



The Campus Voice

May 26, 2020

Laughter is the Best Medicine

Does anyone know if we can take showers yet or should we just keep washing our hands ??

Two of the many memes that have been shared in the past few weeks.

There's a popular saying that laughter is the best medicine. During this time of turmoil and crisis, that opinion continues to prove true. For many of us our social media feeds and our emails include jokes from friends about how to deal with this situation created by COVID-19. The beauty of jokes is that they can unite us in laughing away a threat. Jokes about a shared fear or the farce of daily life make the rough parts a bit easier to bear. We hope you have had a good chuckle lately and shared your smile with a friend!

MY MIND IS LIKE MY INTERNET BROWSER

19 TABS OPEN
3 OF THEM ARE FROZEN &
I HAVE NO IDEA WHERE
THE MUSIC IS COMING FROM



Introducing Faviana!

Faviana was born on May 18 to Analisse Vasquez Soto, our Administrative Assistant for Independent Living. Both baby and mom are at home and doing well. Faviana weighed nine pounds at birth.

What Do We Call This Thing?



That metal box outside your front door. You know, the one that receives the flyers, menus, and occasionally news from the outside. What do you call it?

"The metal box outside your front door?" "The mailbox but not the one in the mailroom?" Long names for this thing are too long and shorter names are confusing. What to do? A contest is the only answer!

A few residents have proposed this contest to us as a way to name this box and to alleviate some boredom. And we are game to participate! So, send us your names for this box and we will announce the one that we think is best. Send your suggestions to Amiee Freeman – amieef@vinsonhall.org or x3068 or drop off ideas in the Philanthropy and Engagement Office – by next Tuesday, June 2. We will announce the winner in that day's *Campus Voice*.

*Neighborly News***Play it Again, Marium**

When it comes to her passion for the piano, nothing stops Marium Griswold from playing. Not the COVID-19 virus – or even a broken shoulder. “I fell and broke my shoulder in January, but I’m still practicing,” Marium says. “I started practicing with my other hand when I had my arm in a sling. I thought: You are not going to lose that skill!”

Marium’s gigs during Happy Hour in the Penthouse Lounge were much loved by many. “You don’t know what pleasure that brought me, when people used to come around and ask me to play for them.” Nowadays, she plays for herself in her apartment on an electric Yamaha piano that her daughter bought for her – and sometimes in the middle of the night. “The lovely thing is my piano has earphones. So last night, when I had insomnia, I got up and played for about 30 minutes.”

Her love of the piano goes way back. “I started playing by ear before I was big enough to sit on the bench,” Marium recalls. Her mother made sure she had proper musical training, then she took music classes in college and continued taking lessons throughout her life. Her favorite songs? “I love the war time music! It’s beautiful, and when I play it this group knows all the words. Songs like *When the Lights Go on Again All Over the World* or *There’ll be Bluebirds over the White Cliffs of Dover*. And *I Guess I Have to Change my Plan* – That’s my theme song, the one I play at the start and end of my gigs.” She

laughs, adding, “It’s a good song for an older person to learn!”



Marium plays her piano in her apartment. Playing piano has brought her great joy in this time of change.

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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.