



The “Resident Guard” System at Crosslands

Recently, I had dinner with some relatively new residents and one asked, “Where is the ‘memory unit’ where all the people with dementia stay? Is it somewhere in Firbank?” I explained that at Crosslands we do not have a “memory unit” where residents are locked into a small section of the Health Center. Rather, we have a system called Resident Guard that is part of the wonderful, caring, and respectful environment that we enjoy here at Crosslands.

According to the residents’ abilities and interests, those who live in Firbank have access to and are free to participate in the activities of the community, most of which take place in Crosslands Center. They are also free to enjoy the Firbank garden areas. Even those members of our community with dementia are integrated rather than being segregated from the community in a locked unit. Cathy Emig, Health Center Administrator, notes, “This integrated environment enables us all to be enriched by one another.”

You might sometime encounter a situation where you find an exit door is locked and an alarm is sounding. This is part of the Resident Guard System in action which helps to sustain the well-being and safety of residents.

If a resident gets easily confused and cannot independently find their way to or from a specific location, an interdisciplinary team including family may decide that this resident needs to wear a Resident Guard. This decision is reviewed

quarterly and when there is a significant change in the resident’s condition.

When a resident who is wearing a Resident Guard tag gets too close to an exit door and remains there for fifteen seconds, the system sounds an alarm and locks the exit door so the resident cannot get lost by going outside of the Center. If they are in the general area of an exit door, the door will lock and a low-level beeping noise will start and will stop when the resident walks away.

This system keeps residents with dementia safe and maintains their dignity.

The system is the result of a thoughtful and deliberate process to treat every resident with dignity and respect and makes it possible for every resident to have the freedom to move around the Center as they wish. I believe that this is a major strength of our community, and I am grateful for this system.

Elizabeth Rhoads

What You Should Do if You Encounter a Locked Door with an Alarm Sounding

- If you need to exit/enter the building, go to another door. **NEVER pry open a locked door.**
- Report the alarm to Firbank or any staff on duty. You can call 610-388-5622 or go to Firbank Central to report the alarm.
- Be patient. A staff member will come as quickly as possible to stop the alarm and unlock the door.
- If you are aware of a resident who may be setting off the alarm, gently guide them away from the exit door and enjoy the opportunity to walk with them back to Firbank.

Up and Away with Chesco Connect

You may have noticed a small bus picking up a Crosslands staff member at the Center each afternoon. It is one of 70 Chesco Connect vehicles operated by Chester County for the benefit of senior citizens and people with disabilities.



PHOTO BY STEVE SANDER

I have taken several rides with Chesco Connect because all their vehicles are equipped with lifts. Passengers who have difficulties with steps, like I do, are allowed to stand on the lift to board the bus. All my experiences with Chesco Connect have been very positive.

I do want to mention that if you are in a hurry, it may not be for you because the wait times can be long. For example, after finishing a recent medical appointment at McFarlan Road I would have had to wait more than one hour for my ten-minute ride back here. I got impatient and summoned Uber which cost \$18. In retrospect, I should have waited for the bus. I had nothing urgent to do at home, and I was in the middle of a gripping novel that I had downloaded on my iPhone. Listening to it would have made that wait time speed by.

Kendal~Crosslands' transportation fleet includes three buses equipped with lifts. Due to safety concerns, only residents using motorized scooters, or wheelchair patients with attendants are allowed to use the lifts. All others must climb the bus steps to board. This is very difficult for many, including myself. Hence my switch to Chesco Connect.

Luckily, I have very good news to report. A new policy regarding the use of the Kendal~Crosslands bus lifts is in the works. Under this new guideline, anyone will be allowed to use the lift to board the buses if they are sitting in a wheelchair, regardless of whether they normally use a wheelchair to get around. The details are still being worked out. As soon as it becomes official, I will revert to using KCC Transportation for my medical appointments.

Chesco Connect will continue to be a valuable option among my transportation choices. Certainly, the price is right. Fares to essential destinations such as medical appointments, pharmacies and grocery stores are \$2 round trip. Fares to non-essential destinations are mileage-based, but highly discounted. For example, the fare to the Kennett Library is \$4 round trip because libraries are designated as non-essential by

some higher powers in the Pennsylvania government.

Here's another example: Soon I will have to make a "non-essential" 13-mile trip to Malvern to convert my driver's license to a Real ID. On Chesco Connect the fare will be \$14.20 round trip. Compare this to about \$60 with Kendal Home Care and about \$80 with Uber or Lyft. I will opt for Chesco Connect and

bring a good book along.

Chesco Connect is operated by the Chester County government. It is funded by the Pennsylvania Lottery. Prior to the pandemic the

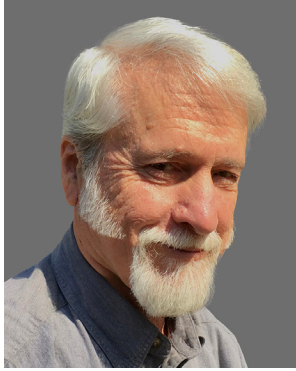


PHOTO BY TEVE SANDER

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From the CRA President

What is March? A blustery, equinoxical season alternating between remnants of winter chilliness and teasings of summer and spring.

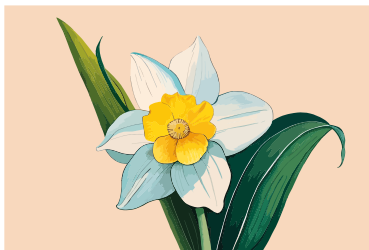


And what about March Madness? Is “madness” insanity? Would you rather be in Sane, in Cognito, or in Crosslands? Some of us are two of the above.

The first NCAA Division I men’s basketball tournament was in 1936 and from

the start was promoted as March Madness. Not until 1982 was a women’s basketball tournament held. It’s the women who should be mad about that. But it’s better not to hold on to your madness. Having a grudge only hurts the grudger, not the grudgee. So accept the frustrations of March if you can, and welcome in both the lion and the lamb.

David Camp



Resident Moves

Mary Lou Schack	61
N. Ruth Trimble	Audland 511

In Memoriam

Marion G. Schultz	February 6, 2024
Lawrence Black	February 12, 2024
Delores M. Reeves	February 15, 2024

2024 Annual CRA Fundraising Drive

March 1 is the kick-off for our month-long annual drive to benefit the Crosslands Resident Association (CRA). Your donation supports 133 committees, 49 of which depend upon CRA funds. Your donation supports our volunteers, programs, and resident-led initiatives that make this community such a rich experience for us all.

Please give as generously as you can. Make checks payable to the Crosslands Resident Association. The wooden donation box is in the Center on the credenza across from the Front Desk Ambassador. All contributions are handled in a confidential manner. Gifts are not tax deductible.

Please remember that our donations sustain all CRA activities.

Nancy Letts

Chesco Connect, Cont’d

same bus service was subcontracted to a private company and operated under the name Rover. In the wake of the pandemic the Chester County Commissioners decided it would be more cost effective to take over the operation, renaming it Chesco Connect. Now, the service is going strong with many of the former Rover employees, and under the very capable leadership of Jim Oughton, Deputy Director of the Chester County Department of Community Transit.

Now, as before the pandemic, every weekday 70 buses crisscross the 759 square miles of Chester County, while serving a population of more than a half a million people. Pretty impressive, don’t you think? For more information, including how to register, call 610-344-5545, or visit the Chesco Connect web site at www.chescoconnect.org.

Hedy Knoth

Old Crosslands Publications

Your Intrepid Editor's Expedition into the Past

While going through the Archives, I found the old copies of the Chronicle, starting with Volume 1 Number 1. This early *Chronicle* was a little brochure published by the Administration in December, 1975, before Crosslands had come into existence. Within a year or so, the production of the newsletter was taken over by residents and often contained hand-drawn artwork by talented newcomers. In the old days, the *Chronicle* was painstakingly put together — cut-and-paste — by hand, and copies were run off on a duplicating machine of some sort.

Continuing my snooping, I found that Crosslands' residents published other material as well. The *Crosslands Times* had a short but lively history. *The Times* began to appear in 1980, with the byline of "All the news that is unfit to publish in the *Chronicle*" and was published, so they said, when the spirit moved.

The masthead listed the staff members by name: Ruth Humdrum (Editor-in-Chief), associate editors Betty Bilge (News and Rumors), Ben Dudd (Food and Medical), Wilma Wahchitt (Activities and Humor), Mordred Pilledown (Medical), Speed Tripp (Sports) and

Rosemary Actuary (Literature and Poetry).

If these names seem improbable, when you read the text (lighthearted, and sometimes, ahem, a little scandalous), you will realize that the staff and writers needed to remain anonymous.

A tidbit from July, 1980:

We recently celebrated Alexander-the-Great's birthday with lots of delicacies served up in Greek style. Some of the foods had exotic names but we were assured that they all originated in Grease.

In addition, Crosslands occasionally published a literary journal,

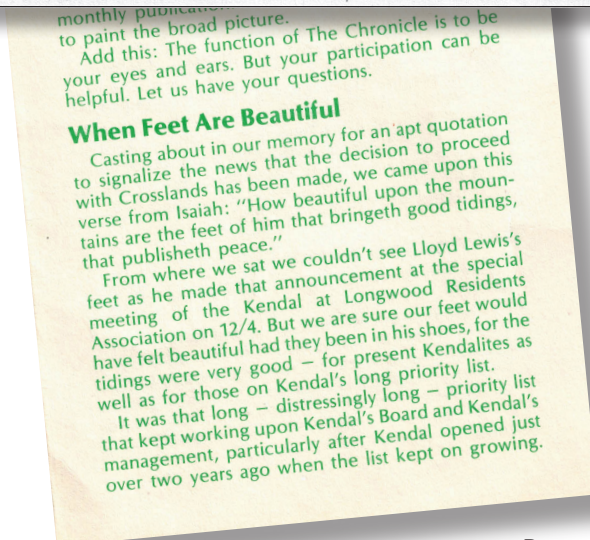
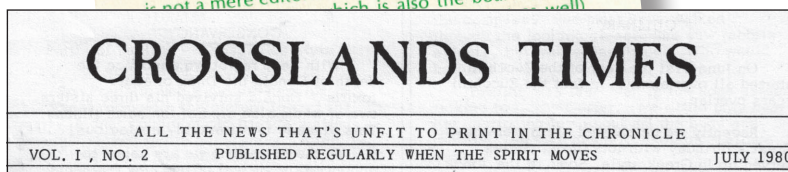
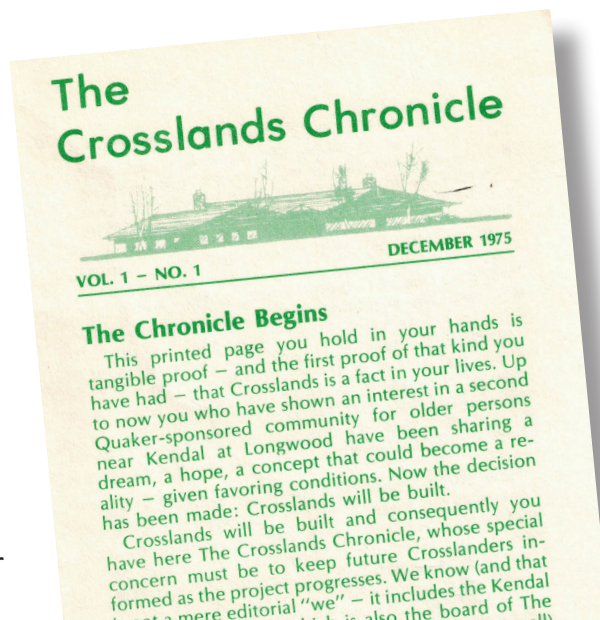
appropriately called *The Intermittent*. It is understandably difficult to lay your hands on a copy of this rare item. And residents with a keen eye and writing skills also produced skits comically mocking (with a smile) residents and administration. The best known of these was

Burnt Toast which was updated

from year to year...for a while.

We hope to find all of these as we scour the archives and hope you are curious to see what it was like in the "olden days".

Julie Knobil



New Residents, New Works of Art



Lola by Sheila Richmond

Attention artists among us! Would you like to show your original artwork without committing to a solo show in that huge expanse of gallery wall space? Here is a great opportunity for you. The April 25-June 26, 2024 display of art work in the Crosslands Gallery will feature the artwork of relatively new (since 2020 or thereabouts) resident artists of Crosslands, Cartmel, and Coniston.

A total of five to eight artists will display original work that has not been shown at Crosslands. Two-dimensional work of any medium — paintings, collage, printmaking, drawings, etc. — are welcome. Each artist will have his/her work grouped together; the amount of display space for each will depend on the number of artists and the size of the work submitted.

Sheila Richmond and Martha Bryans are coordinating this show. Please reach out to them if you are interested — or have someone to recommend.

Martha Bryans

It's Time to Take the Mystery out of ET

Essential Tremor — ET for short — is one of the most common movement disorders in the world, but it remains a mystery, often even to folks who experience it.

What is it? It's a nervous system condition that causes involuntary and rhythmic shaking, typically in the hands, head, or voice. It can occur at any age but is most common after age 40. Can it be cured? No, but treatments are emerging at a rapid rate and lifestyle changes and accommodations can ease its course.

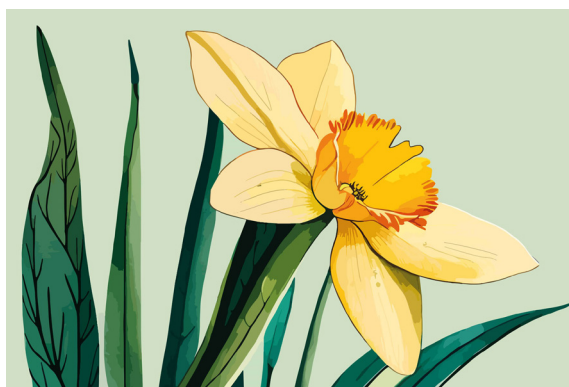


March is National Essential Tremor Awareness Month, and additional information about ET is available at www.essentialtremor.org. But KCC residents can find out more right here at home by visiting the Essential Tremor/Peripheral Neuropathy support group which meets at Crosslands every second Tuesday of the month at 2:15 pm in the Nature Room.

Questions? Contact Barlow Humphreys, the support group coordinator.

ET is no mystery at Crosslands. Instead, it's just a condition that finds friends helping friends with ways to cope and enjoy life despite its shaky moments.

Fran Riddle



The Story of Salt at KCC

Before the 2023-2024 snow and ice season started, Casey Groff, KCC Grounds Supervisor, was prepared. There was rock salt in the shed at Kendal, left from the snowless 2022-2023



PIXABAY.COM

winter. Its crusty surface had been broken up and was ready to spread. In addition, Casey ordered 100 tons of rock salt (four dump truck loads) from a company in Wilmington. This is the salt that is spread by KCC's one dump truck with spreader attachment on all roads in the four communities. The rock salt is also spread in parking lots by the Kubota with spreader.

The ice melt used on KCC's sidewalks is not rock salt but a blend usually containing sodium chloride, calcium chloride, and magnesium chloride. It is dyed, sometimes purple, orange, or pink, which means staff spreading the salt by hand can see where they have spread it and those walking can see where ice melt has been spread. To melt ice, less ice melt is needed compared with rock salt. Ice melt also works at lower temperatures and is safer for pets and plants than rock salt. For the 2023-2024 snow and ice season, KCC purchased eight pallets of ice melt, each of which had 50 fifty-pound bags.

KCC staff work to spread rock salt and ice melt judiciously and carefully in the right way at the right time. Their main focus is keeping sidewalks, roads, and parking lots safe for KCC residents on foot and in vehicles.

Casey expects the current salt and ice melt supply to last into the early months of the 2024-2025 snow and ice season. It does not go bad, though as we all know craziness can happen with the weather. If craziness happens, Casey and his staff will be ready to plow, shovel, and order and spread more salt and ice melt.

Diana Stevens

Website Tidbits

The Crosslands Residents' Web Site at crosslandsres.org has a newly designed **Campus Resources** tab at the top of the page. Here is more of the useful information that can be found there.

- **Maps**
 - **Crosslands Site Map.** Shows the layout of all the cottages and apartments.
 - **Lower Level East Map.** Includes wood shop, arts and crafts room, hair salon, George Fox room, nature room, multipurpose room, etc.
 - **Lower Level West Map.** Includes the fitness, rehab, and resident care areas.
 - **Main Center Upper Level Map.** Includes the dining room, café, library, etc.
- **Rooms that can be reserved** and their availability.
- Notary Public availability.
- **Recycling** instructions.
- **Sunflower shop** hours.
- **Trail maps** and **Arboretum loop walks**.
- **Wood shop** hours and services.



Leslie Gifford

It's in the Bag Proper Placement of Yard Waste Bags

Proper placement of paper yard waste bags, also known as Bio bags, is essential for several reasons. First, it helps prevent the accumulation of unsightly debris, promoting a visually appealing and welcoming community. Second, correct disposal methods contribute to environmental sustainability by facilitating proper recycling and composting of organic materials. Third, pick up of Bio bags by Grounds staff will be easier and faster from designated locations.

Guidelines for Placement

Use Appropriate Bags.

When disposing of yard waste, use designated yard waste bags that are specifically designed for this purpose. These bags are typically biodegradable and can be easily processed in composting facilities. They are free and can be found inside the right-hand door of the AFSC shed in Parking Lot 6.



PHOTO BY MARY RODGERS

Avoid Blocking Sidewalks and Streets.

While placing yard waste bags near the trash room in your designated Parking Lot area, ensure they do not obstruct sidewalks, roads, or pathways. This allows for easy pedestrian and vehicular movement and efficient pick-up by the Grounds staff.

Keep Bags Lightweight.

Ensure that yard waste bags are manageable for the collection team. Overly heavy bags can be challenging to lift and may result in spills or other complications during the pickup process.

New Pick-up Map Posted.

Lindsay Eidson has produced a map of the entire community with Red dots marking where to leave yard waste bags. This map is posted on the Horticulture bulletin board and also the

Horticulture website page. Grounds staff ask that you DO NOT leave bags along the road and under trees, particularly in the 400's.

Mary Rodgers/ChatGPT

So You Think You Know Crosslands

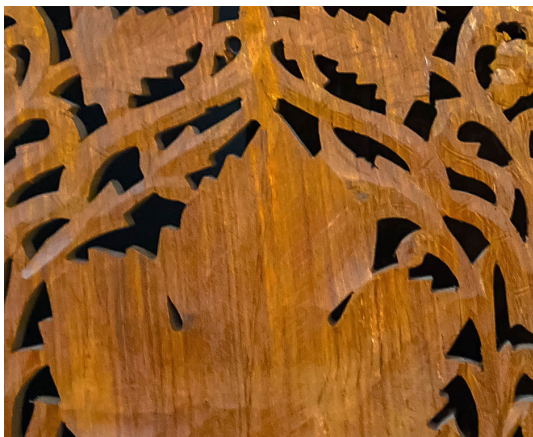


PHOTO BY BOB SUTER

Can You Locate

This Month's Teaser?

Put your guess in the *Chronicle's* open box or email it to chronicle@crosslandsres.org.

Last Month:

Chandelier in the Lobby

Birgitte Alexander and Annemarie MacKeand got the right answer.

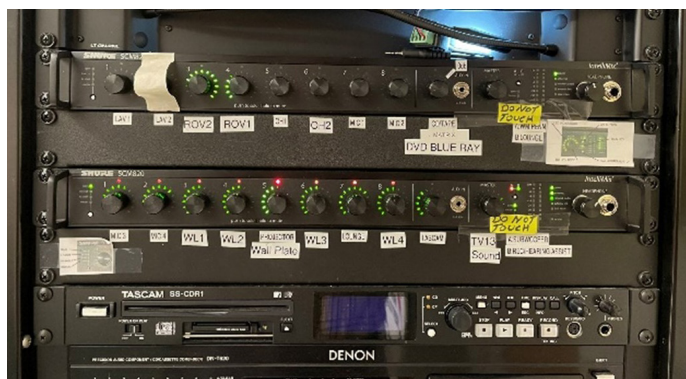


PHOTO BY MARY BARLOW

AV Team Welcomes a New System

Over the week of February 19, Haverford Systems of Downingtown installed the long-awaited hardware system replacement for the Crosslands William Penn auditorium. The new system was a long time coming. Over three years ago the AV team led by Dick Voldstad and Paul Stevens began to formulate a specification for equipment to replace the aging system at Crosslands.

The old system was put together over many years and has been becoming technically obsolete or at least outdated. It was designed for a limited scope of live events in the WPR. The pandemic years forced the adoption of more complicated productions with TV13 and Zoom, pushing the technical limits of the equipment and challenging a small and dedicated team to adapt to new requirements.



Old Controls: Lots of Knobs, Lights, and Buttons

In the spring of 2023, the team completed the specification for the new equipment that will be similar in many ways to the one installed at Kendal at Longwood. KCC management agreed to fund the overhaul and an agreement was completed with Haverford for the new system.

One of the important aspects of the specification was the adoption of requirements for the ability to present various scenarios. We specifically required that the events be able to be presented with one or two operators,

and that advanced technical knowledge not be required.

However, the learning curve for the new system is a steep one. Warren Gifford and Alfred Hurd began preparing materials in January. And there's much for new operators to learn. We are hopeful that the new training materials will make it easier to attract new members to the committee.

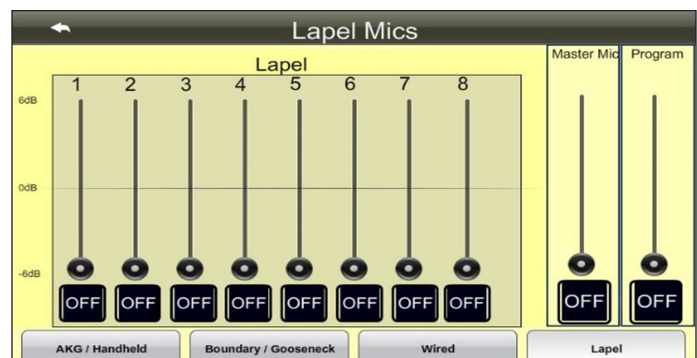
What Is New?

There is a new suite of wireless microphones. They have longer range, and the receiver will be installed in the WPR ceiling to minimize signal loss and distortion.

With more wireless microphones you will see fewer cables stretched around the front of the auditorium or on the stage.

There is a new camera mounted in the Lounge. This will be especially helpful for memorials, and also for WPR events where more activity is in the audience area.

Scott Murray



New System: Digital and Touch Pad Screens

Events

Forum

Criminals in Our Midst: From the Johnston Gang to Danilo Cavalcante

Presenter: Bruce Mowday

Tue, Mar 5 7:30 pm WPR / TV 13



Bruce Mowday is a former reporter for the *Daily Local News* in West Chester. He will discuss crime and criminals in Southern Chester County from the murder of Kennett Policemen William Davis and Richard Posey to his research for a future book on local escapee Danilo Cavalcante. He will include a discussion of the murderous Johnston Gang and the stealing of Wyeth Paintings.

Mowday had a unique opportunity to observe crime and criminals in Chester County, including interviewing Bruce Johnston in prison while Johnston was on trial for six murders, of which he was subsequently convicted.

Bruce Mowday is the author of twenty-four books with most of them dealing with true crime, the Revolutionary and Civil Wars, and local history. His books have been featured in several television broadcasts on PCN (Pennsylvania Cable Network), NPR, and C-Span.

Bill Gallagher



Forum

Jamie Wyeth: Unsettled **Presenter: Amanda C. Burdan**

Tue, Mar 19 7:30 pm WPR / TV13

There are things in the world that are scary, even terrifying. Then there are things that are not quite frightening or upsetting, a prelude to fear, or the feeling that something is not quite right.

In the visual world, these are scenes that inspire dread, anxiety, or an uneasy calm.

Across the seven decades of his career, Jamie Wyeth has honed his attention on these unnerving events, zeroed in on uncanny experiences, and marshalled a wide range of disconcerting elements within his works.

In this lecture based on the Brandywine Museum of Art's upcoming exhibition about the artist, Senior Curator Amanda C. Burdan will discuss the three veins of Wyeth's unsettling, universe: *Strangers and Specters*, *The Natural and Supernatural Worlds*, and *Haunted Places and Disturbing Spaces*. Whether he is introducing curious characters, surveying mysterious landscapes, or weaving menacing narratives, Wyeth is fiercely independent in the face of prevailing art trends, standing apart in a shadowy and strange world of his own creation.

Debbie Borton



**Jamie Wyeth, *Apples*,
2021**

Events

Spiritual Life

Buddhism Past and Present

Presenter: Parnel Wickham

Wed, Mar 27 3:30pm WPR / TV13



PHOTO BY PARNEL WICKHAM

Zen Altar

Parnel Wickham will discuss the history of Buddhism, including its origin in India about 563 BCE and its spread throughout Asia and more recently into the West. She'll describe the basic principles and practices of the two main traditions, Theravada and Mahayana, and how Buddhism in general, and Zen Buddhism in particular, were transformed in the United States. She'll also share the principles of her particular practice, the Ordinary Mind School, with which Crosslands Zen Buddhists is affiliated.

Parnel was Professor of Special Education and Academic Chair, School of Education, Dowling College, Oakdale, New York. She was also a teacher at Ordinary Mind Zendo, New York. She founded Crossland's Zazen Buddhist Meditation group, which meets in the Meditation room at 9:00 am each Tuesday and Thursday, and she recently started a Buddhist Reading Group.

Atala Toy

Camera Club

Winter Themes

(January Program That Was
Cancelled Due to Snow)

Fri, Mar 22 7:30 pm WPR / TV13

Photographers

Jim Salvas *Christmas at Longwood in Recent Years*

Manya Bean..... *Winter Here & Elsewhere*

Tom Kaesemeyer *Where the Moose Live*

Cindy Arrouet *Winter Reflections*

Bob Suter *Antarctica during Our Winter*



PHOTO BY JIM SALVAS

Winter brings not only colder weather, with its clear nights, frosted windows, picturesque

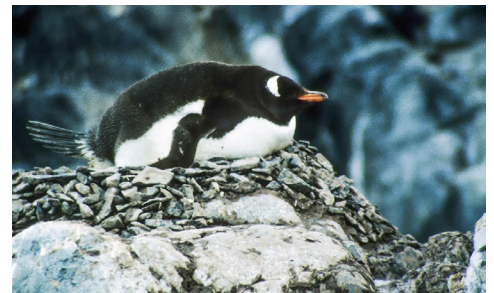


PHOTO BY BOB SUTER

snowfalls, and winter sports, but also socially important rituals and gatherings. Against that background our photographers have assembled five distinctively different collections of images with which to celebrate this interesting and photogenic season. This program should raise your spirits and may even reveal new ways to enjoy the world around you.

Bob Suter

Events

The Supreme Court and Our American Court System Widener OLLI Continuing Education Course

Presenter: David Hudiak Fridays, April 5, 12, 19, 26, and May 3
9:30-10:45 am on Zoom

The Continuing Education Committee is pleased that David Hudiak, one of our favorite speakers, has agreed to present a course on the U.S. Supreme Court, a subject of extreme interest in this time of political chaos. The topics he will cover include a discussion on how the Supreme Court operates, and how it has evolved over the years, how each chief justice has shaped the court, and some biographical observations on the great, and not so great, justices who have served. Mr. Hudiak encourages audience participation and will handle questions following each lecture.

David Hudiak (JD University of Pennsylvania Law School) has been a licensed attorney for

over 35 years and is a member of the Bars of Pennsylvania, New Jersey, and the U.S. District Courts for the Eastern District of Pennsylvania and the District of New Jersey. He has extensive teaching experience, having taught numerous paralegal classes as well as seminars in law school admission test preparation.

To sign up for this course, please add your name and email address on the sheet posted in the Center (so that the

zoom link can be sent to you each week). The cost of the course is \$30. Please put a check, made out to Widener University, in Dick Kline's open mailbox Audland 552.

Julie Knobil



The Pine Barrens – A Conservation Story

Presenter: Rebecca Free Presented by the Natural Areas Committee
Thu, Mar 28 7:15 pm WPR / TV13

The Pinelands is a forested land with pitch pine barrens, pygmy pine forests, a large fresh water aquifer, and rare species of plants and animals. Yet its location near population centers made it a target for development in the 1960's. Learn the story of how determined citizens and politicians succeeded with the establishment of the Pinelands National Reserve in 1978. In 1989 the Pinelands Preservation Alliance began its work to maintain the protection of the Pinelands.

Rebecca Free is the Director of Membership & Communications for the Pinelands Preservation Alliance, Southampton, New Jersey.

Barbara Grove



Events

Camera Club

Enjoying Ecuador

Photographer: Cindy Arrouet

Fri, Mar 15 7:30 pm WPR / TV13



PHOTOS BY CINDY ARROUET

Escape the cold of winter and spend an evening enjoying the warmth and beauty of Ecuador. In May 2023 Cindy and Dennis Arrouet travelled to equatorial South America to explore the ecological wonders of the Galápagos Islands in the Pacific Ocean and the Mashpi Reserve in the tropical cloud forest of the Andes Mountains. Cindy will share her photos and information about the ongoing work of preserving these rare and precious environments.

Cindy Arrouet

Opera Lecture Series

La Forza del Destino by Giuseppe Verdi

Fri, Mar 8 4:00 pm WPL

Presenter: Bob Rowland

La Forza del Destino was the 24th of Verdi's 28 operas. The Saint Petersburg Opera in Russia asked Verdi to write an opera for them, and he obliged with a Spanish drama based on a play by Angel de Saavedra. Premiered in 1862, the opera was revised by Verdi in 1863 and revised again in 1865. A major revision was the addition of a full-fledged overture that is perhaps the best-known part of the opera. The complex plot of the opera offers many situations for great arias and ensembles. The final aria for the heroine, Leonora, *Pace, pace, mio Dio*, is powerful, moving and justifiably famous.



Romeo et Juliette by Charles Gounod

Fri, Mar 22 4:00 pm WPL

Presenter: Bob Rowland

Romeo et Juliette is Gounod's second most famous opera after Faust. Based on the Shakespeare play, it is filled with gorgeous music and many famous arias. Juliette's opening aria *Je veux vivre* is a favorite of lyric-coloratura sopranos. The duets for Romeo and Juliette are perhaps the highlight of the entire opera. They are beautiful, sensual, romantic, and ultimately tragic.

Our opera series coordinates with the live Metropolitan Opera HD Broadcasts at the Brandywine Regal Theatre on route 202 the Saturday afternoon after each lecture.

Bob Rowland is from the Academy of the Vocal Arts in Philadelphia. His lectures include interesting information about the operas, the composers, important historical information, and musical excerpts.

Ted Farraday

Events

Concerts

**Gus Mercante, Countertenor
Lauren Conrad, Soprano
Gabriel Benton, Pianist**

**Sun, Mar 17 (St. Patrick's Day)
3:00 pm WPR / TV13**



Gus Mercante



Lauren Conrad

Gus and Lauren have been here before, two absolutely delightful performers who always make us smile. A countertenor is a male alto — Gus is an outstanding one, and Lauren is a gorgeous soprano. Gus' spirituals are particularly popular. They will also bring us Celtic music for this holiday.

Anne Gross

**Xun Pan, Pianist and
The Gabriel Chamber Ensemble**

Tue, Mar 26 7:30 pm WPR / TV13



Xun Pan has brought us many different chamber ensembles. This one will be a piano quintet, made up of an international group of excellent players. We are so fortunate to have such great resources around us.

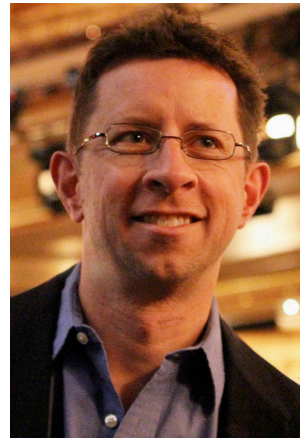
Anne Gross

Light & Lively

Ragtime to Swing to Jazz

**Mark O'Kain, Marimba and Xylophone
Jeffrey Uhlig, Piano**

Sat, Mar 16 7:30 pm WPR / TV13



Mark O'Kain



Jeffrey Uhlig

This eclectic program includes old favorites, unique arrangements of familiar music, and toe-tapping ragtime selections.

Mark O'Kain has performed on the Broadway National tours of *Les Miserables*, *Edward Scissorhands*, *Mary Poppins*, *The Gershwin's Porgy and Bess*, *The King and I*, and *My Fair Lady*. He is a former member of The President's Own United States Marine Band and is the principal percussionist of the Ocean City Pops Orchestra.

Jeffrey Uhlig holds the Lilian Kraus Felber Distinguished Faculty Chair in Piano at the Settlement Music School where he has taught for over 30 years. He performs regularly as a collaborative pianist with many outstanding singers and instrumentalists, including many members of the Metropolitan Opera and the Philadelphia Orchestra.

Steve Sander

Events

Thriving as We Age

An introduction to the Alexander Technique

Presenter: Ariel Weiss

Tue, Mar 19 1:00 pm WPR

Regardless of your age or physical condition, the Alexander Technique can empower seniors with improved posture, balance, coordination, and enhanced mobility. The Technique can help you alleviate chronic pain, breathe more efficiently, and cultivate mindfulness in movement. Join us to discover increased confidence, independence, and vitality through the Alexander Technique.



YELP.COM

Ariel Weiss has been teaching Alexander Technique to people of all ages and abilities since 1988 and at Crosslands for over a decade. Trained as a dancer and choreographer, she delights in helping people learn to move freely in cooperation with their structure so they can feel and function at their full potential.

Ariel offers a weekly online class for seniors and visits Crosslands' campus in person once a month. Watch her TEDx talk, ***Posture myth-busting: it's easier than you think.***

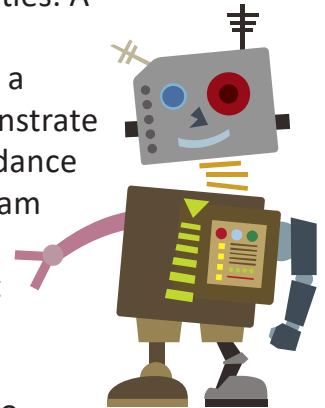


Westtown School Intergenerational Program

Wed, Mar 6 10:30 am WPR / TV13

The Westtown School Robotics Team, called Metal Moose, is interested in hosting intergenerational activities with residents at Kendal~Crosslands Communities. A few students will be here on Wednesday, March 6, to give a brief presentation and demonstrate their robots. In person attendance would be best, but the program will also be hybrid.

If you have a keen interest in robots, have a science, technology, engineering, or math background, and want to have fun, then you are perfect to partner with the students. Through May, the students will come to Kendal at Longwood and Crosslands campuses, meet with residents in a group setting, and build relationships. We hope you can join us and consider being a mentor. Call Michele Berardi for more information.



Michele Berardi

Notable at Kendal

- Mon Mar 11 Natural Areas.** *Coevolution of Flowers and Pollinators.*
Presenter: William Collina.
7:15 pm. Auditorium/Zoom.
- Wed Mar 13 Concert.** Quintsylvania Winds.
7:15 pm. Auditorium
- Sat Mar 16 Pat Wictor, Singer/Songwriter.**
7:15 pm. Auditorium.
- Wed Mar 27 Concert.** Swarthmore College Chinese Music Ensemble.
7:15 pm. Auditorium.

Events

Tuesday Edition

Opera and Shakespeare

Presenter: Ted Farraday

Tue, Mar 12 11:00 am WPR / TV13



PIXABAY.COM

The plots and texts for operas often have their own interesting histories. Many are based on famous plays by famous playwrights such as Victor Hugo, Hugo von Hofmannsthal, Tennessee Williams, and William Shakespeare. Some of Shakespeare's plays were turned into operas many times over, and Giuseppe Verdi turned to Shakespeare for three of his operas. Why are Shakespeare's plays so attractive to opera composers?

Crosslands resident Ted Farraday, a student of opera, will elucidate why Shakespeare's plays are so attractive to opera composers. What happens when a play becomes the libretto for an opera? Specifically, how does Verdi turn the famous Sleepwalking Scene for Lady Macbeth into one of the most compelling operatic scenes ever written?

Brigitte Alexander

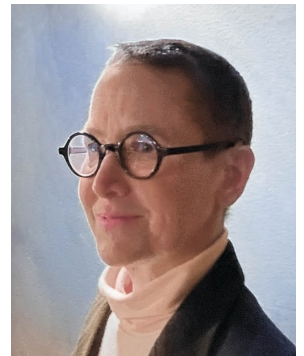
Diversity, Equity, Inclusion and Belonging

Reaching Elders in Diverse Communities

Presenter: Rani Kronick

Fri, Mar 1 7:30 pm WPR / TV13 and Zoom

Older Americans are the fastest growing demographic in the country. This population is becoming more diverse. By 2030, three in ten Americans will identify as persons of color. At this same time, LGBTQ+ older population will double in size. The nation faces profound disparities when it comes to equitable access to health and wellness essentials. This presentation will focus on the particular challenges facing elders from diverse communities and ways to address them.



Rani Kronick has been a professional writer and researcher for over 25 years. Her recent work mainly focuses on diverse aging. Rani is the daughter of Paul and Jane Kronick.

Anne Garbarino

CROSSLANDS CHRONICLE

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Events

Residents Art Show: “Land”

Feb 15 – April 24 Crosslands Art Wall

Twenty-six KCC residents are exhibiting in this year’s Spring Art Show. Based around the theme of Land, the twenty-nine artworks on display cover a wide variety of media, from cross-stitch to photography, oils, and multi-media collage. There is a strong orientation towards the abstract, with color palettes ranging from black and white through subdued to the boisterous.

The Land art exhibit is mounted along the hallway between Crossland’s two dining areas and will be on display from February 15 until April 24. All are invited to the artists’ reception at the Art Wall on March 26, from 3:00-4:00 pm.

This year we’ve added a notebook of artists’ bios for Gallery visitors to look through; it sits on the Gallery art table. Artists whose works are on display are encouraged to write

a one-page bio, printed on 8 ½ x11 paper, and to place their bio in one of the transparent sleeves in the bio notebook. Other community artists are welcome to post their bios there as well.

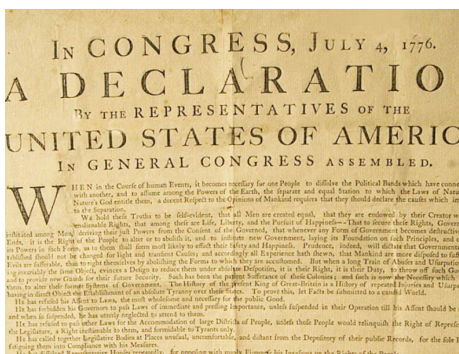
Under the art committee’s new schedule, the Crosslands’ Spring Art Exhibit is open to original art of all media, by community and staff members. Last year’s theme was *Trees*, this year’s theme is *Land*, and next year’s theme will be *Water*.



Arboretum by Sue Squires

Atala Toy

Filming for a DEIB Documentary Coming in March



The 250th Anniversary of the Declaration of Independence is coming in 2026. The “Together Endowment” is creating a film to allow people to reflect on this document’s meaning and our country’s future. Debra

Ciamacca spoke at Crosslands on February 2 and will be doing this filming with our Diversity, Equity, Inclusion and Belonging 4-Campus Committee.

Debra would like to film several of our residents for about 20 minutes each, on our campuses. She will be scheduling dates in March. Participation in this activity will generate funds for DEIB to be used for the benefit of all four campuses.

Whether you are White or Black, LGBTQ+, veteran, Muslim,

Hindu, Christian, or Jewish, you have a story to tell. Did “We the People” apply only to white, male landowners? Are you proud of this country’s accomplishments or have you experienced wrongs? What wisdom would you like to pass to our younger generations? Do you have a picture of yourself or a parent in uniform or gaining citizenship? Please contact Judy Heald if you can help. We **do** have stories to tell.

Judy Heald

Events Movies



The Holdovers (2023)

Sat, Mar 2 7:15 pm WPR / TV13

Directed by Alexander Payne, *The Holdovers* follows a curmudgeonly instructor (Oscar winner Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them — a damaged, brainy troublemaker — and with the school's head cook, who has just lost a son in Vietnam (Da'Vine Joy Randolph who won an Oscar for her performance). English with subtitles. 133 min.

Gale Hamilton



The Quiet Girl (2022)

Thu, Mar 7 7:15 pm WPR / TV13

The Quiet Girl is a deeply moving tale of rural Ireland in 1981. A quiet, neglected girl is sent away from her dysfunctional family to live with foster parents, where she blossoms. But in this house where there are meant to be no secrets, she discovers one. The film is adapted from Claire Keegan's book *Foster*. It was nominated as best foreign language film in 2022. English and Gaelic with subtitles. 95 min.

Linda Leonard



42 (2013)

Thu, Mar 21 7:15 pm WPR / TV 13

42 was Jackie Robinson's jersey number during his nine years with the Brooklyn Dodgers. After starring in football for UCLA and serving as a commissioned officer in the Army during World War II, he broke Major League Baseball's color barrier on opening day of the 1947 season. He was required to both excel on the field and stoically endure hostility from fans, opposing players, and many of his teammates. A *New Yorker* review calls 42 a "stirring bio-pic devoted to the two years in an athlete's life that changed a nation." English with subtitles. 128 min.

George Helton



Member's Choice Movie Program: Favorite TV Segments

Sat, Mar 30 7:15 pm WPR / TV13

For this Member's Choice program, the Movie Committee will show selected segments from favorite TV shows of the 1950s, '60s, and '70s, including *I Love Lucy* and *The Carol Burnett Show*. There will be no subtitles, and the sound can be erratic (but perhaps you know the lines by heart). Approx. two hours.

Ron Broude

Did You Know That...

- ...during 2023, in the four KCC communities, Joe Deckman, construction manager, oversaw 56 renovations and 5 internal moves? 2023 ended with a 97.2% overall occupancy for the four communities. In 2022, in the four KCC communities, Joe managed 48 renovation projects and 5 internal moves.
- ...all yard waste, for example, what residents put in the paper garden waste bags, old potted plants, pumpkins etc. is sent to the Southern Chester County landfill and processed to create an enriched, organic material that is used to cover solid waste and grow grass on the landfill?
- ...the Four Campus Recycling Committee has started "Leave a bag or take a bag"? There is now a box in the Center's main door foyer next to the umbrella rack and one inside the door to the lower level of the Center by the multipurpose room where one can leave reusable shopping bags so residents can take a reusable bag rather than use a plastic bag when they do take out or shop in the café for milk, juice, etc.. Reusable bags help reduce overall waste and avoid pollution of our environment by plastic bags.
- ...the new Kennett Library has book clubs?
- ...the hallway outside the William Penn Room has a less cluttered look thanks to the coordination between the resident House Committee and Housekeeping?
- ...some Crosslands residents use Tracfone for their cell phone service? A check of Tracfone's website shows unlimited text, talk, etc. for \$15/month. Through Tracfone, used/refurbished iPhones may be purchased for \$150-\$175 each.
- ...quinoa, a complete protein, containing all the essential amino acids our bodies can't make on their own, is a relative of Swiss chard and beets, rather than a "true" grain?
- ... Crosslands #11 (Brinton) is now the "Try Us" apartment and the former "Try Us" #138 (Garrett) will be occupied by a new resident?
- ...the many snow drops on the lower end of Davis Trail (Kendal side of Bennett's Run) will be blossoming soon?
- ...the Center's beautiful flower arrangements, enjoyed by residents, staff, and guests, do not magically appear? Volunteer members of the Flower Committee have fun creating the arrangements. More volunteers are needed. No experience necessary. Contact Loan-Ahn Small, #215 to learn more.
- ... Crosslands Culinary obtains food from 30 different vendors?
- ... In 2023, 207 households contributed an average of \$273 to the Crosslands Residents Association? The range of contributions was \$20 to \$1,000 for a total of \$56,507 exceeding the goal of \$45,000.
- ...the menu snapshot on the website's Culinary page provides a preview of entrees for the next three or four days to assist residents in planning when they might choose not to eat in the dining room or café?

Diana Stevens



Meet Nancy and Dave Greer #159

Dave and Nancy Greer were born locally, lived in many places, but chose to retire at Crosslands, arriving in November 2023 from Phoenixville, Pennsylvania. They have family history in the area, and Dave says, "Pennsylvania is my heart state, especially Chester County." At Crosslands they like the Quaker philosophy and natural areas. They were surprised to find many connections here. After arriving, they met resident Liz Thun, who was Dave's eighth grade homeroom teacher, as well as Nancy's hockey, lacrosse, and basketball coach. In addition, their daughter's Westtown canoe trip proctor was resident Peter Lane.

Dave attended seven different elementary schools since his father's job with the Pennsylvania Railroad moved the family often. Luckily, Dave entered junior high in Berwyn where he met Nancy. He later earned a BA in math at Temple University. He worked in financial software development for the Insurance Company of North America.

Nancy looks forward to traveling with the family, and Dave hopes to research genealogy.

Drafted, he entered the Army and trained in field artillery. After Officer Candidate and German Language Schools, he also served as a tactical nuclear weapons custodial officer in Germany. Next Dave received notification he was to be deployed to Vietnam, where he was a field artillery officer.

Afterwards, Dave earned an MBA in marketing at The Wharton School at the University of Pennsylvania. Later in Portland, Oregon, he started a company developing software for manufacturing eyewear and commuted back and forth to Pennsylvania for eight years. Once when he was in Oregon, Nancy bought their last house at auction without telling him. He found out via voicemail.

Nancy grew up in Malvern, Pennsylvania. In high school she started working as a nursing assistant in a small nursing home where every resident was treated with dignity and respect. This influenced her entire career. She continued working and taking nursing courses as the Army and work took them to many states. Focusing on



PHOTOS BY BOB SUTER

compassionate home health and rehabilitation, Nancy is a certified rehabilitation nurse. She earned a BSN at Immaculata University and was a nurse's aide instructor. As a rehab nurse in Bryn Mawr Rehab in Malvern, she noticed that the patients who did the best were from Crosslands.

For both Nancy and Dave, grandmothers were especially important. Nancy grew up and continued to live on her grandmother's property and remembers playing hide and seek in the lilac bushes. Dave visited his grandmother's farm each summer and learned to ride.

As for volunteering, Dave has been the treasurer for the Valley Forge Sewer Authority Board. Both Greers volunteered with Citizens Advocacy and the French & Pickering Creeks Conservation Trust. Nancy has also volunteered at Historic Yellow Springs. Their interests revolve around nature and protecting the environment. Dave likes hiking and climbing while Nancy

Continued next page...

Meet Suzanne Pusey #442

When Suzanne Pusey maintains she has lived a boring life — although she says she wouldn't change it for anything — some might argue. Going on safari in Africa and hang gliding over the ocean off the coast of North Carolina at the age of 54 are adventures and anything but boring.

Suzanne grew up on a dairy farm in Avondale, and she remembers climbing on the hay bales with her two younger brothers. There were dogs, and cats, and chickens, and cows all over the place. She remembers there were also some horses, but Suzanne fell off a pony as a small child, and never got on a horse for the rest of her life.

A few years after graduating from Penn State, Suzanne married John Pusey, whom she had dated while she was at George School and who also grew up in Chester County. Yes, she is related to Barb Pusey by marriage,

Suzanne thinks it's always fun to find out what a small world it is, and how people are connected in unexpected ways.

although the ties are somewhat complicated. John and Suzanne moved to Kennett Square in 1967 and Suzanne taught elementary school at Unionville Elementary School, Upland Country Day School, and Sanford School. They raised three children. Meg, the oldest daughter, still lives in the area, Meredith lives in Texas, and son Jay lives in Colorado.

After being married for fifty-six years, Suzanne found that being single was a difficult challenge. Besides the loss of her husband, she had to run a large home and an acre of land. Luckily, she had plenty of outside interests to

keep her busy. She likes to travel, enjoys playing golf, and belongs to a garden club. The Episcopal Church of the Advent is where her volunteer activities are currently centered. In the past she volunteered at Tic Toc Day Care for pre-schoolers. Baking is another of her interests and she is very much involved in the lives of her ten grandchildren.

Both her parents and her mother-in-law were residents here at Crosslands, so Suzanne is familiar with both Kendal and Crosslands. When asked what was on her bucket list, Suzanne said she was looking forward to new adventures, possibly a cruise on the Mississippi, and to seeing more of America. Taking some art classes might be on the list as well, but Suzanne is still adjusting to life at Crosslands. She isn't sure what she'll find to interest her. She thinks it's always fun to find out what a small world it is, and how people are connected in unexpected ways and looks forward to getting to know people here.

Lyn Back



PHOTO BY BOB SUTER



Nancy and Dave Greer, Cont'd

enjoys walking and exercising. She's interested in nature and gardening. At Crosslands she's already joined the yoga and Tai Chi groups. She looks forward to traveling with the family. Prior travels include Europe, Australia, Ecuador, Uruguay, Peru, and the Galapagos Islands. Dave hopes to research genealogy.

The Greers have two daughters and one granddaughter.

Connie Strickland

What's New at the Library

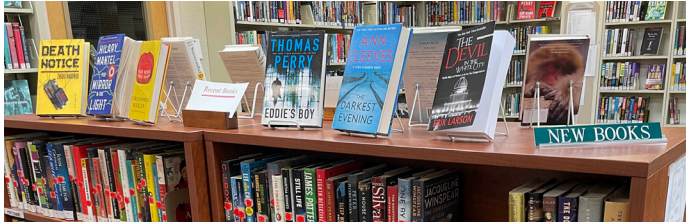


PHOTO BY STEVE SANDER

FICTION

Akbar, Kaveh	<i>Martyr</i>
Campbell, Bonnie Jo	<i>The Waters: A Novel</i>
Carpenter, Lea	<i>Ilium</i>
Lawhon, Ariel.....	<i>The Frozen River: A Novel</i>
Matar, Hisham	<i>My Friends: A Novel</i>
McCloskey, David	<i>Moscow X: A Novel</i>
Miller, Derek B.	<i>The Curse of Pietro</i> <i>Houdini: A Novel</i>
Pook, Lizzie	<i>Maude Horton's</i> <i>Glorious Revenge</i>
Steele, Danielle.....	<i>Worthy Opponents: A Novel</i>
Zarin, Cynthia	<i>Inverno</i>

BIOGRAPHY

Fraser, Antonia *Lady Caroline Lamb:
A Free Spirit*

MYSTERY

Connelly, Michael *Resurrection Walk*
de Castrique, Mark *Dangerous Women*
Patterson, James *Double Cross*
Perry, Thomas *Hero*

NON-FICTION

Mundy, Liza..... *The Sisterhood:
The Secret History of
Women at the CIA*

Suleyman, Mustafa..... *The Coming Wave:
Technology, Power, and the
Twenty-First Century's
Greatest Dilemma*

NON-FICTION IN THE NATURE ROOM

Burton, Robert.....*Audubon North American
Birdfeeder Guide*
Heilman, Joan Rattner *Bluebird Rescue*
Lippson, Alice Jane *Life in the Chesapeake Bay*
Petrides, George A.....*A Field Guide to Eastern
Trees: Eastern United States
and Canada, Including the Midwest*
Tallamy, Douglas W. *The Nature of Oaks*



Jumble

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

ATXCE				
○	□	○	□	○

NJTIO				
		○	○	

ILNSTP					
○	○				○

QTIAUC					
○				○	○

Answer here:

“  '  DAY ”

**"A DIFFERENT SHAPE OF
SAUSAGE IS MORE SUITED
TO TODAY'S FESTIVITIES"**



ON MARCH 17, THE
LEPRECHAUN WOULD
HAVE SAUSAGE **LINKS**
FOR BREAKFAST
BECAUSE THE
CALENDAR SAID:

JUMBLE BY STEVE SANDER

LAST MONTH: EXTOL, MIXER, SCENES, UNFOLD. **SIX FEET UNDER**

March 2024 Calendar

Fri	Mar 1	Name Tag Day. DEIB. <i>Reaching Elders in Diverse Communities.</i> 7:30 pm. WPR/TV13/Zoom. See p. 15.	Concert. Gus Mercante and Lauren Conrad. 3:00 pm. WPR/TV13. See p. 13.
Sat	Mar 2	Movie. <i>The Holdovers.</i> 7:15 pm. WPR/TV13. See p. 17.	Mon Mar 18 Healthy & Wise. 11:00 am. Zoom.
Mon	Mar 4	CRA Board Meeting. 10:00 am. WPR/TV13/Zoom. All are welcome.	Tue Mar 19 CRA Concerns Session. 10:00 am Music Rm. Voice your concerns to two CRA Board Members.
Tue	Mar 5	Forum. <i>Criminals in our Midst.</i> Presenter: Bruce Mowday. 7:30 pm. WPR/TV13. See p. 9.	Thriving As We Age. 1:00 pm. WPR/TV13. See p. 14.
Wed	Mar 6	First Wednesdays Painting Studio. 10:00 am-noon. Arts & Crafts Rm. Westtown School Robotics. 10:30 am. WPR/TV13. See p. 14. Writers Group. 3:00 pm Conference Rm.	Forum. <i>Jamie Wyeth, Unsettled.</i> Presenter: Amanda Burdan. 7:30 pm. WPR/TV13. See p. 9.
Thu	Mar 7	KCC Social Services. Grief Support Group. 10:00-11:00 am. Wyeth Rm. March Birthday Celebration. 5:30-7:00 pm. MDR Alcove. See Phyllis Wenner. Movie. <i>The Quiet Girl.</i> 7:15 pm. WPR/TV13. See p. 17.	Wed Mar 20 Writers Group. 3:00 pm. Conference Rm.
Fri	Mar 8	Opera Lecture. <i>La Forza del Destino.</i> 4:00 pm. WPL. See p. 12.	Thu Mar 21 Movie. 42. 7:15 pm. WPR/TV13. See p. 17.
Tue	Mar 12	Tuesday Edition: Opera and Shakespeare. Presenter: Ted Farraday. 11:00 am. WPR/TV13. See p. 15. Essential Tremor/Peripheral Neuropathy Support Group. 2:15 pm. Nature Rm. See p. 5. SSAFE Meeting. 3:30-5:00 pm. WPL.	Fri Mar 22 Opera Lecture. <i>Romeo et Juliette.</i> 4:00 pm. WPL. See p. 12. Camera Club. <i>Winter Themes.</i> 7:30 pm. WPR/TV13. See p. 10.
Wed	Mar 13	Poetry Group. 3:00 pm. WPL.	Mon Mar 25 Healthy & Wise. <i>Matters of the Heart.</i> 11:00 am. Zoom. Great Decisions. <i>Mideast Realignment.</i> 9:30-10:45 am. TV13/Zoom.
Fri	Mar 15	Name Tag Day. Camera Club. <i>Enjoying Ecuador.</i> Presenter: Cindy Arrouet. 7:30 pm. WPR/TV13. See p. 12.	Tue Mar 26 Residents Art Show Reception. 3:00 pm. Art Wall. See p. 16. Concert. Gabriel Chamber Ensemble. 7:30 pm. WPR/TV13. See p. 13.
Sat	Mar 16	Light 'n Lively. <i>Ragtime to Swing to Jazz.</i> 7:30 pm. WPR/TV13. See p. 13.	Wed Mar 27 Administration Dialogue. 10:30 am. WPR/TV13. Spiritual Life. <i>Buddhism Past and Present.</i> Presenter: Parnel Wickham. 3:30-4:45 pm. WPR/TV13. See p. 10.
Sun	Mar 17	International Folk Dancing. 2:00-3:30 pm. Multipurpose Rm	Thu Mar 28 Natural Areas. <i>The Pine Barrens.</i> Presenter: Rebecca Free. 7:15 pm. WPR/TV13. See p. 11.
			Fri Mar 29 Good Friday.
			Sat Mar 30 Movie. Selections from favorite TV programs. 7:15 pm. WPR/TV13. See p. 17.
			Sun Mar 31 Easter.