



THE FREE PRESS

The Moorings at Lewes Residents Association

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We had quite a first quarter of 2024, didn't we? The year started with weeks of dealing with a new COVID outbreak in Independent Living, requiring, the

Chart Dining Room to be closed, and all activities canceled, including the TMALRA Board Meeting and the All-Residents' Meeting. We had to deal with wearing masks again and maintaining social distancing. After coping with COVID, we had the long-awaited presentation of The Moorings' expansion by Garrett Midgett, Springpoint's Chief Financial Officer. As you might expect, the presentation generated a lot of questions and concerns from the residents. Currently, I'm collecting additional questions from residents for the Development Team to address. Let me know if you had anything you would like to add to my list.

Our indoor shuffleboard season started in early January, thanks to Jim McMullen. So all the whooping and hollering you hear in the Bistro probably originates from the shuffleboard table just outside the auditorium. The indoor season wraps up in early May, just in time for Jim to start our outdoor season. Even if you are not part of a team, stop by and encourage whatever team you feel needs the most help. Come out and join in on the fun. You will probably

find some of our timid residents extremely competitive.

While Jim is dealing with shuffleboard, Peg Partlow and her Activities Committee are working hard to find restaurants for us to visit for lunch or dinner, bus trips to locations that would be enjoyable, and local theater and concerts to entertain us. If you have an activity you would like to suggest, contact Peg or anyone on her committee and let them know your thoughts.

Resident's Services has been making strides, hopefully for your liking. It appears they now have the dining menu and community app differences under control. We are also rolling along with our "Artist in Residence" program. We have commitments for a different artist for every month of 2024! Please let Lisa know if you have any suggestions for clubs or artists to show their work. As always, we are open to other suggestions for entertainment, culture, and music, and please don't hesitate to bring them to Lisa or James.

Best personal regards,

Don

There is no snooze switch on a cat who wants breakfast!

-author unknown

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Wellness	Gail Bourassa
Wood Shop	Richard Thomas

TMALRA Free Press (Printed Quarterly)

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

Board Mtgs	2nd Monday
General Mtgs	3rd Monday



First Day Hike at the Point

Eleven intrepid hikers from the Moorings completed a first day hike around the point. The weather was quite mild for early January and a good time was had by all.

Celebrating St. Patrick's Day

Bob Porta's children bought a book of questions to ask their "Pup" (a traditional Porta family name for a grandfather) for experiences from his life. The questions range from the mundane "how did you get your first job?" to the more urbane "what was your wedding like" to the more ridiculous. For an instance of the latter, one of Bob's more memorable St. Patrick's Days took place in Pisa, where Bob and his wife Pat were touring with their friends the Henns. "We went out to dinner for Pat's birthday and while walking back to our hotel we entertained the locals with every Irish song we could think of. The first and only St. Patrick's Day parade in Pisa.

Bob Porta

Wit of the Irish

"Wherever you go and whatever you do, may the luck of the Irish be there with you."

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

"May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand. "May the road rise to meet you" is an Irish blessing that has been passed down through generations.

May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside!

St Patrick is patron of the order; its motto is *QUIS SEPARABIT?*, Latin for "Who will separate [us]?": an allusion to the Vulgate translation of Romans 8:35, "Who shall separate us from the love of Christ?" Most Illustrious Order of Saint Patrick.

Saint Patrick's Prayer

I arise today, through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's shield to protect me, God's host to save me From snares of devils, From temptation of vices, From everyone ...

May the sun shine warm upon your face, The rains fall soft upon your fields. And until we meet again, May God hold you in the palm of his hand

The three-leaf clover, a type of trefoil plant, has been considered the unofficial national flower of Ireland for centuries. Irish legend says that Saint Patrick used the shamrock as an educational symbol to explain the Holy Trinity to nonbelievers as he converted the Irish to Christianity in the fourth century.

Spiritual Activities and Wellness

The human spirit is often considered the most neglected aspect of our selves. Just as we exercise to nurture our bodies, a healthy spirit is nurtured by purposeful practice. The spirit is the aspect of ourselves that can carry us through anything. If we take care of our spirit, we will be able to experience a sense of peace and purpose even when life deals us a severe blow. A strong spirit helps us to survive and thrive with grace, even in the face of difficulty.

Spirituality, an often-overlooked part of wellness, is defined as expanding a sense of purpose and meaning in life, including one's morals and ethics. It involves one's relationship to oneself, to others and to nature. It may or may not involve religious activities.

To support this aspect of wellness, The Moorings assists the scheduling of spiritual activities, including religious ones, for its residents. Some of the most regular activities, actively supported by residents are below.

Catholic Communion—Wed 1:30 in Assisted Living—see the table by the cloakroom for times and locations of special services for Lent

Episcopal Service with Eucharist Wed 3:00 QR

Interdenominational—Sun 4:00 Aud.

Religious Society of Friends (Quakers)—
Silent Meeting Sun. 10:00 QR

Chair Yoga—Th 10:30 QR

Tai Chi—Mon at 11:00 Aud

Everyone is invited to attend any of the activities. There are also other programs scheduled occasionally.

Wellness activities at The Moorings at Lewes are abundant. Take advantage for your health!

List of Committees: Activities; Bylaws; Communications; Dining Services; Library; Employee Appreciation; Program; Wellness; Woodshop

Physical activities include: Morning exercise classes; pool classes; informal water volleyball; ping-pong; horseshoes; shuffleboards, lunch; men's and women's different days, different venues.

Ask Lisa Larsen across from the concierge desk if you need more help. Ask friends at dinner or other times to suggest activities you might like to try. Try different activities!

TRANSITION TO ASSISTED LIVING (AL), PART 3

In Part 2 of "A Transition to Assisted Living," we described some of the basics of life in AL, including some of the major differences such as added nursing support and three meals a day, 24/7. In this concluding Part 3, we want to cover the activities and entertainment available to AL residents. We should add right off that AL residents may continue any of the activities they enjoyed in IL if they wish and are able, whether it is Saturday afternoon games or Friday night movies, but in what follows we will focus on AL-based opportunities.

Just as in IL, there is a monthly calendar of activities distributed throughout AL near the beginning of each month. As with the IL calendar, specific times and locations are provided for activities, events, and all entertainment. And there is a versatile activities staff to provide the appropriate support for each activity.

Chair exercise starts many mornings at 10 AM, led by one of our activity specialists. Other mornings there are mind-sharpening activities, like word search, detective finds, and cranium crunches, also led by AL activities staff.

Arts-n-craft sessions are held several days each month, sometimes focused on specific areas like ceramics or flower arranging, other times more general like drawing, coloring, or painting.

Among the most popular AL activities is Bingo, held several times a week in the AL Activity Room. Participants compete for reward certificates, each worth fifty cents when taken to the Buy-the-Sea Gift Shop and traded for candy bars, chewing gum, jewelry, or other items.

Several types of entertainment are available every month. Every Friday afternoon, live entertainment is provided by local singers and instrumentalists, sometimes singles, other times trios or other small groups. This is another of the most popular features of the week. There are other opportunities for music too, such as sing-alongs and karaoke times. On good weather Mondays, van rides are provided to visit the surrounding countryside, a popular time for those no longer doing their own driving.

Movies are shown some afternoons and many evenings after dinner from the wide selection of DVDs available in AL and in the TMALRA Library. Advertisements are posted many days giving advance notice of the titles and principal stars of the show to be shown that day.

An interdisciplinary church service is held every Sunday at 4:00 PM. Specific services are held periodically as well.

So, there is still plenty to do when you move to Assisted Living, and that is not counting hanging on to your old favorites from your days in Independent Living.

A final note: each month there is a Resident Council Meeting which all residents are invited to attend, and at which there are opportunities to raise questions, express concerns, and suggest new ideas. At such meetings you can get advice and counsel from other residents as well as from staff on any issue or idea.

Gil Kaufman

Book Report



Musings for Valentines Day



To me, Chocolate is my one true love.

Love you to the moon and back – and with technology, maybe even to Mars and back someday, too.

"I love her and that's the beginning and end of everything." – F. Scott Fitzgerald

"We were together. I forget the rest." – Walt Whitman

"Nobody has ever measured, not even poets, how much the heart can hold." – Zelda Fitzgerald

"Love takes off the masks we fear that we can not live without and know that we can not live within." – James Baldwin

"You can't blame gravity for falling in love." – Albert Einstein

"When someone loves you, the way they talk about you is different. You feel safe and comfortable." – Jess C. Scott

"Love looks not with the eyes, but with the mind, and therefore is winged Cupid painted blind." – William Shakespeare, A Midsummer Night's Dream

"A friend is someone who knows all about you and still loves you" – Elbert Hubbard

Various sources

Spare is the long awaited story by Harry, a prince to the British throne. (Prince William, first born to Charles and Diana, has always been identified as the Heir. Harry, the second son, as the spare.) We learn much about his royal family, his very real family, with its expectations, misunderstandings, jealousies, and deaths. We hear about the monarchy, with its many rules, regulations and traditions. And we find out about members of the press, their intrusions into the lives of the royals, their insatiable appetites, the glimpses that are turned into delicious stories with photos, truth and accuracy not a concern.

Harry has a problem identifying his own role in this setting. His schooling has been inadequate. He has received training in standing tall, bowing low, and smiling. Harry finds a more meaningful place in Botswana, Africa, working with a photographic naturalist group interested in preserving elephants. His role in this and other charitable groups is important to him. Yet the young prince has most often been portrayed by the press as a bad boy, by Charles, now king, and Camilla, with Harry's goings on provided to various newspapers to deflect the unfavorable publicity directed at them, especially Camilla.

Harry also has difficulty finding a partner, someone who would put up with the demands of the royal world. The press would surround the living quarters of anyone he seemed attracted to. Even the parents of the women were often bothered in countless ways. Harry has, however, won a court case against the press found guilty of hacking his telephone. Other charges are still being investigated.

Harry is 35, alone. Enter Meghan Markel, an American actress of mixed blood. Harry and Meghan fall in love. The press is hovering, ready with large

lenses and wild stories of racism, abuse and lies, whatever they know will sell. Does Meghan even know when to curtsy? Harry and Meghan marry. After struggling to make a life in Britain, a safe life, they escape to California. Here they and their growing family find more security, peace and freedom. Family rifts are still to be healed.

Spare is a very readable story, the best selling book of 2023.

Judy Burgess

Library Lines - Jan 2024

Our Library has many different sections, some of which go almost unnoticed. We have been getting several more novels, mainly mysteries, that have been recorded onto CD's. These are located on a small double sided bookcase in front of one of the windows. They can be most entertaining when you are on a trip or stuck in traffic on Route 1.

Do you know about our many books in the Arts and Crafts room? There are two book shelves over by the fireplace with a number of books about drawing and painting, especially water-color. Our craft books include several on quilting and many for knitting and crocheting. We even have some on origami, needlepoint, and cross stitch. A lot of projects with instructions are included in these books. Please check these out if you have any interest in the creative arts.

Our DVD collection has been undergoing a housekeeping session and it is still a work-in-progress. We have some amazing offerings: many oldies, but goodies; sets of favorite series; and some newer, to us, movies, that are being donated by our Program Committee. Please remember that the Lewes Library has a much bigger collection, if you don't see what you want on our shelves.

Library shelves in the Quiet Room hold an interesting collection of spiritual and religious books: theology, history of religions, Bibles and source books from other world religions, biblical studies, devotional

and self-help materials, women, our neighbors faith and books used in or related to the Sacred Ground (anti-racism) course. There is a good offering of Friends books and publications, reflective of the Moorings genesis as Cadbury, a Quaker CCRC. Books borrowed from the Quiet Room should be returned there.

Also remember that our Library is always available to you even during the CoVid shut downs we have been experiencing. A face mask will not interfere with your ability to make your selections!

Judy Burgess

NATIONAL READING MONTH

Be aware that March is National Reading Month. A month that we are all encouraged to read more. Last year we were encouraged by our staff to do this and three people won awards for their participation. They got taken out for lunch and also received a gift certificate from Browseabout. So be on the lookout:- maybe there will be another incentive to do more reading. Whether or not there is an incentive it is National Reading Month, so READ MORE.

Mildred Wiedmann

Ignorance killed the cat: curiosity was framed !

- C.J.Cherryh

A hidden civilization

At about the same time the Roman civilization was busy building stone temples, roadways and aqueducts, on the other side of the globe the Mayan civilization was building stone temples, roadways and irrigation canals but the Romans had the better press agents. The Mayan civilization spread across mesoamerica from the Pacific coast to the Mediterranean and carried out trade by coastal canoes and by road. In some areas they practiced irrigated agriculture. They developed their own written



Temple of the sun

pictograph language which was recorded in carved stone and in books painted on paper. The few of these which survived destruction by the Spanish invasion have now been mostly translated. They had their own numbering system which permitted arithmetic calculations including the concept of zero, which the Romans had not discovered.



Mayan ball court

They had their own form of a bible, the Popol Vuh which has been translated and published in English. Mayans were

excellent astronomers, calculating a calendar based on the planet Venus. They played a ball game to decide significant political issues. These socially important ball games had all the excitement of the Super Bowl because the losing team was occasionally executed.

Unfortunately the Mayans constructed with limestone instead of marble. Limestone is more subject to the weathering effects of rain which turns the surface into a suitable

In Memorium

Jack Chapin

Henry Hunt

Donna Shank

Jane Forgie

Karen Consolin

Bill Richardson

Shirleen Thomas

New Residents

Jack Corrigan Apartment 213

Pat Petka Apartment 141

material for plant growth. Over the centuries their villages, roads and temples were covered by the jungle. Airborne LIDAR is now rediscovering the extensive road system and settlement patterns hidden under the jungle trees and this impressive hidden civilization is slowly being uncovered.