



The Path to Increased Safety from COVID-19

Since we began our Coronavirus journey, we have read and heard a ton of news, including safety protocols and updates from VHRC. All of this information from VHRC is posted on our website: www.vinsonhall.org/covid-19-updates.

One of the key changes in our life is social distancing and the wearing of masks. Since April 9 all staff have been required to wear a mask. Last week, all residents who wanted a mask received one thanks to the many donations we have received.



From earlier in our COVID journey. Margaret Regan and Mary DeMaris practice social distancing.

Remember, that wearing a mask does not eliminate the importance of continuing to social distance.

Time at Home Leads to Unearthed Treasures

Many of us are using this time at home to organize our storage areas. During such a recent activity the photo below was unearthed by a former neighbor of Roy Easley.

The photo, taken in 2007, shows Mr. Easley with four boys from his old neighborhood on Albemarle Street. Mr. Easley, who played and coached lacrosse at West Point, shared tips with the boys. The photo was accompanied by a letter from Mr. Easley's former neighbor who says she found "this classic coaching pose of you with our neighborhood lacrosse team. Thank you for teaching these young men."



In the time since the photo was taken, Mr. Easley moved to VHRC, the boys grew up, went to college and started careers. Interesting to note is that two of the boys joined the U.S. military. Perhaps Mr. Easley was teaching more than love of lacrosse, he was also teaching love of country.

Name our Publication!

There is still time to send in your name suggestions! We will announce the winning name in Friday's edition! Send your name ideas to Amiee Freeman at ext. 3069 or amieef@vinsonhall.org.

Neighborly News

Online Bridge Maintains Connection During Crisis

Paula Yewdall loves bridge. Her passion for the game started at age 13 in Indonesia, after her mother taught her to play in one day because she and two other ladies needed a fourth player. Fast forward to 2014, when Willow Oak opened and the Yewdalls moved in. "In our building, we were all new at the same time," she says. "So four of us nosed around to find out who played bridge, then started a table in our apartments and took turns hosting."



The Willow Oak bridge group has grown to 12 players and many substitutes, who played Wednesday afternoons in the fifth floor lounge. Bridge is popular at Vinson Hall too, where up to 20 people played once a month on Friday evenings. Of course, that was before Coronavirus. But for those who have been missing the game, Paula has discovered another option: online bridge. "I've just started playing on my computer at home, and I would absolutely recommend it!" she says.

The website www.bridgebase.com, which she learned about from a friend, attracts thousands of bridge players from all over the world who play competitively against each other for points. There is a fee for those games. But you can also play a free solitaire bridge game with robot partners and opponents and a live scoreboard.

"If you're just in it for the pleasure of playing bridge and don't care about the competition and the points, this is a great way to go."

When you get to the site, find the box at the bottom left that says "Just Play Bridge," click "Play" and up pops a table all set up with your hand. "You bid and just start playing," says Paula. "It's as easy as pie!"

The VHRC Flyer

This publication is created for Vinson Hall Retirement Community in an effort to inform and delight. This publication is produced by the Office of Philanthropy and Engagement, but attempts to reflect the work and efforts of all VHRC residents and staff.

Please direct inquiries, corrections, suggestions, or brief submissions to Amiee Freeman, Communications and Public Relations Specialist, amieef@vinsonhall.org or 703-538-3069.