

# CROSSLANDS CHRONICLE

OCTOBER 2017

## SPECIAL RUBY ANNIVERSARY ISSUE



# 40

AND

# THRIVING!

### FROM THE CHIEF EXECUTIVE OFFICER

As we begin to celebrate Crosslands' 40<sup>th</sup> anniversary, it's fun to reflect on all the changes that have taken place in our community during that time.

The foundations of the Center are still shaking from the momentous decision we made in 2009 to permit residents to bring wine and beer into the dining rooms, or perhaps that's just the raucous behavior that has prevailed since. It has been many years since a certain well-dressed resident visited me regularly to decry the fact that gentlemen were no longer wearing jackets in the dining room. Very few of us remember when residents waited to enter the café until 12:30, so that staff could get through the line quickly, much less when staff could smoke over lunch in that space. The CRA board used to meet in the old windowless George Fox room by the pharmacy, before it became a dining service storage room. Still fewer of us remember when residents used to mow large areas of our lawns, and fewest of all remember when there was a waiting list for nurses applying to work in Firbank. I must say, I'm very comfortable with residents off the lawnmowers, but I'd like that waiting list of nurses back.

Each of these practices had its place and

time, but didn't define the values of our community, and so they changed with the residents and with construction. Not every change, however, signals a departure from our beginning; some changes have reinforced our original mission and taken it to the next level. Think of the development of our wellness center and what an important feature of the community that has become. Our founding residents could not have imagined how we've improved Audland and Firbank, but I'm sure they would approve of our investment in health services facilities. Even the way we manage our unique property and landscape has evolved in a way more consistent with our underlying values. In recent years, residents and staff have worked together to restore native species in our landscaped and natural areas, and we have made great strides in sustainability.

I have been fortunate to have experienced half of Crosslands' history, and I think that the community has never been so strong. I met and worked with many founding residents when I started my career, and I wish some of them could see how we've built on their foundation. Crosslands has a bright future ahead, and I'm sure there will be new improvements to cite for our 50<sup>th</sup> anniversary.

*Phil DeBaun*



### CROSSLANDS CHRONICLE

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## A PERSON-CENTERED CARE COMMUNITY

Since 2008, Crosslands has been recreating itself to become more specifically a person-centered long-term care community in which residents are the experts regarding how we want to live. This means that, as far as possible, it is up to each of us (whether living independently, in personal care, or skilled nursing) to decide how we want to spend our day, engage with the community, and determine the services we will receive. Crosslands staff is ready to offer assistance but always in a manner that promotes the independence, safety, dignity and self-worth of each one they serve.

Long-time residents may want to respond, “Isn’t that just a new term to describe how it has always been at Crosslands?” One answer might be, “Yes but—a new name invites us to look with new appreciation at who we are and how we do things!” Resident Care Director Terry Feiler recalls that, in 2012 when residents and staff began planning the Health Center renovation, they also began thinking about it in terms of enhancing Crosslands’ ability to be a person-centered long-term-care facility. The result—those now living in the Health Center live in the most home-like, person-centered setting one can imagine. A keyword is “home” because in your home or in the ideal facility you decide how you will spend your time and manage your possessions. In Audland, for example, each new resident is asked to fill out a “Getting to Know You” form describing their preferred routine and some of their favorite things, activities and places. The information is shared with staff and some of it is placed in a scrapbook kept in the Audland Lounge. And of course each one is regularly helped with basics—food, personal care and medicine.

From Crosslands’ very beginning, resident participation and collaboration have been at the heart of our approach to how we entertain ourselves, pursue the issues that are important to us, decorate our public spaces, and maintain our health and safety. To this end, those living independently continue to participate in over 90 CRA committees and many also serve on committees composed of both staff and residents. By doing so we hope to enhance the quality of life for residents at all levels of care. In addition, staff-initiated programs are available at every

level. Among the relatively new ones are:

**Vitalize 360.** First introduced in 2015, this program now has its own director. The program invites older adults to consider their life from a wellness perspective including health, nutrition, physical fitness, community activity, social connections, spirituality, purpose and lifelong learning—in other words to take a 360 degree view of one’s life with the goal of determining how to live the best life possible. Taking part in this program will help you develop personal wellness goals, set action plans that are specific, measurable, attainable, relevant and time bound and see them through with the help of a coach. Participating in the program doesn’t necessarily end when your goal is reached; the coach is always available to help set a new goal!

**Linked Senior.** This computer program has something for everyone no matter what their cognitive state. It is available in both Firbank and Audland. Whether used alone or with a group, it is mentally stimulating and a lot of fun. The user selects from a menu of eight choices: magazine, video, games, trivia, music, slide show, remember when, or activity. Each selection also includes a variety of choices. For example, decade by decade and subject by subject, “remember when” invites the viewer on a trip down memory lane and “magazine” offers weather, daily chronicle, facts or fiction, quote of the day, horoscope, and joke of the day. In a group setting, one can even engage in some collaborative learning!

**Life Enrichment Volunteers.** The Life Enrichment volunteer program is now in its second year. The goal of this program is to link a resident living independently with a resident living in the Health Center who needs or desires individual attention. Volunteers may be asked to read or play games with a resident, take him or her for a walk or even to the beauty parlor; the possibilities are endless. Since some may have cognitive impairment, volunteers take special dementia care training. Jeri Iacono, director of the Life Enrichment (Activities) Department, will then link each volunteer with a Health Center resident, matching their particular interest or needs. To add your name to the list of potential volunteers please call Jeri in the Life Enrichment office.

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**Dementia Care.** Compassionate, thoughtful care of those with dementia has always been important at Crosslands. Nevertheless, the Dementia Care Steering Committee keeps studying and evaluating our practices to determine how we as a community can do even better. In 2016, all direct care staff in the Health Center became certified in dementia care. A training program for non-direct care staff was also begun. Along with offering information about the various kinds of dementia, the course instructs care givers in the best approaches for interacting with those suffering from cognitive impairment. Those who have taken the course especially value the new ways of communicating that they have learned, in particular some non-verbal techniques. The long-term goal is to enable all of us to provide person-centered care for residents with dementia.

**Music and Memory Program.** Research and indeed experience have shown that music activates memories in those with dementia. It may also have a calming effect. Along with many opportunities to listen to live music and even sing along, in the Health Center residents with dementia are now being offered i-Pods loaded with music known to have given them pleasure in the past. (Families are often helpful in suggesting titles.)

**Cognitive-Linguistic Therapy.** Available in the Rehabilitation Center since 2016, therapists help each individual develop a personal program of exercises to enhance and maintain cognitive function. The goal of this therapy is to maintain or improve the cognitive ability necessary to perform daily tasks and communication. If you are interested in this program contact a member of the Resident Care staff.

*Jane Andrews*



## FUTURE: TRANSPORTATION

*A fantasy for the special Anniversary Edition of the Chronicle (or for an even later anniversary).*

Crosslands market shopping: a list of groceries is emailed to the Giant with directions for loading into the vehicle (an “auto-mobile” or “automobile”) that will arrive at the Giant at time T. The directions will note that since the vehicle is large enough to seat two people comfortably, there should be ample room for packing the order.

When all is ready for delivery, the vehicle is directed to return to Crosslands, and, after unloading, to the parking lot where a small fleet of such auto-mobiles waits, ready for use as directed. At first, not all parking lots had vehicles waiting; experience was required to determine the optimal numbers required before buses, other vehicles and their drivers could be re-assigned or retired.

Adventurers chose to do more than order groceries. They reserved an auto-mobile for getting to the Center for meals. The vehicle could be instructed to remain near the Center or return to the fleet, where it became available for other users. At first there had been some inconvenience resulting from the convergence of reservations, but it soon became apparent that any trip to and from the Center was short enough for the fleet to manage even the numbers that arose for popular events. In any case, there was nothing like the waiting involved with a large number of busses and limousines requiring drivers and fixed schedules.

The even more adventurous purchased their own auto-mobiles for traveling to Kennett Square, West Chester, Philadelphia or New York. Vehicle manufacturers became invested in interiors instead of flashy exteriors. The new fascination: the comfort and amusement of the (probably supine) automotive traveler.

Had these events occurred a little earlier, it was realized, commutes would have been periods of relaxation, perhaps of naps during travel at either end of a day’s work. There would have been the novelty of becoming familiar with the countryside on either side of the road instead of the pavement immediately in front.

An antique issue—when to give up a driver’s license—was long forgotten.

*Charles Reed*

## SOME HISTORICAL CROSSLANDS LANDMARKS

- 1970—Planning grant from Philadelphia Yearly Meeting for CCRC in SW Philadelphia area.
- 1971—Kendal property acquired.
- 1973—First residents enter Kendal. Long waiting list (about 10 years), so Savery family farm, called Ellerslie, was bought from Sarah Savery and called Crosslands. Both communities named after places in England's Lake District important in Quaker history.
- 1977—First Crosslanders moved in.
- 1971—First Director of both communities: Lloyd Lewis, with a Quaker and finance background and a strong leadership style. He held office till the early 1990's. He was succeeded by several others and the directorship was divided between Kendal and Crosslands.
- 1999—Phil DeBaun, who had started as Finance Officer in 1995, became Crosslands Director.
- 2013—DeBaun appointed CEO of the combined Kendal~Crosslands Communities.

## SOME STORIES FROM EARLY ADMINISTRATORS

Norah Adelman, Senior VP of Kendal, started work in 1977 as a student intern, then became Assistant to Lloyd Lewis, with responsibility for Coniston. She recalls how in the early days, residents provided many services that the corporation now takes care of. For instance, founder Will Wickersham loved to ride the tractor-mower around Ellerslie and the pond. One day, he drove into the pond. His next major mishap was to drive it on a slope till it tipped on its side and cut off half his foot. Thenceforth, trained staff took over the job.

Joe Savery, now IT Director at Kendal Corp., became the first Director of Social Services at Crosslands. He remembers that

Board Members frequently visited each new resident and so did he. Of course, there was soon a Residents Welcoming Committee. He remembers how centenarian Betty Merck lost control of her wheelchair and also ended up in the pond! She was rescued by several staff members, just in the nick of time. From the beginning, there was no social director. And in short order, 53 committees were formed. One of the early committees was for recycling. Joe recalls his grandmother, who helped in collecting the recyclables, saying, "I had no idea there was so much drinking!"

John Platt, our Director of Food Services, started at Kendal 27 years ago as production manager in the kitchen, then Assistant Director of Crosslands Food Services in 1995 and Director in 1999. He recalls that in the early days, there was a Residents Association dress code for dinner. There was waited service only, until buffet style was introduced about 20 years ago, and the dress code observance began to relax. Alcohol was prohibited in the dining room until 2010, when the CRA agreed to allow wine and beer. Then there was the year that Thanksgiving dinner décor included several bales of hay. Diners were a bit startled to see mobs of field mice skittering around the dining room, while staff ran around capturing most of them.

*Betty Nathan*



## WHO ARE WE NOW? A PORTRAIT OF THE CROSSLANDS COMMUNITY IN OUR 40<sup>th</sup> YEAR

Category	Independent Living	Audland	Firbank	TOTAL
Number of residents (on May 1, 2017)	294 (79%)	43 (11%)	37 (10%)	<b>374</b>
Mean # years at Crosslands (longest = 27)	7.2	13.8	14.6	<b>8.7</b>
% of residents who are 62 to 79 years old	26%	0%	3%	<b>20%</b>
% of residents who are 80 to 84 years old	23%	7%	0%	<b>19%</b>
% of residents who are 85 to 89 years old	32%	28%	16%	<b>30%</b>
% of residents who are 90 to 94 years old	17%	42%	35%	<b>22%</b>
% of residents who are 95 to 99 years old	1%	21%	30%	<b>6%</b>
% who are 100 to 103 years old (9 residents)	1%	2%	16%	<b>2%</b>
% of residents who are male	34.0%	25.6%	21.6%	<b>31.8%</b>
% of residents currently married/partnered	50.2%	16.3%	11.1%	<b>42.3%</b>
% of residents previously married/partnered	43.3%	74.4%	80.6%	<b>50.7%</b>

(At present, 62% of male residents and 33% of female residents are married or partnered.)

**Education:** 92% of residents are college graduates, including 33% with master's degrees and 17% with doctoral degrees.

**Religious Affiliation:** 19% Quaker; 13% Episcopalian; 10% Presbyterian; 5% Unitarian; 7% Catholic; 3% Jewish; 15% other, mainly various Protestant denominations; and 28% no affiliation declared.

**Family Ties:** There are 45 residents (12%) who are close relatives of past or present KCC residents. This includes the 20 current residents who have a sibling also living at Crosslands.

**Prior Residences:** Two-thirds of residents have lived only in the U.S., 26% in 1 to 3 other countries, and 4% in 4 to 8 other countries. Within the U.S., 17% of us have lived only in Pennsylvania, 62% have lived in 2 to 4 states, and 15% in 5 or more.

Before joining the KCC community, 35% of us lived locally (less than 15 miles from campus), 31% resided elsewhere in PA and DE, and 34% came from farther away (most often NY, NJ, and VA). Before entering Crosslands, 10% of current residents lived in Cartmel or Coniston.

**Place of Birth:** A great many of us (89%) were born in the U.S., most commonly in PA (31%), NY (17%), and NJ (7.5%). Other residents were born in 18 other countries, as shown in this map. (For greater detail, please see the larger map on the bulletin board.)



*This report from the Biographies Committee was prepared by Hollis Scarborough, Val Suter, and Bob Suter.*



## THE KENDAL-CROSSLANDS ARBORETUM

Crosslands was built in 1977 on farmland once ceded to William Penn in 1660. On Crosslands' Fortieth Anniversary, we express our gratitude to the many generations of residents who donated trees, and then, ten years ago, added green display tags to more than 400 trees on our campus. In 2012, a joint committee of Kendal and Crosslands residents was formed to investigate the possibility of the combined campus becoming an accredited arboretum. In February of 2013, the Kendal-Crosslands Arboretum (KCA) received recognition as a Level 1 Arboretum from the ArbNet Arboretum Accreditation Program of the Morton Arboretum in Lisle, IL. The KCA is believed to be only the second CCRC to receive such national accreditation, Medford Leas being the first.

An arboretum qualifying as Level 1 must contain at least 25 tree species, have maintenance available, and be open to the public at least once a year. Today, more than one hundred trees can be seen on six loop walks (two at Kendal and four at Crosslands) along walkways and other hard surfaces. Tree lists and location maps are available at the reception desks at Kendal and Crosslands. New black display tags identify significant trees on each campus and a KCA web site ([www.kcarboretum.org](http://www.kcarboretum.org)) was established to describe and illustrate the trees on each loop walk. Eight photographs of each tree (fruit, flower, bark and leaf and in four seasons) and a history, origin, and practical uses of each tree and its location are included. Residents of each community are encouraged to "adopt" a tree and monitor its condition for disease or storm damage and to report to the Arboretum team on each campus.

In November of 2013, the KCC Board of Directors approved the establishment of an Arboretum Fund to care for existing trees and to accept gifts to acquire new trees in memory of a loved one. All such gifts are tax-deductible. Since 2014, the KCA Joint Committee has been the recipient of two \$5,000 grants from the Kendal Corp: the first to enhance the arrival corridors in each campus and the second to purchase a machine to impress metal tags for the significant trees on each campus.

To honor Arboretum Day each year, a special tree is planted and to meet the require-

ment for public access, a lecture by an outside speaker is scheduled during the preceding Earth Week. Guided tours are arranged for members of local Garden Clubs.

Currently, the KCA Joint Committee is working toward accreditation of the Arboretum at Level 2 with requirements that include the development of a Collections Policy, a named Curator, and enhanced public and educational programs. The Crosslands Arboretum Team has elected to focus on four species in its Collection: Dogwood, Magnolia, Witchhazel, and Holly. The continued interest, effort and dedication of Kendal-Crosslands residents, members of the Joint Committee and Grounds Maintenance staff are vital to sustain these efforts. Those wishing to know more are encouraged to go to the website or to call Casey Groff, KCC Grounds Supervisor and Arboretum Curator.

*Jennifer Allcock*



### Answers to Crosslands Crossword #25

**Across:** 1 40 miles per hour, 10 Ye, 11 Opa, 12 AID, 13 Ono, 15 40 light years, 19 AFLAC, 21 uh, 22 suite, 24 ribs, 25 40 more, 27 mesh, 28 O.R.s, 29 Missa, 30 LC (lower-case), 31 au, 32 Le, 33 pin, 34 Noah, 36 catch 40 winks, 37 arch, 38 née, 39 hr., 40 if, 42 Ah, 43 icier, 45 tie, 46 ragg, 48 turn 40, 49 gold, 50 gyros, 52 ea., 53 SEPTA, 54 Interstate-40, 58 Nam, 59 Ira, 60 Res, 61 A.D., 62 make them feel 40. **Down:** 1 40-Year-Old Virgin, 2 Me, 3 Lolas, 4 epic, 5 sag, 6 Ray, 7 hie, 8 odas, 9 Rosie, 14 one hundred and 40, 15 40 lbs., 16 hums, 17 those 40 acres, 18 rum cake, 20 fire, 23 TSA, 25 40 inch, 26 Ra (radium), 29 Mitch, 30 loner, 33 paragon, 34 nine 40, 35 H.S., 36 Ca (calcium), 39 hilt, 41 Fay, 43 I.U. (Indiana), 44 in at, 45 top 40, 47 Grimm, 49 geese, 51 Stik, 53 Stef, 55 ere, 56 rat, 57 arm, 61 Al.

## THE BLUEBIRD COLONY AT CROSSLANDS

### *A History*

The well-established Eastern Bluebird Colony at Crosslands, a large part of our natural beauty, delights many of our residents each day as this friendly, native songbird with its flashes of cobalt blue and buff, sings its plaintive melody darting hither and yon throughout the community searching for insects, its main source of food. Arriving in March each year to search out nesting sites, and not migrating until September, after all its young have fledged, the bluebird has become an enduring symbol of the peace, beauty and friendliness of our community.

The 1960-1970 decade in this country was marked by the construction of large shopping malls, high rise apartment buildings, super highways, large sports complexes and so forth, all of which helped reduce the habitat of the Eastern Bluebird as well as other species of wildlife. As the bluebird's numbers continued to diminish and it rapidly approached the status of an endangered species, local citizens and bird lovers throughout the eastern half of the United States came together to build, install, and monitor thousands of bluebird nesting boxes in backyards, golf courses, municipal parks, meadows and grasslands, farms, personal gardens, anywhere there was enough greenery to sustain a good crop of insects.

It was in July of 1998, that Herbert "Doc" Houston and his wife, Sarah Lee, joined the Crosslands Community. A well-known area birder for many years, and a certified bird bander, Doc began to erect and monitor bluebird nesting boxes throughout the Crosslands Community. It soon became evident that Doc's early Bluebird Trail with only a dozen nesting boxes or so, was indeed making an impact, and residents were remarking how wonderful it was to have these beautiful birds on our campus.

Doc soon teamed with other birders in the area and participated in the Longwood Gardens projects to attract and band various songbird species. In November of 1989, Charles H. Riley and his wife, Helene, both active birders, moved to the Cartmel community and immediately began to erect bluebird boxes on its campus. By 1996, Charlie had erected and monitored more than a dozen boxes which, in that year, produced a total of 24 bluebird chicks. In 2000,

Charlie erected 5 boxes in Crosslands' West Meadow, even as the 400s cottages were being built. (There are no records to indicate the number of fledges from these "first boxes" in the meadow.)

In 2003, Charlie and Helene moved to Crosslands. By this time there were 35 bluebird boxes on the Crosslands campus but only 35 chicks were hatched, all of which fledged. Both Charlie and Doc had added nesting boxes as monitoring continued until Doc was unable to walk the Bluebird Trail which by then, included the West Meadow and the main campus.

Learning that neighbor Martie Latshaw who also lived in the 400s, was interested in bluebirds, Charlie invited her to walk the trail and Martie soon became a permanent bluebirder. Over the years, the bluebird fledges increased on the Crosslands campus: 39 in 2005; 81 in 2006; 77 in 2007. In 2006, Charlie also had trouble walking the entire Bluebird Trail, and new resident, Gerald "Jerry" Daghir, was invited to join the group.



A total of 43 working nesting boxes had been installed on the trail, and as more experience was gained in maintaining the Colony, and new techniques were applied to protect the nestlings against predators, the numbers began to rise: 2008: 100 fledges; 2009 through 2011 all in the high 90s, and a large increase in 2012 to 138 bluebirds fledged! A new record was set in 2016 as 148 fledges were recorded, the highest number ever. Regular monitors now included Jim and Lois Mulligan, Peg Parker, Karen Satterthwaite, Julie Knobil, Jean Haas, and co-chairs Martie Latshaw and Jerry Daghir. The Bluebird Trail, nearly two miles in length, has increased to 50 nesting boxes with installations in nearly every open space on our campus.

Statewide recognition came to Crosslands in 2012 as Charlie Riley was named "Bluebirder of the Year," by the Bluebird Society of Pennsylvania and the Crosslands Eastern Bluebird Colony was cited for "Excellence."

*Jerry Daghir*



## CROSSLANDS MEMORIES

Crosslands' first birthday party was held on September 18, 1978. The *Chronicle* devoted much space to this event, including a lengthy ode by Peter Donchian. With a slight change to line 5, the first verse remains pertinent.

*"'Twas in '77, the month was September,  
A moving time we will long remember!  
For in that month and in that year  
Crosslands here did first appear.  
Since then forty years are safely past;  
It seems to me we just might last.  
Turn back the page while we recall  
Unforgettable things that did befall."*

When the 1977-78 Residents Association board met in June 1978, they invited a group of residents to come together in the Conference Room and reminisce about their first year at Crosslands. They hoped participants would "tell it like it was," thus beginning a history of Crosslands. First the group was asked to recall pleasant experiences associated with moving in. Many mentioned how nice it was to be greeted by members of the Kendal Communities Board who then escorted them to their apartments and showed them how to turn on all the new gadgets. The challenge of finding the bathroom light switch apparently began on the very first day. One woman remarked that "we never in the world would have discovered the switch on our own!" Another said it was almost miraculous that they got us all moved in here and pretty much on time. (It should be noted that everyone was assigned a specific move-in date and time.)

When unpleasant experiences were discussed, unpacking myriad boxes and finding a place for everything headed everyone's list. Some mentioned difficulty in getting used to the insect and animal life, such as the time the cows from a nearby farm were found munching on a freshly planted garden here at Crosslands. Another complaint had to do with storing a dozen eggs in refrigerators that only made provision for ten. As one woman explained, "Back home on Long Island, my refrigerator always had places for twelve eggs and the stores sold eggs by the dozen. So does the Acme in Kennett Square. I think Crosslands ought to do something about this." Another person had difficulty explaining to others where she lived. "I live in one of those two

-story buildings on this side of Ellerslie," she explained, pointing in that general direction. I do hope the administration will figure out some way for me to tell people where we live." Administrator Sam Lam replied, "I am happy to tell you that we are working on that. Someone suggested we give each building a name, so we have appointed a names committee."

In those early days, landscaping remained a work in progress. One could find patches of recently sown grass seed and a few obviously just planted spindly trees but no foundation planting anywhere. "Not having mature trees around is what I miss most," said one resident. "Somebody at Kendal said it will take three generations of Crosslanders before those trees amount to anything." But, said another, "How beautiful the stars are. We come from a place that had trees all around and you couldn't see the stars, but here you can look up and see them."

Mel Thompson, CRA president, brought the meeting to a close with thanks to everyone for their good work in getting things started. Administrator Sam Lam added, "I congratulate the Board for the job you've done. Everything is well organized and the committees are well formed, a magnificent job. We've also shared each other's problems and our first year has gone well."

No doubt these folks would be amazed at the Crosslands of 2017. The grass has grown lush, the trees tall and thick, our refrigerators are frost-free (since 1992!), and many of our homes are bigger. Over the years, residents have continued to create a stimulating and engaging community life, nurture our grounds, contribute to enlarging and updating our Health Center, continue to take conservation seriously, seek common ground, learn to use computers, tablets, and smart phones, volunteer in our neighborhood and try to keep up with a constantly changing world.

We asked some of our newest residents questions similar to those asked back in 1978. Like the earliest residents, they all agreed that everyone, both residents and staff, couldn't have been more welcoming. One spoke of her move as "astonishingly effortless." Moreover, it happened to coincide with a CRA Welcoming Coffee so she began her first day by attending the gathering and then going to her new home at eleven o'clock to greet the moving men.

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She also was surprised and very pleased to find her bathroom stocked with soap and toilet paper and her refrigerator supplied with five well-filled lunch boxes—enough for all those present!

By and large, if there were any unpleasant experiences, they haven't lingered in their minds. Like many who came before them, they discovered that they had brought too much stuff and getting rid of it was a chore. One did mention that a year later, she still has some unopened cartons, and some things she hasn't been able to find.

Next we talked about the favorite thoughts or memories each one has about living here. One person began this part of the conversation by declaring that she just "loves that somebody else does the cooking and cleaning up." Another mentioned that she and her husband "particularly enjoyed using the Health Center and the swimming pool." She was also "surprised by the magnificent programs, especially the music." She went on to say how grateful she was for the care her husband received in Firbank when he became seriously ill. "The staff was so kind when taking care of him and helpful in making all the arrangements involved in his medical care. I definitely feel spoiled to live here," she concluded. Or, as another put it, "How can I be so lucky to have ended up here!"

When asked what they would like to see happen at Crosslands in the future, one thought that "Voice-activated driverless cars would be just the thing. You would just get in the car and tell it where you wanted it to go." Another pictured a more sustainable future with "a hydroelectric generator on our stream, solar panels in the fields, wind turbines in the valley and photovoltaic cells on the walls and roofs of our buildings."

With these ideas in mind, we sought the thoughts of some residents who have recently moved to Audland after living independently at Crosslands for approximately twenty-five years. Since they already have a strong sense of belonging to the Crosslands community, being made welcome was not high on their list of needs or expectations at the time of their moves. Rather their responses to questions about the move ran from "I had so much help in the move and it was so easy that I hardly remember anything about it" to "I am still worrying about getting my cottage cleared out. However," she added,

"much as I loved that cottage and its garden, I do believe that I will be very happy living here in Audland once I am all settled. In fact I know I will because I love being able to have a Jacuzzi bath twice a week and having someone else make my bed every day!"

No one had any unpleasant events to report but all had favorite good memories. One mentioned the pleasure she had in being in plays. She recalls playing an ingenue in the first one and taking pain pills before going on so she wouldn't walk like an old lady! Another, who was a frequent traveler, recalls with pleasure the driver who always took her to and from the airport. All remembered how much they enjoyed getting dressed up for dinner every evening and the fun days in the dining room when they were asked to wear special hats or some other theme-related item. What they all have appreciated the most however is "the opportunity to always have friends. We don't just lose friends here, we keep making new ones all the time and that is very rewarding." This is one reason they "hope that residents will always be the ones who run and plan our activities."

When asked to look to the future, their responses reflected what they wished they had right now. One thought walk-in bath tubs should be installed in all independent living and Audland residences. Another, also speaking of the Health Center, would like lighter weight bathroom doors that would be easier to open and close than the one she has now. They all think that when it comes to furniture and equipment, more thought needs to be given to the needs of the oldest among us when equipping their living places.

In his 1978 Anniversary song, Pete Donchian successfully told it like it still is:

*"Wherever in the world we used to roam,  
Now Crosslands is our home, our home  
sweet home.  
Goodbye to worry and goodbye to fear,  
The best of care, the best of friends are near.  
Thanks for the happy memories, and such  
Good friends. We need you all so very much.  
Grow old, grow old, or young along with me,  
The best lies in the future, the best, the very  
best is yet to be."*

Jane Andrews

CROSSLANDS CROSSWORD #25: Our 40<sup>th</sup> Anniversary

## ACROSS

- 1 Secretariat ran nearly this fast. (4 words)  
 10 "O Come All \_\_\_ Faithful"  
 11 Oma is his Frau.  
 12 Word after Kool, Rite, & Band in brands.  
 13 Yoko \_\_\_  
 15 Distance to 7 earth-sized planets discovered by NASA in 2017  
 19 Insurance company with a talking duck  
 21 Syllable suggesting hesitation  
 22 Multi-room hotel offering  
 24 They make a "cage" in your chest.  
 25 Toast heard at a ruby anniversary celebration: "\_\_\_ years!"  
 27 An interlaced structure or fabric  
 28 Where surgery is usually done (abbr.)  
 29 \_\_\_ Solemnis or Brevis (church music)  
 30 Lettering that's not in capitals (abbr.)  
 31 Baba \_\_\_ rhum (a type of 18-down)  
 32 Recent French loser, Marine \_\_\_ Pen  
 33 Brooch, clasp, or diaper fastener  
 34 Biblical ship builder  
 36 Take a short nap (3 words)  
 37 The world's tallest one is in St. Louis.  
 38 Formerly named  
 39 60 minutes (abbr.)  
 40 In the event that  
 42 \_\_\_, Wilderness (O'Neill comedy)  
 43 frostier  
 45 Cravat, bolo, or ascot  
 46 Sturdy, flecked wool yarn  
 48 A year after your 39<sup>th</sup> birthday, you \_\_\_\_\_.  
 49 Better than silver or bronze  
 50 Sandwiches of sliced lamb in pita bread  
 52 Apiece (abbr.)  
 53 It runs regional trains in our area.  
 54 A major east-west U.S. highway  
 58 Viet \_\_\_  
 59 Gershwin, Glass, or Levin
- 60 \_\_\_ ipsa loquitur (It speaks for itself.)  
 61 Label for all years since 1 B.C. (abbr.)  
 62 "Seniors love sneakers because they \_\_\_\_\_." (G. Zanotti)

## DOWN

- 1 Hit 2005 movie for Steve Carell, "The \_\_\_\_\_"  
 2 Meet \_\_\_ in St. Louis" (1944 film)  
 3 Falana, Montez, and others  
 4 Story of grandeur and heroism in poetry, film, or other medium  
 5 Droop  
 6 2004 biopic about a blind singer  
 7 Hustle; go quickly  
 8 Harlem rooms  
 9 Famous riveter on WWII posters  
 14 Maximum# characters in a tweet  
 15 Approx. weight of a 5-gal. water jug  
 16 Sings a wordless tune with closed lips  
 17 "We never got the mule, much less \_\_\_\_\_." (C. Evers)  
 18 A baked dessert with liquor in it  
 20 Give the axe  
 23 Gov't agency with checkpoints in airports (abbr.)  
 25 Size of many televisions  
 26 Element discovered by the Curies (abbr.)  
 29 McConnell or Miller  
 30 Recluse; introvert  
 33 A model of excellence  
 34 Twenty to 10 (on the clock)  
 35 Pre-college education provider (abbr.)  
 36 A chemical our bones rely on (abbr.)  
 39 Part of a sword or dagger  
 41 Wray who attracted King Kong on screen  
 43 Bloomington home of the Hoosiers  
 44 When the ordeal ends, he wants to be \_\_\_ the kill.
- 45 The most popular songs of the day, on the radio  
 47 The Brothers \_\_\_, notable folklorists  
 49 They include the Greylag, Canada, and Hawaiian nene.  
 51 Popular fishing rod: the "Ugly \_\_\_"
- 53 Nickname for Ms. Grafo Mr. Edberg  
 55 Before, poetically  
 56 Deceitful or disloyal person  
 57 Upper limb  
 61 Jolson or Capone, for instance

by Hollis Scarborough



## FORTY YEARS AT CROSSLANDS LIBRARY

Beginning in 1976, before Crosslands had even opened, the Kendal-at-Longwood Board asked a few of the early candidates for Crosslands to think about establishing a library. Thanks to these patrons, we have the wonderful sets of books that sit high, perhaps too high, on our shelves: the 51 volumes of classic literary works in the Harvard Classics; the Harvard Classics fiction collection; all of Mark Twain, Sir Walter Scott, Charles Dickens, Shakespeare, Robert Louis Stevenson, Bayard Taylor.

So, the library started with the classics, and a good collection of British and American novels, drama and poetry. From that time on, the Library has concentrated on providing current offerings for the pleasure of Kendal-Crosslands residents and staff.

As the world changes, so does the library. We have evolved, but not without facing obstacles: One Committee member resigned because we decided to include audio books. But we moved forward, first with cassettes, and as cassettes became obsolete, with CDs.

Another Committee member held video cassettes at her home until the demise of the Library Chair who did not believe video belonged in a library. Now, video cassettes have been replaced by DVDs. And, to facilitate browsing, additions to this popular, expanding collection are now displayed on a carousel.

How many times did we consider putting the collection on computer? And how many patrons worried that without the “sign-out” card they would not know if they had already read the book? But the time came in 2012. The library was refurbished, and the collection was digitized. The card catalog drawers are now filled with screws, brads and other hardware in the Wood Shop. The catalog is online, transactions are completed by computer, and as of 2016 the Kendal-at-Longwood collection has become the second branch of the, now, KCC Library.

Residents are requesting library books from home as well as in the library. Some 25 volunteers are helping patrons and keeping the collection in order. KCC Transportation is delivering “transfer bags” between Crosslands and Kendal every day. What is next? Who knows?

*Allison Butler*

## A PARTIAL TIMELINE: 2012—2017

2012 – Bar codes used to sign in at meal times  
2013 – Audland residents move into their renovated homes.

2013 – Wellness Center becomes fully functional.

2013 – Phil DeBaun named CEO of Kendal ~ Crosslands Communities.

2013 – Combined Kendal and Crosslands campuses accredited as an Arboretum (KCA).

2013 – FIOS TV and WiFi provided for all.

2014 – Firbank households open.

2014 – Wireless operating systems now used in Health Center

2014 – Meg Lemley becomes COO of Kendal~Crosslands Communities.

2015 – Audland named Best Personal Care Facility by *Daily Local News* Readers' Choice

2016 – Crosslands named best CCRC by *Daily Local News* Readers' Choice

2016 – Kendal Library catalog now included with Crosslands on our automated library system.

2017 – Accreditation renewed by CARF

As our timeline indicates, living at Crosslands has been more of a journey than an arrival at a fixed destination. Technology especially, has been increasingly integrated into our lives. We have become accustomed to using our barcodes to keep track of whether and where we've eaten; what books, and how many, we've borrowed from the library; and when we've used the Fitness Room. A computer is also involved in checking to discover if we've gone out in the morning, and it brings the daily calendar to our TVs. It is also serving us in many hidden ways, for example as it makes sure our mechanical systems are working properly, and it monitors our energy use with results displayed on the Dashboard in the Center lobby. While all this goes on and the Administration ponders on how best to keep our residences and public buildings and their uses up-to-date, residents are celebrating forty years of taking the lead in building a strong community life. This summer CARF again issued us a five-year term of accreditation, this time as a Person-Centered Long-Term Care Community. In addition we met the CARF Dementia Care Specialty standard. We have a lot to celebrate on this, our 40<sup>th</sup> anniversary.

*Jane Andrews*

## CONVERSATIONS WITH LONG-TIME RESIDENTS

### Edythe Sweeney

Edythe Sweeney has been a resident of Crosslands since 1992, or as she puts it, “for more than a quarter of a century which makes it sound even worse!” When she first arrived at Crosslands she was active on the CRA board, in the Nature Conservancy, and in the Sunflower Shop. In the Players, where she was always elected to play the ingénue as she was lithe and sprightly, she admitted it took a lot of preparation (pain killers) to get the joints to behave in the suitably sprightly ingénue fashion. As time went on, the participation in Crossland activities had to wane. Just recently she moved into Audland and misses the independence of living by herself and her cat who couldn’t make the move with her.

Looking backwards to ground-breaking events, Edythe recalled the days of a dress code in the dining room. Women were expected to wear dresses or skirts, and men wore coats and ties. In fact, she was told when she came to make sure she had a gown for formal events! She purchased a long black velvet skirt to comply with the tradition. Then, one day (about 1997 we think), a woman appeared in the dining room in PANTS. The iconoclast was Marianna Jessen, and she showed up not in fancy designer trousers, but in a warm-up outfit! That event heralded the demise of formal dress requirements!

Looking toward the future: what would Edythe like to see happen at Crosslands? She has a wonderful idea! Since the management is removing all the bathtubs (we all have trouble getting in and out of the tub) and replacing them with stall showers, why not be forward-looking and replace the tubs with walk-in tubs! The new walk-in tubs have showers and Jacuzzi features in them as well, and with one stroke of genius, each resident could have the luxury of a tub to bask in when desired, and the shower facility when speed is preferred.

### Margaretta Louise Gelling Evans

Retta Lou Evans has been a resident of Crosslands since 1991 and knew all (or most) of its founders. What was it like then, when she moved in? She thought a moment and said “There were no trees! It was all farmland when Crosslands started, and the only trees in evi-

dence were those around the Farmhouse, you know, Ellerslie.” And look at us now—we are resplendent with trees of every kind.

*Julie Knobil*

### Bertha Williams Porter

This self-described “lucky little girl,” now residing in Firbank West, will be reaching her hundred and first birthday this August. According to celebrants, her last birthday party, held here at Audland, was full of great energy, colors, caring—just wonderful. Bertha’s friends and neighbors see her as friendly, outgoing, talkative, cheerful, stylish, beautifully dressed, with a beautiful facial bone structure, a great sense of humor, (has us in stitches), and a consummate raconteur/storyteller.

Bertha loves music. She sang in the Crosslands choir, played the organ for her church and participates in the weekly hymn singing here at Firbank, requesting her favorite hymns. When she was young, in addition to her piano lessons, she once took a course in hat making. She had a lot of fun making hats for herself and wearing them to church, until people started to place orders for themselves. One Sunday, as the story goes, she came to the dining room here right after church with her hat on and people applauded. Her face, encircled by a great mauve hat, is part of a mural at the Melton Arts and Education Center where she is honored as a community leader. When I suggested that she is a star, Bertha laughed her hearty laugh and said that she thoroughly enjoyed her tenure at the Center. She also loved her work as a school-teacher and remembered that “when the children were naughty, I’d correct them and they’d take it just as nice.”

During our chat over lunch at Firbank, Bertha talked about her three children, of whom she is very proud. One of her daughters served on the Kendal Board of Directors for two terms. Bertha said that she pushed her children to go to college and since they lived near Cheney, it was convenient for them to go there and live at home, as that made it a lot more affordable. “It was not easy for African-Americans in those days”, she said, “when people were making \$35.00 a week and were raising families.”

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## HOW WERE CROSSLANDS BUILDINGS NAMED?

In 1970 the Committee on Aging of the Philadelphia Yearly Meeting of the Religious Society of Friends (Quakers) granted \$300,000 to a group of Quakers to study the development of a retirement community in Chester County. In 1971, construction began on Kendal, which was opened in 1972. Crosslands followed about five years later, opening in 1977. With this heritage in mind, the founding residents named the seven two-story buildings Brinton, Cadbury, Dyer, Evans, Garrett, Rushmore, and Woolman after historical Quakers. Each of the namesakes dedicated their lives to their cause. Each made a significant contribution as outlined in the following.

### Brinton

Namesakes: Howard Haines Brinton (1885-1973) and Anna Cox Brinton (1887-1969)

The Brintons were co-directors of Pendle Hill, the Quaker Study Center in Wallingford, PA for many years starting in 1936. After retirement, they continued to live on the Pendle Hill campus, writing about Quakerism and traveling widely. They were renowned for their vision which combined Quakerism with a stream of personalist philosophy. Howard and Anna Cox Brinton were the uncle and aunt of current Crosslands resident, Ted Brinton.

### Cadbury

Namesake: Henry J. Cadbury (1883-1974)

A descendent of the Cadbury chocolate family, Henry taught at Westtown, Haverford, Bryn Mawr, and Harvard. He was considered to be the leading scholar worldwide on the Book of Luke and was involved in the translation of the Revised Standard Version. In 1917, he was one of the founders of the American Friends Service Committee (AFSC) and served as Chairman from 1928 to 1935. He accepted the Nobel Peace Prize when it was awarded to AFSC in 1947. Former Crosslands resident Barbara Musgrave was the daughter of Henry Cadbury, and current Crosslands resident David Rhoads was his student in 1958.

### Dyer

Namesake: Mary Barrett Dyer (1611-1660)

Born in England, she married William Dyer in 1633 in London. In 1635, they sailed to the Massachusetts Bay Colony and in 1639 moved to Rhode Island in search of religious freedom. Her spiritual search dominated her life, eventually becoming more important than her family and, finally, even her life. The Puritans in Boston felt profoundly challenged by Quakers and when Mary landed in Boston she was immediately jailed by the Puritans. Although banished from Boston on pain of death, Mary returned three times and finally, in May 1660, the Puritans arrested and hanged her. Mary Dyer, an exceptional early Quaker, represents the power of the passion of strongly held beliefs. One of four statues of her now "lives" outside the Massachusetts State House in Boston.

### Evans

Namesake: William Bacon Evans (1875-1964)

He had a high degree of spirituality, apparent through his behavior, and he was extraordinarily gentle and polite. He was a dedicated ornithologist, spoke five languages, and taught at Westtown, Pendle Hill and in Lebanon (1919-1930). He served as Clerk of Philadelphia Yearly Meeting (PYM) in 1918 and visited a large number of the American Yearly Meetings every year. He worked on the *Dictionary of Quaker Biography* for 15-20 years at Haverford College. William Bacon Evans was the great uncle of current Crosslands resident David Rhoads.

### Garrett

Namesake: Thomas Garrett (1789-1871)

He owned a hardware business in Wilmington, Delaware. His family had a tradition of helping slaves escape, and he ran a major station on the Underground Railroad, helping 2700 slaves escape to freedom. He has been called "Delaware's greatest humanitarian". He was the great-great-grandfather of two current Crosslands residents: Cecilia Sibinga and Charlotte Gosselink.

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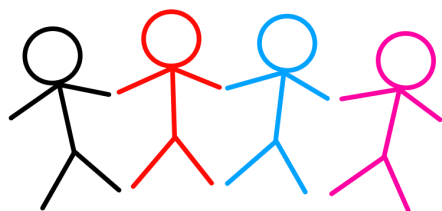
She then shared some fond memories of her own student days telling me that she loved West Chester University: the big homecoming days and the teachers who helped students get ahead.

Bertha spoke about her married life, “husbands have been good to me”, her travels, “I’ve been to Europe, Africa, Bermuda ... I really enjoyed my first trip to England. We saved our money all winter and took a big trip every summer.”

Fun, pleasure and loving life seem to be prevailing themes in Bertha’s experience on this planet. And then there is struggle. Some time ago, she was invited to speak at The Interfaith Fellowship meeting at Crosslands. She spoke about her spiritual journey and her struggles. She shared that her grandfather was an enslaved man in Virginia. Her message was and still is: keep trying to better yourself. Never give up.

Most of us here at Crosslands feel deep gratitude for this being our home. Many of us wake up in the morning thanking our lucky stars. When Bertha looks back to her childhood and the rest of her life, she calls herself “a lucky little girl”.

*Manya Bean*



## Rushmore

Namesake: Jane Palen Rushmore (1864-1957)

She taught for 18 years including at Friends Central School. She helped found Friends General Conference. She was the first staff member of the Race Street Yearly Meeting and served from 1911 to 1945. When the Men’s and Women’s branches of the Race Street Yearly Meeting merged, she was named Clerk of the combination. She also worked to reunite the Hicksite and Orthodox Yearly Meetings which came back together in 1955.

## Woolman

Namesake: John Woolman (1720-1772)

He started traveling in ministry at age 26 and went on 20 journeys. His last trip was to England in 1772 where he died of smallpox. He was an ardent pacifist and he gave up wearing clothing manufactured with dyed fabric because slave labor was used in the production of the dyes. Because of his gentle persuasion, many slave owners freed their slaves and because of his and his colleagues’ efforts, Philadelphia Yearly Meeting adopted an Anti-slavery Minute in 1758. Woolman is considered one of the major influences on the growth of the anti-slavery movement in the 18th century. He was also a prolific writer—John Woolman’s *Journal* has been in print longer than any other book except the Bible.

*David and Elizabeth Rhoads*

## WARFEL

The last five years have been notable for the constant presence of this name, most notably on a big sign competing with the **CROSSLANDS** at the campus entrance. It went up when the major building projects began in January of 2012, and came down in 2015 when they were completed. Some of the key events during this period were:

- Final occupation of new Audland rooms, September, 2013
- Grand Opening of the Wellness Center, September 2013
- Opening of the swimming pool in December, 2013
- Renovation of the Center began in November of 2014, concluding with the clerestory window in the Center lobby, completed in April 2015 (remote controlled window shades operational in 2017)

I think we’d all agree: Warfel’s people have been busy, courteous and as invisible as is possible. But as we all say after the grandchildren have left, “It was great having them, but it’s wonderful to see them go!”

*Dick Voldstad*

## ***AS ARRANGED BY THE WIZARD:***

### **FRIDAY, SEPTEMBER 15**

5:30 p.m.—Big Tent Crab Fest—The tent will be located behind the Center. **Use the door by the Sports Room.**

7:30 p.m.—The Camera Club will present a Ken Burns-style musical/photographic slide show looking back over the past 40 years of Crosslands adventures, starting with a farmhouse, barn and field and ending with our current cozy home. People, places, events, and other photographic memories. Music from the past, none from the present! Pictures contributed by Crosslands residents. Program organized and presented by Conrad Trumbore. After the crab fest, come, to the William Penn Room, relax and enjoy the show. A 20-minute “Crosslands Flowers” prelude accompanied by Chopin will help you into your seats before the show.

### **SATURDAY, SEPTEMBER 16**

4:30 p.m.—A Celebration Party in the Wm. Penn Room and Lounge, featuring Chic Bach on piano.

5:30 p.m.—A Special Anniversary Dinner in the Main Dining Room.

7:30 p.m.—A Musical Review: The *Kabaret Krew* will present music of the seventies, in the William Penn Room.

## **OUR RUBY**



## **40th ANNIVERSARY**

Well, I get to say the last words in this celebration of our 40<sup>th</sup> year of existence. Forty was a difficult year to focus on as a theme, but since the ruby is the established gem for such celebrations, a loose tie-in with Dorothy's ruby red slippers and the Wizard of Oz was about the best we could come up with. So as the event fades like the Emerald City rainbow, I want to thank all those who made this two day celebration possible.

We can't begin to appreciate all the work done by **John Platt, Tracy Sedlak and Darlene Parret-Harris, and their staffs**, in making it a success: the invitations, the tent, cooking the crabs and transporting the food to the site—these, and the many other details about which I'm not even aware, have taken tremendous time and effort on their part, and we give them a hearty thank you.

As for the resident team—those who arranged for the celebration party, prepared the special edition of the Chronicle, produced the Friday night photographic retrospective, staffed the photo booth and special displays in the Center, provided the table decorations for the dinner—you know who you are and how you've contributed toward making this two day celebration a success. Take pride in your accomplishment and **THANK YOU ALL.**

*Lou Wonderly*  
**CRA President**