



## The History of Crosslands Health Center

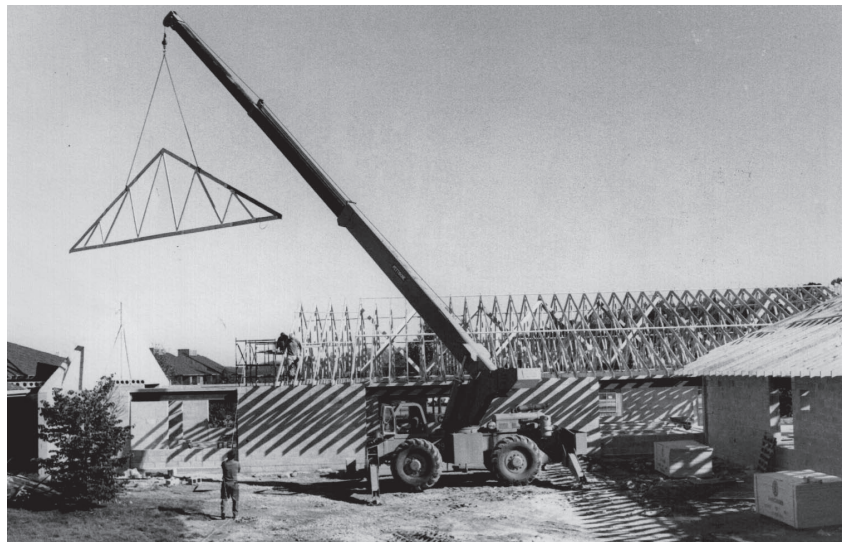
### Part 3: Major Renovations and Expansion of the Health Center and Wellness Facilities



*This is the last of three installments on the Health Center at Crosslands. Part One, published in November 2022, began the story from 1977. Part Two, published in December 2022, moved forward and described the innovative and industry-changing work begun at Kendal at Longwood and Crosslands.*

Though built of steel and stone, the Health Center has remained fluid in meeting ever-changing needs since it opened in 1977. The originally-named Audland House, designed for assisted living, had a lower floor. (The center is built on a hill, making it two levels at the back.) Firbank Skilled Care, one story, on the other side of Audland's upper floor, was connected to Audland by a hallway with a large nurses' station. When overcrowding became an issue in Firbank, the Firbank East wing was completed in 1986, built near Crosslands Drive and parallel to the original Firbank, its connecting hallway extended. Outside, between the two Firbank wings, would be a courtyard with a gazebo and pleasant walkways, a retreat still enjoyed by residents today. Recently, Independent Living resident Brigitte Alexander shared that in order to staff the new wing, employees were asked to volunteer, and some of those same employees still work in Firbank East.

Refurbishing and updating were ongoing, but it would be 2011 when ground would be broken for major renovations to the entire Health Center and Wellness facilities. Phil DeBaun, then the Crosslands Executive Director, wrote in the *Chronicle* that an integrated facility would be complicated. Today, Cathy Emig, the current Crosslands Health Services Administrator,



**Firbank East, 1985**

concur. She would be involved throughout, including the daily detailed strategizing of moving Health Care residents from one room to another and sometimes helping them move again. However, this staggering three-and-a-half-year project resulted, she said, in the coming together of all the best health-care practices.

### Phase One

Planning meetings by staff, with resident participation, began in 2009. Brigitte added that nursing homes were visited to learn about ways to organize and arrange patient rooms, and it was decided that the "neighborhood" concept would become the hallmark of Firbank, very

innovative at the time. Architects Bernardon, Haber, and Holloway presented their drawings in the summer of 2010, and the staff had in place the financial preparation needed to ensure that most of the architects' enhancements and other amenities were included, short by about \$2 million. To get everything desired throughout the Health and Wellness facilities, a major fundraiser, led by teams of Crosslands residents, solicited contributions from their neighbors and brought in over \$1.7 million, according to KCC's Chief Financial Officer, Ed Plasha.

The construction and renovations began in 2011 and lasted into 2014. The first phase would focus on work that included relocating the roadway behind the community center and demolishing the old swimming pool. Underground utilities were moved, and new storm water infiltration

## Phase Two

In the March 2013 *Chronicle*, Phil DeBaun wrote that the lower space would become *"the new wellness center, with pool, changing rooms, fitness and exercise rooms and a new rehabilitation therapy suite. We'll also have a new Resident Care clinic, and a new Child Daycare Center."* A second elevator from the Health Center down to the Wellness Center would be added. The floor of the new exercise room would be lowered to allow for the installation of a floating wood floor preferred for this kind of activity. A new back entrance door, with a ramp and gentle steps, allowed another convenient access to the relocated, expanded, and upgraded Resident Care and dental office, as well as the Wellness Center facilities, including Rehabilitation Therapy and fitness facilities. Current longtime staffers

in Rehab, Sandra Dellegatti, Marge Scharr, and Jetta Pierce, described what their small and crowded rehab facility looked like before the renovations: limited fitness equipment and a small, curtained-off treatment area in a corner. During the construction, Rehab would be located for a year in the Evans apartments. Resident Care operated out of the Garrett apartments. The dental office found a temporary home at Kendal. Everyone learned to be flexible.

Now all on one level, the new as well as renovated rooms in the Health Center would be more like home. No longer would "medicine" nurses with carts go from room to room, and there would be no large central nurses' station,

reported Cathy Emig, who currently oversees Skilled Care, Personal Care, Social Services, Life Enrichment (Activities), and Resident Care. There were "soft" improvements as well, such as the furnishings and artwork in the public spaces. Tile floors would be covered in carpet. Audland homes would have kitchenettes, and most would have armoires for clothing. Residents in both Audland and Firbank brought their own furniture and decorations, except for the hospital beds in Firbank which are required by law.



**Health Services Administrator Cathy Emig, Far Right, 2011**

beds were placed under the existing parking lots. Then followed the construction of the much-needed addition to the end of Audland Personal Care upstairs and double wings on the back end of the original Firbank. Existing Health Center units and common spaces would be remodeled. Lower-floor residents of the original two-story Audland apartments would move upstairs to the new addition. Finally, those downstairs spaces would be transfigured.



## Phase Three

In the *Chronicle* in late 2013, writer Jane Andrews described the anticipated completion of the expansion and remodeling of Audland and the completion of the three Firbank households. She explained the carefully coordinated plan of what would happen next, including the completion of the new Audland dining and activity rooms and

the relocation of the computer lab. The Health Center would have an elegant new entrance hall. And like the tightly orchestrated set of maneuvers that it was, staff would then begin returning to the new Rehabilitation, Fitness, and Wellness areas downstairs. Resident Care would follow when the Wellness move was finished, followed by the Child Daycare Center and swimming pool. A new mailing address system was implemented in the Health Center: apartment numbers in the original Audland, before the renovation, were in the 200's and in Firbank, the 300's. The apartment addresses in the Health Center now are 500's for Audland and 600's, 700's, and 800's for Firbank.

A recent note from Loraine Deisinger, who started working at Kendal at Longwood in 1972, said that Health Center residents seemed to believe that they were not as ill as others elsewhere. Maybe it was because they *"dressed each day instead of staying in pajamas. Staff did not wear uniforms...because they were working in someone's home."* That same feeling seems to prevail now, as Health Center residents have access to the entire community, having a meal with friends if they wish in the main dining and café areas, attending programs and activities, enjoying art exhibits, going for a walk, and browsing in the Sunflower Shop.

## Done...for Now

Crosslands was originally built because Kendal at Longwood had such a long waiting list. Looking back as well as looking forward, we see change and improvements as part of life here. We are grateful to those who founded and grew Crosslands so thoughtfully for the last 45 years, and we are also active participants in envisioning ways to make this an even more vital community for the those who will follow.

*Linda Helton*

Thanks to my friend and fellow Crosslands resident, Lyn Back, who got me going on the research about the Health Center, a project which would move forward from *If You Build It, They Will Come*, her "Origin Story of Crosslands," published in October, 2022.

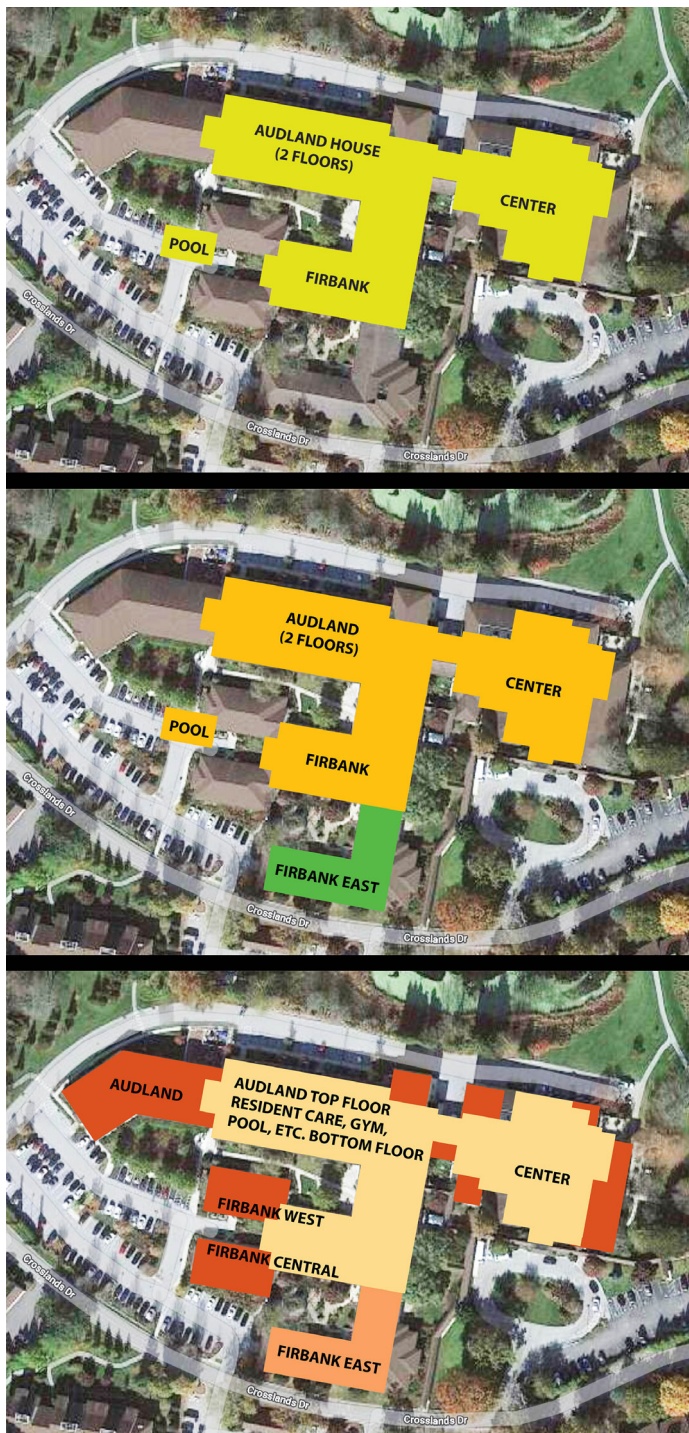


DIAGRAM BY STEVE SANDER

TOP TO BOTTOM: 1977, 1985, 2014

## Crosslands Cancer Support Group Resumes



PHOTO BY LOWELL MCMULLIN

We have restarted the Cancer Support Group which met at Crosslands for many years before Covid. Our facilitator, Erika Narducci, is the program director from the Cancer Support Community in Delaware.

The group will meet once a month, the third Thursday, at 1:30 pm in the Webb-Savery Room. If you are interested in joining our group for support and sharing, please contact Lowell McMullin, #235.

*Lowell McMullin*



### Resident Moves

|                    |     |
|--------------------|-----|
| Robert W. Connolly | 605 |
| Eleanor Ruth Renn  | 500 |

## CRA President Sam Wagner Wishes You All



## A Happy and Healthy 2023!



## Where are the 300's? Were There Ever 300's at Crosslands?

Earlier this month, I was asked these questions. Not knowing the answers, I contacted Joe Deckman, Kendal~Crosslands Construction Manager, figuring he would have the answers, which he did.

45 years ago, the numbering system for the Health Center picked up after cottage 250. Audland units were 251, 252, 253... The 300's were in Firbank. After the 400's were built in 2003 and the Health Center renovation was completed in 2014, the 300's got "dumped" for the 500's, Audland; and the 600's, 700's, and 800's, Firbank.

*Diana Stevens*



## Safety Committee

The first meeting of the revitalized Safety Committee was held on November 23 and chaired by Bonnie Marcus and Jo-anne Smith. The Safety Committee's mission is: "To achieve a fire-safe and accident-free community through education and physical prevention, to assist Maintenance, and to work cooperatively with Administration in matters pertaining to safety."

The meeting had been publicized to the community through the web, TV9, the bulletin boards, and notes in the open boxes. As a result, even with the meeting the day before the Thanksgiving holiday, twenty people showed up. It was a lively event, and a full list of concerns were raised.

Antonio Sophia and Roy Manno represented the Administration.

Jean Worley will be our safety representative for Audland.



The Safety Committee is a resource for the community for relaying reports of safety issues to the administration, and it helps to format the appropriate follow-up and educate residents on safety protocol, following up on the concerns until resolved. In addition to this primary goal, the committee will:

- Provide one safety event slide on TV9 at appropriate intervals as decided by the committee
- Post safety tips on the website and bulletin board
- Provide a falls incident survey and publish an annual report of resident fall incidents and the conditions surrounding those falls

At the November meeting we learned how to report campus emergency incidents effectively. Always call 911 first if the incident involves an injured person. Other unsafe incidents should be reported to Roy Manno or Antonio Sophia at the maintenance number (610-388-5560) or email [KCCfacilities@KAL.Kendal.org](mailto:KCCfacilities@KAL.Kendal.org).

*Jo-anne Smith  
Co-Chair, Safety Committee*

## Member's Choice A New Movie Program

Movie Committee members know of many good films that they would like to share, but that they fear may not be appropriate for the entire Crosslands community. Some films treat difficult themes, others deal with subjects likely to interest relatively few residents, while still others contain matter that may make some residents uncomfortable.



To show such films without reducing the number of screenings for the entire community, the Movie Committee has added four extra dates to its 2023 schedule. The films shown on these dates will be advertised as "Member's Choices," and their sponsors will indicate on the website announcements and posters why they may not be appropriate for all.

*Ron Broude*

## Event Comments Form Now on the CRA Website

Have you ever wished for a convenient way to send comments to CRA committees about their programs that you have attended? Well, now there is a way. The Event Comments Form is now available on the Crosslands website, [crosslandsres.org](http://crosslandsres.org). It can be accessed under the "Contact & Forms" menu.



It's easy to use with a multiple-choice format and a provision for longer comments. You can rate and comment on programs or make suggestions for future programs. Your responses will be routed to the appropriate committees.

The committees welcome the feedback, and if enough residents share your tastes, you will get more programs you will like. The form is up and running now, so please use it.

*Ron Broude*

## Bennett's Run Watershed Conservation Plan

In 2014, with her granddaughter in tow, Crosslands resident Phoebe Driscoll bushwhacked her way the entire route of Bennett's Run and then vowed to do all she could to promote the future health of this lovely stream.

Phoebe then engaged Stroud Water Research to set up stream monitors to assess water temperature, flow, and conductivity. In 2018, this data confirmed that in the summer, the temperature of the water entering the KC woods was as much as 8.8°C (nearly 16°F) warmer than the temperature 1,000 yds downstream. Such an increase in temperature can have a deleterious effect on fish and macroinvertebrates.



**"Mayfly" Monitoring Device**

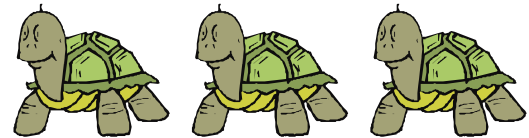
CROSSLANDSRES.ORG

In 2019, KCC residents persuaded Brandywine Conservancy (BC) to organize a study group to develop a Bennett's Run Watershed Conservation Plan (BRWCP). KCC residents made significant financial contributions, and KCC was the first organization to support the effort with a \$10,000 grant from the Environmental Stewardship Fund. Subsequently, the three townships, Longwood Gardens, and other organizations also contributed toward the cost of BC staff time.

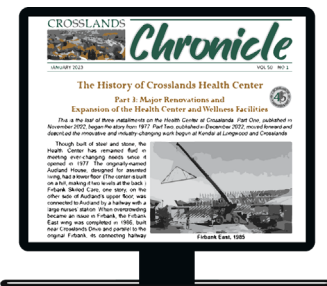
In October 2022, the BRWCP (available on the [CRA/Natural Areas Committee web page](https://www.crosslandsres.org/cra-natural-areas-committee)) was issued and sent to the three Townships for consideration as an addition to their Open Space Plans. The primary goals of the BRWCP are water resource protection, natural areas management, adaptation to climate change, outreach, education, and stewardship. Since the Big Woods represent the only remaining intact woodland in the watershed, it is clearly a KCC responsibility to support and advance such goals.

As one of the smaller watersheds that contribute to Brandywine Creek, and thence to the Delaware River and Bay, this effort to conserve one of the sources of drinking water is an example that other communities might consider. We can be proud of this resident-initiated effort to conserve the environment in which we are privileged to live.

*Jennifer Allcock  
KCC Representative on the  
Bennett's Run Study Group*



## Chronicle Distribution News



Some of you have lamented about the fact that you have not been receiving your *Chronicle* by email during the last few months. We are attempting to remedy this situation.

The *Chronicle*, both the [most recent issue](https://www.crosslandsres.org/chronicle) and past ones as well, are available on the Crosslands website ([www.crosslandsres.org/chronicle](https://www.crosslandsres.org/chronicle)).

If you wish to have a hard copy to hold in your hand, please put a "red dot" on your open mailbox. These dots can be found in lowest right open mailbox.

*Julie Knobil, Managing Editor*



## Crosslands Art Show • March-May 2023

*I think that I shall never see a poem lovely as a tree.* — Joyce Kilmer, 1913

We love our arboretum and our Big Woods. It seems quite logical, therefore, that the theme of an upcoming Crosslands art gallery show will be about trees.

All residents and staff are invited to submit their original tree-themed art works to the show. Your submissions may be in any two-dimensional or wall-hangable medium. Drawings, paintings, etchings, photographs, collages, as well as fiber, paper, and wood creations, are welcome. Art works may be realistic, abstract, fantasy, or a combination. The only restriction is that submissions must be about trees, and “about trees” is a wide-open definition. Bark rubbings? Cyanotypes? Acrylic paintings? Pastels? Knitted tree scarves? Ink drawings? Yes to all!

Contributors may submit a piece they have already made or create a work specifically for the show. If you are interested in participating, send an email/open box note by January 9 to Diane Hulse (#424 and [diane.hulse@yahoo.com](mailto:diane.hulse@yahoo.com)) to express your interest. After Diane hears from you, she will send you a form to complete about your submission(s). There is a limit of three submissions per person.

Trees inspire many artists, painters, and poets alike:

- Kahlil Gibran wrote, “Trees are poems that the earth writes upon the sky.”
- Robert Frost’s concludes a poem with, “One could do worse than be a swinger of birches.”
- A Chinese proverb states that, “The best time to plant a tree was 20 years ago. The second-best time is now.”
- John Muir, who is often called the father of our national park system, stated, “Between every two pines is a doorway to a new world.”
- Longfellow wrote about the spreading chestnut tree under which the village smithy stands.
- Vincent Van Gogh, Gustave Klimt, and Piet Mondrian painted masterpieces whose theme was trees.

The images that accompany this article are intended to inspire you to join many others in our

community as we visually honor our trees. Anyone may submit an entry; you do not have to label yourself as an artist. Everyone has an artist within.

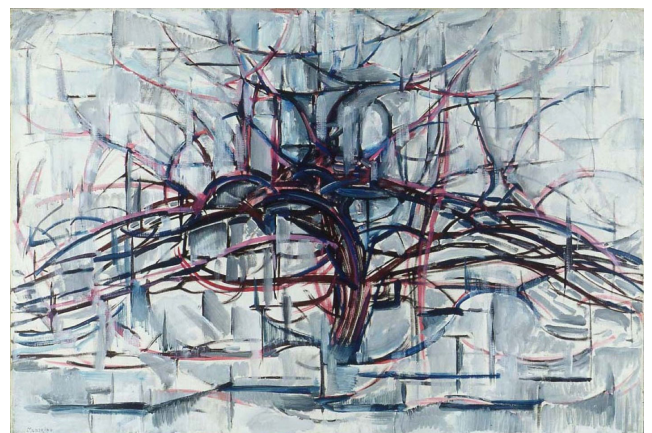
*Diane Hulse*



**The Mulberry Tree, Van Gogh, 1889**



**Tree of Life, Klimt, 1909**



**Horizontal Tree, Mondrian, 1911**

## Events

### Forum

#### Exploring Antarctica without the Chill

Tue, Jan 3 7:30 pm WPR / TV13

Presenters: Helen and Robert Foss



World Travelers Helen and Robert Foss will recreate their journey to Antarctica in words and pictures and include a brief history of the exploration of Antarctica and descriptions of its climate, geology, and wildlife. In addition, they'll tell us about getting to the region, exploring its coastline, and setting foot on this remote continent. Look forward to pictures throughout of penguins, whales, seals, and breathless views of Antarctica's vast wilderness.

Robert is a private pilot and retired scientist, and Helen is a long-time educator. Originally Mid-Westerners, they moved to Delaware in 1965 and now live in Cokesbury Village.

*George Helton*

### Rescheduled: Community 5 O'Clock

The Community 5 O'Clock, previously scheduled for December 29, is now scheduled for Thursday, January 26. at 5:00 pm. See p. 19.

### Forum

#### Gun Violence as a Public Health Issue

Tue, Jan 17 7:30 pm WPR / TV13

Presenter: Samantha Caiola

As a Quaker-based community, we face with increasing concern the almost daily reports of death and trauma caused by a national epidemic of gun violence. What has caused this increase, and what can we do to mitigate the problem?

To help us understand causes and possible strategies at the local level, we have invited Samantha Caiola, who is the first ever Gun Violence Prevention Reporter for WHY, to share her experiences with us. Sammy's work involves getting out in the community and listening to all kinds of stories of people impacted by gun violence. She works to fill information gaps, and to hold those in power accountable.

Before moving to Philadelphia, Sammy worked for eight years as a health reporter in Sacramento, California for the *Sacramento Bee* and Capital Public Radio, the city's NPR station. Her focus has been consistently on problems of the underserved. She covered mental health, sexual violence, homelessness, rural provider shortages, and problems specific to undocumented residents. She has won awards for her podcast, "After the Assault," as well as a regional Edward R. Murrow award for a series on aging.

When she is not working, Sammy enjoys outings with her lab, Pepper. She also likes the theater and enjoys being part of amateur performances.



**Samantha "Sammy"  
Caiola**

*Lyn Back*



## Events

### Light & Lively Presents the KCC Handbell Concert

Sat, Jan 14 7:30 pm WPR



PHOTO BY GLEN MARSHALL, KENDAL RESIDENT

Conducted by Mary Alice James, a Kendal resident, the group numbers eleven ringers from Kendal, Crosslands, and Cartmel. The program will include some Twelfth Night/Epiphany selections followed by a short video with bell

accompaniment about Ukraine and will end with a favorite, "Dona Nobis Pacem." Chenda Davison from Kendal will join us, playing the recorder for several numbers.

The handbell players are delighted to share their music

with a Crosslands audience for the first time, so do come and enjoy our concert. If you can't attend on the 14th, the concert will be performed at Kendal on Thursday, January 12 at 7:15 pm.

*Bunny Lawton*

## Tuesday Edition

### Partnering with Women in India

Tue, Jan 10 11:00 am WPR / TV13

**Presenter: David Camp**

David Camp served for six years on the board of Right Sharing of World Resources, a Quaker organization that partners with women's groups in India and Africa to help them improve their circumstances. Come and hear how Right Sharing works, and see his photos of Indian partners in action.

*Floy Ervin*



PHOTO BY DAVID CAMP

## Crosslands Players Prose Night

Thu, Jan 19 7:30 pm WPR / TV13

Have you written something that you think we would enjoy hearing? Or would you like to share something written by someone else that you think will astound, amaze, or move us? It can be serious, or funny, thought-provoking or sad, but it must be something that can be delivered in about five minutes.

A sign-up sheet is posted on the bulletin board asking for your name, contact information, and your subject matter or title. About 10-12 people will be selected.

The titles of the readings will be announced the evening they are given.

*Floy Ervin*

## Events

### The Fringe Gallery Opens a New Show

*I will write peace on your wings and you will fly  
all over the world. — Sadako Sasaki*

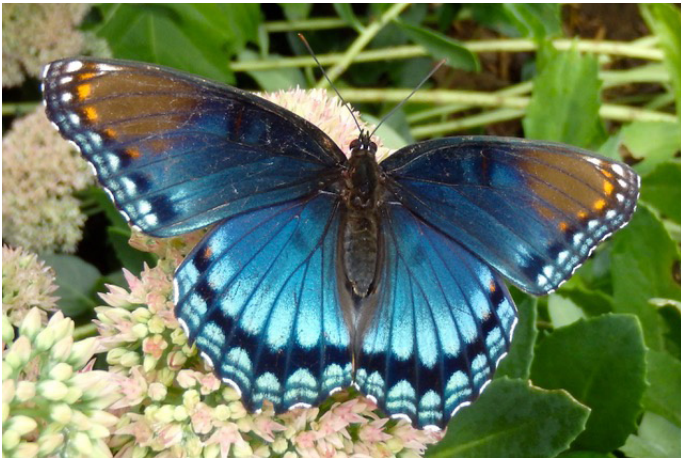


PHOTO BY BARBARA ROWLEY

The subject of the new Fringe Gallery show is “Peace Within.” The butterfly photo is just one of some fifty photos and quotes in the exhibit, which is located downstairs on the wall near the multi-purpose room in the Center. There are photographs by many Crosslands residents, a relative of mine, and even my dentist!

This is the 26th Fringe Gallery exhibit, the first being some fourteen years ago which featured about ten photos of “Flowers.” How things grow, literally! Come browse and find that special picture or quote that brings you some peace in this chaotic world.

*Lowell McMullin*



### Martin Luther King Day Monday, January 16, 2023

The MLK CommUNITY program is back, and Kendal~Crosslands Communities will again be a premier sponsor. The morning program will begin at 10:00 am with a brunch and speaker at Lincoln University. Afterward are additional learning sessions.

KCC will offer bus transportation for up to 22 residents for the morning program only. If you wish to stay longer, please make other transportation arrangements. Please click on their website ([mlkcommunity.org](http://mlkcommunity.org)) to purchase your ticket and learn more.

In January, we will create a bus sign-up sheet. Feel free to contact Michele Berardi with questions.



## Cornhole

**Sun, Jan 22 3:00-5:00 pm Multi-purpose Room**

Cornhole (also known regionally as sack toss, or bags) is a lawn game popular in North America in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points).

Click [here](#) for a YouTube video of Cornhole for beginners.

Click [here](#) to watch this YouTube video on types of shots.

*Randy Lyons*



PIXABAY.COM



## Events

### Camera Club

#### 100 Feet from My Door

Fri, Jan 20 7:30 pm WPR / Zoom / TV13

**Presenter: Karl Leck, Master Photographer**



PHOTO BY KARL LECK

There are photo opportunities within 100 feet of your own doors; you don't need to travel any farther. Karl Leck, two-time Photographic Society of America's Photojournalist of the Year, will show us his collection of easily accessed photographic opportunities. These include photo studies of scenes large to macro, made with different lenses and different techniques. All are within 100 feet of his doors – inside and out. You'll leave having seen a Master Photographer's work and with many new ideas to practice on your own.

Karl is a popular speaker, lives locally, and has presented to the KCC several times in the past. He has been practicing his craft for over fifty years; twenty-four were spent photographing international equestrian sports including six summer Olympic Games. His photographs have appeared on over fifty magazine covers and in many photography and equestrian sport publications.

*Atala Toy*

### Spiritual Life Committee Workshop

#### Writing from the Soul

Wed, Jan 25 3:30 pm WPR / TV13

**Presenter: Janet Bisbing**



#### Writing from the Soul

This is an experiential workshop. Janet will lead us in connecting to and expressing our inner spirit. Bring pen and paper – we'll break up into small groups to write and share. This is an in-person event, but you can also join us in the exercises via Channel 13.

Janet will describe the process at the start and provide key words to ponder. If you enjoy this activity, you can sign up at the event to join a free six-week course with Janet.

Janet Bisbing is a Kendal resident. She taught this topic for seven years at the Ark Spiritual Institute.

*Atala Toy, Chair  
Spiritual Life Committee*



## Events

### New Residents Reception

Thu, Jan 5 4:00-5:00 pm WPR&L



As promised back in October, it is time for Crosslanders to meet the new Woolman residents as well as residents who have moved to other units in the Crosslands community since the October 13 Welcoming Committee New Residents Reception.

Don't miss out on the opportunity to visit with new residents as well as with "not so new" residents. Refreshments will be served. Name tags are a must; masks are optional.

The Welcoming Committee looks forward to seeing you at this Crosslands community event.

*Diana Stevens*

### Diversity, Equity, Inclusion, and Belonging

#### TED Talk: "The Danger of a Single Story" by Chimamanda Adichie

Fri, Jan 6 7:30 pm Zoom / TV13

Our lives and our cultures are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice — and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.



Together, we will watch this 18:30 minute video and then consider, in breakout groups or individually, what it might mean to each of us.

*Judy Heald*

### Opera Lecture: *Fedora*

Fri, Jan 13 4:00 pm WPL

Presenter: Bob Rowland



METOPERA.ORG

Our annual opera lecture series starts in January with a presentation on Umberto Giordano's rarely performed *verismo* opera *Fedora*. A concise and dramatic story of love, intrigue, betrayal and, of course, death, set in Russia, this opera contains much beautiful music, high

stakes drama, and the famous tenor aria "*Amor ti vieta*." The role of Fedora is a star turn done by many opera divas over the years.

Come learn about *verismo* opera and prepare for the Metropolitan Opera radio broadcast and the HD broadcast at the Regal Theatre of *Fedora* on the afternoon of Saturday, January 14. All are welcome.

For those planning ahead, the next opera lectures are as follows:

Fri, Mar 17 *Lohengrin*

Fri, May 31 *Falstaff*

Fri, May 19 *Don Giovanni*

*Ted Farraday*

### International Folk Dancing

Sun, Jan 1 2:00-3:30 pm  
Multi-purpose Room

*Life may not be the party we hoped for,  
but while we are here, we might as well dance!*



We hope you will join us. All dances are taught, no experience nor partner is necessary

*Jenny Brown*



## Movies



### **Lunana: A Yak in the Classroom (2022)**

**Sat, Jan 7 7:15 pm WPR / TV13**

A young, disenchanted schoolteacher is transferred to the most remote school in the world, deep in the Himalayas. In a classroom with no electricity or even a blackboard, he begins a journey to finding himself. 100 min. English Subtitles.

*Cindy Arrouet*

### **Elvis (2022)**

**Thu, Jan 12 7:15 pm WPR / TV13**

This film explores the life and music of Elvis Presley (Austin Butler) seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into this relationship spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. 159 minutes.

*Linda Leonard*

### **The Puzzle (2018)**

**Sat, Jan 21 7:15 pm WPR / TV13**

Watching other people piece together jigsaw puzzles does not sound like an exciting film, which makes this film a lovely surprise. Agnes (Kelly Macdonald), taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world where her life unfolds in ways she could never have imagined. 103 minutes.

*Linda Leonard*

## Concerts

### **Arietta**

#### **Piano, Clarinet, and Viola Trio**

**Tue, Jan 10 7:30 pm**

**WPR Big Screen / Zoom / TV13**

Ted Faraday's last position before coming to Crosslands was as Director of the SOUL Music and Performing Art Academy in Saigon, Vietnam. Arietta is a trio from that academy, with pianist Duc-Anh Nguyen as leader. They will play — virtually — Schumann, Mozart, and Max Bruch, and after the concert will appear on Zoom to answer questions. You will find the Zoom link on the website, bulletin board, and TV9.

*Anne Gross*

### **Gabriel Piano Quartet**

**Tue, Jan 24 7:30 pm WPR / TV13**



Pianist Xun Pan has brought us a variety of chamber ensembles over the years, and this piano quartet has been here for the last three. They are an unusually international ensemble. Xun himself divides his performing calendar between China and the United States, and the others tend to do the same in their native countries. Swiss violinist Simon Maurer has recently had surgery, so we will hear American violinist Dana Allaband instead, but her background is also infallibly impressive. We will hear Shostakovich and Schumann.

*Anne Gross*

## Meet Dennis and Mary Collin #205

Dennis and Mary Collin moved from Glen Mills in October 2022. Living close to Crosslands, they were familiar with KCC residents. They attended an open house here in 2014 and somehow knew they'd be residents someday. They like the people and life care at Crosslands. Since they both work at Longwood Gardens, Mary as a guest service associate and Dennis as a tour guide, they knew that Crosslands' location would be perfect. They say that Longwood Gardens provides an "encore career." Other "encores:" They've volunteered at Hagley Museum (Machine Shop Demonstrations), Newlin Grist Mill, and Swarthmore Friends Soup Kitchen. Dennis worked at Haverford College Chemistry Lab, and Mary worked as a science teacher at New Castle County Detention Center and as a special education paraprofessional in Garnet Valley High School.

Dennis grew up in San Francisco. He especially remembered going into the Sierras to fish for trout and mine for gold during high school and college. He was so fascinated by that experience that he recently went with a friend to a gold mining camp



PHOTOS BY BOB SUTER

The Collins met at Marquette University where Dennis was Mary's grad school lab proctor for Analytical Chemistry. They definitely have had a certain chemistry! Dennis earned his BS

in Chemistry at the University of San Francisco and later an MS and PhD at Marquette University. Mary earned a BS in Clinical Laboratory Science at Marquette and an MS in Organizational Dynamics at the University of Pennsylvania.

Dennis was in ROTC and served in the Army at Walter Reed Institute of Research (Clinical Chemistry Lab). Next, he worked at Yale-New Haven Hospital as Assistant Director of the Chemistry Lab and Roche Molecular Systems in New Jersey. Meanwhile, Mary worked in hospital clinical laboratories and consulted for clinical trials at Merck.

When thinking of childhood memories, Mary said that her family loved to travel. They camped from her native Wisconsin to areas as diverse as South Dakota, California, and Canada.

that used earth-moving machines to dig gold for five to six hours a day for a week.

Their son and two grandchildren live in Rockville, MD. Their daughter and three grandchildren live in West Chester. Recently, the whole family went on a three-day cruise to the Bahamas to celebrate Dennis and Mary's fiftieth anniversary.

Dennis and Mary like traveling, having gone to more than 50 places – Vienna, Greece, Italy, Prague, Sicily, and the Far East, to name a few. Along with traveling, Mary's interests are gardening, yoga, Mah Jongg, and recycling. Dennis likes photography, shuffleboard, and pickleball.

Here at Crosslands they want to pursue their passion for learning. Dennis has already checked out the Wood Shop, and Mary has investigated flower arranging and the Water Walking and Healthy Joints classes. Since Dennis has played pickleball since 2013 with the Garnet Valley Gherkins, he's thrilled with our new pickleball court. He says if you need a pickleball player, call him.

Connie Strickland

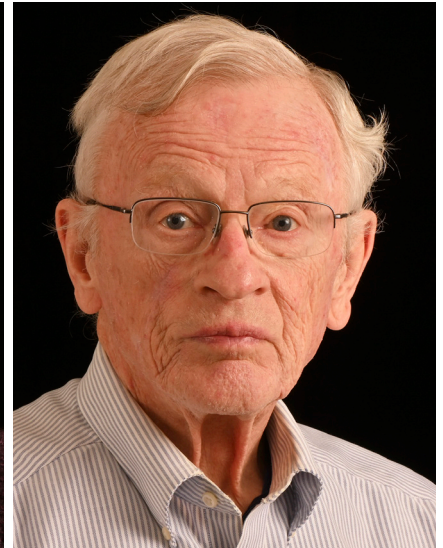


## Meet Donna and Mac Edwards #448

Though Donna and Mac officially moved to Crosslands from Cartmel August 4, they continue to settle in because their seasonal camp in Lincolnville, Maine, is an essential part of their lives and therefore “dictated” their summer schedule. June 15: “new 400’s open house”; then to Maine, a bit later than usual; a few days before August 4, back to Cartmel for final move preparations; August 18; back to Maine until October 15. Mac, a retired physician, and Donna, a retired nurse and forever “domestic engineer”, are organized planners, so they easily managed their moving schedule.

What endeared Donna to Maine when she was 12? Before a trip to Maine with a classmate and her family, Donna’s family had always visited the Adirondacks in the summer. She convinced her parents to vacation in Maine. They too connected with the Maine woods, lakes, and mountains, and bought a camp on Lake Megunticook where Mac and Donna spent their honeymoon. Some years later, Mac and

they visited Donna’s AFSC sister Chantal. As an only child, Donna liked having a sister during her 10th grade year at Friends Central and continues to keep in contact with Chantal.



PHOTOS BY BOB SUTER

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*Mac and Donna chose their Crosslands cottage because of its views of the woods which they enjoy as Mac spends time reading and Donna works on a variety of crossword puzzles.*

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Donna purchased a camp on Norton Pond which is connected to Megunticook. They love being in the woods, in and on the water, and going on long hikes.

Donna, a Philadelphia native, and Mac, who hails from Darlington, South Carolina, met when Mac was doing his internship at Johns Hopkins and Donna was head nurse at Hopkins. When Mac accepted a post-doc in London, the Edwardses traveled to England on an ocean liner. A bonus of

the three years in London: The Edwardses were able to travel in Europe including France where

Before moving to Cartmel ten years ago, Mac and Donna lived in Swarthmore for 40+ years. Both were active in the Scott Arboretum, though Mac’s involvement was minimal given his daily commute to his work as an anesthesiologist at the Hospital of the University of Pennsylvania which usually involved long hours. Donna was chair of the Arboretum plant sale and president of the Scott Associates. Through her participation in the Swarthmore Garden Club, Donna became involved with the Philadelphia Flower Show. At the Show, creating Niche arrangements, where the artist/flower arranger interprets a given theme was Donna’s specialty. She received many awards for her Niche creations.

Mac and Donna chose their Crosslands cottage because of its views of the woods which they enjoy as Mac spends time reading and Donna works on a variety of crossword puzzles. Having experienced previous moves, they understand settling in takes time...and before you know it, it will be time to think about Maine.

*Diana Stevens*

## Meet Anne Garbarino (Annie) #100

Annie Garbarino came to Crosslands, by way of Old Forge, New York, in the Adirondacks. She grew up in Utica, but Old Forge was the place where she always seemed to return, her real home. When she was ten, Annie's parents bought a nice property on Old Forge Pond, which included a small hotel, Beachside. They opened an ice cream stand as well, which they called The Pied Piper. Annie remembers being "free as a bird" during those halcyon summer days. Her carefree summers ended tragically, only four years later, when having sold the lakeside property, Annie's father died suddenly of a heart attack.

Memories of her father include pride in his work with labor unions. Annie says she learned to meet the challenges of life from her mother's no-nonsense attitude. She learned empathy from having an older brother who was hydrocephalic. Annie remembers Maurie as super intelligent, and he loved school, but was confined to a wheelchair. He died when he was thirteen, and Annie was ten.

*Memories of her father include pride in his work with labor unions. Annie says she learned to meet the challenges of life from her mother's no-nonsense attitude.*

she had known from back home in New York State. After they married, the couple moved to Dallas Texas, where Louis taught philosophy at Bishop College, an historically black college. Annie decided to go back to school for a

Masters in Early Childhood Education. She was particularly interested in the Montessori approach and taught in several Montessori Schools in Dallas.

After Texas, the couple moved to Virginia.

Two of their three children were grown by then, and out of the nest. Louis had switched from philosophy to computers, and Annie became certified in teaching English as a Second Language, which she enjoyed very much. When Louis retired, they moved back to Old Forge permanently, where they had purchased a number of summer cottages.

It was from one of their summer vacationers that Annie first heard about Kendal retirement communities. After Louis died, and Annie's daughter, Rose, had moved to Ardmore, Pennsylvania,

Annie learned of Kendal and Crosslands. She put her name on the waiting list, and when an apartment at Crosslands became available, she decided it was time for a major downsize, and a move. She became a new Evans resident, along with her lively and energetic little dog, Snickers.

*Lyn Back*



PHOTO BY BOB SUTER





## Meet Richard Kent #206

Themes of compassion and gratitude have balanced a love of adventure through Richard Kent's life. He grew up near Wilkes-Barre, Pennsylvania, the younger of two boys. In high school, Richard developed a lifelong love of music, playing tenor sax in a high school jazz band and baritone horn in high school and college marching bands.

Richard went to Wilkes College, which had a strong pre-med program, preparing him well for the University of Pennsylvania School of Medicine. After that, he spent five years in the Navy before returning to Penn Medical for his residency in ophthalmology. By then he had married, and his family grew to include two sons and two daughters. This marriage ended, but Richard later met and married Edith, already the mother of two sons. Theirs was a strong and happy relationship until Edith's death twenty years ago.



PHOTO BY BOB SUTER

Iguazu Falls (on the border between Brazil and Argentina) with one of his stepsons.

Richard practiced ophthalmology in our area for fifty years and taught it as well. He has been happy with his career choice. His professional life was fulfilling, and he provided ophthalmic care for patients at Community Volunteers in Medicine for twelve years after he retired. He also serves on the Boards of the Kennett Symphony and Philadelphia's world-renowned Academy of Vocal Arts.

While Richard is outgoing around others, he mentions a more private "inner soul" as well. Quaker values resonate with him. He is a spiritual man who has enjoyed strong, close relationships over his lifetime. Most recently, it was Cathryn, who died a year and a half ago, who brought much love into his life. Richard attributes much of the joy and fulfillment in his life to hard work and fortuitous choices, including opportunities to care for others.

*Beth Hopkin*

*Richard attributes much of the joy and fulfillment in his life to hard work and fortuitous choices, including opportunities to care for others.*

Edith's and Richard's six sons and daughters remain very close to him. In fact, Richard is the enthusiastic and grateful patriarch of a large, loving family that includes all six of these adult children, his deceased brother's daughters, his grandchildren, and, very recently, his first great-grandchild.

Richard has traveled extensively, and Europe, Antarctica, Africa, Egypt, and Israel are just a few of the destinations that have fascinated him. He looks forward to an upcoming trip to the

### CROSSLANDS CHRONICLE

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P.O. Box 100  
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chronicle@crosslandsres.org

Editor: Larry Wood  
Managing Editor: Julie Knobil

Editorial Staff and Proofreaders: Lyn Back, Margaret Camp, Linda Helton, Sally Kaesemeyer, Hedy Knoth, Elizabeth Rhoads, Linda Sander, Steve Sander, Diana Stevens, Connie Strickland

Publication and Distribution: Nancy Regenye (Administration), Alice Bucher, Betty Gordon, Jane Krick



## Did You Know That...

...the Kendal Hike Group meets Wednesdays at 9:30 a.m. in Kendal Parking Lot 13? The group hikes in Kendal and Crosslands and occasionally goes off campus to places like the Laurel Preserve. Crosslanders are welcome. To be added to the group's email list, email Tony Bosworth [tonyboz.13@gmail.com](mailto:tonyboz.13@gmail.com)

...it is not too late to get involved with fun indoor activities like Corn Hole, Ping Pong, Shuffleboard, to name a few? They are wonderful ways to get some exercise, meet new friends, and push aside the wintertime blues?

...Thanksgiving 2022 was the third year Crosslands staff members received a turkey from Crosslands? 172 turkeys were given out the week before Thanksgiving.

...every other month at Crosslands, Lisa Marsilio has lunch or breakfast with a small group of Crosslands staff members? Each time the group is different. "Connections with Lisa" allows Lisa to get to know the staff and for staff to share what they like most...the residents!

...though Executive Chef, Colin Moran, is working at Kendal full time now, his recipes, including the one for a favorite, spaghetti squash lasagna, will continue to be used at Crosslands?

...The Crosslands pool is a salt-water pool which is tested twice daily for safety? Besides salt, other amendments are added as necessary to correct the pool pH and to keep the pool grout healthy. Kendal has a fresh water pool. Our pool was specially constructed to withstand the corrosive effects of salt.

...voice access to TV 9/15 can be reached by dialing 484-770-5711?

...the goose problem may have been solved by Mo, the robot-mower machine? Residents report seeing fewer geese on the lawns and sidewalk since Mo has been ambling over the turf.

...this past fall, resident volunteer "Woodland Workers" worked with Natural Areas Assistant Bob Steininger on projects stretching from Parking Lot #13 west to the Longwood boundary? They have cut and poisoned invasive vines and yanked, pulled, cut, and poisoned Asian honeysuckle, European privet, autumn olive, and burning bush.

...the concrete ramp at the lower end of the pond was built when the pond was drained, dredged, and rebuilt to be a storm water retention pond when the 400's were built? Many fish died as a result of the rebuilding – a sad event to witness and a happy day for the birds. The ramp is an overflow structure intended to prevent washing out of soil during major rain events.

...recent research shows that older adults who live in life plan or continuing care retirement communities have stronger social connections and are more engaged, happier, and healthier?

*Diana Stevens*

### Jumble

Unscramble the words; then use the circled letters to complete the sentence.

**RITEVU**  
☐ ☐ ☐ ☐ ☐ ☐

**WAADR**  
☐ ☐ ☐ ☐ ☐

**ISYFPF**  
☐ ☐ ☐ ☐ ☐ ☐

**EALPLA**  
☐ ☐ ☐ ☐ ☐ ☐

Answer here:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

"ABRACADABRA...DOING  
MAGIC IS EASIER  
THAN I THOUGHT."



THE WANNABE  
MAGICIAN TURNED  
HIS CAR INTO...

**LAST MONTH: PHONE, AGONY, CLASSIC,  
ARREST. GENERAL "SO-SO"**



## What's New at the Library



PHOTO BY STEVE SANDER

### FICTION

- Collette ..... *Cheri and The End of Cheri.*  
Trans. by Rachel Careau
- Garmus, Bonnie..... *Lessons in Chemistry*
- Gunty, Tess..... *The Rabbit Hutch*
- Joshi, Alka ..... *The Henna Artist*
- Ng, Celeste..... *Our Missing Hearts*
- Osborne, Lawrence ..... *On Java Road*
- Proust, Marcel ..... *Swann in Love*
- Steadman, Catherine..... *The Family Game*
- Walsh, Rosie ..... *The Love of My Life*
- Zhang, Jenny Tinghui ..... *Four Treasures of the Sky*

### AUDIO FICTION

- Frayn, Michael..... *Spies.* Read by Martin Jarvis

### LARGE PRINT MYSTERY

- Abbott, L.P. .... *The Dead of Winter*
- Abbott, L.P. .... *Murder of Crows*

### MYSTERY

- Connelly, Michael ..... *Desert Star*
- Horowitz, Anthony..... *The Word is Murder*
- Penny, Louise ..... *A World of Curiosities*
- Winspear, Jacqueline ..... *A Sunlight Weapon*

### NON-FICTION

- Berman, Geoffrey ..... *Holding the Line*
- Conover, Ted ..... *Cheap Land Colorado:*  
*Off-Gridders at America's Edge*
- Kiernan, Denise ..... *The Untold Story of the*  
*Women Who Helped*  
*Win World War II*
- McKibben, Bill..... *The Flag, the Cross, and the*  
*Station Wagon: A Graying American*  
*Looks Back at His Suburban Boyhood*  
*and Wonders What the Hell Happened*

- Mukherjee, Siddhartha ..... *The Song of the Cell:*  
*An Exploration of Medicine*  
*and the New Human*

### BIOGRAPHY

- Diemer, Andrew K..... *Vigilance: the Life of*  
*William Still, Father of the*  
*Underground Railroad*
- Morris, Benny ..... *Sidney Reilly Master Spy*
- Obama, Michelle..... *The Light We Carry*
- Stevens, Stevan I. .... *The Snows of Serbia:*  
*A Child Soldier in*  
*the Great War*
- Tetro, Tony ..... *Con/Artist: The Life and*  
*Times of the World's*  
*Greatest Art Forger*

### DISPLAY TABLE

Read any good plays lately? Books about the theater and its workings from murder mysteries to Shakespearean adaptations.

## Community 5 o'Clock Rescheduled

Thu, Jan 26 5:00-6:00 pm WPR

Do you remember the old days when 5 o'clocks were the "thing to do" before dinner? Long, long ago, before the pandemic, and before the decision was made to allow wine at dinner, to be invited to a 5 o'clock meant, "Come have a cocktail at my place before dinner."

Let's renew the tradition in a new form and have a group 5 o'clock at the Center.

Bring our own libation (for yourself or to share), a couple of nibbles to go with it, and a dollar to cover the cost of having the staff prepare the set-ups.

See more details on the bulletin board as the time approaches.

Julie Knobil



# January 2023 Calendar

**Sun Jan 1 Name Tag Day.**  
**International Folk Dancing.**  
 2:00-3:30 pm. Multi-purpose Room.  
 See p. 12.

**Tue Jan 3 CRA Board Meeting.** 10:00 am.  
 WPR/L/TV13. All are invited. Note  
 Tuesday date!

**Caregivers Support Group.**  
 11:00 am-noon. Health Center  
 Meeting Room.

**Forum.** "Exploring Antarctica without  
 the Chill." Helen and Robert Foss.  
 7:30 pm. WPR/TV13. See p. 8.

**Wed Jan 4 Painting Studio.** Express Yourself.  
 Choose Your Own Medium.  
 10:00 am-noon. Contact Cyndy  
 Falcoff to reserve a place.

**Thu Jan 5 New Residents Reception.**  
 4:00-5:00 pm. WPR/L. See p. 12.

**Birthday Celebration for Those  
 with January Birthdays.** 5:45-  
 7:00 pm. MDR Alcove. See Phyllis  
 Wenner to sign up.

**Fri Jan 6 Diversity, Equity, Inclusion, and  
 Belonging.** "The Danger of a Single  
 Story". Presenter: Chimamanda  
 Adichie. 7:30 pm. Zoom/TV13.  
 See p. 12.

**Sat Jan 7 Movie.** "Yak in the Classroom."  
 7:15 pm. WPR/TV13. See p. 13.

**Mon Jan 9 Low Vision Support Group.**  
 10:00-11:00 am WPR/TV13. RSVP  
 to Rosemary Carpenter.

**Tue Jan 10 Tuesday Edition.** "Partnering  
 with Women in India." Presenter:  
 David Camp. 11:00 am. WPR/TV13.  
 See p. 9.

**Music.** Arietta Piano Trio. 7:30 pm.  
 WPR Big Screen/Zoom/TV13.  
 See p. 13.

**Wed Jan 11 Poetry.** 3:00-4:30 pm. WPL.

**Thu Jan 12 KCC Handbells.** 10:00 am and  
 7:15 pm at Kendal. See p. 9.  
**Movie.** "Elvis." 7:15 pm, WPR/TV13.  
 See p. 13.

**Fri Jan 13 Opera Lecture.** "Fedora."  
 Presenter: Bob Rowland. 4:00 pm.  
 WPL. See p. 12.

**Sat Jan 14 Light & Lively.** KCC Handbell  
 Concert. 7:30 pm. WPR/TV13.  
 See p. 9.

**Sun Jan 15 Name Tag Day.**

**Mon Jan 16 Martin Luther King Day.**  
 See p. 10.

**Tue Jan 17 CRA Concerns Session.**  
 10:00 am. Music Room.

**Forum.** "Gun Violence as a Public  
 Health Issue." Presenter: Samantha  
 Caiolia of WHY? 7:30 pm.  
 WPR/TV13. See p. 8.

**Thu Jan 19 Administration: Grief Support  
 Group.** 10:00 am. Location TBD.  
**Cancer Support Group.** 1:30 pm.  
 Webb-Savery Room. See p. 4.  
**Crosslands Players Prose Night.**  
 7:30 pm. WPR/TV13. See p. 9.

**Fri Jan 20 Annual Memorial Meeting.**  
 2:00-3:00 pm. WPR/L.  
**Camera Club.** "100 Feet from My  
 Door." 7:30 pm. WPR/Zoom/TV13.  
 See p. 11.

**Sat Jan 21 Movie.** "The Puzzle." 7:15 pm.  
 WPR/TV13. See p. 13.

**Sun Jan 22 Fitness: Cornhole.** 3:00-5:00 pm.  
 Multi-purpose Room. See p. 10.

**Mon Jan 23 Great Decisions.** 9:30 am.  
 Zoom/TV13

**Tue Jan 24 Music.** Gabriel Piano Quartet.  
 7:30 pm. WPR/TV13. See p. 13.

**Wed Jan 25 Spiritual Life Committee.** "Writing  
 from the Soul". Presenter: Janet  
 Bisbing. 3:30-4:30 pm. WPR/TV13.  
 See p. 11.

**Thu Jan 26 Community 5 O'Clock.** 5:00-6:00  
 pm. WPL. See p. 19.



Venues, times, and other details may  
 change. Please watch for announcements  
 and additional changes on the Crosslands  
 website ([www.crosslandsres.org](http://www.crosslandsres.org)), bulletin  
 board, and TV9.