



# The CHATTER

A Publication for the Independent Living Residents of Homewood at Frederick

**VOL. 21 NO. 2**

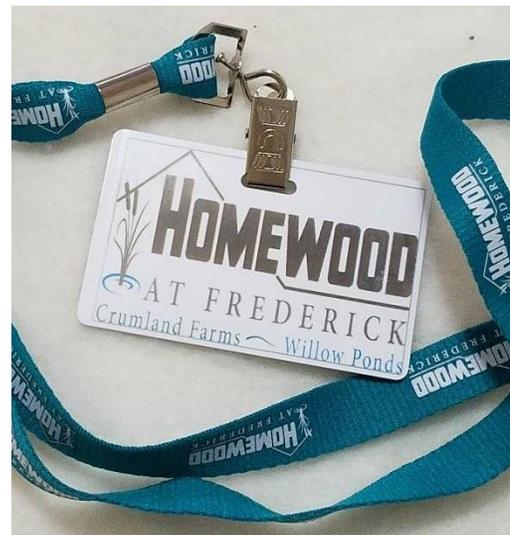
**FEBRUARY 2020**

## **UPGRADED SECURITY NOW IN PLACE CAMPUS-WIDE**

With the shiny new key cards recently issued, many residents of Homewood at Frederick will now find it easier to gain access to all facilities across campus through entryways other than just the main doors. This will improve accessibility during both daytime and after regular hours as well as provide greater building security.

The change came about after a decision by Homewood's corporate office to upgrade and unify security for residents, visitors and staff on all five campuses. We officially switched over to the new system on December 30.

Residents of the Lodge, cottages and patio homes had already been issued a key card which worked on all exterior doors at the Lodge. But Crumland Farms apartment residents were still using the older system of a traditional key to access their building and were not given a key card for Lodge access. This meant that Lodge, cottage and patio homes residents could not get into Crumland Farms facilities other than through the front entrance. Nor could Crumland Farms residents enter the Lodge for events using other than the front doors.



**Now with the new security measures, there is a dual system in place of either scanning your fingerprint (only at those entrances where there is a fingerprint reader) or swiping the key card to access ALL common area doors in both buildings.**

Residents and staff were given the opportunity to have their fingerprints scanned and placed on file before the system became operational. However, some fingerprints did not scan legibly and were not able to activate the system. Hence

*(cont'd on p. 2)*

the key card came into play as the backup system. Each key card has a unique chip which identifies the person to whom it was issued so that there is a confidential record of which card was used to gain entry.

Here are some answers to frequently asked questions:

***Q. WHAT DO I DO IF MY KEY CARD DOESN'T WORK?***

***A.*** *Press the blue call button located at most entry doors which will connect you with the front desk.*

***Q. WHAT DO I DO IF I LOSE MY KEY CARD?***

***A.*** *Contact the Lodge front desk to get a replacement. Your old card will then be deactivated so that it cannot be used by anyone who might find it. There will be a charge of \$25.00 for any lost/damaged card.*

***Q. HOW CAN MY PET SITTER GET IN TO TAKE CARE OF MY DOG WHEN I'M NOT HOME?***

***A.*** *Any regular visitors, such as pet sitters or family members who live close by, should have their fingerprints scanned and placed on file so that they can use this as the means to enter the building. The receptionists can help you with this.*

***Q. ARE OCCASIONAL VISITORS NOW REQUIRED TO SIGN IN AT THE RECEPTION DESK?***

***A.*** *Yes. Occasional visitors should enter the building through the lobby area and sign in with the receptionist. They may be required to show ID. A handwritten name badge will be issued for them to wear while they are on the premises.*

***Q. ARE THERE ANY PRECAUTIONS I SHOULD TAKE WITH MY CARD?***

***A.*** *We recommend that the cards NOT be exposed to extreme heat or cold. Also, make sure the area with the security symbol (found in the upper left-hand corner of the back side) is not covered up or damaged.*

There have been several opportunities to get a demonstration of the system, but if questions arise, just ask one of the receptionists for help.

If you would like a complimentary Homewood lanyard (shown in the photo) to keep the card safely on your person, see one of the receptionists in either the Lodge or Crumland Farms.

**--Barbara Kirk**

# WE'VE GOT OUR OWN MINI "FLOWER SHOW" GOING ON!



spring in there! Thank you for adding this touch of beauty to our surroundings.

Need your fix of lush, colorful blossoms in the middle of winter? Just stroll down the second floor enclosed walkway leading from the Crumland Farms apartments to the community center and you'll see these lovely blooms on the window sills, carefully tended to by our green-thumbed residents. It may be winter outside, but it's

*(Photos by Barbara Kirk)*



## **THE MAIN STREAM ... Notes from the Executive Director**

**Stay warm and well this month of February as winter sets into the area!**

### **Updates around Campus:**

- ❖ Our Stakeholder Strategic Planning meeting was held on January 14 to review all SWOT survey results and prioritize areas of planning. Resident association officers, senior management/corporate, board members and department directors and management were present. Once survey results are defined, they will be shared with council associations at all levels of care at their regular meetings.
- ❖ The City Traffic Engineer made a visit to our campus on December 20 and we will be discussing options for our crosswalk concerns. He was given the computerized drawing of our crosswalk and street intersections along with the current number of residents and plans for anticipated growth. He is to present our requests to the city and make contact by the end of January.
- ❖ Many have noticed the “speed” monitors located along Willow Road. This is more than likely part of the study regarding the crosswalks.
- ❖ The 2020 Frederick County Ambulance Billing Subscriptions are still available in the Dew-Drop-In at the Lodge and at the Crumland Farms receptionist desk.
- ❖ Each resident received a notice from the Woodsboro Bank regarding the decision to remove the ATM at the Lodge in January. It was asked about having another bank’s ATM installed.
- ❖ Greg, Maintenance Director, gave an update on our new security system. We are all learning more each day and are becoming accustomed to the routine of entering the Lodge and Crumland Farm community center. If you have “regular” visitors coming to campus and they would like to be fingerprinted for access, please have them see either receptionist desk. Also, please see the article in The Chatter with some frequently asked questions...thanks, Barbara.
- ❖ In conjunction with the new security system, we are asking that all Lodge and Crumland Farms residents use their Lifeline alert as a first line of response when in need for a medical emergency so that Homewood staff can respond to your need and so that we are aware of “emergency” equipment and personnel coming onto campus.

*(cont'd on p. 5)*

- ❖ Continuing with the topic of security, some patio home residents are requesting a dead bolt lock added to their patio door and/or entry side garage door. Please put in a work order to have these installed. There will be no cost to have these added.
- ❖ We will have all One-Call messages be sent to the receptionist in case there are questions re content at a later time.
- ❖ On January 15, Shockley Honda delivered two new CRV's (sport utility vehicle) to our campus. Shockley donated one of the vehicles and Homewood purchased the other. We are extremely happy to partner with Shockley and have two new vehicles for resident transports. Both CRV's are white and will soon have logo and "wraps" installed.
- ❖ Topics to be looked into: Bookmobile, 24-hour lighting in Pool/Wellness Area

I enjoyed seeing so many of you at the January meeting! Hope to see you this month at the next Campus Connection, **February 5** at 9:30am at Crumland Farms!

Winter Blessings!

*Karen*

### **UPCOMING MUSICAL EVENTS ON CAMPUS**

No need to worry about travel with icy road conditions—just hop on the shuttle to enjoy live entertainment close to home!

- |                       |  |
|-----------------------|--|
| <b>Saturday, 2/1</b>  | By the Spirit makes their inaugural visit to Homewood, presenting contemporary Christian music, 2:30 p.m., MP              |
| <b>Sunday, 2/2</b>    | Jeffrey Chappell, classical concert pianist, 3 p.m., MP  |
| <b>Wednesday, 2/5</b> | Women in History, a musical history presentation by Patty Carver, 2:30 p.m., MP  |
| <b>Saturday, 2/8</b>  | Antonio Plumer, pianist (child prodigy and son of Frank Plumer), 2:30 p.m., MP   |
| <b>Sunday, 2/9</b>    | Music with Mark Beall Family and Friends, 7 p.m., MP   |
| <b>Saturday, 2/15</b> | Christiana Drapkin Jazz Trio, My Funny Valentine, 2:30 p.m., MP  |
| <b>Saturday, 2/22</b> | Rear View Mirror, a blend of rock 'n roll, pop, R&B, country, standards and more from the 50s through today, 2:30 p.m., MP |

### **Grocery Store Plastic Bags Are NOT Recyclable!!!**

Frederick County will no longer accept plastic shopping bags because they tangle themselves in the sorting machinery. Please do not put the bags in your recycling bin. Put them in the trash or take them to a store such as Wegman's, Lowe's, Weis, Food Lion, and Safeway that collects them.

## CHAPLAIN'S CORNER

Did you know that January 12 is the day when most people give up on their New Year's resolutions according to experts? One study says just 8 percent of people achieve their New Year's goals. Another says about 46 percent of people are successful in keeping the promises they make to themselves as they face a new year.

As we flip the calendar to February surely a lot of good intentions have been set aside. There's no longer a crowd at the gym and some of us have decided maybe we're just not meant to be organized after all. This may sound good to those who prefer not to have to wait for their favorite exercise machine and to professional organizers looking for clients perhaps, but it may leave others feeling down because they've fallen short of their goals again.

Recently I read a devotion by Rev. Tony Robinson reminding us that it's not all up to us, whatever it is we are hoping to accomplish in the New Year or on any new day for that matter. He quotes the Apostle Paul who says, "God is able to accomplish abundantly far more than all we can ask or imagine." Of course, this isn't an invitation to simply throw in the towel and insist there's nothing for us to do or little we can do to change our situation or improve our world. Rather it is meant to encourage us to trust in a power beyond our own and to give God glory always for the many wonders that surround us.

As members of the Homewood community, we are aware as well, that we depend on one another. We share one another's lives and offer support and companionship to each other. Truly this is a source of blessing.

*The  
Season  
of  
Lent*



The upcoming season on the Christian calendar is Lent. Traditionally Lent is a season of repentance and reflection. It is the time of year leading up to Easter, when we trace Jesus' journey to the cross. Individuals may take up a particular discipline or lay down some worldly pleasure, such as chocolate or screen time on an electronic device, or even revisit a New Year's goal, in order to grow closer to God.

We will mark the beginning of Lent with a chapel service on **Ash Wednesday, February 26 at 10:30AM**. The imposition of ashes will be offered for those who desire to receive this symbol of our common mortality and our connection to the earth and all of God's creation. All are welcome.

--Chaplain Suzanne Morris

## MEET YOUR NEW NEIGHBORS

**ABBIE ROSE** is a native Baltimorean. She moved to a Crumland Farms apartment in November from Towson, Maryland, the town where she grew up. Homewood was her retirement community of choice so she could be close to her one son who lives in Frederick. Abbie also has another son living in Idaho and three adult grandchildren.



A graduate of Bard Avon Business School in Baltimore, Abbie brushed up on her secretarial skills and re-entered the work force when her sons reached high school age. She was employed by the Allegheny County Health Department for seven years. Abbie retired from her secretarial career when she had the exciting opportunity to move abroad to England for six months after her husband accepted an exchange teaching assignment there.

Abbie is an avid reader and has also enjoyed following The Crown series on TV.

--Barbara Kirk

## WE CELEBRATED NEW YEAR'S EVE WITH A PARTY!

The Hospitality Committee hosted an evening gathering to welcome in the New Year at Crumland Farms. We began by showing the recently released movie



*Downton Abbey* in the Multipurpose Room. That was enjoyed by many residents who had been unable to see it in while it was in the theaters. We then adjourned to the Cafe where we enjoyed sparkling grape juice and petit fours which were provided by the kitchen staff and served by the committee. A jovial group of people donned party hats and shared a toast to 2020! Though we did not make it to midnight as a group, we socialized and wished each other well for the coming year.

--Sue Rock

## MESSAGE FROM THE ILRA PRESIDENT

As I write this article from gorgeous, sunny Florida I am reflecting on the work of all the ILRA Committees. As we are rapidly entering the second month of the New Year, each of our Committees continues to work very efficiently.

- ❖ The **Catoctin Country Store** continues to serve residents, staff and visitors.
- ❖ The **Fitness Committee** along with staff continue to add programs to improve the fitness and wellness of all our residents.
- ❖ The **Food Committees** from Crumland Farms and Willow Ponds continue to work with the Dietary staff on new concepts and new menus. Other items under discussion are portion sizes, food preparation, keeping food hot and many other items too numerous to mention.
- ❖ The **Environmental Committee** continues to work on enhancing the beauty of our Campus. The work being done in the courtyard at Crumland Farms is nearly completed, with help from profits from the 2019 Golf Tournament. Proposed environmental education and awareness programs are being planned.
- ❖ The **Hospitality Committee** continues to use the “Buddy System” in all three Neighborhoods to make all our new residents feel welcome and connected.
- ❖ The **Library Committees** at Crumland Farms and Willow Ponds are continually rotating and maintaining books to attempt to have the reading material desired by the residents.
- ❖ The **Newsletter (CHATTER) Committee** under new leadership continues to maintain the quality of articles that reflect life of the residents of Homewood at Frederick.
- ❖ The **Religious Life Committee** continues to assist Chaplains Suzanne and Shelley as requested.
- ❖ The **Safety and Security Committee** continues to work with Executive Director, the ILRA and City Officials on subjects such as pedestrian crosswalks, four way stops and additional signage on Willow Rd.
- ❖ The **Travel Committee** continues to plan a phenomenal Travel Packet each month. They continue to monitor and share statistics to residents.
- ❖ The **Treasure Corner** is closed while space allocations are being investigated in the Homewood at Frederick Strategic Plan.
- ❖ The **Woodworking Committee** continues to assist residents with repairs and make new items to sell at various functions with the profit going to the ILRA to support various functions to enhance the life of residents.

For more information on the work of these wonderful Committees please read the minutes on the App or in the Minutes Book in the Café at CF or the Dew-Drop-In at The Lodge.

--Shirley Erdmanis, President, ILRA

**When you are away from the campus overnight and are leaving your pet behind in the care of a pet sitter, it is a good idea to let the front desk know this at the time you fill out an “away from campus” slip. We need to be aware that an animal is still in your unit in case of any emergency on-site while you are gone.**

## CAN YOU HELP US SOLVE THE MYSTERY?



Somewhere around the holidays, a gold wedding band was found on the 4<sup>th</sup> floor of the Crumland Farms apartment building. The date inscribed inside the band is **10/25/47** along with the initials **VP** (unsure of this part because the lettering is worn) & **JW**. We can't determine from the size whether it is a man's or woman's ring. Our receptionists have diligently searched through our resident base to see if they could come up with a match. No luck. We would really like to get this treasure back to its rightful owner. Can you help? The ring is being held at the reception desk in Crumland Farms. We can't promise you a reward, just the satisfaction of returning something of sentimental value to its owner.

## TAX PREPARATION ASSISTANCE AGAIN OFFERED

The AARP Foundation, in conjunction with the IRS, is again offering free-of-charge assistance in federal and state income tax preparation for Homewood



residents. Specially trained volunteer tax preparers will be on-site at Homewood on Mondays and Thursdays from February 3 through April 13, between the hours of 9 a.m. and 4 p.m. You can sign up at the Crumland Farms front desk for a spot.

Although the tax preparers can handle most requests for assistance, the Volunteer Protection Act requires that the volunteers stay within the scope of tax laws and policies set by the IRS and AARP Foundation. Therefore, they **CANNOT** prepare returns with:

- Self-employment if there are employees, losses, expenses that exceed \$25,000, depreciation, business use of home, or other complicating factors.
- Complicated capital gains/losses, such as futures or options.
- Complicated Schedule K-1.
- Rental income, except land-only rentals or rentals of personal residence less than 15 days.
- Royalty income with expenses if not from self-employment.
- Farm income or expenses.
- Moving expenses.
- Some investment income or itemized deductions not in their training.
- Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax.
- Foreign financial asset reporting requirements.

If you have any questions on the service, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 1-888-227-7669 or. Included on their web site is a handy guide of important documents to bring along for the tax preparer.

## ALOHA PRESENTS...



## “WINNING THE PAPER BATTLE”

Friday, February 28  
12:45 to 1:30 p.m.

Crumland Farms  
Multi-Purpose Room

All ladies and men of Homewood are invited to this very noteworthy presentation by Mary Helen Dennis who specializes in solutions to conquer the mountains of paper invading our homes.

Mary Helen will cover how to set up a clear, easy-to-read filing system and the importance of a family resource book to eliminate the “scavenger hunt for survivors.”

**HOMEWOOD WOMEN: PLEASE JOIN US FOR THE ACTIVE LADIES OF HOMEWOOD ASSOCIATION (ALOHA) LUNCHEON AT NOON IN THE CRUMLAND FARMS MULTI-PURPOSE ROOM BEFORE THE PROGRAM.** Please sign up with the Crumland Farms receptionist by February 27. Shuttle will leave from the Lodge at 11:30.

--Sue Chapin

## VISIONAIRES

The Visionaires low vision support group will meet on **Tuesday, February 4**. Our speaker will be Jeannie, new regional director of Guiding Eyes for the Blind. She will bring her two puppies with her and explain their current and future training. As usual, we will gather at 10:30 a.m. in the AL Garden View Lounge.

--Avadna Cogbill

**Have any newsworthy information you'd like to share about a resident's accomplishments? Have an interesting hobby we could feature? Have a pet with an unusual background? We'd like to hear about it!!!! You all are the eyes and ears of Homewood!!! Contact The CHATTER Editor Barbara Kirk, 301-682-2204, [bjkirk107@aol.com](mailto:bjkirk107@aol.com) or through CF mailbox #443.**



*This is part of the group of Homewoodians who “survived” their evening at the thrilling Escape This live action adventure last month. Left to right: Jeanne McGraw, Gloria Godbee, Diane Holter, Sandy Irwin, Margaret Perry, Donna Jeo and Joan Wisner. The group is shown in the 1980s Mafia Room. (Photo courtesy of Diane Holter)*

## **A THANK YOU FROM THE RESCUE MISSION**

To all the Residents, Staff Members, Family Members and Volunteers who donated to the Frederick Rescue Mission Adopt-a-Family Program this year, I wanted to share with you an email I received from Valerie Moore, Frederick Rescue Mission Development Coordinator:

*“...Today was completely overwhelming. The Mission was able to receive MANY donations today and I was blessed enough to meet some of you. I know by talking with some of you that you have literally made some dreams come true. Your generosity is completely overwhelming. It was shown on your faces as well as in your actions. You are such a wonderful example of Christmas. Thank you so much for all the you do, not just the money, but the time, the energy, the everything!”*



*“As you know you all help Christmas come true and come alive for many: our CLRP men and their families, our Faith House ladies and their families, and our community - grandparents who basically have custody of grandchildren, single parent households, households who are dealing with cancer and other diseases, to name a few. I'm lucky enough to see your generosity come alive.*

*“We had several families (parents) who were able to pick up their Christmas today and I was able to see the real and genuine appreciation and gratitude on their faces. You all made people cry! I just want you to know that. One of our grandmothers couldn't stop crying she was so overwhelmed. One young single mom was incredibly overtaken by emotions. It was just a real blessing and honor to be able to see. Thank you for allowing me to be the conduit of the whole process”*

*--Liz Kannenberg, Volunteer Director*

## **ILRA AWARDS CONTINUING EDUCATION SCHOLARSHIP TO HOMEWOOD EMPLOYEE**

During 2019, the Independent Living Residents Association (ILRA) received a request in writing from a resident suggesting the ILRA consider contributing \$500.00 toward a scholarship for a co-worker at Homewood at Frederick. The ILRA officers, thinking this was a worthy project, asked for and received a motion that was approved at an Association meeting.

The task of researching how this could be accomplished was delegated to a new committee called the “Employee Scholarship Fund Committee.” The Committee met several times during the year and decided to explore establishing an endowment fund that could award scholarships annually. We contacted the Homewood Foundation for assistance.

We held numerous meetings during the past year with officers from both the Homewood Foundation and with Homewood Retirement Centers Vice President of Human Resources (“VP of HR”). The idea of an Endowment Fund being established will be investigated early in 2020.

Since ILRA had received authorization to contribute \$500 for a 2019 scholarship, Homewood’s VP of HR suggested that this donation be awarded to a co-worker at Homewood at Frederick pursuant to the terms and conditions specified in the “Continuing Education Plan” maintained by Homewood Retirement Centers.

The ILRA is pleased to announce that a co-worker in the dietary department of Crumland Farms was awarded \$500.00 as the first tuition assistance award which will be put toward completing the Certified Dietary Manager course.

**--Ray Green, Chairperson**



*Here at Homewood there was no better way to spend a rainy Saturday afternoon in January than listening to the toe-tapping tunes of Prophets of the Abstract Truth, a jazz trio who put a new spin on old standards and crowd favorites with their*

*distinctive blend of guitar, bass, saxophone and percussion! If you missed this performance, be sure to catch them next time!*

## **INTRIGUING VISUAL DISPLAY A PART OF CLIMATE CHANGE PROGRAM**

An informative program on climate change that may be of interest to all residents is being sponsored by the Retired Clergy group on **Monday, February 10** at 10 a.m. in the CF multi-purpose room.

Entitled “How Do You Visualize and Hear Climate Change” the program includes a display of *The Tempestry*, a knitted piece more than 7 feet long that depicts the progression of climate change since 1900. Local knitters from different faith traditions produced the fiber art project, and Ann Payne, a member of the Frederick County Multifaith Alliance of Climate Stewards, will speak about the significance of the project.

The program will also include a performance by David Howard, former NSO cellist, of a musical piece that was composed based on the climate data.

## **WHAT A TREAT!**

On Sunday, January 6 Betty drove three Homewoodians to Calvary Methodist Church to hear the Lux Choir. The choir was founded in 2014 by six high school boys in College Park, Maryland who joined together to sing. The choir now has approximately 30 boys and girls from as far away as Virginia. Their singing was the best we have ever heard. We hope they return next year.

**--Vernon Rippeon**

*Ed note: According to their Facebook page, Lux Choir is described as “a chamber choir that specializes in contemporary choral music.” Its members have studied at some of the nation’s finest conservatories and schools of music and have performed in venues ranging from area churches to nationally renowned concert halls. What a treat for us to be able to attend this local performance!*



*Dave Chapin, Sue Chapin and Sue Rock prepare to hit the water during the Polar Plunge held January 17 at the Lodge pool. Twenty-seven people participated in the event, with 10 stalwart souls taking the plunge. Pool temperature was lowered to 80 degrees from its normal 89 and the air temperature was in the 60s. This event was the kickoff fundraiser leading up to the Alzheimer’s Association Walk and raised \$671. (Photo by Gretchen Smith)*

## ***YARD SALE PLANS COMING TOGETHER***



Plans are well under way for our Annual Yard Sale, sponsored by the Residents Association. The first day will be **Thursday, April 30** from 2 to 4 p.m. when it will be open to staff and residents only.

The event will then be open to the public on **Friday, May 1** from 8 a.m. to 3 p.m. and on **Saturday, May 2** from 8 a.m. to noon.

Preparation starts the Tuesday evening before, with Maintenance setting up the areas we will use. On Wednesday we begin sorting and pricing. It's a busy, but fun week!

It's not too late to volunteer to chair the Committee. Not to worry—I can provide “on the job” training! We also need a chair of the section that includes hanging and pricing of artwork. We are fortunate that almost all the other section chairs are returning this year.

Section team leaders will meet on **Monday, February 17** at 10 a.m. in the CF Multi-Purpose Room. If you have any questions, e-mail me at [erdmanis@comcast.net](mailto:erdmanis@comcast.net)

**--Shirley Erdmanis**

## ***NATIONAL GEO TRIP PROVIDES INTRIGUING EXPERIENCE***

The Homewood bus recently traveled to the National Geographic Museum in DC where a group of residents marveled at the amazing exhibit about Jane Goodall whose work with chimpanzees in Kenya shed light on both animal and human behavior. Technology used in this new exhibit lets the viewers experience the wonders of forest life with the chimps and hear from Jane about her work.

If you missed this trip and would like to visit the museum, take advantage of Homewood's trips to DC this spring and summer when you will travel to the city as a group and, when there, can take the circulator bus to visit sites of your choice.

Those visiting the museum in January included: **Cindy Abbott, Martha Moser, Pat Curchin, Phil and Barbara Young, Sharon Smith, Walter Binnix, Gail Slezak, Leslie Hobbs and Scott and Mary Wilbur.**

**--Leslie Hobbs**

*Happy* ♥  
*Valentine's* ♥  
*Day* ♥

*Roses are red  
Violets are blue  
Homewood is blessed  
Because of YOU!!*

## FOCUS ON OUR FOUR-FOOTED FRIENDS

*Besides the 600-some people residing on the Homewood at Frederick campus, we are also home to another rather large population—our pets! Pets are such an important part of our lives and oftentimes return to us SO much more than we give them, in terms of love, devotion and companionship. We thought it might be fun to feature some of the pets of Homewood and why they are so special to their owners.*

One of the most visible pets is the adorable Yorkie owned by longtime Crumland



Farms resident **Joyce Cook**. You'll find Joyce and Cassie frequently over in our health care center, where the little dog acts as official greeter and "cheerer-upper" to residents, staff and visitors alike. Although Joyce has the most adorable outfits for her dog, most people first notice the way Joyce decorates her rollator for each season with colorful flowers entwined around the

handles. And on top of the seat is a special bed (really more like a throne!) for the little dog to ride in! Who couldn't help but smile when this comes into view!

Joyce became Cassie's "person" when the dog was 6 years old. Cassie is 10 now, but like many Homewood residents, doesn't look or act her age! Believe it or not, her name comes from that famous outlaw Butch Cassidy!!!

Cassie was not in a breeding program but had been the personal dog of a breeder when Joyce got her. She was not housebroken, was afraid of large men, and afraid of an elevator! With a gentle hand, and treats to reinforce good behavior, Joyce gained Cassie's trust and trained her to become the devoted companion she has become. Joyce says, "I probably wouldn't be around today if it weren't for Cassie." She says she has conversations with Cassie all day long.



The two share an unbreakable bond. Extremely protective of her "person," Cassie is very tuned in to Joyce's every mood. She senses if Joyce is not feeling good and keeps checking on her. The two take walks around the campus every day. Joyce says the way you treat a dog makes all the difference in their attitude toward you, and that's certainly evident when you see these two together.

**--Barbara Kirk**

## NEW FITNESS EVENTS OFFERED

The importance of maintaining good balance to prevent falls cannot be emphasized too much, especially as we grow older. The Fitness staff will be conducting Senior Balance Testing on **Tuesday, February 4** at 1 p.m. in the Lodge Fitness Classroom and on **Wednesday, February 5** at 11 a.m. at the Crumland Farms Wellness Center (in place of the first fall prevention class).

The initial evaluation will include two balance tests and one written test to determine which balance class would be most suitable for you. A new intermediate level balance class that will work on both balance and lower body strength has been added to the roster.



Another new offering in the Fitness area is called Healthy Heart, a cardio-based class that will include the use of the cardio machines, steps, and aerobic exercise to get the perfect workout for your heart and cardiovascular system.

On **Wednesday, February 12** at 11:30 a.m. in the CF Wellness Center, Katie will be presenting a talk on the importance of exercise for a healthy heart. You'll learn about the relevance of aerobic exercise in maintaining a healthy heart and body, and how it affects your overall quality of life. And since February is American Heart Month, our Gab with Gretchen session (with friend Joe Neely) on **Wednesday, February 26** at 10:30 a.m. is on Exercise and Heart Health.



**Presidents Day**

**February 17, 2020**

### THE CHATTER NEWSLETTER STAFF

**Editor:** Barbara Kirk (Phone: 301-682-2204, Email: [bjkirk107@aol.com](mailto:bjkirk107@aol.com), Mail: CF Apt. 443)

**Correspondents:** Leslie Hobbs, Vernon Rippeon, Sal Cosentino, Shirley Erdmanis

**ILRA Representative:** Cindy Abbott

**Photographers on Call:** Shirley Erdmanis, Barbara Kirk

**Advisor/Production Manager:** Julie Norris

**DEADLINE to submit copy: 15<sup>th</sup> of the month** for the following month's issue. Copy can be emailed to the Editor, given to the receptionists to be sent through in-house mail to CF #443 or placed in the box in the CF coatroom near the reception desk.

**Newsletter Committee Meeting:** the second Friday of each month at 9:30 a.m. in the 3<sup>rd</sup> floor library at Crumland Farms.