those races. Perhaps that was a factor which caused several of their grandchildren to follow in their grandfather's footsteps. Jackie, who lives in Honolulu, takes tourists on runs in national parks. She participates in three-day, 50-100-mile trail races. Another granddaughter in Utah runs half-marathons, and three grandsons who live in Idaho are also runners. Thus Frank's love of running has been passed on to the youngest generation. Who know how many generations will continue Frank's legacy?

# Asbury Caring Ministry Program

By Carol Saussy

The Caring Ministry program at AMV — led by the director of the Pastoral Care and Counseling program and a resident serving as co-chair — includes volunteers who are prepared to meet with people going through a period of change in their lives. The volunteers have either been trained as Stephen Ministers in their own churches or received comparable training and/or go through an orientation program here at Asbury.

Until a few years ago those serving in this capacity were called ministers. The title caused some confusion and we decided to use "Caring Ministry Volunteer" or caring visitor, caring friend instead. Anyone on campus, whether in residential living, Kindley Assisted Living or Wilson Health Care Cen-



ter, may receive a caring volunteer.

Members of the pastoral care and counseling department, as well as residents concerned about other residents, may suggest names of individuals they believe would benefit from the ministry. The director first speaks with the

person to assure they are open to receiving a volunteer and then connects them to a volunteer. The volunteer's commitment is to visit the assigned person weekly for up to an hour and to attend our monthly meeting.

The Caring Ministry group meets

on the third Wednesday each month from 1:30-2:30 pm, currently in Conley Hall. One month we offer continuing education on issues such as depression, stress, aphasia and dementia; the next session is devoted to small group review and discussion of issues that arise in our visits.

Pastoral Care and Counseling offers an orientation program when a number of residents have indicated an interest in becoming volunteers. Currently Gary Clark is filling in for the director of Pastoral Care and Counseling in leading this program. It might take a while to get an orientation underway, but we are eager to have residents who might want to join us in this needed and meaningful adventure. Please contact Gary (x4096), if you are interested.

# A Super Super Blood Wolf Moon Viewing



By Cindy McCracken

**O**n the evening of Sunday, January 20, one of nature's most spectacular shows took stage: a total eclipse of the Super Blood Wolf Moon. This total lunar eclipse will not make another appearance until May of 2021, and it is the last one visible from the United States until 2022.

A small but intrepid group of Wallace and Diamond residents — unable to see the moon from their apartments — headed individually to the Hefner lobby to find a place to view the eclipse, only to find others doing the same. Grace Sheppard, Ruth Simpson, Judy Kahn, Averill Farrelly and Cindy and Bill McCracken had all gathered in the lobby to find the best spot to view this astronomical event.

It was very cold outside that evening, and we wanted to find a spot to view it from the inside. First Grace and Cindy tried the corridor between the Hefner lobby and Diamond. That worked until the moon got higher and the building started to block our view. Then at the suggestion of one of the security guards, Carl, who stopped to check if the ladies standing in the windows needed help, we found that we could observe the whole process through the skylight in the Hefner atrium. And we were close to the door so we could go outside to view it without the slight distortion of the skylight glass.

Soon we were joined by Ruth, Judy, Averill and



Ruth Simpson, center, shows off her Super Blood Moon photo, sandwiched by neighbors Cindy McCracken, left, and Grace Sheppard.

Bill. Ruth went outside and got a great picture on her tablet. We all braved the cold for a few brief minutes to see the blood color appear at full totality — about 12:12 am, when the earth blocked some of the sun's rays and bent others so that the blue part of the spectrum was blocked but the red end of spectrum made the moon appear red to our eyes. It was awesome!

We were all happy to meet some other residents with similar interests. Also, as the Hefner, Wallace and Diamond common areas are a bit desolate (or should I say spooky?) at night with the dimmed or turned off lights and the extreme quiet, it was good to have some companions.

Although we did not stay to see the moon move totally out of the earth's shadow (about 2:30 am), we were all delighted to have seen a bit of the beauty that the heavens offer us mere humans.



# It's A Guy Thing



By Dan Muller

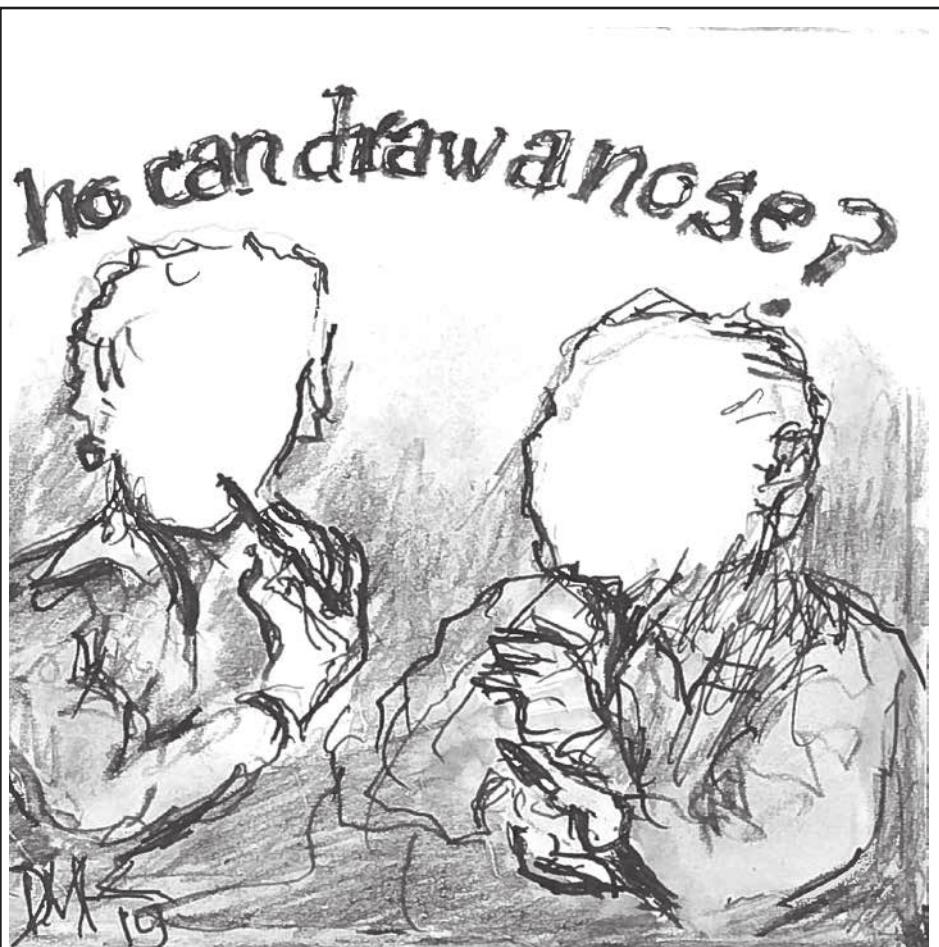
This month I find myself reflecting on clothing. I know there are some men out there who enjoy wearing new clothes and like to keep them updated. I am not one of them. Back when I was working, clothes were much more important. Essentially, I had three sets of clothing —dress clothes for work and more formal occasions such as church, casual clothes for evening and weekends with family and friends, and of course, work clothes for chores both inside and outside the house.

Since moving to Asbury, my needs have changed. I still have a couple of suits, almost no work clothes, and a closet full of casual outfits. Except for a few shirts which I have received as gifts, most of my clothes are well over ten years old — and that is how I like them. I find that the more clothing is washed, the softer it becomes. The softer it is, the more I like it. There is nothing more comfortable against my dry winter skin than a threadbare undershirt.

And then there is the issue of shoes. There used to be a saying “as comfortable as an old pair of shoes.” How many people have old shoes anymore? When was the last time you went to a cobbler for repairs? Are they still around? With the lack of repair shops, we are pretty much forced to purchase new shoes. Since I have a few old pairs which I alternate, I have been able to hang onto them for several years. I have discovered that my newer shoes have something called “memory foam” in them, which is supposed to remember the contour of my feet and conform to that whenever I put them on — even if it has been over a week. I don’t know about you, but I’d prefer not to have shoes with a better memory than me! Besides, my old shoes have the shape of my feet inside them without having to remember. That is much less intimidating.

Sometimes I think life would be simpler if got rid of most of my clothes. Perhaps I should just keep seven of everything for each day of the week and line them up in my closet. Then each morning I wouldn’t have the dilemma of deciding what to wear. An added advantage is that I could just look in the mirror and know what day of the week it is. I wonder how many other guys would agree? I dare not ask the ladies.

## Mac and Zil



no can do a nosey

**Pebbles**  
*The Advice Cat*

**Dear Pebbles...**  
I am an Africa grey parrot. We are considered to be exceptionally intelligent, beautiful and sensitive animals. As I was reading the Asbury animal policy, something few other animals can do, I noted an omission. It discussed dogs, cats and aquarium-based pets, but there was no mention of birds. I was offended.  
As I require my feet to perch comfortably, I've had to peck this

— Pebbles, *The Advice Cat*

note. You may be unaware that hunt-and-peck typing is very time consuming. Just to remind you, we parrots are birds. Please explain how it came to pass that we were not included.

— Pauline P. Parrotte

## Dear Bird Brain,

In case you didn't notice, I did not write the pet policy. Furthermore, no one asked my opinion. If they had, I would certainly have reminded the authors that small birds, mice and other little animals like that are highly desirable. Not only that, but I'd eagerly welcome such pets to visit, preferably at mealtime. I am very fond of birds and mice.

Sadly, Pauline, you are a bit large for my taste. However, if you get your beak trimmed, I will reconsider.

Should you have further questions, please consult Administration. I would include a phone number but find myself in need of a nap.

— Pebbles, *The Advice Cat*

**This Month in the Gallery**

*The Rosborough Cultural Arts and Wellness Center is home to an ever-changing gallery of arts and handiwork created by our residents. Stop by and see what's new. With 12 display cases to look at, there's something for everyone to enjoy.*

photo by George Stosur  
Kay Rogers, CYH  
watercolor

photo by George Stosur  
Dot Hartley,  
Trott  
china painting

# Asbury Campus Happenings

With winter on the wane and temperatures rising, it's a great time to get out of the house and take advantage of all that our campus has to offer. Here's what is on the horizon over the next few weeks:

**2/8: Annual Snow Tubing event** at Whitetail Ski Resort, 10am-5pm. Transportation provided by Eyre shuttle. Enjoy a leisurely lunch, sip some hot cocoa and slide down the hill. Family members and friends are welcome, too. Registration required with a fee of \$60.

**2/12: Chinese New Year Party**, 11am-1pm, Rosborough Theater. Celebrate the "Year of the Pig," with food, dance and fun.

**2/14: Celebrate Valentine's Day** with an *Elegant Evening*, in one of our three dining rooms during regular dinner hours, \$14. Special menu items include Chesapeake Bay rockfish, rack of lamb and eggplant roulade. Dress up in your finest and enjoy this annual day of romance. Reservations are required.

**2/15 & 2/16: 1:00 pm, Rosborough Theater.** Historian Leslie Goddard transforms herself into Grace Kelly, the Philadelphia-born beauty, who went on to movie stardom and royalty through her marriage to Prince Rainier of Monaco. The following day, Goddard takes on another royal in her performance of "Becoming Queen Elizabeth." These are marketing events open to residents

**2/20: WOW Health Fair**, 10am-2pm, Rosborough Community Rooms.

**2/28: Healthy Heart Event**, 10am-noon, Rosborough Community Rooms. This two-hour event features heart health information, fun activities,

**3/2**

**Potomac Fever**, the 15-man outreach group of the Gay Men's Chorus of Washington, DC, performs at the Hefner Auditorium at 3pm. This a cappella ensemble performs more than 40 shows each year, as well as performances with the Gay Men's Chorus

season concerts. Potomac Fever has performed for the Obama administration, at the XIX International AIDS Conference and the Capital Pride Festival. In May 2016 they took an historic tour to Ukraine at the invitation of the State Department to promote LGBTQ equality.



free health screenings and more. For info, call X6444.

**3/2: Mozart's *The Marriage of Figaro***, Rosborough Theater, 7:00pm. This four-act opera is a favorite of many — including cartoon rivals *Tom and Jerry*.

**3/5: Trivia Night**, 7-9:30pm, Rosborough Community Rooms. Are you a fountain of useless information? Then this event is for you. Start studying and form your teams. Contact your concierge or Susan at x4955 for more info.

**3/6: Brain Waves** begins and continues through 4/24, Hefner arts and crafts room. These weekly courses will provide some of the latest thinking on brain health and what you can do keep your mind sharp. Registration required and a fee of \$49 for residents and \$59 for non-residents. Contact Susan at x4955.

**3/12: Political pundit** and media personality James Carville brings his talents to the Rosborough Theater for two shows (10:30am and 1:00pm). This is a marketing event open to all residents.

—Compiled by Pam Brown

## SELF-CARE

Continued from page 3

autonomic nervous system, setting the stage for sleep.

If you have ever paid attention to the sound track of a movie, you have likely noticed that the music is composed to create particular moods. Think of John Williams' Star Wars' main theme with its soaring brass and exhortatory drums, for example. We respond not only to the rhythms, but also to the resonance of the particular instruments, because we are natural sounding chambers always vibrating at different frequencies.

Ever since Candace Pert's breakthrough research\* proving the existence of endorphins (naturally-produced morphine), psychoneuroimmunologists and integrative health

care practitioners have continued to accrue evidence that humans can modulate their emotions —positively or negatively. We can change our biochemistry to our advantage without pharmaceuticals.

One way that people can modify their environment to their benefit is by choosing to listen to music that encourages them to relax, to concentrate, to feel more upbeat, to celebrate, to sleep, to exercise, etc. One can do this safely, at low cost, tailoring choices to her or his own needs.

Music therapy is the use of music to restore, maintain, and improve emotional, physical, physiological, and spiritual health and well-being. Within this discipline listening to specific music produces well-documented improvements for people with Alzheimer's disease, Parkinson's, depression, and insomnia.

Experts in the field of music therapy do not encourage considering the music a distraction, but rather a sonic environment that individuals create and welcome with the intention to improve their wellbeing while listening.

Do you have a wellness music repertory tailored to your various needs and readily at hand?

Come join me every Monday morning in April from 10:00 to 11:30 am in the Wallace Community Room for a five-session workshop on Mind-Body Stress Management Strategies. Pre-registration and \$10 materials fee required. The session is limited to 12 participants. One of the mind-body techniques we will sample is the therapeutic use of music.

## OSHER

Continued from page 1

ters in the creative peak of 18<sup>th</sup> Century music.

The afternoon session (1:00 pm to 3:00 pm) — *Hollywood on the Potomac* — takes a look at how the film industry presents the Nation's Capital on the big screen. Some of the films to be covered are *Mr. Smith Goes to Washington*, *All the President's Men*, *Air Force One*, *An American President* and *Thank You for Not Smoking*.

Registration is required and fees are non-refundable. Asbury resident costs for the two classes listed above are \$115. Non-resident fees are a slightly higher \$130, so bring a friend along. See your concierge for a registration form or download it at myamv.org under the "continuing education" tab.

By Hal Gaut

Over the holiday season, folks who visited the Guild Chapel noticed an expansive nativity scene in the lobby. It is appropriate to share the old original article about its origin.

Reprinted from *Chit-Chat*, December 1, 1990 (35th Year, Vol. 4)

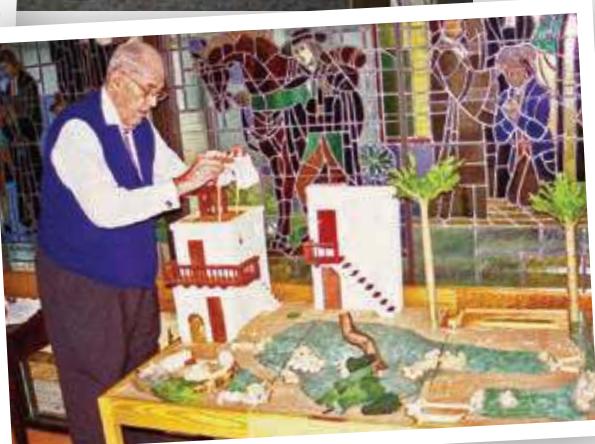
## NATIVITY SCENE

Asbury Home [211] residents have received a very special Christmas gift this year. At the Religious Life Council meeting in January it was agreed that our Nativity Scene should be given more prominence. A committee was formed, held several meetings and much artistic work was involved. Bill Gaut researched and designed the new table with all the lovely authentic background. Corinne Connelly very generously gifted Asbury with the Nativity set and Mary Boyle designed and made the velvet skirt.

We are grateful to all these persons for this beautiful emphasis that Jesus is the REASON for the Season. Committee: Margaret Rus-



Photo: Mike Skiba



Left, this nearly 30-year-old Nativity Scene on display in the Guild Chapel in 2018 and, right, sometime around 1990, as Bill Gaut completes the finishing touches.

sell, Joy Reinmuth, Bill Gaut, Mary Boyle, Corinne Connelly, Alma Johnson.

Pictured above is the nativity scene, both as it is today and as it was while Bill Gaut was finishing it. Every effort was made to replicate

the period as we might imagine it. Bill also constructed it in such a way that everything would come apart, lay flat, and when properly nested, would fit in a moderately-sized box for storage. Bill also had a sense of humor, so next year, if you haven't

already discovered it, remove the leather bucket from the village well and peek down into it. (Since actual water would be impractical, he did the next best thing.)

When the Home was closed for renovation about 1999, the display was put into permanent storage. Some years later when Park View opened, Mike Skiba found it and put it back in the Chapel at Christmas. Sometime during the storage period, the original table was lost. So the first display during the Park View era used hymnals as weights to anchor the velvet skirt and hold the sections of the display together. The following summer John Armentrout graciously constructed the framed base which is still in use.

Over the years various parts, such as bushes and foliage have gone missing. This year Bill's great-grandson Chris got to see it for the first time. (Yes, it was built a couple years before he was even born.) While Chris's specialty is more toward full-scale stage design, he thinks that before next Christmas he can replicate some of the missing pieces on this small-scale set.

## Helpfulness from the Top Down

By Jan Garman

For Asbury residents looking out the windows of their nice, warm apartments on Monday, January 14, it was a beauty to behold. Snow graced the ground and all the tree branches, turning winter's bleakness into a pristine fairyland. For Tracy Zajac, who is confined to a wheelchair, however, the snow presented a problem that morning. She had spent the night on a cot in the room of her father, Dr. Abe Miller, in the Wilson Health Care Center and was looking forward to returning home when she met her mother, Beryl, in the Wilson hallway outside her father's room. Conferring with her mother, she suddenly asked if her mother had cleaned off her car.

"Oh, Honey, I didn't think of



Photo by Beryl Miller

Rob Liebreich steps in to shovel out a family member during the January snow.

it," her mother replied. Unaware of a person behind her, Beryl heard a voice offering to do so. Turning around, she recognized Rob Liebreich, Asbury's

executive director. Beryl told Tracy that she thought that they should find someone else, but Tracy replied, "He said he would do it."

"I don't think you know who this is," Beryl told her daughter, so Tracy turned to the man and asked who he was.

"I'm Rob," he answered, and told her that he would be glad to clean off her car. So Rob followed Tracy to her car, where he cleared the snow and shoveled her out of her parking space. Then another problem presented itself. The station wagon's wheelchair ramp seemed to be stuck. "Maybe if you drove it around a bit, it would help," Tracy suggested. So Rob did so and soon Tracy was on her way home, grateful for Rob's kindness.

Tracy and Beryl have told

this story to several people and their replies have always been the same: "Doesn't surprise me a bit. That's Rob." Rob, like so many others at Asbury, personifies Asbury's motto:

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you ever can.

This motto is often cited as a quote from Methodism's founder, John Wesley, even though according to many Wesley scholars, there is no evidence that Wesley ever uttered these words. However, J.W. certainly personified this motto and it's a good one for all of us to live by. Kudos to Rob and to all "Asburyians," who step in every day to lend a helping hand.

# Fred Brown and African American History Month

**O**n February 4, Asbury resident Fred Brown spoke at the Benjamin Gaither Center on "My Martin Luther King Story: Inspired to be an Inspiration," as part of Gaithersburg City's month-long celebration of African American History Month. A driver for Dr. King, Fred went on to become a scientist at the National Institutes of Health, where he worked with others to introduce more diversity, and mentored minority youth from across the nation who were interested in the sciences.

Fred continues his important work at Asbury through the Gaithersburg Beloved Community Initiative, which helps to improve the lives of local disadvantaged children, youth and families. Fred, along with other GBCI members share their life experience with high school students through the Courageous Conversations program. Fred's discussions focus on the civil rights movement to open up discussions about discrimination and prejudice.



Fred Brown gives remarks at the Benjamin Gaither Center on February 4.

had to wear a smaller boot. During all this time a wheelchair was necessary.

I appreciated so many things: the neighbor who added my needs to her Peapod order, people who offered to push my wheelchair in the hallway going to and from the elevator and into the dining room, a server who filled my plates at the Sunday brunch buffet, friends who delivered my finished projects to Wilson for patients, others who delivered the stamps that I cut for the stamp project that nets income for the Benevolent Care Fund and others who loaned me puzzles to keep me occupied.

I also appreciated my neighbors who kept a close watch to see that I was okay and my son-in-law who ordered and installed a magnetic door stop to keep my door open for my coming-and-going in the wheelchair. High on my list of gratitude was my daughter, Barbara, for purchasing food and ordering a wheelchair, which took 25 phone calls. I am also grateful to our Hefner concierge, who loaned me an Asbury wheelchair for two weeks until the rental chair arrived.

So after 30 years of being independent as a widow, I've learned not only to accept help, but most of all, to be more helpful to others in a wheelchair.



Photo by Jan Garman

Vivian Otto learned to be more helpful to others after her time in a wheelchair.

## In Memoriam

Resident	Residence(s)	Date of Death
Patricia Atwater	WHCC	12/11/18
Irene Fiege	EF & Kindley	12/13/18
Kathleen Lohman	WHCC	12/14/18
Dayton Coe	WHCC	12/18/18
Ruby Howard	WHCC	12/21/18
Susan Morton	Trott	12/22/18
Jack Hall	Villa	12/22/18
Eugene Foeckler	WHCC	12/26/18
Mary Ann Blatt	Trott	12/27/18
Carl Melzer	Diamond	12/20/18
Jack Hall	Villa	12/28/18
Home M. Reitwiesner	WHCC	12/29/18
Ruth C. Middleton	WHCC	12/29/18
Marty Roney	Park View	12/30/18
Charles W. Stewart	Diamond, Kindley & WHCC	1/1/2019
Sherwin Montell	Mund & WHCC	1/1/2019
Edward Lombard	Kindley	1/1/2019
Joe Rychlec	Villa	1/5/2019
Shanti Varma	WHCC	1/5/2019
Eleanore Olson	WHCC	1/8/2019
Ralph Wilbur	WHCC	1/10/19
William Stevenson	WHCC	1/11/19
Robert Owusu	WHCC	1/12/19
Jose Maldonado	WHCC	1/13/19
Doris Dellen	WHCC	1/14/19
Nedra Jones	WHCC	1/18/19
Dorothy Warthen	WHCC	1/20/19
Joan Vannostrand	Park View & WHCC	1/22/19
Eleanor Galemore	Diamond, Kindley & WHCC	1/30/19



## Join us on Facebook



[Facebook.com/  
AsburyMethodistVillage](https://www.facebook.com/AsburyMethodistVillage)

# ASBURY FOUNDATION TRIBUTE GIFTS

**(Gifts Received October 1, 2018 through December 31, 2018)**

Asbury Foundation is grateful for Tribute Gifts donated at Asbury Methodist Village. These gifts are a meaningful way to recognize a person or an event, while also supporting our vital work. Honor gifts include donations made to celebrate a special event or to express gratitude. Memorial gifts are made in remembrance of someone who has passed away.

Listed below are AMV tribute gifts received **October 1, 2018 through December 31, 2018**. The bolded name indicates in whose name or memory the gift was given. All Tribute Gifts received in 2018 will be included in the Annual Recognition List as well.

## IN HONOR OF

### **Jim Allison**

Mrs. Mary C. Luff  
Mrs. Carol B. McNeil

### **AMV Catering Dept.**

Mary Margaret Matzen &  
Martin W. Matzen

### **AMV Pastoral Care & Counseling Dept.**

Mary Margaret Matzen &  
Martin W. Matzen

### **Lee Bachrach**

Susan & William Coney

### **Loyce & Bruce Bowen**

Robert & Judy Thomas

### **Carol and Scott Brewer**

Ms. Doris B. Pree

### **Kimberly Brooks**

Mr. & Mrs. Richard M.  
Hirata

### **Peter Cascio**

Robert & Judy Thomas

### **Gary Clark**

Mr. & Mrs. Eugene McDowell

### **Wayne Cleaver**

Mr. & Mrs. John P. Bankson Jr.

### **Daniel & Laura Coats**

Mrs. Karol K. Smith

### **Harry & Barbara Deffley**

Ms. Sally Stevens

### **Rev. Anne Ellestad**

Rev. & Mrs. Gordon Forbes  
Miss Martha B. Hunt

### **Tom Foss**

Ms. Lucinda Keister

### **Hal & Marilyn Gaut**

Ms. Harriet Hall

### **Dr. Janice H. Hopper**

Mr. Tri Nguyen

### **Mrs. Amrita Kaur**

Mr. Abhinav Goel

### **Earl Kragnes**

Ms. Cheryl Parsons

### **Lois Lord**

Ms. Helen L. Wirsch

### **Erma I. Lordeman**

Ms. Jane Lordeman

### **Margaret J. Mattero**

Mr. Richard Mattero

### **Janice Moon**

Ms. Martha Larson

### **Mickey Mullikin**

Mr. & Mrs. Marvin Cage

### **Ila Dean Olson**

Mr. Douglas R. Ross &  
Dr. Jerilynn Radcliffe  
Mr. Glen M. Ross &  
Ms. Patricia M. Shea

### **Patrick O'Toole**

### **Patrick O'Toole**

Dr. & Mrs. Norman M.  
Heim

### **Noemi Parrilla-Mena**

Rev. & Mrs. Gordon Forbes

### **David Reiser**

Mr. & Mrs. Eugene McDowell  
Ms. Carol A. Watkins

### **Bob Seymour**

Mr. & Mrs. James Axeen  
Mrs. Josephine Fabrizio  
Mr. & Mrs. Richard M.  
Hirata

### **Ralph and Ruth Spoor**

Ms. Nancy G. Spoor

### **Irene Stuart**

Mary Margaret Matzen &  
Martin W. Matzen

### **Robert Tedesco**

Mrs. Rose Marie Herrmann  
Ms. Lucinda Keister  
Mrs. Barbara Rand  
Dr. & Mrs. Rob Roy Ratliff  
Judith Shapiro, MD

### **Jim Utterback**

Mrs. Carol B. McNeil

### **Dottie Walsh**

Ms. Christine Shannon

### **Dorothy Wiant**

Ms. Theresa J. Egan

### **Richard Zellers**

Mr. Thomas Zellers

## IN MEMORY OF

### **Don Allen**

Mrs. Marilyn T. Allen

### **Mary K. Anstead**

Mr. Robert J. Anstead

### **John Barone**

Mrs. Marie Barone

### **Peggy T. Barrow**

Mr. Samuel W. Barrow

### **Marie Stella Battista**

Mr. & Mrs. Carmine  
Castellano

### **Alice Baum**

Dr. Howard Baum

### **Henry M. Beisner**

Mrs. Mary Patricia Squire

### **Melvin T. Benjamin Sr.**

Dr. & Mrs. Stanley B.  
Benjamin

### **Albert T. Benson**

Mr. Edmund C. Benson  
Mrs. Alice M. Gardner  
General Jeffrey Kendall  
Mund Resident Council  
Ms. Faith Peterson  
Mrs. Alice D. Smith  
Bob & Julie Travis  
Mrs. Mary H. Waldron

### **William Bernard**

Mrs. Geraldine Bernard

### **Robert W. Bluehdorn**

Mrs. Christa Bluehdorn

### **Janet A. Braddock**

Mr. S.J. Braddock

### **Donna M. Branthover**

Mrs. Ruth Simpson  
Mrs. Jean Stewart  
Wallace Resident Council

### **Phyllis Brickman**

Mrs. Evelyn M. Peterson

### **Thomas Brill**

Rev. & Mrs. Gordon Forbes

### **Dr. Charles E. Brodine**

Mrs. Alice M. Gardner  
Park View Resident Council  
Dr. & Mrs. George T. Strickland

### **Ann Tracy Cahoon**

Mr. & Mrs. David Reiser  
Mrs. Joyce R. Rohmiller  
Mrs. Jean Stewart

Villas Resident Council

### **Fooug N. Chu**

Mr. & Mrs. Adam Chu

### **Wilson L. & Laura H. Clagett**

Mr. & Mrs. Paul W. Dhyse

### **L. Dayton Coe**

Mr. & Mrs. John P. Bankson Jr.  
Mr. & Mrs. John C. Cittadino  
Mrs. Alice M. Gardner  
Mr. & Mrs. Michael J. Skiba

*Continued on page 11*

## How to Make a Tribute Gift

Please send your tax-deductible gift to:

Asbury Foundation  
201 Russell Avenue  
Gaithersburg, MD 20877

AMV residents and associates can also send gifts through the campus mail to the Administration Building (201 Russell Ave.).

Please indicate whether the Tribute Gift should be acknowledged as "in honor of" or "in memory of," as well as the name of the person being recognized (and occasion, if applicable). Please also include the name(s) and address of the person, family member or friend whom we can notify of your gift. Once the gift is received and processed, Asbury Foundation will mail a letter, recognizing your Tribute Gift to the person(s) indicated, as well as send an acknowledgement letter to you which can be used for tax deductions.

Unless otherwise specified, donations from Tribute Gifts will benefit the AMV Benevolent Care Annual Fund. This fund supports Asbury residents who have outlived their financial resources through no fault of their own. As with all gifts donated to support the AMV Benevolent Care program, we will ensure they are designated to benefit residents of Asbury Methodist Village.

For any questions or comments related to this list or Tribute Gifts in general, please contact Patrick O'Toole at [POtoole@Asbury.org](mailto:POtoole@Asbury.org) or (301) 216-4052.



# GIFTS

Continued from page 10

<b>Janet Collier</b> Ms. Jamie Back	<b>Mary Theresa Garcia</b> Ms. Marty Folty	<b>Dorothy E. Howe</b> Dot Howe's Family: Bernie, Susan & Esther	<b>Ching-Ye L. Lee</b> Miss Rose A. Koerber	<b>Victor Nedzelnitsky</b> Mrs. Marguerite Nedzelnitsky
<b>Donald L. Couchman</b> Mrs. Helen T. Manning	<b>Doris B. Garthright</b> Mr. Bing Garthright & Mrs. Patricia King	<b>Reinhard Glang</b> Villas Resident Council	<b>John Leebrick Jr.</b> Reverend Harry & Barbara Deffley	<b>Marcia Notley</b> Mr. David Notley
<b>Henry M. Cox</b> Reverend Harry & Barbara Deffley	<b>Margaret Goodman</b> Mr. Shawn Malinowski	<b>Catherine B. Hugh</b> Mrs. Jeanne F. Noel	<b>MaryAnn LeGassie</b> Reverend Harry & Barbara Deffley	<b>Our Parents</b> Mr. & Mrs. Thomas W. Flinn Jr.
<b>Merlin and Evelyn Crabtree</b> Mr. Randall P. Crabtree	<b>Agnes G. Gourlay</b> Dr. & Mrs. Frederick Hambrecht	<b>Norman Ikari</b> Ms. Mary Teresa T. Battista Mr. & Mrs. Terence E. Byrne Miss Rose A. Koerber Mund Resident Council Mr. Terry T. Shima U.S. Attorney's Office in Hartford	<b>Clara G. Lerner</b> Mr. Harvey A. Lerner	<b>Sybille H. Page</b> Mr. Thomas A. Page
<b>Jeffrey Scott Craze</b> Mr. Robert Craze	<b>Thomas &amp; Marie Greene</b> Ms. Frances Badman	<b>Ann M. Johnson</b> Mr. & Mrs. Gordon Henley	<b>Dr. Herman Maganzini</b> Mrs. Sylva H. McCulloh	<b>Barbara B. Patterson</b> Villas Resident Council
<b>Mary 'Ginger' Crismond</b> Ms. Judith A. Olivey	<b>Marshall Grotenhuis</b> Mr. Brian Grotenhuis	<b>Arthur E. Johnson</b> Mrs. Alice K. Johnson	<b>Mary 'Peg' Matzen</b> Mrs. Helen A. Allin Mr. & Mrs. Frank A. Hughes Ms. Jane Johnston Mr. & Mrs. Herman Kling Mrs. Ruth Simpson Mr. & Mrs. Ernest K. Steele Mrs. Mary H. Waldron Wallace Resident Council	<b>Rachael Peabody</b> Miss Rose A. Koerber Mund Resident Council
<b>Elaine W. Crowe</b> Mrs. Norma Stec	<b>Andrew Halls</b> Miss Marjorie Fuller	<b>Edith Harper Johnson</b> Mr. Robert E. Johnson	<b>June L. McCalla</b> Ms. Rosemary E. Desmond	<b>Alexander Pocheailo</b> Mr. & Mrs. Nicholas Suzich
<b>Mary Anna Culkin</b> Ms. Mary Wiehl	<b>Eleanor R. Halstead</b> Mrs. Shirley Clapham Mrs. Mary D. Elliott Miss Rose A. Koerber Mrs. Betty D. Lowe Mund Resident Council Mrs. Jeanne F. Noel Mrs. Alice D. Smith	<b>Ken &amp; Edlea Jones</b> Mr. Kelly S. Jones	<b>Minette &amp; Mac McCullough</b> Mr. Richard McCullough Jr.	<b>Robert Potter</b> Anonymous
<b>Jeanne Curtis</b> Mr. H. Bud Curtis	<b>Helen M. Hansen</b> Ms. Dava Unglesbee Villas Resident Council	<b>Rev. Kenneth S. Jones</b> Ms. Olga M. Gazda	<b>Minette P. McCullough</b> Mrs. Ruth Simpson	<b>Elizabeth 'Betty' F. Prestemon</b> Ms. Barbara T. Olson
<b>Reginald Dale</b> Ms. Jane Johnston	<b>Margaret E. Hargett</b> Ms. Janet L. Hargett	<b>Leo L. Jordan</b> Mrs. Mary Belle Jordan	<b>Larry McDaniel</b> Mr. Jonathan Reaves	<b>Allen &amp; Mary Pritchard</b> Ms. Elizabeth Mooncones
<b>Emma DePaz</b> Mr. Alan T. Sterling	<b>Lila 'Lee' Harvey</b> Ms. Audrey Chereskin Reverend Harry & Barbara Deffley Edwards-Fisher Resident Council	<b>Karl F. Jorss Jr.</b> Mrs. Louisa P. Jorss	<b>Elizabeth McDonald</b> Mr. William McDonald	<b>Thomas William Ray</b> Mrs. Louise Ray
<b>Dennis D. Driscoll</b> Miss Kathy DelBalzo	<b>Marilyn L. Hemmig</b> Mrs. Ann Blandamer	<b>Kathryn Kerr</b> Mrs. Elizabeth K. Rosenbaum	<b>Kenneth G. McGahey</b> Mr. Kevin McGahey	<b>Bernice Reynolds</b> Ms. Rhonda L. Teranto
<b>David Eaton</b> Mrs. Mary H. Eaton	<b>Bette M. Hill</b> Mr. George Hill	<b>David E. Kershner</b> Mrs. LaVerne W. Kershner	<b>Kate G. McLean</b> Mr. Bernard E. Wills	<b>Selma R. Robey</b> Mrs. Diane Gleason Mrs. Jean Stewart
<b>Rev. Dr. Warren R. Ebinger</b> Ms. Lee R. Ebinger Mr. & Mrs. Gregory W. Lear	<b>Patricia M. Hilmo</b> Mrs. Ruth Simpson	<b>Mary T. Klepek</b> Ms. Mary E. Marlowe Mr. & Mrs. Scott R. Paluch Ms. Mary Wiehl	<b>Stanley Meiselman</b> Mr. & Mrs. Randy Mongold	<b>Florence A. Robinson</b> Mrs. Dorothy M. Johnson
<b>Dr. Philip C. Edwards</b> Mrs. Jean E. Jackson	<b>Marilyn A. Holman</b> Mr. Bernard Loeb Ms. Jean Matzke	<b>Katherine Koeln</b> Mr. Greg T. Koeln	<b>Carl Melzer</b> James and Vera Green	<b>Jacqueline Saunders</b> Ms. Deborah McCathran
<b>Georgette Egbert</b> Mrs. Erica Adams Edwards-Fisher Resident Council	<b>James Robert Hopkins</b> Mrs. Betty Hopkins	<b>David Kosow</b> Mrs. Ruth Simpson	<b>John E. Minton</b> Miss Rose A. Koerber	<b>Betty P. Savage</b> Ms. Beth Savage
<b>Amory &amp; Amy Ericson</b> Mrs. Donna Strauss	<b>Josephine M. Hopper</b> Mrs. Ruth Simpson Mrs. Mary H. Waldron Wallace Resident Council	<b>Ernest Kung</b> Mrs. Susan H. Kung	<b>Howard Morris</b> Ms. Audrey Morris	<b>Edna Schwartz</b> Mr. Robert & Mrs. E. Anne Seeger
<b>Earl Estelle</b> Miss Marjorie Fuller	<b>Ruth L. Lane</b> Mr. & Mrs. Hugh E. Nor- thup	<b>Ruth L. Lane</b> Mr. & Mrs. Hugh E. Nor- thup	<b>Eugene Mowry Jr.</b> Mrs. Nancy D. Brown Rev. & Mrs. Gordon Forbes Mrs. Brenda H. Rosa Mrs. Jean Stewart	<b>M.L. Sexton</b> Mrs. Doreen L. Sexton
<b>Family Members</b> Mr. Harold F. Wollin	<b>Evelyn Lawrence</b> Anonymous	<b>Frances M. Lawrence</b> Ms. Marilee F. Lawrence	<b>Thomas Mullikin</b> Mr. & Mrs. Marvin Cage Wallace Resident Council	<b>Harriet A. Silverberg</b> Dr. Stanley M. Silverberg
<b>Irene M. Fiege</b> Miss Dolores Ann Kalo			<b>Audrey Neal</b> Ms. Bonita Neal	<b>Edith Sim</b> Mrs. Susan T. Kajuch
<b>Annette Fletchall</b> Ms. Olga M. Gazda				<b>Paul T. Sisson Sr.</b> Mrs. Olga Sisson
<b>Patricia N. Fowle</b> Dr. John Fowle III				<b>Yvonne P. Slygh</b> Mr. John T. Williams

Continued on page 12

## GIFTS

Continued from page 11

### **Edison T. Smart**

Mrs. Jean M. Smart

### **Dorothy Smithey**

Villas Resident Council

### **Wayne & Dorothy Smithey**

Mr. & Mrs. Martin Blendermann

### **Martha Jane Sorrows**

Villas Resident Council

### **Anne Southall**

Mrs. Joyce R. Rohmiller

### **Bonnie L. Steele**

Mrs. Helen T. Manning

Villas Resident Council

### **Audrey Stewart**

Mrs. Mary H. Eaton

### **Mr. & Mrs. Camillus Stokes**

Mrs. Harriette Veirs

### **Reba C. Swain**

Mrs. Mary Daniel

Rev. & Mrs. Gordon Forbes

Mrs. Evelyn M. Peterson

Mrs. Jean Stewart

### **Haruhiko Taima**

Mr. & Mrs. Jim Voldal

### **Betty T. Thomas**

Anonymous

James and Vera Green

Ms. Page B. Hawk

Mr. & Mrs. Frank A. Hughes

Mrs. Sylva H. McCulloh  
Ms. Carol A. Watkins

### **Frank Tietze**

Mrs. Ruth Simpson

### **Robert 'Tilk' Tilkemeier**

Mrs. Nancy Tilkemeier

### **George E. Tippett**

Mrs. Marilyn Tippett

### **Mary C. Unglesbee**

Mary & Paul Miller

### **Elsie Utterback & Elsie M. Fansler**

Dr. & Mrs. David E. Purdy

### **Bishop & Mrs. Raymond Valenzuela**

Dr. Arturo Valenzuela

### **John & Elizabeth Vance**

Mr. & Mrs. Peter Roman

### **Charles H.M. Volz**

Dr. & Mrs. Frederick Hambrecht

### **Mary Ward**

Ms. Marylyn L. Saxman

### **Shelby Waugh**

Mrs. Joyce Waugh

### **Joan B. Weissleader**

Mrs. Jeanne F. Noel  
Villas Resident Council

### **James Weixel**

Mrs. Eunice A. Weixel

### **Marcia C. White**

Ms. Carol White

### **Mildred S. & George D. Wiehl**

Ms. Mary Wiehl

### **Guy & Alvira Wilkinson**

Mr. & Mrs. James D. Isbister

### **Thomas K. Wilkinson**

Mrs. Bernice G. Wilkinson

### **Lena & Doren Woodward and Muriel & John Jackman**

Mr. & Mrs. Donald Woodward

### **Huinan Yang & Liqing Jiang**

Ms. Yandan Yang

# One Hundred and Counting



Millie Lang, as a young girl sometime around 1924 (far left), and later in 1938 (center) and 1942 (left). One of her secrets to a long life: "Always eat a good breakfast."

*By Jeanne North*

**A**s we continue our journey to introduce you to some of the centenarians living here at Asbury, we are delighted to share a few insights from Millie Lang, a robust 105-year-old living in the Kindley building.

"I always eat a good breakfast," says Millie on what she cites as one of the reasons she's reached her 105<sup>th</sup> year.

A graduate of Maryland's Towson University when it was still a three-year school, Millie became an elementary school teacher whose favorite subjects were math and music.

"I preferred to teach children rather than supervise interns and aspiring teachers," she says. That choice ultimately led a life rich with family, friends, educational activities and others with like interests.

"I always had a lot of good friends," Mil-

lie says. "I played bridge in two different groups." She also had a voracious appetite for learning, which led her to travel widely during summer breaks. During one summer vacation, she visited 11 countries in Europe.

As a young woman living in Baltimore, Millie was very active in her church, where she led groups of young people from about a dozen churches. "We made plans for activities for the group, but sometimes the older men wouldn't let us young people have cider because they thought it would get hard," jokes Millie.

Though she grew up in the city of Baltimore, as a child she spent summers with her grandparents on a farm near Warsaw, IN. Her time there meant good food, fresh air and lots of exercise helping with the animals and such, all contributing factors, she feels, to a long, healthy life. "I liked going there," she says, because "I had a whole

house to play in as a doll house."

Becoming nearly blind over the past year, Millie finds her way on her own to the fifth floor dining room from her apartment, always beautifully dressed. "I have an aide who helps me lay out clothes," she says. "But I know my way around. I know where the 5 button is in the elevator and where the down button is so I can get downstairs alone."

When our conversation was over, Millie readied herself to leave and head down to the first floor. "I like to sit in one of those rocking chairs in the back of the first floor living room to listen to the music."

Millie's advice for living a good life is a simple one: "To make your world a happy place, you need people, you need friends..."

We agree, Millie. Asbury is lucky to have you as a friend.

By Jan Garman

The broad smiles of Millicent Redd and her daughter, Musu Pratt, show their sunny dispositions and the love that they share with each other and the people they serve at Asbury. Both Millicent and Musu started life in Liberia, West Africa. Millicent lived through two civil wars in Liberia.

In 2000, their family won a diversity visa which is similar to a lottery. This allowed Millicent, her husband, son Mongar and Musu to immigrate to the US in 2000. Millicent had been a midwife and the head nurse in a Catholic clinic in Monrovia, the capitol of Liberia. When the family immigrated to Silver Spring, she became a nanny. Wanting to better herself and provide more for her children, she studied for her certification as a GNA (Geriatric Nursing Assistant) and has worked as a caregiver at Asbury since 2004, first with Asbury Care Management and now with Interim. She would like to go back to school to become an LPN or even a RN. Millicent loves to serve people and considers caregiving a labor of love.

The family now lives in Germantown. Musu is a 2014 graduate of Seneca Valley High School. She earned an Associate Degree in hospitality at Montgomery College in 2017. She has continued to take courses in business and plans to go on to earn her Bachelor's Degree in either hospitality or business as she wants to start her own business, one in which she can give back to others. She also would like to travel and visit other cultures. Someday she and her mom want to visit their relatives in Liberia. Two planned visits were thwarted,

## This Mother-Daughter Team Serves with a Smile



Photos by Jan Garman

Above, Millicent Redd and daughter Musu Pratt, came to Asbury by way of Liberia, West Africa, where they lived through two civil wars.

At right, Musu, a Keese School scholarship recipient, poses with her mom and her Montgomery College diploma.



first by unrest in Liberia and then by Millicent's recent wrist injury.

Musu began working at Asbury just as she was entering college. Her first assignment was as a captain in dining rooms at Wilson and Kindley, a job that she kept for a couple of months before transferring to the Hefner dining room where she was a server until being made a supervisor in June 2016. Diners in Hefner appreciate Musu's ready smile and the fact that she always greets them by name. She walks among the tables, checking on the residents' needs and making sure that they are happy with their food and service. One of Musu's favorite experiences in the dining room is when residents introduce her to family members.

Despite her outgoing personality, Musu claims that her mom is the more outgoing of the two of them as Millicent loves to dance and sing. Millicent also loves sports. Musu, on the other hand, would rather watch documentaries as she loves to discover why things are the way they are. She would like to get back to volunteering in the community.

They both share a deep faith and a sense of gratitude. Millicent is grateful for the opportunity to live the American Dream and for the chance for her family to go to school. She is eager that they use this opportunity to help others. Both like working at Asbury. Millicent likes the fact that she sees the same residents each day. She is also grateful for the Keese School scholarships that helped Musu with her education. We at Asbury, in turn, are grateful that this caring mother-daughter team is a part of Asbury.

## Welcome New Residents

### Janet Joshua Mund 504, x5176

Janet Joshua moved to Asbury from New Jersey at the end of October 2018. Janet's early years through college were spent in Minnesota. She then earned her Bachelor's degree in English and Greek at the College at Wooster, Ohio. She started taking Greek because the teacher was so wonderful, and she just kept going with it! She received her Master's in Special Education at Beaver College in Glenside, PA. She has been both a middle school and high school teacher. Her father was a chemical engineer and her mother a teacher. Her sister Anne was a teacher and school development director. Anne currently has her own development strategies consultancy.

After college Janet spent two years in the Atlanta area. She then married a naval officer and lived in Long Beach and other California cities until returning to the east coast and Rhode Island. She has two

children. Son Andy got his degree in physics and then did his graduate work in international security and economic planning. He then followed his heart and joined the Urban Promise organization where he is now head of school in Camden, NJ. He has four children from age one to 13! Her daughter Laura is now COO and CFO at a boutique lobbying firm here in DC. Laura has three boys ranging in age from one to eight. Janet moved here to be near this happy, busy family!

Janet has many interests. She enjoys puzzles of all kinds, reading, horseback riding, sports, traveling, outdoor activities, volunteering (she is seeking the right niche) and family and friends. She has volunteered in her church (usually Presbyterian) in the choir, on the deacons and mission board and in the nursery, plus tutoring and small-group Bible study. She also enjoys musical activities. We look forward to seeing her in many places here at Asbury, and we warmly welcome her to our Mund family!

— Anne Kuester, Mund



Photo: Bob Tedesco

# Welcome New Residents

Peter and Joan met on a sailing trip in Maine and were married 15 years ago. Joan grew up in Connecticut, attended Smith College and studied at Yale School of Architecture; she designed custom residential projects for 20 years. In midlife Joan changed focus and joined a large firm where she managed primarily college and university projects, including several for Georgetown University.

Peter was raised in Chicago. He graduated from Purdue University where he majored in mechanical engineering. From there he joined the Navy in 1957 and earned his aviator wings a year later. He was assigned to an antisubmarine warfare squadron. For the next 26 years Peter alternated between flying assignments in the Atlantic and Pacific and shore postings in the U.S. and with NATO in Europe. Along the way he earned an advanced degree in electronic engineering. He retired in 1983 with the rank of Commander and joined TRW for ten years, where he worked



Photo: Hal Gaut

## **Joan and Peter Stogis Trott 614, x5170**

in engineering management positions on defense contracts.

Joan is a quilter and a member of the Needle Chasers of Chevy Chase quilt guild. Her designs are chiefly contemporary and art designs: "I enjoy the possibilities in fabrics, letting the material find its voice. Traditional piecework

leads me to improvisation and new expressions...Most of my pieces are art quilts, though I also make bed quilts, table runners and other useful quilted objects." Several of her quilts have been exhibited in local shows, also in the Sacred Threads Show where one piece was included in a

touring exhibition.

Peter and Joan enjoyed sailing and have cruised the Chesapeake extensively, also bareboat charters around the world. However, they have recently 'swallowed the anchor' and put their boat up for sale. Between them, other interests are traveling, photography, woodworking and volunteering. Both volunteer with the Smithsonian Associates; Peter also volunteers in the AARP tax preparation program. Joan and Peter recently enlarged their family by adopting a rescue cat, a calico long-haired named Crissy. They would enjoy hearing from other "cat people" residents of Asbury.

Joan and Peter lived in the Colesville area of Silver Spring for 15 years. They describe the relocation to Asbury as "moving from one end of the Red Line to the other." Proximity to Washington is important to them as they enjoy museums, music and theater events in the city.

— Helen Hillstrom, Trott

Ann and Bill moved from Wilmington, NC, into Asbury last September — returning to the Washington, DC, area where they had previously lived for 27 years. Their choice was determined by prior knowledge of Asbury, having lived in the area and having a friend here at AMV; looking at other CCRCs and their financial history; the need to have the support of family nearby and the quality of food offered to residents. They are parents to two sons, one in Springfield, VA and one in Atlanta, and grandparents to five.

Ann was born and raised in Danville, VA, and attended Randolph-Macon Women's College where she majored in Latin and minored in Greek. She began what would become a long career in teaching — first in Danville, where she taught high school Latin while pursuing her MAT (Masters of Arts in Teaching) at Duke and the University of North Carolina. She and Bill met through a blind date while he was on the USS Ethan Allen at a ship-



Photo: Hal Gaut

## **Ann & Bill Walker Wallace 505, x5746**

yard in Virginia. Her studies served her well for acquiring teaching positions as they moved around the country for his various Navy postings — Purdue in Indiana; Mississippi; California and back to this area in Frederick and Montgomery College among others.

Ann looks forward to retrieving, sorting and organizing her boxes of books — currently in off-site storage — which she acquired over her many years of teaching.

Born in Meriden, CT, Bill moved at an early age to Belmont, MA. Planning to follow in his father's

footsteps as a teacher, he first attended Northeastern University in Boston in an education program. Then deciding to switch to a more technical field, he joined the Navy and participated in the Navy Enlisted Scientific Education Program at Purdue, focusing on engineering sciences. Bill then continued at MIT for an MS in Ocean Engineering. His 20 years in the Navy included serving on a submarine and two tours in various places such as the Philippines, Hawaii, Taiwan, Diego Garcia and time at the Navy Civil Engineering Laboratory and the Naval Medical Research Institute. Following his military career, Bill worked for Northrop, General Dynamics and in the intelligence field. Leisure time finds him enjoying his Kindle, reading books and newspapers.

Welcome "back" Ann and Bill — we're delighted you're here!

— Patty King, Wallace

# Welcome New Residents

## Jean and Chi Kong Yu Mund 208, x4426

Jean and Chi Kong Yu moved from San Diego to Asbury last November. Both Jean and Chi Kong were born in Seoul, Korea. Before coming to the United States, Jean spent 15 years as an elementary school teacher. Chi Kong was a construction manager, both in Korea and in this country. The couple moved to the US in 1976, and settled in New York, where they lived for 22 years. They owned a coffee shop, which opened each day at 4:00 am and closed at 3:00 pm. They also had two children, ages five and six at the time the couple opened their business. Each day they prepared breakfast for the children before leaving for their coffee shop. Their remarkable children got themselves up, ate their breakfast, got ready for school and made it there on their own every day! Think of the lessons those children learned about self-reliance and independence, and so much else! They both received full scholarships to Boston high schools; their daughter to Phillips Academy; their son to Milton.

Jean and Chi Kong sold their coffee shop and then operated a coin laundry business for seven years. When they retired, they moved to Colorado (because Jean's sister lived there),

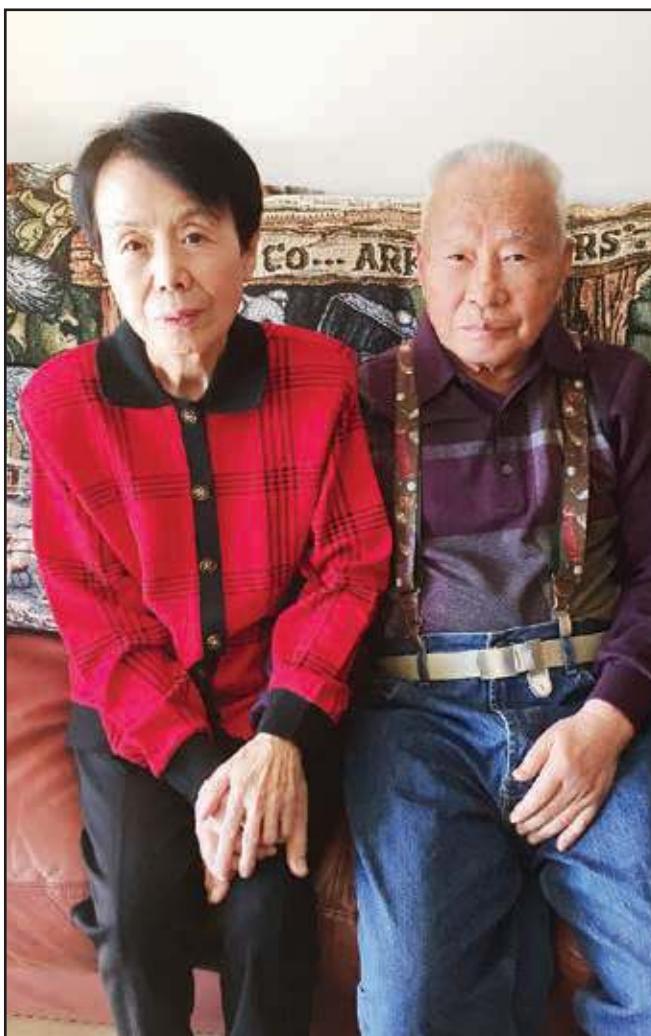


Photo: Hal Gaut

where they lived for five years before moving to San Diego (better climate!), where they lived for 17 years. Their next move was here to Maryland and to Asbury. Their son lives in Washington.

Their daughter Susan is a doctor in Ohio. She received her degree in biology from Skidmore College in New York and medical degree in Ohio. She is married to a man from Ireland and they have two sons. Their son John went to Lehigh in Pennsylvania and then joined the ROTC. He served in Germany for five years. While there he took his parents on a whirlwind 3-week tour of Europe! After his discharge as a captain from the Army, he worked for a while for the Department of Commerce and is now at the Pentagon. His wife is from China and they have two daughters.

Both Jean and Chi Kong were avid golfers, playing at least three times a week while they were in San Diego. Jean really enjoys gardening and she looks forward to doing it on a small scale, either on her balcony or in the Asbury garden area. Until very recently, Chi Kong enjoyed photography and talking to people! This April, the couple will celebrate their 50<sup>th</sup> wedding anniversary. We welcome these interesting new residents!

— Anne Kuester, Mund

Jay Davenport and his sister, Joan, who moved to Asbury in November 2018, grew up in Sioux City, IA. Jay earned a BS from Iowa State in chemical engineering and a MA in public administration from the University of Minnesota at Minneapolis. Drafted into the Korean War, he was deployed to the rocket development lab in Huntsville, AL. He came to Washington in 1954 to work for the US Atomic Energy Commission and then went to the National Science Foundation and to the National Academies. Jay's positions involved a great deal of traveling. He visited Egypt many times and traveled extensively in Latin America, living for a year in San Jose, Costa Rica.

Joan attended the National Business College in Sioux City and worked for a machine tools company during World War II. She went on to work for IDS, which became Ameriprise. When she relocated to DC, she worked first for Rep. Charles B. Hoeven (R-IA) and then for the Republican National Committee for 30 years, attending all its national conventions during this time. She was with the RNC during the Watergate years and also during the period when George H.W. Bush was its chair. After retiring, she worked part time for a law firm. Joan earned Certified Professional



Photo: Wayne Cramer

## Joan and Jay Davenport Diamond 411, x5375

Secretary (CPS) certification.

She and Jay shared an apartment in McLean Gardens on Wisconsin Avenue, but did not share political affiliations. Thus, politics was not a topic of conversation at the dinner table. When their parents came to join them in DC, Joan and Jay purchased a home in DC's Tenleytown section on Albemarle Street. Although their father did not live long after he moved to DC, their mother

really enjoyed the lifestyle and lived to be over 100. Joan and Jay enjoyed taking their mother to the theater, and to restaurants, and Joan and her mother enjoyed shopping together. At age 94 their mother traveled to London and Paris with them and the trio traveled often to New York City. Jay and Joan really enjoyed having their mother's flavorful Iowan dinners awaiting them each evening when they arrived home from work.

Both Joan and Jay have been active in their churches: Jay at New York Avenue Presbyterian and Joan at Elbrooke United Methodist, which merged with Metropolitan United Methodist. Jay tutored inner city children at New York Avenue and volunteered for seven years for Meals on Wheels. He volunteered at Ingleside at Rock Creek and advocated for a gentleman who lived to be 106 and was all alone. Jay also took courses at Wesley Seminary. Joan served on many committees at Elbrooke and Metropolitan, chairing the Staff-Parish Committee. For many years she visited church members at Asbury and decided that she and Jay should move here. We are glad that they did.

— Jan Garman, Diamond



# Village Life

A NEWSPAPER FOR ASBURY METHODIST VILLAGE

Non-Profit  
Organization  
U. S. Postage  
PAID  
Rockville, MD  
Permit No. 4297

Asbury Methodist Village  
Communications Department  
201 Russell Avenue  
Gaithersburg, MD 20877-2801

VILLAGE LIFE: A NEWSPAPER FOR ASBURY METHODIST VILLAGE



Photo by Maria Roberts

Courtyard Homes' resident George Stosur made a friend during our January snowstorm. "Larry," somewhere between snowman and snow monster, stood guard on Asbury Drive for as long as the weather would allow.