



The Generosity of Strangers

These past few days, VHRC has been the recipient of wonderful donations. On Wednesday, UPS donated 2,500 N-95 masks for our frontline staff to use. In addition to these masks, community members and residents have been making cloth masks that our staff and other residents are now wearing. Last Friday, BB&T Bank provided boxed lunches for our staff. This surprise treat was much enjoyed! We are very grateful for all these donations and for our valuable connections with our community.



Stephanie Lawrence and Nusrat Khan receive a donation of N-95 masks from UPS.

Nature Reminds Us That This Too Shall Pass

In honor of Arbor Day, which is today, Margaret Reining in Apartment 227 shared with us some pictures her maple tree nursery. For years, she says, she had been growing trees on her balcony and currently has seven trees in different stages of growth. Just this week she found another volunteer seedling nestled in a planter between pink Sweet William and Dusty Miller. She replanted it and hopes it will continue to grow. Nature certainly provides some wonderful solace during this time. We hope you are able to enjoy the blooming azaleas and the greening trees. This seasonal change is a reminder that this too shall pass.



A maple seedling volunteer on Margaret Reining's balcony gives us some hope on this Arbor Day.

Name our Publication

We hope you are enjoying this second issue of our new communication vehicle. In our first issue we asked for you to help us name this publication. We've gotten a few suggestions which we've loved! We will announce the winning suggestion in next Friday's edition – so keep the ideas coming!

Send your name ideas to Amiee Freeman at extension 3069 or amieef@vinsonhall.org.

*Neighborly News***Happy Trails around Vinson Hall**

No gym? No problem, says Bud Dougherty. Fitness has always been a priority for Bud throughout his 30-year career in the Navy manning fighter squadrons and aircraft carriers. So when COVID-19 forced all gyms to close their doors, he created his own daily exercise routine that includes a 3-mile walk around campus.

"I've been doing this walk every day since we got into lock-down," says Bud, who until four weeks ago was a regular at the Vinson Hall gym and at Washington Golf Country Club in Arlington. His route is eight-tenths of a mile and looks like a figure 8, which he repeats three or four times. And he never misses a day. "Doing my walk actually makes me feel good afterwards."

Bud's daily exercise routine starts with 30 minutes of rowing in the morning on the Concept 2 rowing machine that he's had for 30 years. Then, at about 1:00 p.m. he sets out on his walk, which takes close to an hour and starts with a visit with his wife, Marilyn, at The Sylvestery.

"I stop by and visit with my wife through what I call 'The Looking Glass,'" he says. "It's a big window along one of the corridors and there's a bench outside there, so we can see each other through the window, chat on the phone and catch up on things. Then I finish my walk." Before his day is done, Bud fits in a few



Bud Dougherty walks roughly three miles around the VHRC campus each day.

calisthenics and another 30 minutes of rowing. "After that, I'm sweaty so I take a shower – and now I'm qualified for happy hour!"

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.