



New Book Reminds You Are Not Alone

When Antionette Doublin, The Sylvestery Administrator, was 10 years old, a traumatic event shaped the course of her life. Her grandmother, who had been living with her family and who over the previous two years had been suffering from periods of forgetfulness, suddenly had a fully formed delusion.

“One night, Mom and Dad were asleep. My grandmother thought my dad was her husband, who was deceased, and my mom was his mistress. So she went and got a knife. She was ready to kill my mom. My mom’s sixth sense woke her up. That scarred me as a child. Over time, however, I started to gravitate toward those that had similar situations as my grandmother and that became my entire career.”

In addition to working professionally with those who have memory loss, Antionette participates in a number of support groups. “So many people have questions and everybody’s story is so different. Some of the stories are so heart-wrenching. I always give advice from what I know, because when you are caring for someone with memory loss, you can feel so alone.”

During COVID, Antionette took her sudden free time plus her knowledge about dementia and her sympathy for those who have loved ones suffering from dementia, and wrote a book, *You’re Not Alone, A Practical Guide to Caring for*



The Sylvestery Administrator, Antionette Doublin, drew upon her experiences to write a book she hopes is a helpful resource for those who have a loved one with dementia.

Someone with Dementia. “I always wanted to write a book. With COVID, we had nowhere to go, so I took the time, created an outline, and just started writing,” said Antionette.

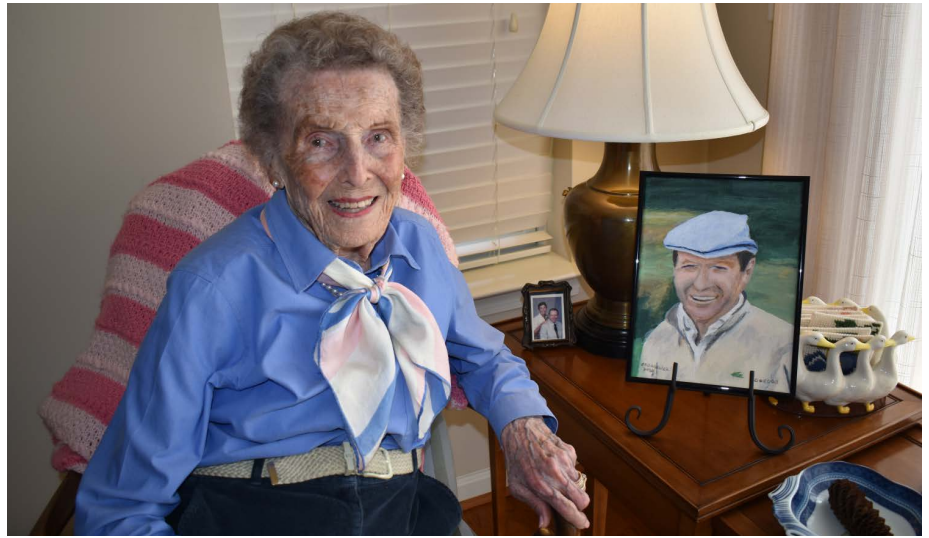
Antionette wanted the book to be very useable and easy to read. She said that she has read many books dealing with dementia but often some element of care is omitted. For example, some books do not deal with dementia and hospice. She wanted her book to be a resource. Antionette hopes that her book will help people feel less alone as they deal with dementia.

Pathway to Painting

It is never too late to try something new. Just ask Betty Ochenrider, who discovered a passion for painting just three years ago, at age 96. "I had dabbled in painting years ago, but never did anything with it," she says. "Then I took an art course here with Mel, who is great. I found I really enjoyed it!" These days, she spends time in the art studio at least once a week, often with her friend Sue Berkey. "When Betty first started, she was kind of afraid to put paint on canvas," says Sue. "Now she's willing to charge right in – and comes out with a lot of success."

Betty usually paints landscapes, but one of her favorite paintings is the first portrait she ever did – of her late husband Gordon, whom she met when she was 19 and on vacation in Maine. "It was just a chance meeting. He still had a few years to go in the Naval Academy, but when things happen, they happen!" The couple married the day after he graduated, then he was sent to sea on an aircraft carrier for 14 months during World War II. After leaving the Navy in his 30s, Gordon joined Grumman Corporation, which took the family to Long Island, Switzerland, and finally to the D.C. area, where he opened the Northrop Grumman office.

Meanwhile, Betty stayed busy with wives clubs and raising their three children – one of whom is also now painting. "I



Betty Ochenrider, who started painting at 96, is especially proud of her first portrait, which was of her late husband, Gordon.

got my daughter, who lives in Arlington, into painting. I bought her paints for her birthday. She's more talented than I am!" What does Betty like best about her newest passion? "You put your own self into it, capturing what you see," she says. At 99, she still likes to stay busy, whether doing art, reading or taking walks. "I just do what I like to do."

The Campus Voice

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