

The Restful Resident

Volume I, Number I

January, 2021



welcome

Notes from the Editor

WELCOME TO THE FIRST EDITION OF THE NEW CHESTERBROOK RESIDENTS' NEWSLETTER that we have named *The Restful Resident*; as it reminds us of a late 19th century literary journal and seems perfectly to reflect who we are at Chesterbrook both as residents and hopefully restful. In this issue, we will bring you some photos from last months activities, news from our Executive Director, our nursing staff and an uplifting spiritual reflection from a rabbi, minister, priest or imam from a local synagogue, church, or mosque.

We also include an interview with a resident, Ann Cook, some humor, along with the birthday dates of our staff and residents. and my own offering from my Hangout. Other members of the Chesterbrook community will also contribute, for example the food service and the admissions staffs, and other members of our community. We see this Newsletter as a vehicle that draws us closer together in community.

We invite you to contribute to next month's issue a poem, an article, a reflection, a photograph, or a bit o' humor (like Bill O'Shea's contribution this month). We also invite any remarks, commentaries, reactions to or criticism of this opening issue and will publish any contribution we deem worthy.

Dick Bowling

Special Thanks And Fondest Regards to Everyone at Chesterbrook

To Jesus Urrutia; his Housekeeping and Laundry staff; to his Maintenance workers

To Jacquie, and Shirley always here to answer the phones.

To Lloyd Moss and his Food Services People; who cooked and served our meals under the most trying conditions.

To Mary Ann, Dominic, Kelly, Betsy and Dickson, thank you all so much.

Your Love and Caring has helped us make through.

The Restful Resident
is published each month.

Dick Bowling, Editor
Dickson Owusu Ansah,
Proof Reader

Send submissions or
comments to Apt. 147

703-591-7943 or

dickbowling777@gmail.com,

| Inside this Issue: | | Page 8 | Page 12 |
|--------------------|-------------------------------|-------------------|----------------------|
| Page 2 | January Birthdays | January Birthdays | The Editor's Hangout |
| Page 3 | The Nurses Station | Page 9 | |
| Page 4 | Meet Our Staff | Page 10 | |
| Page 5 | A Spirituality to Grow Old By | Page 7 | Resident's Interview |
| Page 6 | A Bit O'Fun | | |

From the Executive Director

Hello, I am Vijay Maharajan, the Executive Director of Chesterbrook Residences. It has been an absolute pleasure working with the residents of this community. I walked in here for the first time five years ago as a student getting introduced to a “senior care community.” I have been grateful to my professor who introduced me to Chesterbrook. I always tell my friends and family that I have grown professionally at Chesterbrook.

I started out as an Intern from George Mason University in January, 2016; I fell in love with the community within my first week. I enjoyed working with the residents and the different department heads. Luckily, a position opened as I was wrapping up my internship.

I was offered the Resident Services Coordinator position. I loved that job because it meant working with the residents every day. Eventually, I was offered the position of Business Office Manager, and a year later was invited to lead this community as Executive Director.



I truly believe in leading by example, so you will see me all around the community. As always, the things I do will always reflect the best interest of the residents of this community. I want to thank you, the residents and the staff, for placing your trust in me

Special Thank You to Vijay

Vijay, we thank you for the care you have taken of all the residents and staff at Chesterbrook during this COVID crisis. This has placed an enormous stress on you, especially during this, your first year as Executive Director. You sent us and our families timely information; you provided us tests, masks and other materials that have kept us safe and secure. Thank you so much.

Dick Bowling,
Editor,

A Spirituality to Grow Old By



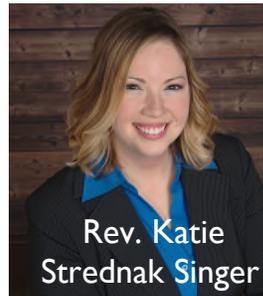
GREETINGS, CHESTERBROOK RESIDENTS, during this holiday season! I give thanks to God for you and for this chance to greet you across the miles. As one of the pastors at Immanuel Presbyterian Church, it is my joy to pray for you every week, lifting you up to God as we wait together to welcome vaccines among us.

Allow me to briefly introduce myself to those of you that I haven't met in person. I have been serving at Immanuel for the last four years, after solo pastoring for seven years in Kentucky. Perhaps we know one another already through a Thanksgiving service at Chesterbrook or through singing carols together in the dining hall in recent years. I look forward to seeing you in person again once this COVID sheltering is over! In this season of loving one another by remaining physically distant, I share this meditation with you:

In the book of Exodus, Moses encounters God at Horeb, "the mountain of God," where God instructs Moses to remove his shoes from his feet before the holy encounter continues. We who are less accustomed to removing our shoes when we recognize that the presence of God is so near, may pause and wonder what this call to go shoeless is all about. Episcopal Bishop Michael Curry (who you may know from a certain royal wedding) has this to say about this story of faith from Exodus 3:
*"The reason Moses had to take off his shoes was not that the dirt itself was holy, but the space was made holy because God was about to tell God's story. **Whenever someone tells***

their story, you are standing on holy ground."

You, my beloved Chesterbrook Residents, hold stories in your heart that we long to hear! You who have lived rich and full lives bear stories that the world needs. You are the keepers of hope long held and upheld, of love that lasts through seasons of strife and seasons of ease, of joy which is grounded not in the happenings of the world *but in God*. You have stories to tell!



Rev. Katie Strednak Singer
Immanuel
Presbyterian Church

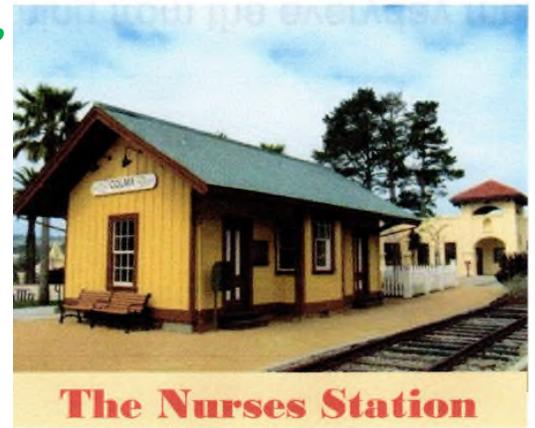
My hope and my prayer for you during this season of physical distancing is that you will seek out opportunities to tell your stories. Think about a time when love bubbled over in your heart, or what you have learned about how to cultivate hope during difficult times, and then share that with someone. Tell someone a story about a time that felt holy to you and ask them to share a story too.

Perhaps you will share with a friend, neighbor, or family member on the phone, or maybe you will reach out to one of the congregations that loves you so to request a pen pal for the coming winter and spring. I pray that you will find at least one way to share stories of your life that relate to peace, hope, joy, love, and connection with the Holy One. So many of us are eager to draw near and "remove our shoes," so to speak, listening to the ways that God's own story has unfolded—and continues to unfold—in your life!

MY NAME IS TSEDEY ADGHE. I WAS BORN ON JULY 23,

1973 in Addis Ababa the capital city of Ethiopia in East Africa (I share birthday with the king Haile Selassie the king of Ethiopia at the time.) I have lived in the DC Metro area since 1993.

I am the mother of three children: I have a 19 year old daughter and 13 year old twin boys that I am so proud of, and a 2 year old dog name Sherlock (beagle/basset hound mix) that I adopted from lucky dog.



The reason I entered nursing is after fooling around with different path in Banking/ Real Estate/Hospitality to make a career, I finally listened to what was in my heart, listened to my calling and went for nursing. I fell in love with the personal and intimate care I was able to provide as a nurse so I stuck with it. As much as I love being a nurse, when I am not working, I stay busy with my family cooking, baking, and some gardening. Whenever I find the time. I enjoy Running, playing Volleyball, Soccer, Tennis, Reading and of course shopping (now with the new normal: online).

I joined Chesterbrook in October of 2018 as a full time Charge Nurse; after about a year working; I had to change my status to part time, working only on weekends, so I can stay home with my elderly mother, In April 2020, I resumed full-time as charge nurse and was tried by the pandemic.

By God's grace and all the dedicated staff in our facility we have overcome the storm. I have now been promoted to Assistant Director of Nursing working beside all the wonderful staff.

Personal health care points:

Always keep mask on.

Avoid rubbing /touching your face.

Wash hands often.

We have hand sanitizer station throughout the building, use it often and generously.

Socialize but keep social distancing.

Dates doctors/health-care personnel arrive

Podiatrists come every two months (date TBD)

Dermatologists come once a month (date TBD)

Audiologist come every two months (date TBD)

Phlebotomist for blood work as needed (extra fee involved)



TSEDEY ADGHE

A Very Special Thank you

**To the nurses and all the healthcare personnel:
a very special thanks from all the residents at Chesterbrook
And to everyone whom we may have forgotten.**

Meet Our Chesterbrook Staff

Welcome Katie Schrum
New Admissions Associate Staff



Katie Schrum

Hi my name is Katie and I'm your new Admissions Associate Staff Member here at Chesterbrook! Before COVID hit, I worked in the events industry. I decided to switch to working here at

Chesterbrook because most of my life I have been coming to assisted living communities to spend time with my family members. So, I wanted to be part of making sure you and your families get the most out of being a resident here. When I'm not at Chesterbrook working, I spend most of my time helping raise my two godsons: Nicholas and Gabriel. When I'm not with them, I love to cook and read. I'm looking forward to getting to know everyone here at Chesterbrook!

Ridwan Pribadi
Head Chef at Chesterbrook



Ridwan Pribadi

I AM THE HEAD CHEF here at Chesterbrook. I was born in Indonesia and moved to America 21 year ago to provide for my family. I have one son and one daughter. I have been married to my wife

for more than 34 years.

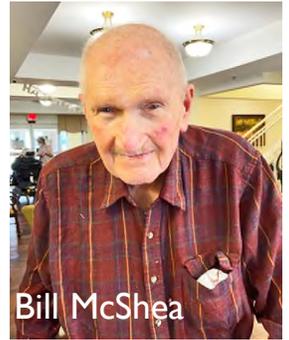
I was the Head Chef at PF Chang's in Tyson. But because I didn't enjoy working at night, I decided to make the switch and came here to work at Chesterbrook in 2008. I was promoted to Head Cook in 2010. I enjoy working here at Chesterbrook and preparing meal each day for the wonderful residents that live here.



Seasonal Serenity



A Bit O' Fun With Bill McShea



Different Ways Of Looking At Things

A little boy went up to his father and asked: "Dad, where did my intelligence come from?"
The father replied. "Well, son, you must have got it from your mother, cause I still have Mine"

"Mr. Clark, I reviewed this case very carefully" the divorce court judge said, "And I've decided to give your wife \$775 a week."

"That's very fair your honor" the husband said. "And every now and then I'll try to send her a few bucks myself."

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, "I don't like the looks of your wife at all."

"Me neither, doc," said the husband "But she's a great cook and really good with the kids."

An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years. The wizard says, "Maybe, but you will have to tell me the exact words that were used to put the curse on you" The old man says without hesitation, "I now pronounce you man and wife."

Two Reasons Why It's So Hard To Solve A Redneck Murder":

The DNA all matches

There are no dental Records.

A blond calls Delta Airlines and asks, "Can you tell me how long it'll take to fly from San Francisco to New York City?" "The agent replies, "Just a minute."

"Thank you," the blond says and hangs up.

Moe: "My wife got me to believe in religion."

Joe: "Really?"

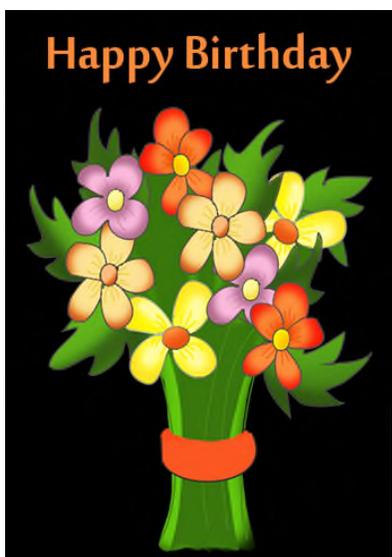
Moe: "Yeah. Until I married her I didn't believe in Hell"

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While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice. "What do you think?" I asked "Should I get a bikini or an all-in-one?" "Better get a bikini. You'd never get it all in one"

The grave side service just barely finished, when there was massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance.

The little old man looked at the pastor and calmly said, "Well she's there."



Wahiba Elsamari 1/01
Chunqing XU 1/9
Marcelina Amor 1/15
Sonia Palacios 1/18

Del Newell 1/02
Dick Newell 1/03
Richard Orndorff 1/04
Marie Davalos 1/11
Marianne Blum 1/12
Joan Dicenso 1/16
Barbara Bayus 1/16
Barbara Hiebert 1/21
Dorothy Kottler 1/25



Light
Light a lamp in the darkening time of the year.
Light a lamp for the sake of hope.
Hope sheltered in the soul will not be
extinguished.

Do not be afraid.
Be glad and rejoice even in.
The darkening time of the year.
Bring light to your own hearts.
Bring light to those waiting for liberation.
A light of healing.
A light of justice.
A light of freedom.

Ready up all hearts and minds.
The world of the past is gone.
Creation will be made new.

The love of God comes to dwell among us.
Make ready through hope.
Through hope.
Through hope.
Through hope.
Even in this darkening time of the year.
Eunice Cudzewicz, MMS



Photo by Cathie France

Resident's Interview



MY NAME IS ANN COOK I was born in 1952 in Washington DC, the second of seven children and spent my childhood growing up in

Falls Church and Arlington. I have lived here all my life. My great grandfather came here from County Galway, in Ireland in 1887 and settled in Georgetown, where he owned a liquor store and lived above the store. (I wish my family still owned that property!!!) My father was born in 1926 and my mom in 1927. Mom was a housekeeper; and raised seven kids, so she was pretty busy doing that although she did work a part time job later in our lives.



My dad worked a couple of jobs at Pepco as a Manager of Administrations supervisor; and after daytime job he went to his second job as a manager of a Giant Food Store. We kids, of course, didn't see him that much. As I said there were seven of us, I have six brothers; I was the second oldest. As most of my brothers were younger than me; I ended up taking care of them while they grew up; so now, after my accident, the tables are turned and they are trying to take care of me now.

I remember I had a very wonderful childhood; we lived in a very small, close-knit neighborhood, with lots of friends. We had a wonderful field in our backyard and I remember going out playing in the snow, playing football, and other outdoor games. We belonged to a community pool and spent our summers at the pool. You didn't have to

worry about being out late; when the street-lights came on you knew it was time to go home!

My brothers and I went to school at St. James Parish School here in Falls Church; and I went to Falls Church High School. My father also went to school at St. James: so we have a lot of history here in the City of Falls Church. I never married, came close once, but never did.

I remember my father served in the Navy at the very end in World War II, then in the Korean War; but he did not want to talk about it a lot. He did write an autobiography and I learned a lot about his Navy war days and about fighting in the Pacific. I'm so grateful he took the time to write about his life. I learned so much that about family history. I also had an uncle who was a pilot in the Navy and fought in Vietnam. I got a little bit of history from that.

I was 24 years old when I had a diving accident that put me in the wheelchair. I went on vacation to Yellowstone National Park with a girlfriend; it was dark and at night and we were at a hot springs. Now I had been a swimmer and diver all my life, but this night, I remember standing on a cement wall and diving head first through an inner tube, but the water was only 3 feet deep; I hit my head on the bottom, broke my neck and severed my spinal cord.

Continued next Page

Continued from Page 10

The worst part was we were so far away from home. I had gone to college for one year at Radford University and dropped out; and started working at a dental office as a dental assistant and decided to go to dental hygiene school. Just as I was ready to go back to school, the accident happened and those plans changed drastically.

After I got home I spent 8 months in rehab, where I learned lots of daily living skills as a quadriplegic and how to drive. I began working for the Federal Government; first for the National Science Foundation as a receptionist; then I found a job with the DOD and ended up as an administrative assistant with the National Reconnaissance Office where they do all the DOD satellite work. I didn't do the kind of work they did, but it was a very, very interesting job.

Later on, I started having some medical problems so my doctor told me, "You have 25 years with the government, so I think it's time you retired." My first chair was a push chair that I had until about three years before I retired; I continued having medical problems, so my doctor said let's go to a power chair. I have been in the chair for 43 years now. I'm paralyzed from the chest down and confined to my chair all day; I get out of bed with a sliding board and stay in my chair all day.

Although there wasn't anyone famous in my family one thing I remember is about my father and his brothers and cousins sitting around talking about the liquor store on M St. and the Irish wakes and funerals they had upstairs in the living room.

I worry a lot about what the world will be

Residents Interview

like for the children, especially global warming; I worry about the kind of planet we will leave them. As far as the issue of Black Lives Matter, to me all lives matter, we are all the same. I just wish we could all get along.

I came to Chesterbrook about a year and a half ago. I had been living in a condominium for 40 years with a roommate; when she passed away I stayed in the condominium for about another year; but it got to be too hard on me, doing my own shopping, cooking, and getting the little things I needed here and there; so we started looking for a place for me to live with the help I needed.

I was really drawn to Chesterbrook for a couple of reasons: location was a big one, being it's in Falls Church. I love this area. One of the main things that drew me to Chesterbrook was how they will work with you on a sliding scale with your salary. I was also attracted how Chesterbrook was founded by nonprofit groups. I'm very comfortable here.

The smallness of it is very important to me; many places we looked at were so large; here I get such a feeling of community and how we can get to know people. It really has the feel of family here at Chesterbrook. When we were eating in the dining room, the food here was always excellent; after Covid19 hit it was different; I know it's difficult for them delivering our food to our rooms and other things, so I look forward to when we can get back to going to the dining room; I know it will be excellent again. I hope I'll be able to spend many years at Chesterbrook.

Our Move to South Louisville

Excerpted from: *Growing Up in the South End* by Dick Bowling

By the spring of 1942, the War was on; the Depression over and Dad was away a lot working on the railroad; when he got home he could see that Mom was worn out from managing our farm at Gethsemane Kentucky, by herself, and taking care of us seven kids: Jimmy, Ben, Bob, Dick [that's me!], Earl, J. I., and Rose Marie. (Kathy was born the following year in October.)

So as soon as school was out Dad moved us to the nearby town of New Haven where Mom's parents lived.; there she could be under the watchful eye of her father, Dr. J. I. Greenwell, my grandfather. Though doctor of a small town, the American Medical Association nevertheless named him the 1952 "General Practitioner of the Year."

Dad rented a temporary home on the edge of town near the New Haven waterworks (where the bridge reached over the Rolling Fork River). "Old Lady Metcalf" (as we always called her or "OLM") owned the house and lived across the street from us. She was the mother-in-law of Charles David Mahoney, one of Dad's cousins. She had a long bank of sheds behind our house.

That spring I finished the second grade at St. Catherine School in New Haven; I had turned seven in November. Dad worked for the L & N railroad and boarded at a boardinghouse on Third Street in South Louisville; where he was thinking of buying a house.

Meanwhile, my oldest brother, Jimmy whose lifelong ambition was to make money, lots of money, began pursuing his dream that spring taking a job at Joe Thompson's grocery. He pedaled his bike around New Haven taking grocery orders; then pedaled back to the store, bagged the orders and delivered them to his customers.

The board game Monopoly had become very popular; Jimmy's close friend Sonny Kirkpatrick, had a wood-burning set; Jimmy asked Sonny to burn a copy of the Monopoly game board on a piece of plywood, since we couldn't afford the game ourselves. When finished it looked very professional; we had lots of fun playing Monopoly that winter.

Jimmy had been thinking about what to get Mom for Mother's Day that spring. A number of cheese makers used to ship their cheeses to stores in wooden boxes; when Jimmy saw a pile of the rectangular boxes discarded at Joe Thompson's, he knew exactly what gift to get her. He asked Mr. Thompson for four boxes; took them home to one of the sheds, nailed them together, one across the bottom; one across the top and two for the sides; painted it bright red and presented it to Mom. She loved it so much she took her new 'what-not' with her wherever we moved.

[Continued next month]



**The Editor's
HANGOUT**



Dick Bowling,