

# Transition Times

A bi-monthly publication of the Friends House Senior Association to chronicle our progress towards expansion and a new and improved Friends House!

Volume 1  
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November 2018

**Our campus has become like a bee hive, swarming with worker bees; transforming Friends House.**



**Over the last two months the worker bees have built a temporary road, silt fences to protect our environment, storm management infrastructure and installed new sewer pipes. The disruptions and work remind us of what is to come—new residents, new common area, and new homes!!!**



**Look inside to meet new residents, see progress from the worker bees, and activities that have brought the community together for fun and fellowship.**

# The Old and the New

## Honoring our Trees

September 17, 2018

We at Friends House and those who visit love our campus; the green, the trees, the flora and fauna, the animals, the garden, the pond, the woods..... Our transformation requires the removal of some trees and the temporary disruption of the campus. Although new trees will replace those removed, residents expressed thankfulness and gratitude for all they have provided us while we have been cohabiting.

And so we gathered, as a community, to thank the trees for sheltering us, nourishing us, rooting us. **“We honor you, we bless you.”** Residents shared poems, drumming, singing, and readings as well as a map of the Egbert Walker Arbor Walk indicating all the species of trees on our campus.



**“We Welcome New Growth”**



Memorial trees in their new home.



*to live in this world  
you must be able  
to do three things:  
to love what is mortal;  
to hold it  
against your bones knowing  
your own life depends on it;  
and, when the time comes to let  
it go,  
to let it go.*

*Mary Oliver*

# New Friends

## Eleanor Sloat - B 20



Eleanor is very pleased to have joined us here and is looking forward to meeting more residents.

An Indiana native, she lived in Kokomo with her brother and sister, and attended high school in Carmel. She always knew she wanted to be a nurse, and after high school she entered the nursing program in Bloomington, Indiana, and received her B.S. in nursing.

She had a wide variety of nursing experiences, including one summer when she thoroughly enjoyed working as a camp nurse in Canada. The only bad experience in her career was at a hospital for children, when it was exploring alternating day and night shifts for nurses every two weeks. Needless to say, such a schedule led to perpetual exhaustion, and within a year the program returned to normal. Working as a Home Health nurse was especially enjoyable because she got to know not only the families but their pets as well.

Eleanor and her husband Frank were introduced to each other by mutual friends, who felt they would be perfect for each other, and they were. They had children, three sons and a daughter. It was a long and happy marriage until he died. Her son Bill lives nearby, and her other children, Jim, Debbie, and David are scattered around the country. Eleanor's brother is living in Israel and her sister in Arizona.

Welcome Eleanor!

*Ann Gerike*

## Clare Margiotta 17303 Quaker Lane



Clare was raised on Long Island and lived for 30 years in New York City. Clare has a degree in art and art history though she had a career in social work where she worked in a variety of areas. In New York she worked in mental health and as part of an Alzheimers research team and also developed a private practice.

Wanting a change, Clare moved to Champaign/Urbana, Illinois where she worked in Hospice and since 2009 has provided counseling services for military families in the US and Germany.

Clare has friends and family in this area which prompted her in part to move here, though she also admits she was feeling a pull to return East and be close to the water.

She enjoys traveling especially in Italy partly due to her Italian heritage. She has plans for a trip to Croatia in the Spring.

As an artist Clare works in ceramics and in painting and collage. Visitors to her cottage can see a variety of her work which hopefully will be part of a Wellspring show at some point. Beside Wellspring, Clare has enjoyed participating in yoga and the meditation group here at Friends House. Gardening? Maybe a raised bed in the Spring.

We are glad to welcome Clare to our community.

*Kendall Anthony*

# Times of Fun and Celebration

## Ground Breaking September 25, 2018



Partners of the Friends House Expansion and Redevelopment join together to break ground after nine years of planning and preparation. Residents, family, friends, Trustees, and partners all enjoyed delicious food, music, and congratulations for staying true to our mission of a Caring Community.



## 2nd Annual Ligon Run October 6, 2018



**Left top: over 50 participants ran/walked**

**Middle: The winners!**

**Left bottom: Resident parade to kick off run**

# Times of Fun and Celebration

## Pumpkin Carving—Fun to do and to look at!!



## Halloween Party

### Creativity and fun events for staff and residents each year



## And Humor

In times of transitions, sometimes things get turned upside down!!

(Detour during construction)



## Around Campus



**Temporary road** - another exit and entrance during construction and afterwards



What are those strange shapes???? **Sewer pipes** to be placed 11 feet underground.



The **new commons** where all residents, community members, family and friends are **welcome!!**

**Elizabeth Bishop** knew that letting go of the old, however difficult, is an essential part of the process of inviting in the new. In her well-known poem 'One Art', she muses on the bittersweet possibilities of rebirth and recovery following a loss.

Loss is naturally not the only precursor to a new beginning. Though we often have to give something up to set out on a new path, that gift can be willing; welcomed, even.

The art of losing isn't hard to master;  
so many things seem filled with the intent to  
be lost that their loss is no disaster.

Lose something every day. Accept the fluster  
of lost door keys, the hour badly spent.  
The art of losing isn't hard to master.

Then practice losing farther, losing faster:  
places, and names, and where it was you  
meant to travel. None of these will bring  
disaster.

I lost my mother's watch. And look! my last,  
or next-to-last, of three loved houses went.  
The art of losing isn't hard to master.

I lost two cities, lovely ones. And, vaster,  
some realms I owned, two rivers, a  
continent.  
I miss them, but it wasn't a disaster.

—Even losing you (the joking voice, a  
gesture I love) I shan't have lied. It's evident  
the art of losing's not too hard to master  
though it may look like (*Write it!*) like  
disaster.

Elizabeth Bishop, "One Art" from *The Complete Poems 1926-1979*. Copyright © 1979, 1983 by Alice Helen Methfessel. Reprinted with the permission of Farrar,

# Around Campus



Storm water management work

**CAUTION!!** Our deer herd is rutting and they are jumping over the silt fences. Be on the lookout while driving around campus and Norwood Road at night.



Change of Seasons  
Summer to fall



## Transition Times Update – November 2018

### NEWEST RESIDENTS

Clare Margiotta— 17303 Quaker Lane  
Eleanor Sloat B-20  
Pat Else D-25

### IN-HOUSE MOVES

Claude and Betty Bennett from C-27 to C-26

### RETURNS

Dimitri Fikioris back from Greece

### IN MEMORY

Peg Godwin



## Transition Times PRODUCTION

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## **Transition Times**

will replace Friends House Letter during our expansion and will be published approximately 6 times per year while our community undergoes transformation.

We would like to reduce use of paper and mailing costs by sending this electronically to as many as possible. Please **let us know your e-mail address** so we can keep you updated as to our progress and include you in our celebrations as we move forward.

Please respond to Joan below with an updated e-mail address.

*The Editorial Committee.*

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L: Wellspring Artists  
Reception

R: One of our beautiful trees

