

Transition Times

A publication of the Friends House Seniors
Association to chronicle our progress
towards expansion and a new and improved
Friends House!

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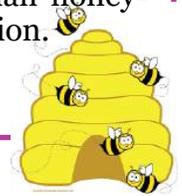
Transition to Our New Normal

Worker Bees wrapping up and new bees arrive



Friends House welcomes Italian Honeybees

Friends House bee keeper Marion Story shows off a new brood of Italian honeybees that are moving to the apiary in the field on the way to the pond. Apparently Italian bees are especially prolific and good for the native flowers. Our beekeeper says, "I believe honeybees represent a hopeful harbinger of springtime and growth and renewal." These two broods join Russian honeybees. An international operation.



Who could have known that when we reached the end of our transition it would be during a global pandemic? We are thankful for the transparent and proactive approach to keeping those of us here safe as well as those moving in to their new homes. Look inside for more on our new normal!

Community Garden Benefits

Last fall when my husband and I were moving out of our home of 44 years and into a temporary rental until our cottage at Friends House would be completed in the spring, we wondered how we could bring with us several large house plants as well as a few specimens from our extensive gardens. The answer was provided by Lucille Ridlon, a member of the Friends House Garden Committee, who gave us outside space in which to heal over garden plants, room in the greenhouse for indoor plants, and a protected space outside for potted plants.

Since then my initial amazement with the community greenhouse and garden has continued to grow. I've been wowed by the variety of flowers and vegetables grown in the various plots, by the number of enthusiastic gardeners who maintain them, and by the extent of their knowledge and dedication.

There are ground level or table level plots for anyone who wants one. The only requirement is sharing some of your produce with other residents. In addition to several dozen individual plots, there are communal beds of rhubarb, blueberries, raspberries, winter squash, okra, tomatoes.



The Shakespeare Garden, established by Master Gardeners, contains plants mentioned in the Bard's works. Thriving under the stewardship of residents, are seven cutting gardens that supply flowers for all residents and indoor commons areas, as well as a butterfly garden cared for by Irma and Beth Guthrie. And scattered about are fruit trees and ornamental shrubs, all providing nectar for the three bee hives managed by Marion Story (see Page 1 for picture of Marion)

Shakespeare Garden—this summer a reading will be planned. Come sit in the Pergola and enjoy!



Upper gardens with raised and lower beds and water!!

Compost bin — everyone can contribute!



From New Energy

The greenhouse, which I first thought was small, produces an amazing bounty—indoor plants for Flower Alley (which is looked after by Maris Corbin), vegetable seedlings to plant in the outside plots, a variety of succulents under the watchful care of Dipali Sinha.

Recently as the weather warmed, there has been a concerted group effort, especially on Tuesday mornings, to do spring clean-up. Paths between plots have been weeded, covered with ground cloth and newspapers, and spread with wood chips, a huge amount of it done by Ari Preuss. Compost bins have been cleaned up and their contents “cooking” away. Kathleen Keller (weeder extraordinaire) has dug up the manure bin, uncovering a bountiful supply of fertilizer. Joan Liversidge has focused on weeding and replanting the Shakespeare Garden, with help from Carole Marks and others. Communal beds are being weeded and planted by various gardeners: tomatoes (Lucille Ridlon and Lesley Rogers), winter squash (Joan Liversidge, Kathleen Keller, Jim Hersey), okra (Depali Sinha), rhubarb (Clare Margiotta and Kathleen Keller).



Lasagna gardening for the squash. No tilling, layers of newspaper, compost, straw and then plant in mounds.

Under the engineering direction of Alan DeSilva (also leader of the Garden Committee) the multiple water faucets in the garden have now been hooked up to the main water system rather than using pond water, which has become polluted by geese.

To discourage an overpopulation of geese from using the pond, Lucille Ridlon researched effective methods, which led to strategically placing dog silhouettes on the grassy areas near the pond and stringing wire low to the ground around the pond, much of it installed by Wallace Watson.

Gratitude to Ann Derby for pursuing grant funds for new brick paving on some paths and under the pergola to make it easier for residents using walkers and wheel chairs to enjoy the garden.

June 16th, almost finished!!



In this time of Covid-19 and physical distancing, the garden has provided a safe communal activity, as well as physical exercise and vitamin D. It has connected us with nature and fellow gardeners. Even if you are not a gardener, come out Tuesday mornings as my husband sometimes does to observe and share time with us as we work in the good earth.

Lesley Rogers

"I Paint The Virus-Killer"

Since December 2017, Stephen Brown-Pearn has worked as a painter on the Friends House maintenance staff. After the covid-19 alert began, house-cleaning staff have needed maintenance staff to help make the place safer. Stephen has worked on a cleaning team that washes the doors in B, C, and D wings several times a day, as well as the common doorways, the post office boxes, and the laundry rooms.

"I paint the virus-killer," says Stephen, explaining that the housekeeping staff uses "the only CDC-approved product to kill the virus." Stephen lays down a surface of chemical coating with every swipe he makes, remembering that "my first job was as a painter at a youth center."

Stephen stayed connected with painting even though he went to college and became an advertising executive with J.C. Penney. "I was one of those Mad Men," he says, explaining that J.C. Penney sent him to Texas with his wife. They combined their last names (Brown-Pearn) and had three kids together.



He moved back to the east coast, retiring from advertising, when his mother moved to Friends House in the Beall Cottage. Eventually she moved into Haviland Hall and died in 2002.

Like many people drawn to FH, Stephen has an international background. He was born in Egypt; his Dad from Beirut. The family lived overseas, attended seminary in New York City. Stephen's dad alternated between teaching and preaching. His mother's dad was a missionary and "she enjoyed being the minister's

wife". His dad brought him to Washington, DC for the Poor Peoples Campaign, started on the grounds of the Washington Monument in 1968 after Martin Luther King's assassination.

Somehow the "Mad Man" became a painter, who worked with troubled at-risk youth and ended up at Friends House helping out with maintenance after all these years.

"What are you grateful for," I asked him. "I just look out at this beautiful planet we live on and all this stuff we've got that's so perfect. I say "why why? To me it's just random, it's not that I deserve it, how did we get here and get to enjoy this place, this earth? I'm grateful to be alive and to be aware of myself and aware to see the beauty of this planet. It amazes me, it always has, since I've been a little kid. I'm grateful I have the ability to have self-awareness. What frustrates me is when people look at animals and think they're subservient to humans. In fact there is so much more to every form of life. Even my dog. He's a little white dog. The complexity of everything around us amazes me."

Thanks Stephen, thanks for "painting the virus-killer" on our doors.

Lorraine Hutchins

Stephen at Friends House NOW!



New Residents

Twenty-three new residents will all be moved into the **duplexes** this month. Some came in March.



In June, July and August about thirty-three new residents will move into the three **lodges**.



About 60 current residents will move in July to the **Homes on Quaker Lane**. Another twenty new residents from the community will join them.



Around Campus

Courtyard view from the Fitness Center which will open June 21st with safety precautions practiced.



Residents preparing for COVID. How will we respond??



Masks were made for residents and staff. Visitors are asked to sign in at front desk, wear a mask, use hand sanitizer, and have temperature taken. The Easter Bunny too!



Zooming 4 Connection

Zooming Into The Future with Aplomb*

In March we went outside and sang all morning. Now there are more mornings and every hour long, we still need to hear the songs.

When this place was built over 50 years ago there were no cell phones, no personal computers. Perhaps there was a pay phone booth somewhere down the road. This was country, not an urban neighborhood. People came here to build community together, as they age.

People loved this land and loved the night sky so much, local wisdom has it, that there was very little night-lighting allowed on the pathways. Why? The founders wanted to look up and see the stars and heavenly orbits spinning, not have artificial light interfere. Our founders were land-and-nature-loving people, many of whom were skeptical about technology, especially if it interfered with sensing nature and the natural energy of this place. They knew this land protects us, as we protect this land.



And then COVID-19 arrives and so does



zoom

Is there a “silver lining” of adapting to new technologies? This new technology called Zoom -- that we are all urged to try, and USE -- can be a blessing. It can be a life-line to our survival during isolation, a device that brings us joy and hope, that helps lubricate the wheels of decision-making and information-sharing.

Ideally ZOOM gives us the gift of visuals of familiar, and new, people. We hear voices, all broadcast on a common device. People can use this device in private, sure. But we can watch in small, physically-spaced-out groups as well.

Consider using a small self-tutoring group, to stretch your own tech muscles and adaptability. Let us stretch to help others, and ourselves, learn how to be more self-sufficient and expressive and responsible with our technology, in community.

There is power in small groups. Since we can only meet in small groups of ten or less; how can we best use small groups to strengthen our whole?

In March we went outside and sang all morning. Let our song now be about connectivity and activating the power of our small groups. We need us to survive.



Loraine Hutchins

* aplomb = self-confidence, assurance, especially when in a demanding situation”

Residents meet in Miller Center to ZOOM.

Around Campus



Gracias!

New residents Kerry and Ruthanne Stolfzfus provided hot and cold drinks and snacks for the workers around the loop this spring. This is Caring Community in Action!!



Visit Friends House Library to browse



Friends House Seniors Association (FHSA)

Hello Friends House Community!

We are clearly in "Transition Times". Our goal of being an inclusive community continues to grow into a reality as we welcome more residents to our family. We can clearly see the changes; new cottages to the HQL. As we settle into our new homes may we continue to find ways to connect with others as a combined community.

I am looking forward to being your president at this time; encouraging us to look forward with hope, building on traditions that make us the unique community we are. Things are both changing and staying the same; may we embrace both.

One of the important ways we connect with each other is through our monthly meetings of the **FHSA**. We typically meet the second Thursday of every month. In July many of the HQL and Lodge residents will be moving. It makes sense to skip the July meeting and plan to meet in August; the date to be determined by how everyone is settling in and the needs that are arising.



In grateful appreciation for this opportunity to serve you during these exciting times, I look forward to continuing to build the community that is Friends House together.

Irma Guthrie

Incoming President

Unsolved mysteries of Transition and Time

I am going through what you might call a state of un-mindfulness; I believe COVID-19 is in the driver's seat of my mind. This morning I cracked an egg (the only egg I had) and started making scrambled egg while my palate reminded me, "didn't I really want a soft boiled egg since I had scrambled eggs for three days in a row?" I stamped my feet on the floor, muttering "why can't I unscramble the egg?"

Between 4-5 PM in the afternoon I received three phone calls; nephew from Singapore called very unhappy that his wife went to see her best friend and can't come back since London is in 'Lock Down'; another nephew from Chennai sounding frustrated since their son can't come home for recess since France is in 'Lock Down'; and my friend who can't return from seeing family in India because of 'Lock Down' and worried he might lose his job. I didn't have words to comfort them, just cursed COVID-19 for causing so much pain.

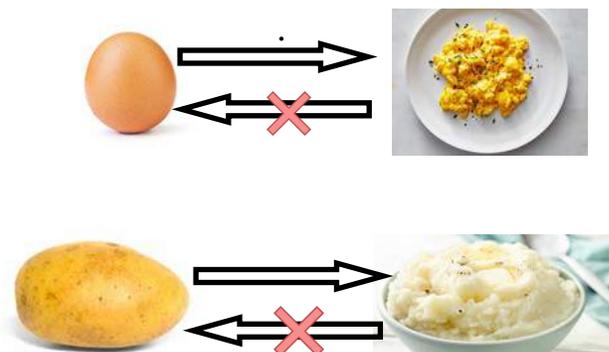
With a completely blocked head and a saddened heart I should have swallowed a couple of cookies for dinner and taken refuge in my bed, instead I went to fix dinner. I peeled a potato, diced, boiled and smashed it then realized I was out of milk and butter. "Didn't I run to our Country Store and buy a very tasty sour crême with all kinds of herbs in it to go with a baked potato?" This time I screamed: "why can't I un-smash the potato?"

Now I am serious. I can convert water into ice and vice versa and I know '**Temperature**' is the defining factor for these '**Transitions**'. What are the defining factors for unscrambling an egg and un-smashing a potato?

Oh yes, I know, it has to be to be '**Time**'. All I have to do is go back in time to grab my un-scrambled egg and un-smashed potato.

Time? Has anyone seen time? We say time flows, time flies etc., but in order to flow, it should be something like a river and in order to fly it should have wings like a bird or a plane, but it is neither like a river nor like a bird

I am lost. Great thinkers or top notch physicists must have an answer. I am at the mercy of Google now. I wanted to know what the renowned philosopher St. Augustine of 4th century had to say about 'Time'. This is the famous quote of this great philosopher about time: "What is time? If nobody asks me I know. If I wish to explain it to one who asketh I know not". Hmm that didn't help at all.



Unsolved Mysteries ,Cont'd.

Can physicists help me out? To my puzzlement a group of theoretical physicists with all kinds of symbols and numbers are about to publish that the Universe is 'Timeless'. Oh come on, forget about the universe, in my planet Earth we have to deal with time in every day of our life, when to pick up the kids from the school, when to fix the dinner and of course when to get ready for our very important 'Zoom Meeting' and on and on it goes. No, all these theorists are far sighted and totally unrealistic

Why didn't I think of the most celebrated physicist of all time? You guessed, Albert Einstein. I was very sure that he must know what Time actually is. According to a 1929 report in New York Times, he says "when you sit with a nice girl for two hours you think it's only a minute, but when you sit on a hot stove for a minute you think its two hours". I certainly don't disagree since I always felt the clock must have stopped while listening to a very boring lecture. But I got really disoriented when his next comment on Time is, "The distinction between the past, present and future is only a stubbornly persistent illusion." Gee, what did he mean? Time is nothing but our mental creation? Or in other words the detective indeed is the culprit as in the Novel 'Sophocles' Oedipus Rex'.

Poets and philosophers alike always remind us 'life is but a dream' and now scientists are telling us 'Time is nothing but an Illusion'.

I grabbed a mindfulness book to get my mind off all this nonsense. As instructed in this wonderful book I imagined myself flying like a bird over a vast field where colorful flowers are in full bloom everywhere, butterflies roaming from one flowering plant to another, birds singing in the branches and gentle wind making a hissing sound, now instead COVID-19 a heavenly bliss is in the driver's seat of my mind. I kept on flying until I was at the edge of a vast ocean where big and small waves breaking up making a splattering sound, pretty soon I couldn't locate any wave and the ocean was so calm that I could even see my reflection. I was as calm as the ocean and floating like a feather, don't even remember for how long, suddenly noticed some one was coming from the opposite direction. He appeared like an absent minded professor with hair sticking out in all directions. He approached me and asked me to open my hands and said "here are your unscrambled egg and un-smashed potato. I incorporated a **bidirectional time variable in my $E=mc^2$** so I could drive Time in reverse gear and recover what you wanted". A loud sound of smoke detector alarm interrupted our conversation; I opened my eye in awe wondering how to incorporate a bidirectional Time variable in an equation and in the meantime the mysteries of Transition and Time remain unsolved.

Dipali Sinha

Bistro – Coming Soon

An Interview with Bill Bannon, Director of Food Services

The Bistro's grand opening will be as close to July 1 as possible if the electronic payments can be in place. Interviewing for a new chef is in process and a hire should be in place by next week.

There will be lots of exciting features:

- ◇ Hydroponic greens grown on site
- ◇ Fresh herbs grown behind the kitchen next to Haviland Hall
- ◇ A Panini machine for grilled sandwiches
- ◇ Merry Chef – a microwave on steroids that browns and toasts and can cook a pizza in 30 seconds
- ◇ Induction heaters on the counter that will keep food warm (round things in picture)

Hours: 9 am through lunch

Breakfast: fresh pastries, scones, rolls, breakfast sandwiches, coffee, tea, other beverages

Lunch: salads with fresh herbs and micro greens along with sandwiches, grilled items

You can eat in or “grab-and-go” in a biodegradable container. At this time, there will not be dinner items. Bill says “we are flexible and can add this if there is the interest”.



Residents of Friends House will purchase a meal plan that will work for the Bistro and the Dining Room. Guests can purchase a meal card at the front desk or we can include guests using our meal cards. Contact Paula Riddle to arrange for the meal plan.

Bill has been with Friends House for ten years this April. He has provided a steady hand on the wheel and guided us through our recent growth and changes with grace and patience, with the latest challenge being the virus. Bill says, “My favorite part of the day is talking to residents at dinner”. He misses that the most during COVID and looking forward to the time, shortly, when residents return to the dining room – with physical distance. Bill has had to learn some new things during this transition like growing hydroponic greens. They look yummy, seems like he has that figured out!

As we open up more, I look forward to seeing you at the Bistro enjoying some of the enticing food choices – just keep sitting 6



feet apart and wear your mask when you are not eating.

Joan Dyer Liversidge

Solstice Celebration

Saturday, June 20, 1pm-2pm

Celebrate and Welcome all our migrations, move-ins-and-arounds on summer solstice, longest day of the year, the day before Father's Day

Where: Zoom Plus Miller Center

With: Katy Gaughan, Rhythm Care Provider

Who: Incoming and current FH residents -- we will include Haviland Hall, Stabler and Thomas Hall residents via coordination with lap tops in hallways

<https://www.katygaughan.com/about/media-videos/>

Millstone from Haviland Mill



This millstone was used before 1918 in the Haviland Mill at Brinklow, Maryland near the Howard county line. In May, 1982, the stone, a gift from the Havilands was dedicated in grateful recognition of Elizabeth Haviland's eleven years as chairman of the board. **Board of Trustees**

NEW RESIDENTS

Many new residents are here and coming to our Friends House Community. A working group is forming to explore how we communicate and “get to know one another” in the new normal. Contact Rich Liversidge richlivers@gmail.com if interested in exploring this together.

MOVED

Pat Else from D25

David and Julie Bates from B 22

IN MEMORIAM

Nora Caplan—4/25/20

Naomi Mattheis—4/22/20



Transition Times

PRODUCTION

Editorial Committee:

Kendall Anthony, Ann Gerike, Marty Hale, Nancy Rea, Joan Dyer Liversidge

Photos: Nancy Rea, Joan Dyer Liversidge, Carole Marks, Rich Liversidge, Lee Perkins

Layout: Joan Dyer Liversidge



**Friends House Seniors
Association, Inc.
17340 Quaker Lane
Sandy Spring, MD 20860**

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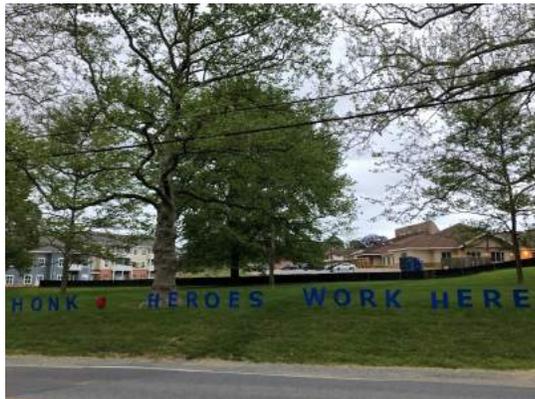
This issue is the last one for Transition Times. We trust it has been effective to describe our expansion and transformation of the Friends House community. We are looking forward to what comes next that will serve to inspire and connect our community.

The Editorial Committee

Friends House met the COVID-19 pandemic with proactive care



Testing of all Residents in June



Residents and community honked support for health center staff



CDC Guidelines