

# The Ingleside UPDATE

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## *EXECUTIVE DIRECTOR CATHERINE SCOTT RESIGNS*

Executive Director Catherine Scott is moving on. For the past year and a half she has led Ingleside through turbulent times, ignoring the noise and dust, minimizing the parking problems, brightening the Café and Health Center, adjusting entrances closed due to construction and, perhaps most important, dealing with the City Council and the IRC residents with skill and humor and cheer.



We will miss Catherine. We'll miss her energy and enthusiasm, her can-do attitude. We'll

miss her skill at handling meetings, reaching IRC goals with the city and fielding questions adroitly at Director's Dialogues. And we'll miss her flair for brightening our surroundings in both Independent Living apartments and in the Health Center. Catherine is leaving Ingleside to become vice president of Provident Resources, a not-for-profit housing company based in Atlanta. Our loss is their gain. And so, once again the search for a new executive director begins. In the interim, Tim Myers, Ingleside CFO, will be in charge of Ingleside at Rock Creek. He vows to learn what attributes residents would like to see in a new director and to keep us informed as the search progresses. It may take several months, he says. For now, he's the go-to person. Stay tuned.

## **So long, farewell, auf wiedersehen, adieu — you leave us for a future warm and bright**

Thus sang the Ingleside Singers at a celebratory going away party for Catherine Scott. Guests drank wine and nibbled on oysters in the half-shell as they listened to remarks from Louise Winfield and Mary Lynn McKenzie, both of whom had attended the dedication of the Health Center in 1960. Page Hawk had been there too, with, as she said, a husband and two little children—so long ago.

The Time Capsule, which had been placed in the then new building, was opened, its contents a surprise. Among them, a photo of President Eisenhower, who had dedicated the building, and a floor plan of "the Suites," a surprise to those who had been searching for it unsuccessfully ever since plans for the new building had been considered.

## **So long, farewell, au revoir, auf wiedersehen**

Our big loss is Georgia's big gain. Catherine spoke a bit about her new job, to expand housing opportunities for middle income seniors, and she talked about the joy she has had working at Ingleside, meeting so many great people and accomplishing at least some of the things that she had set out to do.

## **So long, farewell, auf wiedersehen, adieu**

You may not take Ms. Carol Lassiter!

Ingleside CEO Lynn O'Connor spoke about Catherine, as did Carol Lassiter, who is the only member of the management team with a history of the Rock Creek campus. The party concluded with a surprise gift from Catherine, a bagpiper in full regalia who led us, appropriately in

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singing Auld Lang Syne.

### *BREAKING NEWS*

1. Rumor has it that we will have an interim director beginning in March. Meanwhile, we've been told that Tim Myers will be the interim director from now until that person arrives. He will be on campus twice a week. AGAIN, STAY TUNED.
2. The route south through Rock Creek Park is now open: Broad Branch connects to Beach Drive, then to Rock Creek Parkway, direct to the Kennedy Center

### *QUINN JOINS UPDATE STAFF*

The marketing staff promotes Ingleside as fostering “engaged living.” Little do they realize how engaged we actually are. The newest evidence: Jim Quinn is assisting Louise Iscoe with the Ingleside Update, taking the writing that's been edited and proofread, then formatting and fitting it to a file ready for printing. In addition, he's writing articles of interest to residents. Thanks to Jim, improvements can already be seen.

### *COMMITTEES AND THEIR WORK*

“Time to go to a committee meeting.” How often have you heard, or thought about, that line? Many Inglesiders actively serve on committees; others say why bother, wondering what they really do. What committees do is give residents of Independent Living an opportunity to participate in running the IRC. Ingleside is where we live now. We have downsized. Many of the things that we used to do—maintain a house, tend the yard, plan and prepare dinners—are now done for us. But many of us want to remain as active as possible. We don't want others to run our lives for us. Resident Association committees are one way we can do that.

The committees cover a wide variety of activities. Some meet monthly, some only as deemed necessary. Though their responsibilities differ, they each report on their activities at Resident Association meetings and refer items for action to the Council at its monthly meetings. Their authority also differs. Some work independently of management, but most work in cooperation with the administration for the betterment of Ingleside. It seems to depend on the interest of the IRC executive director and the activities of the committee. New residents may not learn about committees until April, when forms are put in every cubby asking residents to check three committees on which they'd like to serve, numbering them in order of preference. Committee chairs, appointed by the Association's vice president, select members from the lists submitted. However, if you're new to Ingleside and find a committee in which you're interested, you can call the chair person at any time and see if you might join them.

No one has to participate. However, participants often find that committee work helps them meet other residents, learn more about the community in which they live, and have the satisfaction of doing something worthwhile. Following is a list of committees, their chairpersons, and a summary of their main activities. This list is also posted on the bulletin board opposite the IL cubbies. See which ones pique your interest or might benefit from your area of expertise.

#### **Art Studio - Barbara Williams**

Supervises use of the Art Studio; obtains and directs use of equipment for activities in the Studio; arranges for painting, mosaic, fused glass and other craft classes and for art shows in the gallery.

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### **Budget and Finance - Ted Truman**

Reviews financial reports and projected annual budget of Ingleside; oversees annual Christmas gift solicitation and distribution to employees; keeps informed of changes in policy and financial conditions.

### **Buildings, Grounds, and Landscape - Bob Angus**

Monitors the condition of the buildings and grounds and oversees maintenance of the ravine and garden plots. Notifies the administration about any areas that need attention.

### **By-laws and Legislation - Sandy Wolman**

Studies and recommends changes to by-laws and amendments.

### **Communication and Publicity - Ellie Roberts**

Works with staff in publishing weekly schedule and monitors bulletin boards, the Senior Portal, and flyers for elevators. Publishes monthly newsletter, The Update; revises the Resident Handbook as needed; assembles bios about new residents.

### **Decorating - Celia Crawford, Carol Roberts**

Works with management in selecting new carpeting, draperies, and other items of interior decoration for the public areas of the Independent Living apartments.

### **Development - Tucker Harris**

The Development Committee is appointed by the director of the Westminster Ingleside Foundation to raise funds for the Ingleside Supporting Fund.

### **Food and Dining Services - Ann Schneider**

With the director of dining services, discusses ways to improve the quality of food and services in the dining room and café. Monitors complaints and compliments.

### **Friendly Visitors - Cecilia Sturm, Diane Jones**

Arranges regular visits to Health Center residents.

### **Green Committee - Barbara Harvey**

Provides residents with up-to-date information on items to be recycled; arranges for newspapers and other recycling to be picked up outside apartment doors twice a week; recommends location of trash cans, e.g. for dog walkers.

### **Health and Wellness - Jane Lincoln, Mary Weaver**

Discusses matters of health and health care, suggests improvements, and keeps residents and administration informed.

### **Hospitality - Page Hawk, Tracy Truman**

Assigns sponsors to welcome and orient new residents; hosts monthly social event to introduce new residents to the community.

### **Library - Sally Cutler**

Monitors purchase and circulation of books, selection of donated books, and distribution of books no longer needed in the Library or the book corner near Assisted Living.

### **Marketing - Barbara Yeomans**

Works with the director of marketing to attend lunches and provide tours for prospective new residents.

### **Politics and Prose - Peter Sturm**

Reviews schedule of speakers at Politics and Prose bookstore each month and arranges for residents to attend selected events.

### **Programs and Activities - Rosemary Monagan**

Decides upon, plans, and arranges for bus trips to points of interest in the Washington area.

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### **Speakers - Allen Holmes**

Plans and arranges for presentations by speakers of interest to residents

### ***Other groups of interest, which are not committees, include the following:***

#### **Ingleside Singers - Judy Dodge**

Meets weekly to practice singing together and prepare programs for Ingleside events.

#### **Non-fiction Book Group – Ellie Roberts**

Meets once a month to discuss a book that the group has selected.

### ***MY FAVORITE THINGS***

To commemorate her birthday, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of AARP. Smile as you hum or sing along with the lyrics she sang to *My Favorite Things*.

Botox and nose drops and needles for knitting,

Walkers and handrails and new dental fittings,

Bundles of magazines tied up in string,  
*These are a few of my favorite things.*

Cadillac's and cataracts, hearing aids and glasses,

Polident and Fixodent and false teeth in glasses,

Pacemakers, golf carts and porches with swings,

*These are a few of my favorite things.*

When the pipes leak, when the bones creak, when the knees go bad,

I simply remember my favorite things, and then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,

No spicy hot food or food cooked with onions,

Bathrobes and heating pads and hot meals they bring,

*These are a few of my favorite things.*

Back pain, confused brains and no need for sinnin',

Thin bones and fractures and hair that is thinnin',

And we won't mention our short shrunken frames,

*When we remember our favorite things.*

When the joints ache, when the hips break, when the eyes grow dim,

*Then I remember the great life I've had, and then I don't feel so bad.*

(Thanks to Rudolf Hoehn-Saric.)

### ***LETTERS TO EDITOR***

Peter and I would like to find out if there are Ingleside residents who might be taking OLLI (Osher Lifelong Learning Institute) classes at American University in the coming semester and would be interested in traveling to OLLI together if scheduling permits it.

If you are interested, please email Judy Kugel at [judy.kugel@gmail.com](mailto:judy.kugel@gmail.com) or put a note in her cubby, No. 2204.

### ***FROM THE LIBRARY***

#### **New books in the Library —**

*Man of the Hour*: James B. Conant: warrior, scientist, by Jennet Conant. Says Walter Isaacson, "From transforming Harvard to overseeing the construction of the atom bomb, James Conant was one of

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the most influential Americans of his time."

*Endurance: A Year In Space, a Lifetime of Discovery*, an engrossing, often suspenseful memoir by naval aviator and astronaut Scott Kelly.

*Friends Divided: John Adams and Thomas Jefferson*, by Gordon S. Wood. "Lucid and learned . . . Gordon Wood has become the leading historian of the 'founding fathers'." (*Wall Street Journal*).

Our library relies primarily on books donated by residents. Exceptions are oversized art and photography books and exhibition catalogues, books in foreign languages, textbooks, and unpublished doctoral dissertations. Joyfully received are dollars to underwrite book purchases. Thank you again, Rudolf Hoehn-Saric.

### *WELCOME, NEW RESIDENTS*

Enid Beaumont moved into Apt. 431 on November 30. She has a Ph.D. from NYU and was last employed as the director of a nonprofit —Academy of State and Local Government.

Larry and Mary Hanrahan, Apt.564, moved to Ingleside December 12.

Larry retired as a major from the US Army, and most recently was an editor for the US Government at the Department of Commerce. One of his hobbies is punditry. (We should be hearing more from him!) Mary was an administrative secretary at the Department of State.

Cyril and Mary Lee Muromcew will move in to Apt. 620 in late January or early February.

Cyril, who is fluent in Russian, German, and Polish, served as a linguist at the State Department. Mary, who

speaks French, was an executive secretary for Senator Clifford Case.

### *SPRING POETRY READING*

By Ellie Horwitz

Greetings to all poetry writers and readers. The next in our series of bi-annual poetry readings will take place two months from now on April 6 at 4 pm, and Paul Armington and I are eager to begin planning for the event. If you would like to read a poem you have written or a favorite poem someone else has written (your neighbor, daughter, William Shakespeare, T.S. Eliot, Edna St. Vincent Millay, John Ashbury ... you get the idea), please contact Paul or me, and we'll be happy to receive it electronically or in print. Newcomers to Ingleside who want to hear more about this event or participate in it can reach me at horitz@com-cast.net or by phone: 201-763-7102.

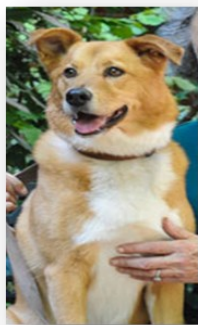
### *ASK GINGER*

I learned a couple of things in the past couple of weeks. One of them probably isn't new to you, but it sure was to me.

I went for a walk with my person in the ravine. She stayed on the trail and I ran down to the creek to splash around. But to my surprise, I couldn't splash at all. There wasn't any water. The creek was frozen solid. That never happened where I used to live. When I returned to the ravine a couple of days later the sun had melted the ice and turned it back into water again. Isn't that amazing! I certainly learned something new. The other thing I learned is how dogs, not fancy dogs but those just like me, can help people. My person read an article

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in the Post about dogs at a school in Baltimore who listen to kids read to help them read better. I could have told the teachers that. We're not critical. We don't care if a child reads too slowly or pronounces something wrong; we're just happy to listen and get petted sometimes. That way children don't have to worry about making mistakes and it helps them build confidence.



We dogs can help older people too. There are a couple of people who live in the Health Center who are always happy to see us. Sometimes I remind them of a pet they used to have and other times they just like to pet and talk to me. There are some folks here called "friendly visitors" who go to cheer up people in the Health Center. Maybe we ought to start a "friendly dogs" group, too.

### *KEEPING UP*

In case you missed the January Resident Council meeting, here's an update of the many things going on at Ingleside.

### *OUT OF RENTAL BUSINESS*

Three houses owned by Ingleside on Military Road have sales contracts pending. When the expansion is completed, the two houses being used by the construction companies also will be sold. Proceeds will be applied to maintenance of IL apartments. No more housing rentals for Ingleside.

### **SENIOR PORTAL**

The Senior Portal is scheduled (once again) to be up and running. Two sessions are scheduled February 6 in the theater for Michele High, Life Enrichment Coordinator, and Aminou Abdoullaye, IT Coordinator, to demonstrate how it works. The next day, Howard University students will be here to help residents learn how to log in and to answer questions.

### *DISAPPEARANCE FORMS*

If you are hospitalized and want friends and family to know where you are, you can override the HIPPA law and leave information about your whereabouts at the front desk.

### *THIS & THAT*

- If you wear a pacemaker, don't wear a magnetic name tag.
- Saturday lunch is not likely to begin in the near future.
- Maintenance problems continue on coffee maker in the Café.
- Kitchen tours will continue. Check flyers and desk in mail room.
- Upcoming events: check back of weekly calendar.
- Don't take flyers out of elevator until event is over.
- Do submit information for The Update by the 20th of each month.

### *SUNDAY RIDES*

Do you need a ride to church? One Ingleside driver is now available Sundays. Let Michele High know if you are interested in making use of this service or if some other day or time would be better.

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### *A WINTER-TIME SUGGESTION*

You remembered! At least several of you did, responding to Frances Kennedy's idea to recommend a favorite book that other residents might enjoy reading. Not only did the respondents suggest enticing titles, but they were able to write concise and informative summaries, too. Read on.

Ken Bailey: *Nightingale Searching for Home* by Earl Lindveit. A confused elderly woman becomes homeless in Washington.

Bob Bremner: *The Zookeeper's Wife* by Diane Ackerman. A charming World War II story about a husband and wife who used their courage and privileges as zookeepers in Warsaw to hide and save dozens of Polish Jews.

Lucy Bremner: *A Fine Balance* by Rohinton Mistry. This magnificent novel captures the fine balance between hope and despair for four Indians surviving emergency rule, poverty, cruelty, corruption, and the caste system in India's ruthless crackdown on disorder by Indira Gandhi during the 1970s .

Jerome Collins: *Red Plenty* by Francis Spufford. History-based fiction; how Khrushchev and the USSR thought to overcome the US economy.

Allen Holmes: *Losing an Enemy-- Obama, Iran, and the Triumph of Diplomacy* by Trita Parsi. Focusing on Obama's strategy toward Iran's nuclear program, this book reveals how the agreement of 2015 broke the stalemate in negotiations, thus averting the threat of war with Iran.

Frances Kennedy: *The Age of Lincoln* by

Orville Vernon Burton. Great writing about the Civil War era and President Abraham Lincoln.

Judy Kugel: *March by Geraldine Brooks*: A beautifully written historical novel about the absent father in Louisa May Alcott's *Little Women*.

Peter Kugel: *Scarcity: The New Science of Having Less and How It Defines Our Lives* by Sendhil Mullainathan and Eldar Shafir. Groundbreaking insights . . . into our ability to make choices.

Jane Lincoln: *Last Hope Island* by Lynne Olson. This extraordinary book, the latest in a series on WWII in Britain, focuses on the seven occupied countries that established a presence in London during the war.

Ann Schneider: *The Association of Small Bombs* by Karan Mahajan. Examines the long-term impacts of a bomb blast on those affected.

Claude Villarreal: *Eats, Shoots & Leaves, The Zero Tolerance Approach to Punctuation* by Lynne Truss. An entertaining romp through the rules of clear and correct writing by a British author who makes the subject a lot more fun than it was back in school. (In the Ingleside Library)

Now it's your turn. Suggest one of your favorite reads to Frances so that others might enjoy them, too --- [frances@rkennedy.net](mailto:frances@rkennedy.net) or cubby 639. If readers would like, we could have an ongoing list that also indicates what is available in the IRC Library.

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## *RECYCLING GUIDE*

Latest information from the Green Committee. Keep this list handy for ongoing reference. Recycle clean items of the following:

- Glass bottles
- Recyclable plastic containers and container tops with recycle triangles
- Steel/tin/aluminum items
- Newspapers with no plastic wrap. They can be loose or in paper bags.
- Junk mail
- Catalogs
- Phone books
- Flattened cereal/snack boxes and cardboard boxes
- Milk and juice beverage containers
- Paper bags (they can also be returned, if clean, to the café or dining room)

### **Do not recycle the following:**

- Loose plastic bags or package wrap
- Broken/sharp glass
- Paper containers and cups from the dining room or cafe
- Ceramic materials
- Cloth/clothing
- Food/yard waste
- Hazardous items
- Shredded paper
- Scrap metal
- Non-recyclable plastics, including styrofoam items
- Liquids
- Frozen food containers
- Batteries
- Electronics
- Light bulbs

- Glossy photos

Note: The above guidance is mainly based on information in Waste Management Inc.'s website, which handles recycling for IRC. Contact the front desk (202-363-8310) on where to dispose of hazardous items including batteries and light bulbs containing lithium. Contact Information Technology (202-596-3099) for disposal of electronic items such as computers or cell phones.

## *FIRE ALARM!!!*

Latest from the Building & Grounds Committee—what should you do when the fire alarm rings? Here is the straight scoop.

If you are in your apartment, stay there. Don't leave until you hear instructions over the PA system. If you are in a public room such as the Theater or Library, close the doors and stay there until you hear an announcement over the PA system or a fireman or staff member tells you to leave. If you are in a corridor, go to your apartment or a public room, whichever is nearest. Do not use the elevators!

There's more: If you are in your apartment and you see smoke coming under the door, dampen a bath towel and wedge it under the door to keep the smoke out. Close windows to avoid drafts. A suggestion: if an announcement indicates a real emergency, stand by your window so that firemen outside will know you are all right. .

After an alarm sounds there should be an announcement on the PA system to notify residents of an all clear or to give further instructions.

Bob Angus, chair, Building & Grounds Committee