

VINSON HALL

RETIREMENT COMMUNITY



Campus News & Views

Winter 2019

50th Anniversary Highlights

Our 50th Anniversary year has begun! On Jan. 7, we kicked off this milestone year with a Blessing given by Chaplain Scott Harrison. The Blessing was well-attended in all five buildings of VHRC by many staff members, residents, and family members, who joined Chaplain Scott in sharing the blessing and the friendship.

We formed a Steering Committee and a few sub-committees to help organize some of the many exciting events we have planned. One of the committees is our Archives Committee. This group of six residents and Chaplain Scott recently "found" the first Vinson Hall newsletter. We loved the editor's statement which said that the residents of Vinson Hall were creating a new community, "for ourselves, and for those who will enter later."

From the Archives: Neighborhood News, Nov. 28, 1969

"In the opening pages of our newsletter the editor wishes to extend a cordial greeting to all residents of Vinson Hall. We, the early arrivals since opening day June 23, are like colonial pioneers coming from different ports. Now here together for the first time we are about to create a new community. We are building for ourselves, and for those who will enter later, a way of life which has its own peculiar needs and satisfactions."

F.M. Earle
Editor

Upcoming 50th Anniversary Events

February 14

The Sylvestery Birthday Party

February 20

Arleigh Burke Pavilion Birthday Party

March 13

Staff and Resident Cornhole Competition

April 5

VHRC Talent Show

June 22

VHRC's 50th Birthday Party

For more details, visit our website: www.vinsonhall.org/50th-anniversary



We kicked off our 50th Anniversary year with a Blessing led by Chaplain Scott Harrison. The Blessing was given in each building of the VHRC campus. We also unveiled our new 50th Anniversary flag, which is now flying on the VHRC flagpoles.

Navy Marine Coast Guard Residence Foundation News

2018 Year in Review

A big thank you to everyone who supported Navy Marine Coast Guard Residence Foundation in 2018. Thanks to you, NMCGRF was able to continue its support for the residents of Vinson Hall Retirement Community and enable them to live life to the fullest.

One key achievement is thanks to our 227 annual NMCGRF members, who in 2018 contributed more than \$120,000 to support the Foundation's mission of ensuring that those around us can live life "their way." This support also ensures that no resident will be asked to leave VHRC due to financial hardship.

As we enter 2019 — our 50th Anniversary year! — we have new opportunities to show what an amazing place VHRC is, and we will be reaching out again to invite you to become a member of NMCGRF. By becoming a member of NMCGRF you can help guarantee that today's security extends to tomorrow and beyond.

To learn more about the Foundation's plan for this year, contact our Office of Philanthropy and Engagement at 703-538-2970.

Volunteer Program Update

Volunteer Groups Ring in the Holidays at Arleigh Burke Pavilion and the Sylvestery

by Amy Bian, Activities & Engagement Manager

The residents of Vinson Hall Retirement Community are very fortunate to have many volunteer groups that enjoy sharing their time and talents with us! During November and December, we had a variety of organizations perform for the residents of Arleigh Burke Pavilion and The Sylvestery.

As the Thanksgiving holiday approached, the young voices from Chesterbook Elementary entertained residents, performing a series of mini concerts. The New Dominion Chorale held concerts at Arleigh Burke and The Sylvestery in both November and December; the New

227 NMCGRF members contributed more than
\$120,000
through our annual campaign to support the Foundation's mission, ensuring that those around us can live life "their way"

16



Residents and staff volunteered to model at the fashion shows



Golfers participated in the 32nd Annual Golf Classic



149

Guests attended the 24th Annual Gala & Silent Auction

\$795

Total 2018 donations from the Wilco Gray Hobby Shop



0

Residents were asked to leave due to inability to pay

Thanks for the Support in 2018 as We Look Forward to a Great 2019

by Rachel Doherty, Administrator, The Sylvestery

Happy New Year! I hope that everyone had a wonderful holiday season. It is always nice to see so many visitors come by this time of year. Our dining services department put together delicious meals for residents and families.

We are excited to welcome 2019! I want to extend my appreciation to everyone that helped to contribute to the 2018 Walk to End Alzheimer's held in late October. We had a team of about 16 people and two dogs come out to support this very important cause.

Thank you to all of the family members and residents who helped support the employee holiday fund. We thank the Arleigh Burke Family Council for their campaign efforts this past year. This was the most successful year to date!

The Sylvestery does not currently have active Family Council group, yet it would be a great support to all of the friends and families that

have loved ones residing in our community. The purpose of a family council is to provide education, support, and to impact positive change for the community. If any family member is interested in helping lead and facilitate this group, please reach out to me directly for additional information.

We look forward to a fun-filled year with countless activities and exciting trips out into the community with our residents and family members.

Birthday Celebrations

Help us celebrate The Sylvestery's and Arleigh Burke Pavilion's birthdays!

The Sylvestery opened its doors in February 2003 and ABP in February 1991.

The Sylvestery will celebrate its opening on **Feb. 14** and ABP on **Feb. 20**.

Join us!

Ladder Golf Comes to VHRC!



Photo courtesy of Midge Holmes

Presenting the winner of the first-ever ladder golf championship, Nancy Lang!

Ladder golf is a game played with two or more players or teams. Each player has three golf ball bolas. (A bola is two golf balls attached by a nylon rope.) The object of the game is to wrap your bolas around the steps of the ladder. The ladder consists of three steps.

Ladder golf is organized by members of the Big E committee. Stay tuned for future competitions — all friendly competitions! — coming soon.

Participating in the January Ladder Golf Championship and pictured in the photo are: (left to right) Rhea Austin, Adele Mardirosian, Ramona Michaels, Glenn Bratcher, Chris Holmes, and the winner Nancy Lang.

VHRC Art Center Open House

by Teri Gardenier

On Dec. 19 our Art Center hosted an Open House. Samples of our work were on display and refreshments were served. There was a good turn-out. The Art Center is in Room 122 of Vinson Hall. Our dedicated teacher, Melanie Mobley, is a former art teacher with many years of experience in Fairfax County Public Schools. I joined the Art Center three years ago and learned many new techniques in drawing and the use of multi-media. Classes in painting, drawing, and photography are offered on Tuesdays and Wednesdays from 10 a.m. to 4 p.m. Our group includes some with much experience, but some of us, including myself, have had no formal training. Please check the sign outside Room 122 for the specific schedule of classes. They are fun!



The Art Center's Open House featured many examples of the artwork created by the Art Center's participants. Melanie Mobley, pictured in the yellow sweater on the left along with Art Center participants Lorraine Hannon and Midge and Chris Holmes, attended the Open House.



Fore!

by Bill Bailey

It was the summer of 1941. I was 12 years old and two of my brothers were 13 and 14. We had lots of playmates (seven brothers and three sisters), but no place to play and satisfy our active competitive spirit, except for a nearby forbidden expanse of wide-open property.



Our family homestead was in suburban Philadelphia and was bordered by two roads that formed a triangle where they joined. Directly across one of the highways was the local public golf course. Our property was located at just the distance where a wayward sliced drive from the #4 tee box would land, usually in the bushes.

Many of the golfers would trample our manicured lawn looking for their lost ball. Sometimes they were successful, if one of us didn't get there first. We rationalized that, if those golfers persisted in coming on our land, we were entitled to play their course free of charge.

Our property bordered on holes #4-5-6-7, just the right number for two brothers and me to play in the early evening before the sun went down.

We would use clubs from our father's old beat up golf bag. The clubs were ancient with wooden and plastic shafts and rusted heads. We had lots of those lost golf balls. We would sail along with no problems. If we did encounter some evening players, we would step aside.

On some occasions, we would observe a pickup truck coming up the fairway, with the head greenskeeper at the wheel. "Do you boys have tickets?" he would ask, to show we had paid for the round. When we answered "No," he would ask us to leave the course.

One time I picked up an old ticket and put it on our bag. "Son, that is yesterday's." Eventually, he knew us so well, he called us the "Bailey Boys."

Our mother had been a golfer, so one Sunday evening we asked mom to join us and off we

went. Sure, enough here comes the pickup. The greenskeeper had a conversation with mom.

"Are you Mrs. Bailey?" asked the greenskeeper. "Yes," she replied.

"You can't play without a ticket."

"Oh, I didn't know that. We will finish this hole."

"Mrs. Bailey, you have to tell these boys they can't play without paying."

"Oh, I will. Thank you."

Through the years we had a good giggle about that scene. Mom had a quiet winning way, so that no one could be upset with her.

We never did stop playing and the greenskeeper just gave up. Later, when we began to caddy at the course, he would see us and say, "You Bailey Boys are sure getting big. I hope you get a good bag today." (A "good bag" at that time was 65 cents for 18 holes.)

My two brothers learned from this experience as they became single digit handicappers and won many club championships. I never played that well but in competing in 17 Florida-based Doral Open tournaments, I never embarrassed the Marriott Corporation, which was my sponsor!

P.S. We all remember what happened December 7, 1941. Since that time seven of the Bailey Boys proudly served in the military – three in the Marines, two in the 11th Airborne, two in the Army and one as a priest.

Arleigh Burke Pavilion Hawk Room Helps Improve Communication

In November, a conference room just off the Arleigh Burke Pavilion (ABP) lobby was transformed into the Hawk Room. Like the hawk with its superior vision, this area is designed to provide better insight into health and welfare of ABP residents.

Every morning ABP's team of unit managers, nursing managers, social workers, therapists, recreation directors, and the ABP administrator come together to discuss the previous 24 hours. Unit nurses present anything of note that has happened – falls, increased pain, or new behaviors. The goal of this review is ensure that all those involved with residents care are informed about the specific welfare of each resident.

Bob DeMaria, interim administrator of ABP, introduced this best practice which he utilized with great success at a community he worked at previously. The Hawk Room has been a well-received daily tool in improving the care of ABP residents.

Cluttered Life

by Sally Springer

Written in 2012

Why so happy in my cluttered room?
In silence but for the creaking of the cold wind
Near my door and the scratching of
Blind old dog's peremptory demand
To warm inside, in our companionship

Why should I rejoice in solitude?
To glimpse the few last brown leaves on our tree
Shivering forlornly – gusts too cold for
Walking – sky's ice-marble, a glint of sun
On the weather vane in waning wintry light

Why feel so blessed, when there is so much to be
done and little time? Because I love it all –
My bright life, its many contrasts: Quiet moments,
Solitude, and the hum of loved one's lives –
Point and counterpoint.

I love it all with overflowing heart and mind,
Kaleidoscope of detail, mundane chores,
The challenges I fear I cannot meet.
How rich to live a part in many worlds.
Not sterile order – but tumbled tapestry of
Abundant confusion.

Let me celebrate each day.

Upcoming Events

Thursday, Feb. 7

Whiffenpoofs of Yale

An *cappella* group with a 100-year singing tradition.

Friday, Feb. 15

Author and Columnist Bob Levey Presents New Book, *Larry Felder, Candidate*

Levey, who penned a Washington Post column for 23 years and is a longtime D.C. resident, has written a novel about a journalist who decides to run for a Congressional seat.

Wednesday, Mar. 13

Staff and Resident Cornhole Competition

Team up with another player for some cornhole fun and friendly competition!

Thursday, Mar. 14

Yale's Redhot and Blue

A jazz *cappella* group

Pea Island

by Roy Easley

In 1962, John Glenn circumnavigated earth three times in tiny spacecraft Friendship Seven. In 1969, astronauts Neil Armstrong and "Buzz" Aldrin landed on the moon. Between these marvelous bookend events the Easleys had an insignificant, but fateful, vacation at Pea Island in the Outer Banks of North Carolina. Stay tuned!

In 1963, we purchased a home in Arlington through real estate agent Mildred Exum. Her husband was Commander John Exum, Naval Academy Class of 1946. Exum's "claim to fame" was skipping the Destroyer USS Noa, which plucked astronaut Glenn from his 1962 Atlantic Ocean splashdown. We became friends with the Exums and while visiting their McLean home, John showed us a twelve inch radio antenna. It was part of the Friendship Seven spacecraft and was presented to Exum by John Glenn while aboard Noa. Wow, a real item of nascent space history!

We departed Arlington July 18, 1969, for a brief vacation at Pea Island. Our two vehicle convoy stopped in Virginia Beach for an afternoon and overnight visit with the Exums. The next morning we arrived at Pea Island and the children pitched tents in our assigned campsite, which had a cooking pit and wooden picnic table. My wife and I sat on the table with feet on the bench seats while I directed operations. Daughter Kathleen took a photograph of parents loafing while kids worked.

The job finished, the kids hit the beach, splashed around in the surf, and launched son Steve's model rockets skyward. Soon their interest in the cluster of RVs took over. The RVers allowed our children to inspect the inside of their vehicles since they had never been inside an RV. They were mightily impressed with the RV luxury. A fateful storm arrived that night and the



LTC Easley and Mrs. Easley sitting on a picnic table at Pea Island in 1969.

offshore winds blew inland swamp mosquitoes into the peninsular beach areas. I was the first out of the tents the next morning and was immediately swarmed by mosquitoes. My oldest son Brig remembers my terse commands, "the mosquitoes have taken over, we're bugging out for Arlington, load the cars, wet stuff on the car floors, dry stuff on top...MOVE!" We cleared the campsite in about twenty minutes, fighting off mosquitoes as we went. We must have looked like the Katzenjammer Kids in their wildest comic strip actions!

We reached home mid-afternoon July 20. TV soon announced great news. The Apollo Eleven moon landing would happen that night. Bless that fateful storm; bless those pesky mosquitoes that chased us home. That night the Easleys and an estimated 600 million other TV viewers worldwide watched the moon landing. At that time this event was considered amazing, to me it still is amazing...absolutely amazing!

Campus News & Views

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2019 is a very special year for Vinson Hall Retirement Community. We celebrate our 50th Anniversary! There are great events planned all year long. We have more details on our website:

www.vinsonhall.org/50th-anniversary