

VINSON HALL

RETIREMENT COMMUNITY

CAMPUS NEWS & VIEWS



Summer 2019

CEO Corner

Making an Impact, Then, Now, and Tomorrow

By Libby Bush, CEO, Vinson Hall Retirement Community

Here we are, already half way through our big 50th anniversary year. And, what a celebration it's been! The community blessing started out this banner year with Arleigh Burke Pavilion and The Sylvestery birthday parties soon to follow. The Talent Show, showcasing resident and staff talent (actual and otherwise!) was a memorable night for all. Then, on June 22, the sun came out, the humidity stayed low (ok, lower), and we had a block party! Nearly 500 people joined us outside that day to enjoy excellent barbeque, play fun games, have their faces painted, absorb archive information, and come together as a community. There's more to come with the Gala on Sept. 21 and end of the year festivities.

Our 50th Anniversary logo created by Amiee Freeman sums it up so well – Our Journey... Then, Now, and Tomorrow. We've captured this hallmark on flags flying around campus, t-shirts worn by our excellent team members, and by highlighting donors and sponsors during this golden year. None of it would be possible without the passion and impact of people then, now, and tomorrow. From the pioneers of yesteryear, who founded Vinson Hall on the premise of being a home that was secure, companionable, and dignified for Navy widows to today's residents, board members, staff, family members, and more, we are now paving the way for tomorrow's people. From Nancy Torlinski, the widow of Navy Captain Michael J. Torlinski and first resident to move in to Vinson Hall in 1969, to Jane Peak, our resident today and widow of Coast Guard Captain Paul Peak who has lived



VHRC CEO Libby Bush, center, with, left to right NMCGRF Trustee Lori Carbonneau, NMCGRF Trustee RADM Bill Rowley, Fairfax County Dranesville District Supervisor John Foust, NMCGRF Trustee CAPT Wes Burnett, and NMCGRF Trustee RDML Michael Browne at VHRC's 50th Birthday Celebration in June.

at VHRC for 30 years. From staff members who have joined us in the last five years, to Felix Blanco, Maintenance Technician, who has worked at Vinson Hall for 33 years. We all now have the awesome responsibility to be stewards of all that has been and to continue to build on the first 50 years. No matter where the next 50 years take us, it will always be about the people.

My utmost gratitude goes to all of you and all our staff members. So many have created these noteworthy celebrations after a tremendous amount of planning and coordination. I cannot list all names in my short CEO Corner so suffice it to say the VHRC 50th Birthday charge led by Devon Meier, Director of Philanthropy and Engagement, and her team, along with many others, has been an inspiring display of VHRC and NMCGRF history.

Navy Marine Coast Guard Residence Foundation News

Membership Update and Coming Festivities

By Devon Meier, Director of Philanthropy and Engagement

I hope you all are having a wonderful summer, and have enjoyed all of the 50th Anniversary celebrations.

2019 Membership Appeal Update

In our spring newsletter, we announced that 2019 Membership Appeal had raised \$15,850 as of April 15. Just three months later, we are thrilled to share that we have received \$55,486 in donations from the mailing. Membership overall has raised \$79,346 to date. Thank You, Thank You, Thank You! We truly appreciate your support and partnership.



On Oct. 24, we will host our annual Star Member event to celebrate our incredible donors. Stay tuned for more information coming in September.

25th Annual Gala and Auction

Mark your calendars and join NMCGRF for a fabulous evening of celebration and all that jazz! The Foundation will host its 25th Annual Gala and Auction on Saturday, Sept. 21. The event will take place in the Kathy Martin Community Building from 5:30 to 10 p.m. Tickets are \$200 per guest or \$375 per couple. Tickets for current Foundation members are \$180 per person with a limit of two tickets. The evening will include a cocktail hour and silent auction, a beautiful sit down dinner provided by our incredible dining team, and the musical stylings of Cognac Jazz, a VHRC favorite. The RSVP deadline is Sept. 6. (See our website: www.vinsonhall.org/nmcgrf-2019-gala for more info.) We hope to see you there! If you have any questions, please come see me in the Philanthropy and Engagement Office.

About Campus News and Views

Campus News and Views is a quarterly VHRC resident newsletter. This newsletter is reviewed by a newsletter committee, comprised of VHRC residents and staff. Residents and staff are invited to submit articles for inclusion in the newsletter. The deadline for submissions for the Fall newsletter is Oct. 4, 2019. Please submit articles and photos to Amiee Freeman, Communications and Engagement Coordinator, (amieef@vinsonhall.org or 703-538-3069) in the Philanthropy and Engagement Office.

Campus News & Views

Summer 2019

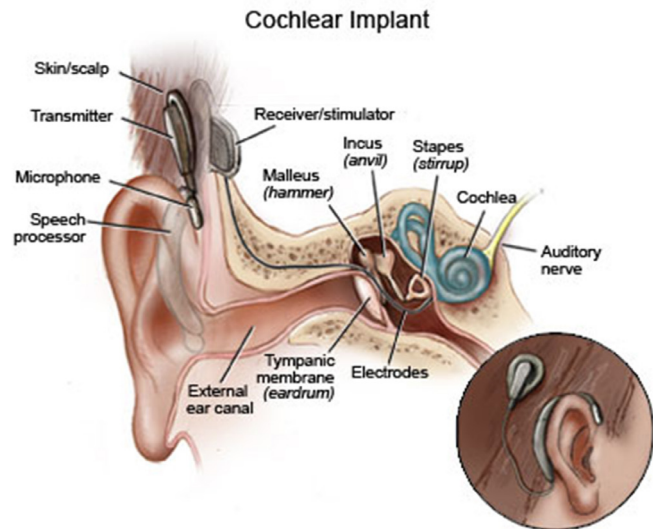
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How I'm Regaining My Hearing

By Eugene (Gene) Vahlkamp

It wasn't until 2014 that cochlear implants became available for those who were not born deaf. Earlier this year (2019), I discovered that there is now an adult cochlear implant program for those with a significant hearing loss and I judged that included me. I began my search and found that MedStar Georgetown University Hospital was the place to go for this in our area. I arranged to have an initial evaluation on April 10 and discovered, yes, I was a good candidate for a cochlear implant in my right ear. I then went through a number of follow-up appointments in preparation for surgery on June 10. My surgeon told me he has had adult patients of all ages, even those in their early 90s. Then, surprising to me, the surgery was outpatient. (I arrived for surgery a little after 8 a.m. and left the hospital at about 6 p.m.) The surgery went well, and I have had no significant problems with my initial recovery process. I'm now waiting for the healing process within my head to be completed so the cochlear implant can be activated on July 17, and I can begin training my brain to accept this new implant.



I fully understand that this is not a quick fix and that it will probably take a year before I can regain a significant degree of my original hearing back in my right ear. I will be very happy to have any improvements over what I have now. Success in the process, I'm told, is dependent on one's level

Retreat!



In May, several VHRC residents enjoyed a visit to Point of View, George Mason's International Retreat Center near Lorton, Va. The outing gave residents a chance to visit this beautiful retreat center, enjoy a nature discussion led by a Park Ranger, and participate in a guided meditation. The retreat was lead by Chaplain Scott Harrison and Special Events Coordinator Fred Johnson.

of motivation, expectations, exposure to speech stimuli, and consistent participation in aural rehabilitation programs. I'm eager to get with the program so I can improve my ability to communicate with everyone in social gatherings, understand who I'm talking with when on a phone, and enjoy listening to music and watching TV.

I have been keeping extensive notes on all my experiences and expenses as I progress in this process and am willing to share with all who are interested. I read one citation that quoted the cost of this process in the U.S. was about \$10,000, which could be covered by some insurance companies. Fortunately for me, my expenses will be almost fully covered by Medicare and TRICARE (my DoD supplement to Medicare). If you'd like to talk with me about my experience, please give me a call at 703-241-2550 or email me at Eugene_vahlkamp@hotmail.com.

5G: Promise and Peril

By Roy Easley

The second echelon of cellular mobile radio systems evolved in 1988. These systems were promptly termed “second-generation (2G), wireless cellular technology (mobile telecommunications).” 3G, 4G, and 5G systems followed at 10 year intervals. When 2G evolved, the 1979 systems (my previous article), were retroactively dubbed 1G systems.

Each succeeding generation of wireless networks resulted in faster data, information and video rates, better “latency” (shorter response or wait times), and increasing spectral efficiency. They also brought forth new mobile devices – cell phones, iPhones, iPads, iPods, smartphones, and laptop computers. 5G will require new phones, or adapters. 3G networks introduced the smartphone, connecting a resident with home devices, perhaps a lighting system control box. 4G ushered in new mobile apps such as “ride hailing” taxi service by Uber and Lyft. This service is operated by a complex taxi computer program and an accessible and comprehensive, topographic database. Both operate in, and are stored in, “the Cloud.” The topographic database is accessible to other services – real estate, home delivery, surveying, et al.

Telecommunication scientists and engineers are calling 5G “the internet of things.” Driverless cars with onboard computers communicating instantaneously with other vehicles, traffic lights, navigation systems, and traffic reporting apps. Hyperspeed wireless will advance telemedicine-doctor consultations by video, wearable devices will send real-time data to doctors and medical researchers, and smartphones will have the ability to control an entire home or office.

In May 2019 Vinton G. Cerf, “father of the internet,” spoke at the University of Virginia School of Engineering. In 1973, Cerf and his colleague Robert E. Kahn invented two communication protocols. One connects computer systems to the internet, the second provides the fundamental structure of the internet.



Roy Easley, vice president of Maximum Service Telecasters, and his wife at a social function for the MST Board of Directors in 1981 at John's Island, Fla.

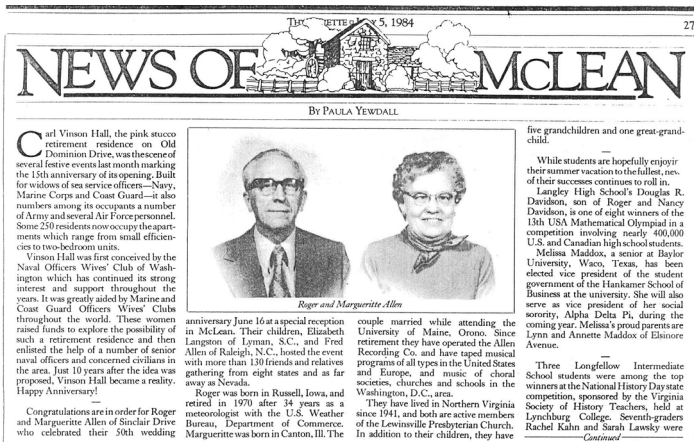
Cerf now works at Google, identifying new technology to support next generation-based products and services. On the technical side, Cerf covered an Federal Communications Commission plan for 15,000 satellites in relatively low orbit, some in polar orbit, making more of Earth and Space accessible. The FCC satellite plan, the expansion of 5G technology and undersea cable construction will vastly expand access to the internet. This expansion will bring huge cybersecurity, safety and privacy problems.

Previous wireless networks relied on cell towers several miles apart. 5G antennae and transceivers will be just a city block apart. This dense network will come at great cost. It is estimated that a U.S. coast-to-coast 5G system would cost between \$200 billion and \$300 billion.

U.S. national security experts fear that Chinese-made 5G equipment and networks (Huawei and ZTE) will include electronic windows, or “back doors.” This will allow Chinese data-theft and eavesdropping activities. New Zealand and Australia ban Chinese 5G equipment. The U.S. Government and contractors are banned from using such equipment, but so far there has not

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Remembering Our Journey Over 50 Years



The local page of the McLean Gazette from July 5, 1984 featured an article by our very own Paula Yewdall, who wrote about VHRC's 15th anniversary.

As we were getting ready for our 50th Birthday Celebration, VHRC resident Paula Yewdall shared with the Office of Philanthropy and Engagement a memory – and a newspaper clipping – from July 5, 1984. At that time, Mrs. Yewdall was writing for the McLean Gazette, a daily local paper. In that day's edition, Mrs. Yewdall wrote about Vinson Hall's 15th anniversary. "Carl Vinson Hall, the pink stucco retirement residence on Old Dominion Drive, was the scene of several festive events last month marking the 15th anniversary of its opening," wrote Mrs. Yewdall. The pink stucco is not the only change from that time, the other buildings now on the VHRC campus had not been built yet. Other newspaper reports from that same time note that Vinson Hall was in the McLean "countryside." We've come a long way in the past 50 years and as our 50th Anniversary slogan states we are on a Journey: Then, Now, and Tomorrow!



A view of Vinson Hall from Park Road. This photo and the one below were taken in 1971.



Perhaps you recognize the Baptist church that is across Kirby Road from VHRC. But where is the barn? When Vinson Hall was built, the surrounding area was a prime agricultural region. Newspaper reports from that time note that Vinson Hall was in the McLean "countryside."

5G: Promise and Peril

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been a general U.S. ban.

For decades, China has been stealing U.S. intellectual property, engaging in predatory trade practices and pernicious currency manipulations. This has weakened our economy and military potential. Our national security and political science experts believe that China has a long-range plan to overtake the U.S. as the world's greatest superpower, and that the Chinese instituted this plan decades ago. Today, China is "leading the way" to 5G!!



A common site: a cell tower, part of the infrastructure needed for our communications technology.

6251 Old Dominion Dr., McLean, VA 22101

Aqua Velva Aftershave: On the Chin or Down the Hatch

By Bill Bailey

One of the benefits of living into our Golden Age is the extra time we have to reminisce and look back at events during our lifetime that were humorous or tedious or worrisome or mind-boggling. I fondly remember two such episodes that involved the same unforgettable character.

Sgt. Bobby Joe Ferguson, aka Fergie, was from Kentucky and was the senior cook when I became the mess sergeant of Company G, 11th Airborne Division at Camp Crawford in Sapporo, Japan. It was shortly after the end of WWII and we were serving the occupation force.

I noticed that Fergie was always happy. Nothing ever upset him. I was also aware that during his shift he made frequent trips to the food storeroom. One day, I was taking inventory in the rear of the storeroom and was partially hidden from view. In comes Fergie, who promptly reached behind a shelf and grabbed a small bottle. He tipped the contents to his fingers and licked his fingers. "What's in the bottle?" I demanded. "You know that drinking booze on duty is strictly forbidden."

"Not to worry, Sarge," he replied. "It's Aqua Velva aftershave lotion." Now at that time I was still a teenager and barely old enough to shave. What I soon learned was that Aqua Velva had a high alcohol content, which could give you a buzz if enough was consumed. What I was confronted with was a subordinate who was always happy and who also had the sweet smell of a recent visit to the barber shop.

I also knew why the PX was always out of Aqua Velva.

As the company mess sergeant, I was ever concerned about passing inspections, especially



those conducted by the regimental commander. As scheduled one Saturday, here came the regimental inspection team. And who was on duty? Fergie. After going through previous inspections, I had a sense of how it was going and was very pleased. The dining area looked great, the Japanese KPs were smartly dressed in whites and had broad smiles. In the kitchen, the brass was shiny and the stoves immaculate. The dish washer area never looked better.

The colonel looked at Fergie and said, "Great, Sergeant. Now let's go to the storeroom." I knew the storeroom was ready. The floor was mopped and shining, the shelving aligned, food cans marked and looking like soldiers on parade. On the top of the shelving was our Melmac thermoses, that were used to keep the food temperature hot or cold when we were in the field. The colonel asked that one of the thermoses be taken down.

When he took off the lid the colonel peered inside and announced, "Looks great, very clean as it should be." We passed inspection with high marks, but Fergie looked nervous and ready to pass out. I asked if he was sick.

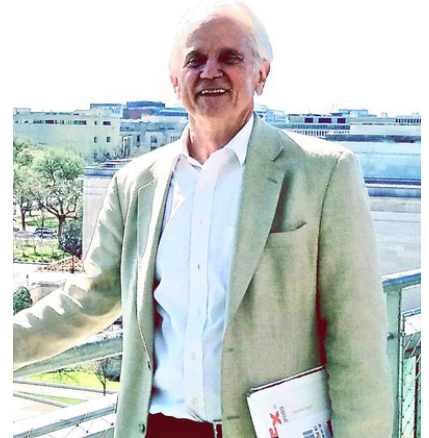
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Residents Enjoy Recent Trip to Newseum

By Jack Hannon

When rumors earlier this year regarding the possible closure of the massive Newseum facility at the foot of Capitol Hill turned to reality, the Big E Committee wasted no time booking a visit to the Newseum and arranging for a senior Newseum official to "show us around." Eleven stalwart residents went on the

also spent time in the Knight Studio on Pennsylvania Ave., where many news and interview programs were broadcast using the U.S. Capitol as the backdrop. Other sights of the day included part of the Berlin Wall, Pulitzer Prize-winning photographs



Shelby Coffey III, Newseum guide

from 75 years, and the very first TV truck. Mr. Coffey also joined us for an excellent lunch in the Food Court, from the kitchens of famed chef Wolfgang Puck. Make plans to visit the Newseum now, since possibly only a few months remain before the building passes



"considerable walking" tour, guided by Shelby Coffey III, who has an extensive background in journalism, serving, for example, as the editor of the Los Angeles Times. We began with a visit to certain terrorism exhibits (e.g., shoe bomber and the 2010 Times Square unexploded car bomb), then enjoyed a panoramic view of Pennsylvania Avenue and Capitol Hill from the Level 6 balcony. We went on to visit the Today's Front Pages exhibit, featuring dozens of U.S. and foreign newspapers, and the 9/11 Gallery, which displayed the world's front pages the day after the attack, as well as a remnant from the broadcast tower atop one of the two World Trade Center Buildings. We



to its new owner, Johns Hopkins University.

Aqua Velva: On the Chin or Down the Hatch

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"Sarge, I'm glad the colonel didn't choose the other can," he responded. I pulled that thermos down and inside was the makings of prohibition-era Kentucky moonshine: potato peels, Karo syrup, and yeast were fermenting, almost ready to serve. "Fergie," I instructed, "get all of that

stuff out of here before we both end up in the stockade."

I left Japan in December 1947, at which time Fergie had just re-enlisted for three more years and was dating a Japanese girl. Although I lost track of him after that, I never forgot him.

VHRC's 50th Anniversary

VHRC's 50th Birthday Party

By Amiee Freeman, Communications and Engagement Coordinator

Under beautiful blue skies, Vinson Hall Retirement Community celebrated its 50th birthday on June 22. The community hosted a block-style party complete with a barbeque lunch, games, speakers, and entertainment to commemorate 50 years of service.

Vinson Hall Retirement Community was originally planned as a home for Navy widows but ultimately became a retirement community for retired military officers and civil servants and their families. Since its opening, Vinson Hall has grown to include an assisted

living and nursing residence at Arleigh Burke Pavilion; The Sylvestery, a memory support assisted living residence; a short-term rehabilitation unit; and a 75-apartment Independent Living Building.

Currently, nearly 400 individuals call Vinson Hall Retirement Community home and the community employs almost 250 people. During her remarks at the celebration, Vinson Hall Retirement Community CEO Libby Bush said, "We are so honored that all of these people call us home, and

we are grateful that almost 250 people call us their workplace. As a community, we come together every day to connect and to engage. On this sunny Saturday, we come together to celebrate."

Dranesville District Supervisor John Foust, who was a special guest speaker at the celebration, noted Vinson Hall Retirement Community's commitment to the greater community. "The good work that Vinson Hall does underscores its commitment not just to the residents but to the broader community. The work done by Vinson Hall has enhanced the quality of life for those living on this campus; equally important it has also enhanced the



Fred Johnson and Jane Peak both of whom have been engaged with the Vinson Hall Retirement Community for 30 years cut the cake at the 50th Birthday Celebration.



As a tribute to VHRC's military heritage, the Navy Memorial Color Guard presented the colors.

quality of life to the community here at large,” Foust said.

Jane Peak, who moved into Vinson Hall in 1989 with her late husband, said, “I love it here. This celebration is something special; we haven’t done this before, but of course we haven’t been 50 years old before. But this is loads of fun. It’s a wonderful place to live.”

Right, VHRC resident Betty Ochenrider poses for a photo with VHRC’s CMMS Coordinator Dante Stevenson’s daughter.



Spirit Week Boosted Celebration Excitement

The week prior to VHRC’s Birthday Celebration, VHRC residents and staff participated in Spirit Week. Each day that week, both staff and residents dressed in that day’s theme: Monday was Decades Day, Tuesday was Hawaiian or Tie Dye Shirt Day, Wednesday was Crazy Hat Day, Thursday was Sports Fan Day, and Friday was Blue and Gold (VHRC’s colors) or Red, White, And Blue Day. With each new day’s theme, the excitement for VHRC’s coming birthday celebration grew!



VHRC residents Glenn Bratcher and Chris Holmes sport crazy hats.



On Hawaiian/Tie Dye Shirt Day, these VHRC residents Maureen and Joe Kammerer, Devan Audilet, and John Christensen (left to right) put on their favorite bright shirts.



Health and Wellness Clinical Manager Bernetta Williams showed her love for the Iowa Hawkeyes on Sport Fan Day.

An Artist's Bio

By Susan Berkey

Some of you may already know me, especially if you pass by the Art Room in Vinson Hall. I can be seen there not only during scheduled classes but also at odd hours. The Art Room can be certainly called my "second home." Why? I'll try to answer here.

I believe the instinct to create is part of my DNA. When I was as young as two or three years old, my favorite thing was coloring. My favorite color was purple. I would really "lose it" should that purple crayon break. Once my older brother questioned why I colored the train in the coloring book purple. I remember defending my selection. I can color anything any color. I can even color a train purple. Even today I love having the color purple somewhere in my paintings.

Art was just there – always there. I designed and painted backdrops in school plays. Rather than taking up a musical instrument in the fourth grade, my parents bought me my first set of oil paints and brushes. I painted inspired landscapes on the tops of shoe boxes. Landscapes are still one of my favorite subjects.

Throughout my schooling I had mentors who supported and encouraged my interest. A large scholarship for my portfolio brought me to Syracuse University where I completed my BFA in Design and Illustration. I had hoped to make my way in the world of advertising. It didn't take long to realize that the New York City advertising community had little interest in females entering their male dominated field. Talented women were a threat and there was an obvious glass ceiling. What to do?!

I did what I said I would NEVER do. I became an art teacher. It was my only route to leave my parents' home and find my own path to



Susan Berkey, at work in VHRC's Art Studio, where you'll most likely find her. Behind her on the walls and easel are some of her completed works.

independence. So, in the summer of 1963, I found a job in Bayonne, NJ. I had no clue what I was doing, but I "winged it." Teaching elementary and junior high art in five schools with minimal supplies, no water, and no breaks was a challenge. However, I did find my own digs and managed the hour and 20 minute commute. Then everything radically changed. I replaced my former high school art teacher, survived a head-on car crash, and became engaged.

After that my career was linked to that of my husband's and parenthood. For 40 years, I stopped painting. I did some teaching in England before retiring in 2004 from a brief career as an office designer at the State Department. I had two resolves: first, to get the kid out of the house before he turned 35 and, second, to get back into painting. Success on both!

My son moved into his own condo and I enrolled in a Fairfax County painting course. I continued to paint ever since, often 20-plus hours per week. Practice doesn't make perfect, but practice and willingness to go beyond one's comfort zone has

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Air Force Spoken Here

By Rita Laccetti

It is a well-known fact that where the military congregate, there must be an Air Force presence. In order to prove this maxim, Anna Coutlakis and I, both Air Force wives, set out to identify as many as possible of those retirees at Vinson Hall who were associated with the Air Force – including spouses, relatives and friends. The outcome was to be a meet and greet gathering of these residents.

On May 8, out of a list of 27, 16 gathered in the Penthouse Lounge between 2 and 4 p.m. Refreshments were followed by introductions with all giving a brief summary of their experiences. Amazing stories were told, including about those who fought in WWII as part of the greatest generation, in Korea, in Vietnam, and in support and civilian capacities. It brought back many memories. We made a good start in meeting and honoring our Air Force members.



Ann Rounsevell, Roger Kilton, Rita Laccetti, Virginia Corsello, and Anna Coutlakis were among the participants at the tea held for Vinson Hall residents associated with the Air Force -- retired officers and spouses.

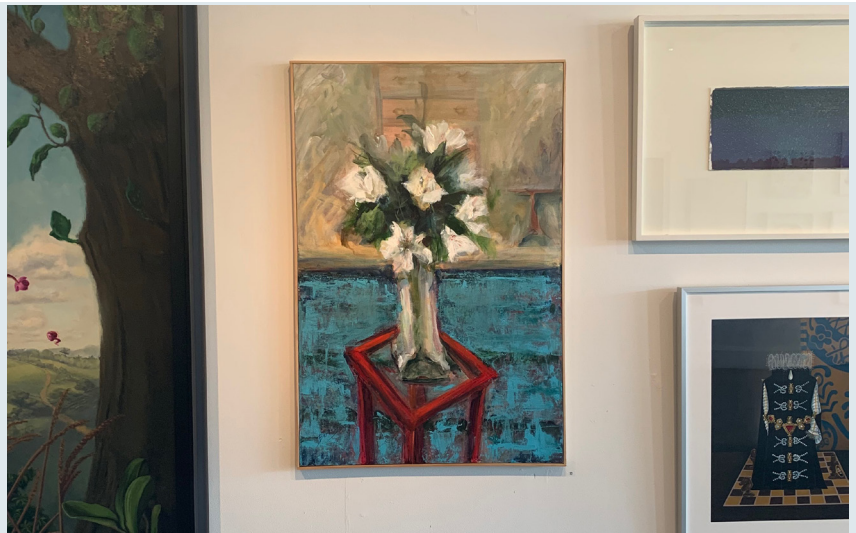
In the poem *High Flight* by John Gillespie Magee, Jr. the last lines sum up the magic of flight.

"I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God."

An Artist's Bio

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had its impact.

I've had some personal success and recognition by others. I've exhibited frequently at the Fairfax County Government Center, TD Bank in McLean, the McLean Community Center, the Vienna Annual Art Society Show, and of course, the Vinson Hall Art Show. My big breakthrough came when I was juried into a major Mid-Atlantic show in June 2019, an honor totally unexpected. The show, called *Strictly Painting 12*, was displayed at the McLean Project for the Arts for six weeks.



Susan's still life of flowers in a vase was included in a juried art show, called Strictly Painting 12, at the McLean Project for the Arts.

Recognition lights a fire within. I expect you'll find me in the Art Room. Do stop by! I'm sure you'll find more purple paint alongside a rich palette being applied to canvases large and small. I plan to paint forever! Join me!

Arleigh Burke Pavilion

ABP Spring Season Engaged the Senses

By Rachel Doherty, Administrator of Arleigh Burke Pavilion

I have been privileged to get to know so many residents, staff, and family members as I have started my new role as the Administrator of Arleigh Burke Pavilion. I thank each of you for such a warm welcome. The past three months have flown by so quickly. During this time, I have also had the opportunity to work with the ABP Family Council and continue the journey of providing high quality care while keeping an open eye to areas of our service delivery that can be improved.

In late May, Arleigh Burke Pavilion Assisted Living underwent an unannounced inspection by the Department of Social Services. This inspection yielded zero citations due to the outstanding care and services provided each day. I am very proud of the team! Also in late May, we celebrated several residents who this year are 95

years old or older over cake and champagne.

In June we continued our 50th anniversary celebrations with a very festive spirit week, including crazy hats, Hawaiian t-shirts, and favorite sports teams. We concluded the week with an amazing birthday party.

Earlier in June, the dining team began "action stations" where meals are cooked to order at the tableside. So far we have had an Italian pasta lunch and omelets which have filled the dining rooms with appetizing smells.

I am excited by what our future possibilities will bring and I look forward to getting to know each one of you as I continue in my role. I can be reached by phone at 703-506-2124 or by email at racheld@vinsonhall.org.

Celebrating 95-Plus with Cake and Champagne



VHRC Chaplain Scott Harrison enjoys a laugh with Ms. Hollis Blood, who at 102 is Vinson Hall Retirement Community's oldest resident.



VHRC residents Mrs. Ann Dietrich and Mrs. Luella Morgan attended the celebration.

In May we celebrated our residents who are 95 or older. In addition to our birthday guests, family, friends, and staff attended the celebration. Everyone enjoyed cake and champagne. Vinson Hall Retirement Community is blessed to have more than 40 residents who are 95 years or older. Some wisdom acquired over the years was shared: "It is very important to have a widespread curiosity about life." "Don't look at the calendar just keep celebrating every day." "Pain is mysterious, and having fun is the best way to forget it." So much great advice!

The Sylvestery

Summer Celebrations Lead to Fall Fun

By Antoinette Doublin, Administrator of The Sylvestery

My first three months at The Sylvestery have been amazing. The staff, residents, and families have all been very welcoming. I am very grateful for the warm welcome. We hope that each of you had a great 4th of July celebration. For those of you who attended our July 4th festivities, we hope you enjoyed yourselves. A special thanks to our culinary team for hosting another beautiful event. You could really feel the patriotic spirit on campus. For those of you that missed VHRC's 50th Birthday Celebration, you missed a grand time. The food was great, the weather behaved, and our residents, families, and guests had a wonderful time.

As summer starts to wrap up, we are starting to gear up for Fall. Mark your calendars for Thursday, Sept. 5 from 5:00 to 7:00 p.m. for our

first Family Night. This will be a time to come out and enjoy food, fun, and entertainment with your loved ones. The Sylvestery will hold Family Nights once a quarter. This will be an event you won't want to miss!

Did someone say take down that old wallpaper and change the carpet? Well that's exactly what we are going to do. The Sylvestery common spaces will be getting a new face-lift complete with new paint and carpet. This process will be done very strategically to ensure very little impact to our residents. More communication to follow as the time gets closer. It is a pleasure serving the residents at The Sylvestery. I thank you for your confidence in our community. We love what we do and we are privileged to have your support.

Hawaiian Dancers Visit ABP and The Sylvestery



Aloha!

In June, we had some Hawaiian dancers come to say Aloha! The dancers performed in Arleigh Burke Pavilion and in The Sylvestery. Their bright colors and fluid movements certainly encouraged a few smiles. Several staff members even jumped in on the action and tried out their own moves.



Lt. Col. Kilton Donates Art to VHRC

When VHRC resident Lt. Col. Roger Kilton (USAF, Ret) first entered the service and was stationed in Montgomery, Ala., he discovered he had some free time in the evenings. He decided to take up drawing. As he progressed he sought out art instructors who taught classes on the base.

Over the years, he developed his own style and identified preferred mediums. A few years ago, Lt. Col. Kilton donated two of his drawings to VHRC, which framed the prints and put them on display in the Kathy Martin Community Building outside the Executive Suite. Recently, a third print was added to the collection. All three prints include natural elements – a tree, leaves, or flowers done in bold black and white color.

Lt. Col. Kilton said that he likes working with black and white as the contrast draws the viewer in. The newest drawing features zinnia flowers over curving black stripes. Kilton looks not only to nature for inspiration but also to textiles and other patterns that he finds. Next time you find yourself in the Community Building, be sure to look for Lt. Col. Kilton's prints.



Lt. Col. Roger Kilton with the most recent addition of his donated prints. Look for Lt. Col. Kilton's drawings in the Kathy Martin Community Building.

Welcome to New Residents and Staff

We are happy to welcome new residents and new staff to Vinson Hall Retirement Community. Below are the residents who have moved in since January. We also have several new staff members. Below are the staff members who started working at VHRC since April. If you see them around the campus, be sure to say *Welcome!*

New Residents

Elizabeth Batchellor
Helen Bowers
William & Judith Clair
Paul McCoy & Hiromi Uehara
Nancy McSlarrow
Cheryl Reagor

Sally Scott
Stanley Voyiazakis
Yvonne Wiederkehr
Elisabeth Wilton
Jim Woolsey

New Staff

Rosemond Addy, CNA
Abdellah Akhrif, CNA
Taylor Altomare, IL Marketing Counselor
Madelin Argueta-Chevez, Dining Room Supervisor
Karishma Bindra, Social Worker
Barbara Colbert, Receptionist
Antionette Dublin, The Sylvestery Administrator
Ronald Duell, Jr., Security Guard
Duane Hurt, Security Guard

Kevin Luna, Dining Room Server
Shanae Myrick, Security Guard
Michele Parra, Executive Assistant to the CEO
Maria Rivera, RCA
Stacey Samuels, Activities Assistant
Analisse Vasquez Soto, Administrator Assistant
Hannah Vaughn, Marketing Coordinator
Carlos Weaver, Security Guard
Melissa Williams, Receptionist

Greetings from Our New Salon Manager



Alia Zaman

We are excited to welcome our new salon manager. Alia Zaman comes to us with many years of experience in cutting and styling hair. But don't take our word for it -- read her letter of greeting below to learn more about her! Ms. Zaman can be found in one of the community salons Monday through Friday.

My name is Alia Zaman. My experience in the field of cosmetology spans over 35 years. I started my career at the Hair Cuttery in McLean. I worked there for over 20 years, which gave me the opportunity to learn the business and to appreciate the importance of understanding and meeting each client's expectation.

I was truly blessed with a previous career opportunity working at Green Spring Retirement Community in Springfield, Va. My passion and experience grew steadily with each and every individual I met. It is my hope to continue this endeavor for many more years to come. My commitment is to all my future clients: to ensure their satisfaction each and every time they come to the salon for my services.

Salon Hours

The Sylvestery:

Monday, 10:00 a.m. to 4:00 p.m.

Arleigh Burke Pavilion:

Tuesday, 10:00 a.m. to 4:00 p.m.

Kathy Martin Community Building:

Wednesday, Thursday, Friday,
10:00 a.m. to 4:00 p.m.

Volunteers Commit to Enhancing Experiences

By Amiee Freeman, Communications and Engagement Coordinator

Did you know that VHRC has 55 devoted volunteers? In the past quarter (April, May, and June) these 55 volunteers provided 950 hours of service to VHRC residents. Our volunteers work across the VHRC community and include groups, such as the girl scout troop shown on the right who visited Arleigh Burke Pavilion in May.

In Vinson Hall and the IL building, we have nine volunteers who come on the weekend. Often, they provide IT support. Many residents turn to these volunteers for help with mobile phones or their computers. However, residents have also used these volunteers for small tasks in their apartments, such as organizing papers or closets. If you are interested in having this variety of help, please sign up for a volunteer on the clip board in the Vinson Hall lobby. If you have any questions about the volunteer program, please contact me in the Philanthropy and Engagement Office – just off the Vinson Hall lobby.



In May, members of Girl Scout Troop 1845 visited Arleigh Burke Pavilion. The girls brought several boxes of Girl Scout cookies — a real treat in May when these cookies are often a memory! They also shared stories and songs with the residents.



Vinson Hall Retirement Community

6251 Old Dominion Drive
McLean, VA 22101



VINSON HALL RETIREMENT COMMUNITY

Campus News & Views

Summer 2019

