



Campus News & Views

2017 Captain Paul Peak Vinson Hall Resident of the Year Award

Every year in late winter, residents are given the opportunity to nominate a fellow resident for the Captain Paul Peak Vinson Hall Resident of the Year Award. Nominees emulate the VHRC neighborly spirit and celebrate Captain Paul Peak's service to Vinson Hall Retirement Community by honoring his personality and capabilities. In honor of Captain Peak's birthday, March 19, 1923, the celebration is always held near his birthday in March.



Family members of CAPT Paul Peak and 2017 award winner Mr. Robert Matthews

This year, we were able to hold the celebration on his birthday in the Vinson Hall Sylvester Lounge to honor the 2017 winner. Mr. Robert L. Matthews of Vinson Hall apartment 416 was awarded the 2017 Captain Paul Peak Vinson Hall Resident of the Year Award.

Residents, staff, and members of the Peak family enjoyed cake and champagne, two of CAPT Peak's favorite things. This year's winner, Bob Matthews, was nominated by his fellow residents for providing exemplary service. Bob notably stepped in as the Treasurer of the Residents Association when called upon. Over the last year Bob has fixed countless watches and worked many hours in the Wilco Gray Hobby Shop alongside the inaugural Paul Peak Resident of the Year, Colonel Mike Cluff. This past summer Bob was a partner in the renovating and re-staining project of the benches and gazebos throughout the community.

The award is managed by the Resident Life Committee and the winner is selected from nominations from residents, staff, volunteers, and families. Residents from any residence are eligible.



Faces and Stories

Hi There Peggy, It's Me

By Lt. Col & Mrs. Roger Kilton, USAF (Ret), Apartment 449 and Granddaughter,
Caroline Mitchell

"Hi there, Peggy. It's me. Roger. Remember me?," I said as I hunched over her wheelchair, gently patting her arm. I like to do that, touch her arm, to make sure that she felt comforted by my presence. Her eyes remained closed. As she dozed, her head rested at a peaceful tilt off to the side and her chest gently rose and fell.

Her hair, coarse and grey with a glimpse of youthful black, was looking a little long now, compared to her usual sharp pixie cut, and had to be pushed over to the side to be kept out of her eyes. I wondered when they'd cut it next. I pulled over one of the chairs from a nearby table and placed it right next to her, then carefully lowered myself down and continued to rub her arm. The TV was on in front of us, some old black and white movie that they were playing for the tenth time. I glanced at it for a couple of moments, and then looked back at her.

A lot had changed in the past ten years, but for some reason when we sat like this, a lot seemed the same. I looked at her high cheekbones, her wide almond eyes, her thin delicate lips, they'd remained constant throughout our lives together, and she was still just as beautiful as when we first met.

"Do you remember me?" I asked again. Knowing not to expect a response, I hoped that simply asking the question would ignite some memory buried deep in her subconscious. I knew that something was going on in there. "It's me, Roger."

As I spoke, I reached down and carefully placed my hand onto hers, resting gently on the arms of her

wheelchair. "Remember, we use to go to the dances together and listen to those big bands."

We were great at dancing. As I looked down at the wheelchair, the gears in her mind were turning; I could tell. With eyes still closed, she moved a bit. First her fingers, then her whole hand. She began tapping the armrest, almost rhythmically. I knew her well, and I knew that my words had struck a chord in her mind.

I opened my eyes and straightened my neck. As the white light of the room momentarily blinded me, I felt something beneath my finger disappearing. My eyes adjusted and I looked down at my hand tapping the arm of my chair. Some riveting but inaudible beat was pulsing through my body, naturally escaping through the tips of my fingers. I looked around the room and there was a man sitting next to me. He smiled softly and it reminded me of a man I used to know. This moment felt familiar and he said something to me. It must have been important to him because his eyes, a light murky blue, were bright, practically glistening. I felt bad I couldn't quite make out his words.

After a few moments of tapping her hand, the sparks in Peggy's mind connected to her body and she opened her eyes. At first, she looked displaced but then she looked at me. She wasn't smiling, just staring, pondering. Our eyes connected and I could tell she recognized my face.

"Peggy, I love you very much," I said, reaching over and grasping her hand with both my palms. The lifetime of memories that we shared together

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Volunteer Appreciation

Navy Marine Coast Guard Residence Foundation

By Sara Sims, Assistant Director of Development

Spring is just around the corner and the volunteer program is in full bloom. Volunteers are here all throughout the year and dedicate hundreds of hours to the community.

April was National Volunteer Appreciation month and the volunteer office celebrated the gift of their time given to us.

At this year's annual Volunteer Appreciation Dinner, we were able to thank many volunteers and congratulate volunteers from across the community for their volunteer milestones.

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In 2017 our volunteer program brought over 6,200 hours of service to the community.



Chesterbrook Elementary School concert



GW Freshman Day of Service community car wash



Young Men's Service League: Vienna playing games at Arleigh Burke Pavilion

24th Annual Gala & Silent Auction

On April 7, we welcomed over 150 guests to our 24th Annual Gala and Silent Auction. During the cocktail hour, guests used a mobile platform to bid on a variety of enticing silent auction items. The item with the most bids was a beautiful freshwater pearl necklace handmade by Vinson Hall resident Grazia Zalfa. Two other popular silent auction items from the evening were tickets to the Fall Gold Cup Races and a Kennedy Center gift certificate.

After the cocktail hour, everyone proceeded to the ballroom where they enjoyed an introductory performance by the Marine Corps Brass Quintet and a scrumptious plated meal. After dinner, a performance by a fantastic ensemble, Northern Virginia Tuba — Euphonium Quartet took place. They brought great enthusiasm to their performance through great music accompanied with terrific sound.

With help from all our sponsors, guests, and supporters, the 24th Annual Gala and Silent Auction was a success, raising funds supporting all Navy Marine Coast Guard Residence Foundation's programs and initiatives. Visit our Facebook page for more photos!



Trustee, RADM Edward Walker, Jr., SC, USN (Ret) exploring the silent auction



Sponsor, TD Bank



NMCGRF Executive Director and VHRC CEO, Mrs. Libby Bush enjoying the Marine Brass Quintet

Faces and Stories

An Ironical Sea Story

LCDR Robert N. Bolster USNR (ret.), Apartment 1108

In December 1960, I was the Main Engines Officer on the aircraft carrier U.S.S. Valley Forge (CVS-45), the flagship of Task Group Alpha. The Group consisted of the carrier with patrol airplanes and helicopters, half a dozen destroyers, and two submarines. We operated in the Atlantic off the Carolina coast searching for and tracking Soviet submarines, and developing anti-submarine tactics and equipment.

Inside was printed the question
"Is your ship a safe ship?"

In this case, the answer was NO!

This area is notorious for stormy weather, and one day it was especially violent. We spent the morning in a fruitless search for a sailor washed overboard from one of the destroyers, and about noon abandoned the search and were sent to aid a commercial tanker, the "Pine Ridge," that had been broken in half by the heavy sea.

The bow had sunk, but the stern with the crew was still afloat. When we reached the scene the storm

had abated enough that our utility helicopter was able to pick up the crewmen and bring them aboard. One of them was assigned a spare bunk in my stateroom. When they departed to be flown back ashore, he gave me a matchbook printed on the outside with the Keystone Shipping logo and a picture of the ship. Inside was printed the question "Is your ship a safe ship?" In this case, the answer was NO!



Port bow view of USS Valley Forge (CV-45)

Photo Credit: USN-104625

Hi There Peggy *continued from page 2*

flashed through my mind. After all we had, she had to remember something still. This time I longed for a response. Not necessarily a verbal response, but something that meant she understood.

As the man spoke to me, he squeezed my hand. I could feel my lips curving and my heart beating, fluttering in my chest. This moment was familiar and comforting. I knew I had heard his words before. I tried to replay them in my mind but they were unclear. Still, I knew they had meaning.

Did she know what I was saying? After all these years, I thought the words she heard every day couldn't be forgotten. Momentarily after I spoke, her lips curled upward and revealed that golden tooth hidden in the back of her mouth. A sparkle dashed through her eyes. My wife, she is beautiful.

Roger and Peggy have been married for 63 years as of this past February. He lives in Vinson Hall's Independent Living apartments and she lives in Arleigh Burke Pavilion.

Original Poetry

The Blues in a Bad Key

By Eric Henderson, Apartment 1309

The saddest song there could be
Is a messed up blues in a bad key.
Please don't do it, just let it be.
Don't play the blues in a key like B.

I sat in one night in a Dixie band.
When all got there we took the stand.
That's when the leader said to me,
'Let's start off with a blues in B.'

Oh leader man, please, not that.
Let's kick it off in a cool B flat,
Or F or maybe even C.
But please don't play the blues in B.

'Are you dense, can't you hear?
Let me make it clear.
We're gonna do it in my key,
Gonna play in B.'

The boys began to bitch and moan.
'I won't do it' said our trombone.
'Who's the leader, you or me?
We'll play this blues in B.'

Now five sharps, that's a bear.
But our leader, he don't care.
The trumpet wailed, it can't be,
Don't make me play the blues in B.

Come on boss man, have a heart.
'Can it guys, just play the chart.
I got the gig, so it's up to me,
We are gonna play this blues in B.'



His key? What a bummer,
What's he care, he's a drummer.
That will kill any spontaneity
If we do a busted blues in B.

The piano whispered, follow me,
We'll start, then modulate to C.
Don't tell him, let him be,
But we'll not do the blues in B.

It worked, to our delight.
We were able to save the night.
Though it took some trickery,
We never played the blues in B.

So the moral to my tale,
When things are bad, before you wail,
Think how it could really be,
Forced to play the blues in B.

Eleven Little Pleasures

By Bill Bailey, Apartment 074

Captain Gene Wentz is a long-time resident of Vinson Hall. In order to keep his journalistic talent active, he writes a monthly column for his hometown newspaper the Altoona (Penna) MIRROR. One of Gene's recent columns was titled "Life's Greatest Little Pleasures." He mentioned being invited to go ahead in the grocery store checkout line, being waved into merging traffic, etc. It was an interesting topic so when Gene asked a few of his Vinson Hall friends to offer their own little pleasures, I responded.

The following are my little pleasures. I found that in remembering them, I was also experiencing a little bit of personal enjoyment, a good feeling time. I suggest you write down your little pleasures and share them with your family and friends. I am sure you will find that this is one of your Life's GREATEST little pleasures, a good feeling time. God Bless.



1. I am ecstatic when I hit a distant waste basket with a wad of paper.
2. When I go to a new doctor's office, fill in all the forms, and have the receptionist declare my effort a "great job."
3. When my computer crashed and I do the basic fixes my kids say to do, and, voilà, it works.
4. While driving on a freeway, someone waves me to enter from the ramp. I feel good when I do the same to another driver and he waves back.
5. At work, when my secretary would comment, "Nice tie Mr. B" after I had spent two or three minutes in the AM trying on different ties.
6. When my wife Donna was alive and out-of-the-blue she would say, "Honey, I love you."
7. When the kids were young and playing a sport, I would leave work early to watch, and after the game they would say, "Thanks for coming, Dad."
8. When the key to my apartment goes right into the door lock without a second or third try.
9. In Florida, after I cleaned and hosed down my garage, my fellow neighbor would say, "Thanks Bill" knowing their wives were badgering them to do the same.
10. Years ago, when I learned to bartend, when a customer would say, "good drink, mixed just right."
11. When I cut the grass with a power mower, and the motor turned over on the first pull of the rope crank.

The Sylvestery

By Rachel Doherty, Administrator at The Sylvestery

Spring has finally sprung! We are so excited to get out and enjoy the warm weather. Some of the best times are spent out on our courtyard patios. Whether it is listening to music, our Meeting of the Minds group with Scott the Chaplain, or picnic lunches, we find any excuse to get outdoors. The Sylvestery is always buzzing with new activities and outings.

We have been enjoying our time spent outside at places such as the Air and Space Museum, Butler's Orchard and the Theodore Roosevelt Memorial in Washington, D.C. We have taken advantage of the warm weather by having many outside meals including a trip to Great Falls for a picnic lunch.

This time of year allows us to have many fun chats out on the patio and explore gardening in our court yards.

Our monthly activities are posted on our website and we encourage family members and friends to join us on our adventures. Feel free to reach out if you have any exciting or fun ideas for the activity calendar.

Lastly, we continue to seek a family member or loved one that would like the opportunity to lead the Family Council at The Sylvestery. Any educational opportunities that become available at our community will be shared with family members. Contact Rachel Doherty for more information.

CONTACT

Rachel Doherty

Call: 703-970-3700

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Potomac School Students Visit Vinson Hall

Eleven sophomores and their faculty advisor from the Potomac School joined members of the Vinson Hall painting class for their community outreach day. The students were involved in an intergenerational art experience.

Everyone worked on individual acrylic paintings using unique techniques to create birch tree images. Vinson Hall residents assisted the students in their creations, giving advice and instruction on how to improve their artwork.

While the paintings were drying, all participants enjoyed a team bonding activity using numbers and vowels drawn from a bowl as a means of introducing themselves.



Potomac school students with teacher and Vinson Hall residents with their finished pieces

Vinson Hall catering provided refreshments for the students to enjoy prior to their departure.

Vinson Hall artists assisting the students were: Susan Berkey, Sonja Wickland, Betty Ochenreider and Audrey Cole.

Original Poetry

Home Again

By Sally Springer, Apartment 1201

The breathing of the fans drowns my light-foot sounds,
But cannot still the morning bird's clear call
I steal downstairs with cherished cup in hand
Leaving him to sleep

The kettle must not sing, the door not creak;
These single, silent moments must be held.
Dawn will find me here, contented, home
Where I belong

I drift ghostlike through the rooms in day's first light,
Admire anew the beauty — color, comfort,
Our things, like old friends, worn but loved —
Pluck a strand of mop-hair from the floor,
Rejoice again with all here that's of me
With all that's us.



Volunteer Appreciation *continued from page 3*

When NMCGRF volunteers reach 500 and 1,000 hours of service, they are given a certificate and pin for their dedication over the past year.

If you would like to know more about the volunteer program, stop by the Development Office off the main lobby of Vinson Hall or contact Sara Simms.

CONTACT

Sara Sims

Assistant Director of Development

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Staff and IL resident volunteer models at Fall Fashion Show



Marines from Henderson Hall playing bingo with residents of The Sylvestery

Thank YOU Nurses!

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday.

While the first National Nurses Week was celebrated in 1954 — the 100th anniversary of Nightingale's famous mission to the Crimea — it wasn't until President Ronald Reagan signed a proclamation that May 6th would henceforth be National Nurses Day.

**Our nurses foster wellness,
compassion, and person-centered
care for each and every resident.**

Who was Florence Nightingale? Florence Nightingale defied the expectations of her time and pursued what she saw as her God-given calling of nursing. During the Crimean War, she and a team of nurses improved the unsanitary conditions at a British base hospital, greatly reducing the death count. Her writings sparked



worldwide health care reform, and in 1860 she established St. Thomas' Hospital and the Nightingale Training School for Nurses. She was known for her night rounds to aid the wounded, establishing her image as the 'Lady with the Lamp.'

Vinson Hall Retirement Community celebrated Nurses Week on May 9th throughout the community. We served cupcakes and ice cream at Vinson Hall, Arleigh Burke, and The Sylvestery, with balloons (of course), in appreciation for every nurse and their dedication to us. Our nurses foster wellness, compassion, and person centered care for each and every resident.

"A big thank you to every nurse for all that YOU do!"



Amelia Ackah



Nurses Week celebration on May 9th

Foundation News

Welcome Our New Director

By Libby Bush, NMCGRF Executive Director and VHRC CEO

I am delighted to announce **DEVON SEYBERT MEIER** as the new Director of Development for Navy Marine Coast Guard Residence Foundation, effective May 16. Devon brings ten years of fundraising and development experience to Vinson Hall and the Foundation.

A graduate from the University of Michigan with a Master's Degree from Carnegie Mellon University, Devon also has volunteer and special project experience. She has managed fundraising field offices for St. Jude Children's Research Hospital, worked as the Director of Fundraising for Montgomery Housing Partnership, and most recently served as the Associate Director of Development for Westminster Ingleside Foundation.

Devon has established herself as a notable professional with proficient behavioral and technical skill sets. To name a few, her interpersonal and collaborative skills, coupled with analytical and business skills, brought her to the forefront amongst other talented candidates. Not only does she have senior living experience, she also has a strong affinity to our military heritage with military family members.

Please join me in welcoming Devon, as well as thanking Sara Sims, Assistant Director of Development, for her dedication and commitment during this transition time!



Upcoming Events

June 8 NMCGRF's 32nd Annual Golf Classic

June 8 Capriccio Youth Choir

This Ohio choir challenges singers in grades 2-12 to sharpen their sight-singing skills, develop knowledge of music theory, and improve vocal technique through high-quality music education practices.

June 16-17 Resident Art & Craft Exhibit

Residents of Vinson Hall displaying their art work, crafts, and talents.

June 16 Next up with our 'Meet the Artist' Series

Bernie Keller vocalist performing songs of Gilbert and Sullivan in the Vinson Hall Bistro.

June 17 Father's Day

Keep an eye out for our special Father's Day menu and fun celebrations.

June 27 TaylorMarie Fashion Show

Fashion is in full bloom! Enjoy a fashion show and shopping in the 3rd floor ballroom of the Kathy Martin Community Building.

June 29 Vinson Hall Birthday Celebration

Help us celebrate Vinson Hall's 49th birthday with an authentic cookout and a delicious cake with a champagne toast.



Save The Date!

**June 8th 2018
Reston National
Golf Course**





VINSON HALL
RETIREMENT COMMUNITY
6251 Old Dominion Drive
McLean, VA 22101

Dignity ★ Security ★ Friendship

Campus News & Views Spring 2018

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Tell Us *Your* Story

We are always looking for interesting items for this quarterly newsletter. If you have a news story, an original poem, piece of short fiction, or cartoon you would like to share with the community, please let us know! Written submissions should be 500 words or less. Electronic submissions are encouraged, but not required. All submissions must be original works by the person submitting. We cannot print anything with a copyright. Submissions are subject to approval and printed on a space-available basis. Some submissions may be held to print in the future.

SEND SUBMISSIONS TO:

Independent Living: Development Office,

Email: saras@vinsonhall.org or Call: 703-538-2970

Arleigh Burke and The Sylvestrey: Contact Building Administrator



Deadline for the Summer 2018 Newsletter: MONDAY, JUNE 11, 2018