

# Foulke —WAYS

Volume LIII

No. 4

April 2020

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The Bulletin

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The news and  
views of residents  
of Foulkeways  
at Gwynedd, Pa.

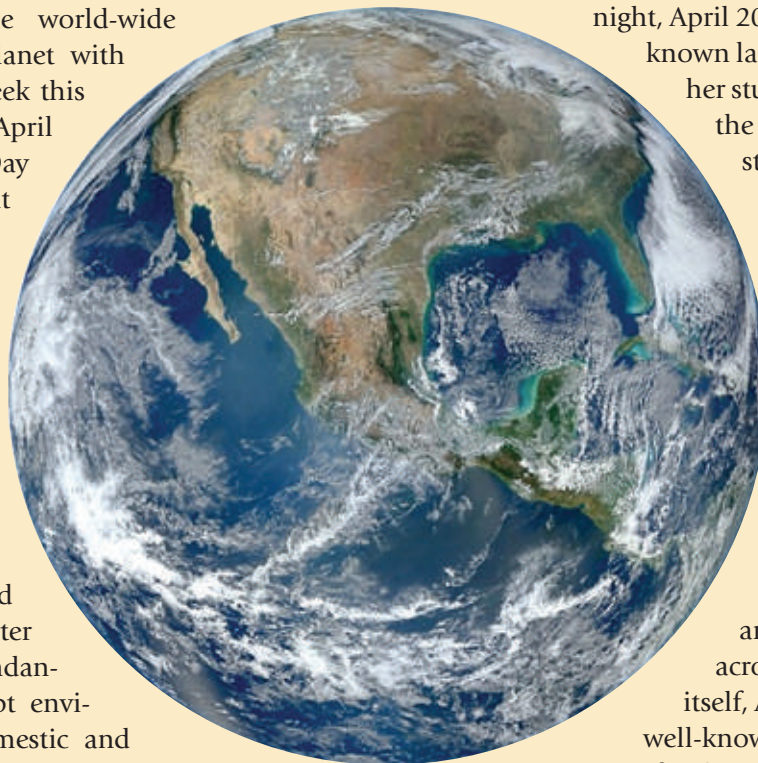
## Earth Week's 50th Anniversary

Foulkeways will join the world-wide movement to save our planet with its celebration of Earth Week this month. Fifty years ago, on April 22, 1970, the first Earth Day was celebrated. The event was founded by Wisconsin Senator Gaylord Nelson, who, engaging the civic energy from Vietnam War protests, inspired our country to demonstrate for a healthy and sustainable environment. Ten percent of our country's population took to the streets. That energy spurred the passage of the Clean Water Act, Clean Air Act, and Endangered Species Act and kept environmentalism on the domestic and international political agendas.

The Earth Day Network, organizers of this year's event, have set the theme of "Climate Action," pleading that "creativity, innovation, ambition, and bravery [are needed] to meet the climate crisis and seize the enormous opportunities of zero-carbon emissions." The organizers hope to engage a billion people world-wide in transformative action for the life of our planet.

Our Foulkeways community can honor that plea. With purposeful education and motivational strategies, we can think wisely about decreasing our personal and community-wide carbon footprint.

Five years ago Foulkeways expanded Earth Day to include a week of programs. This year the week of celebration has climate change as its "bookends." On Monday



night, April 20, Diane Burko, a well-known landscape artist, will show her stunning photos of changes in the Arctic landscape to tell her story of becoming a passionate environmental activist. On Saturday evening, April 25, the movie committee will show a well-received documentary, "Before the Flood," narrated by Leonardo DiCaprio, that shows the destructive effects of climate change and what we can do to prevent the demise of endangered species, ecosystems, and indigenous communities across the planet. On Earth Day itself, April 22, Doug Tallamy, a well-known biologist from the University of Delaware, serving as the week's keynote speaker, will highlight how birds and many

*(continued on page 7)*

The pandemic of the coronavirus, COVID-19 challenges all the people of the world. Thank you for keeping your neighbors and yourself safer by staying apart. Thank you to those who have created new policies, guidelines, and meal services. While we are "socially distancing" to minimize contagion, let's savor reading about the events planned by so many residents, even though they may be cancelled for our own protection.



Virus Image by Alfred Pasiaka/Science Photo Library



## Making Insects: Restoring the Little Things that Run the World

Wed Apr 22

Auditorium at 7

Doug Tallamy, our keynote speaker for Earth Week, will discuss the importance of insects in the web of life for birds and virtually all animals. Insects depend on native plants and convert them into food for other living things. In our gardens and landscapes, we can create ecosystems that sustain ourselves and the life around us, while reversing insect declines. Tallamy is a professor at the University of Delaware in the Department of Entomology and Wildlife Ecology. His books are *Bringing Nature Home*; *The Living Landscape*, co-authored with Rick Darke; and *Nature's Best Hope*. Sponsored by the Environmental Stewardship and Grounds Committees.

— Edie Parnum



Doug Tallamy

## Earth Day 50 Years Ago



Members of Penn community banded together to celebrate the first-ever Earth Day.

Courtesy of the Earth Week Committee of Philadelphia



Earth Day, 50 years ago on Belmont Plateau, Philadelphia.

## How to Garden Using Native Plants

Mon Apr 27

Beaumont Parlor at 2

Do you want to attract birds, Monarchs and other butterflies, and important pollinator insects to your patio garden? Edie Parnum will conduct a workshop during which she will discuss the value of selecting and using native plants; choosing the site and preparing the soil; and planting and maintaining the garden. Sign-up will be posted in the mailroom. Participation is limited to 20 people.

— Paula Cell



Hummingbird on Phlox

Edie Parnum



# **EARTH WEEK CELEBRATION, 2020**

*Presented by the Environmental Stewardship Committee*

Additional  
Information:

See page 4

**Mon Apr 20**  
*Auditorium at 7*

**Speaker: Diane Burko**  
**"From Landscape Artist to Environmental Activist"**  
*Sponsored by the Education and Current Issues Committee*

**Tue Apr 21**  
*Picnic grove at 8*

**Bird and Flower Walk**  
Stroll with Edie Parnum and Marty Wilcockson to see the great variety of spring birds and flowers on our campus. Wear sturdy shoes and bring your binoculars. Several loaner binoculars will be available.

*Activities Room,  
Abington House  
at 10:30*

**Wildflowers Inside** A program for Abington and Gwynedd House residents. Others are welcome.  
Led by Donna Wilhelm and Dee Kruschwitz.

**Wed Apr 22**  
  
*Dinner, 5-6:30  
Main dining room  
  
Auditorium at 7*

**Earth Day**  
  
Special spring menu featuring foods from local sources.

**Thu Apr 23**  
*Art room 9-12*

**Keynote Speaker: Doug Tallamy** See page 2  
**"Making Insects: Restoring the Little Things that Run the World."**  
*Sponsored by Environmental Stewardship Committee and Grounds Committee*

**Fri Apr 24 at 10**

**A (Very) Short Introduction to Botanical Painting** See page 5  
**– A How-to Workshop**, presented by Linda Gist  
*Enrollment limited to first 12 people who sign up.*

**Sat Apr 25**  
*Auditorium 7*

**Film: "Before the Flood."** Leonardo DiCaprio travels the world to witness impacts of climate change and offer solutions.

**Apr Lobby Art**  
*Exhibition*

**"The Wonder of Discovery** See page 5  
**– Passion and Precision in Botanical Art."** Featuring the work of four botanical painters: Carol Ashton-Hergenhan, Keiko Nibu Tarver, John Gist, and Linda Gist.

**Mid-Apr to Mid-May**  
*Library, 2nd floor*

**Book Display: Wildflowers, Birds, and the Landscape**





## Education and Current Issues

### High Times and Corruption in Atlantic City 1850-1950

Thu Apr 2

Auditorium at 7

Thanks to the construction of a connecting railroad, this barrier island's population grew in the period 1850 to 1890 from one family to 30,000 residents. Atlantic City would soon be known as "The World's Playground." Corruption accompanied this growth. Its political bosses transformed the city from a beach village to an internationally known resort. Various factors led to a decline in Atlantic City's popularity: the end of Prohibition, the Depression, World War II, the availability of the automobile, and the successful prosecution of AC's criminal leaders. This talk is by Foulkeways resident Bill DelGesso.



### Climate Change Photos by Diane Burko

Mon Apr 20

Auditorium at 7

Diane Burko will tell us how she evolved from a landscape artist to an environmental activist collaborating with marine biologists, glaciologists, and other researchers around the world on how climate change is affecting our planet. An experienced lecturer, she will present personal anecdotes as well as images of melting glaciers, reef degradation, and her most recent expedition to Chile. Diane graduated from Skidmore College with a BS in Art History and earned her MFA from the University of Pennsylvania.

### Childhood Isn't What It Used to Be

Thur April 30

Auditorium at 7

In this presentation, resident Vivian Rosenberg will explore changing views of childhood. Drawing on sociological and historical studies and literature, she will compare the past and present, highlighting significant differences in the modern era, not only in ideas about children, but also in the actual reactions of children to adult expectations. Vivian, a retired Drexel University professor, majored in philosophy at Wellesley College and received her PhD in history of ideas from Brandeis University.

### It Takes a Community to Care for Someone with Dementia

These sessions will provide Foulkeways residents with a basic understanding of dementia and practical knowledge regarding how to engage with, communicate with, and understand affected individuals, and to support caregivers and our community. For more information contact Alice Stein.

Mon Mar 30

Auditorium 11 to 12

Session 1: Mary Knapp and the Health Services Team

Fostering an environment for meeting the individual needs of the resident. We will discuss all the interventions we use in dementia care at Foulkeways.

Mon Apr 13

Auditorium at 7

Session 2: Cherian Verghese, MD and Foulkeways Staff

Creating a Future of Hope Through Research. Understanding Dementia: Current Trends and Clinical Trials. Dr. Verghese is Board Certified in Psychiatry and Neurology. He is an expert in the field of clinical research in diseases of the central nervous system in the Philadelphia metropolitan area, with 90 trials under his supervision over the last 30 years. Find further information at <http://keystoneclinicalstudies.com/about-keystone-clinical-studies/principal-investigator/>

Mon May 4

Auditorium 11 to 12

Session 3: Mary Knapp and Health Services Team

Fostering a Supportive and Caring Community: case examples and approaches.

### The Great Odes: Keats, Shelley, Wordsworth, Coleridge

Three Thursdays

Jenkins Parlor 10 to 12

Apr 23, Apr 30, & May 7

Spring poetry classes by Parvin Sharpless. Discussion of the famous poems that are the origin and basis of the modern lyric style.

*Heard melodies are sweet, but those unheard  
Are sweeter; therefore, ye soft pipes,  
play on...*

from Keats' Ode on a Grecian Urn



**Mon Apr 20**

**9-2**

Join us for a trip to Robbinsville, New Jersey (less than an hour away) to visit one of the largest Hindu houses of worship in the U.S. This stunning temple was carved by master craftsmen in India and carefully assembled by nearly 3,000 volunteers in New Jersey. Our visit will include a short video and guided tour as well as the opportunity to witness an Arti light ceremony. We'll enjoy lunch on site in their vegetarian café at our own expense.

We will be required to remove our shoes, and those who choose to attend the 15-minute Arti will have to either sit on the floor or stand to the side, men in one area and women in another.

For details and sign-up sheet, see the bulletin board in the mailroom. The temple is wheelchair accessible.

— Phyllis Taylor



## **Washington Crossing Historic Park** **Fri Apr 24**

We'll go on a springtime tour of the historic village and museum at Washington Crossing Historic Park. Bring your own lunch for a picnic following the tour. Details and sign-up posted in the mailroom.



Expanding the celebration of Earth Week to the whole month, the April Lobby Art exhibition will feature the work of four botanical painters: Carol Ashton-Hergenhan, Keiko Nibu Tarvar, and our own residents Linda and John Gist. The artists, all of whom have been inducted into the American Society of Botanical Artists, are fascinated by plants and with the whole world.

— Chris Clayton

## **A (Very) Short Introduction to Botanical Painting**

**Thu Apr 23**

**Art Room 9-12**

Linda Gist is inviting residents to participate in this three-hour class. Enrollment is limited to the first 12 people who sign up.

Ivy

Linda Gist



Elaine Jenkins in the lounge outside the main dining room.





Every week or so, I check the SUGGESTIONS BOX just inside the Library door and am often disappointed to find no note about a novel someone is dying to read. I can't promise we will buy any book you suggest, but I will carefully consider it, especially if you tell me why I should.

If you would like to suggest that we consider, let us say, more police-procedural, sci-fi novels, historical fiction, or bitter satires, I would like to know that too. Any suggestions for nonfiction I will pass on to Bill Seltzer's committee.

Nothing pleases us Library lovers more than to discover that a JUST RECEIVED book has flown off the shelf—again! If there is one you particularly enjoyed or were moved by, or wondered why we bought it, please let us know. I will lead the way with my response to one of our new novels, *Dear Edward*, by Ann Napolitano. After a terrible accident, Edward is the twelve-year old sole survivor of his immediate family. He slowly learns who and what he needs to help him find his way in an unfamiliar world. Napolitano has a profound understanding of despair in the face of terrible loss and an appreciation of the unexpected sources of strength and resilience.

— Polly Leshan

A daring young man on a flying trapeze?  
Tree removal from section H at Foulkeways.

Alice Stein



## Where Were You on that first Earth Day.

Here's where some of us were on that first Earth Day.

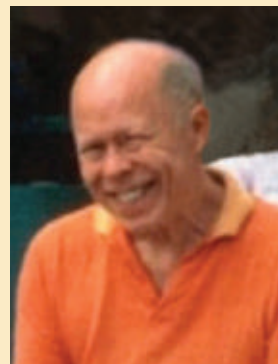
Interviews by Emilie Harting

**Andy Anderson** was in his second year of medical school and was in a pediatric rotation under our Foulkeways resident, Bill Mebane.

**Betty Anderson** was working as an architectural illustrator. She and Andy were raising two children, ages two and six.

**Richard (Dick) Bansen** was working for the City of Philadelphia Police Department as assistant director of administration. People planted trees and sang protest songs a lot.

→



**Harry Brooks** was married with twin sons, working in Levittown and getting an MBA at Temple at night. He wore sideburns and had bell bottoms.

**Dottie Campbell** was teaching student nurses at Bryn Mawr Hospital. She had one daughter and lived in an apartment on Route 202.

**Ann Davidson** was at California State University Long Beach, where the whole campus was celebrating Earth Day.

**Donna Haney** was living in a pre-Revolutionary house on five acres and working at the University of Connecticut. Here for 21 years, she has loved her great views from a second story L apartment. It's all like Earth Day.

→



**Ellen Marsh** fuzzily recalls sorting her recently deceased father's possessions in Manhattan and Santa Fe, and arranging a memorial for him at the Society of Illustrators.

**Nancy Neiman-Hoffman** was living in Washington. She was working at the Pastoral Counseling Center while her husband was a pastor at the United Church of Christ. They had a 22-month-old.

**Marcia and Al Paschkis** were raising four children in a wooded area in Lower Gwynedd Township. Their teenage children went to Earth Day rallies in Center City Philadelphia.

**Deborah Pirie** was at the University of Wisconsin; the campus was closed because protests against the Vietnam War were becoming violent.



# n April 22, 1970?

## re and what we looked like

**Meredith Rapp** was a nurse, single, → and working two jobs to make ends meet; salaries for nurses were really low in those days. She had no time to think of Earth Day.



← **Hadley Robertson**, having moved because of her husband's job change, attended the Pennsylvania Academy of Fine Arts, and was on a new career path: designing and painting greeting cards.

→ **Lorna Sohn** was back and forth between two jobs, raising her children and working as an elementary school counselor. There was no time for Earth Day activities.



← **Mary Virginia Stieb-Hales**, who went through seminary but decided not to be ordained, was living in Manhattan and working in education and administration at the Interchurch Center on Riverside Drive.

→ **Anne Todd** had travelled up the Niger River to Timbuktu, Mali, during vacation time from her Peace Corps work as a health educator in West Africa. Word of Earth Day did not reach her.



(continued from cover)

other creatures depend on insects. Dining Services will provide a celebratory meal with food that is locally grown.

Besides the stark reminders of what is happening to our planet, other activities will engage us with nature at Foulkeways. We can participate in a bird and flower walk and attend a workshop on how to draw the plants that we enjoy. The Lobby Art Exhibit will feature botanical drawings and the Library will help you find beautiful books about plants and birds. Please join the celebration of our little piece of the world with the planners, the Environment Stewardship and Grounds Committees.

— Paula Cell

## Free Live Streaming Web Cameras

Some of us were introduced to a couple whom Chris Fisher knows. Now you can also meet them. They are the Hanover, Pa. eagles, who may be seen by live web cams positioned in the tree where their nest is. The female is vigilantly watching the surroundings, while keeping their two eggs warm.



Here's where to watch the eagles and a growing owl family: Google "Hanover Eagles," or [hdontap.com/index.php/video/stream/hanover-bald-eagle-nest-live-cam](http://hdontap.com/index.php/video/stream/hanover-bald-eagle-nest-live-cam).





## Nature at Foulkeways: It's Ours! Counting the Winter Birds at Foulkeways

A census of birds was conducted February 14-17, over Presidents' Day weekend. Nine Foulkeways residents participated in Cornell University's Great Backyard

Bird Count, a world-wide citizen science project to survey birds and study their population fluctuations. On the first



day, February 14, we tallied 17 birds during our 1 3/4-hour walk around campus and then submitted the data to Cornell. During the next three days, I conducted the census on my own and added nine

birds for a total of 26 species. The lists of birds are posted on "Our Nature Scene," the bulletin board across from the bank in the Community Center.

Although it was mid-winter, we detected a few signs of spring. Because the birds knew the days were getting longer, they sang enthusiastically. Two courting mourning doves sat side by side and performed a cooing duet. Red-tailed hawks, already paired, flew overhead around their territory. A male red-winged blackbird had arrived from the south to scout a breeding territory.

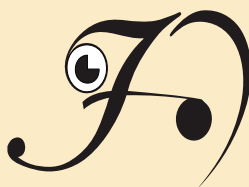
We had a question about our bird population. Why were Carolina chickadees and tufted titmice so scarce? Even with nine pairs of eyes looking in the woods, shrubs, and at feeders, we saw neither of these species the first day. The next three days I saw no more than three chickadees and two titmice. Other bird censuses in our area report low numbers, too. We hope Cornell ornithologists can figure out why these common birds are declining. Habitat loss and pesticides are certainly factors. Here at Foulkeways these birds may not find enough insects, especially the caterpillars they need to feed their young. Invasive plants have crowded out the insect-hosting native plants. We hope for answers and solutions.

— Edie Parnum



Morning Dove (*Zenaida macroura*)

Quyn Tran



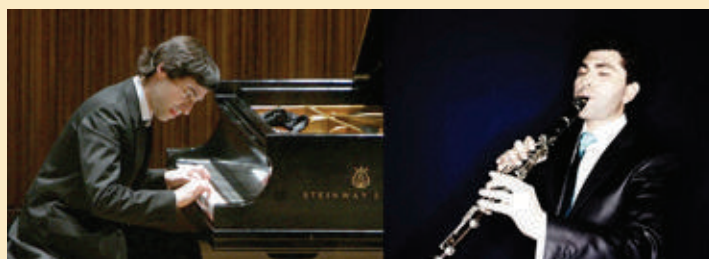
## Performing Arts Events Auditorium at 7

**Tue Apr 7 Cynthia Raim, piano**

Ms. Raim is an extraordinary pianist and a Foulkeways favorite, having appeared here regularly for many years. A graduate of the Curtis Institute of Music, she has won numerous awards and prizes, including the coveted First Prize in the Clara Haskill International Piano Competition in Switzerland. She has been acclaimed for her concerto, recital, and chamber music performances throughout the U.S. and abroad. She appears frequently in the Philadelphia Chamber Music Society's concert series and as a faculty artist at Marlboro.

**Tue Apr 21 Rachmaninov Trio (piano, flute, and cello)**

Luba Agranovsky, piano, is a graduate of the Gnessin Russian Academy of Music and the winner of numerous Russian piano competitions. She has made highly successful appearances with Israeli orchestras and made numerous recordings for Israel radio and Israel TV as a soloist and chamber musician. Dmitri Kasyuk, flute, served as co-principal flutist with Moscow Opera and Ballet Theatre and principal flutist with the Moscow Chamber Orchestra. Mr. Kasyuk was a guest flutist with La Scala Theatre Orchestra for its European tour, conducted by Riccardo Muti in 1989. Robert Cafaro, a New York native, studied with Lorne Munroe and William Stokking and is a graduate of the Juilliard School, where he won the Juilliard Cello Concerto Competition in 1979. He joined the Philadelphia Orchestra in 1985.



**Fri Apr 24 Igor Begelman, clarinet, and Yoni Levyatov, piano (Allegro)**

Clarinetist Igor Begelman's combination of virtuosity and imagination on his instrument has been praised by critics as a "remarkable display of music making" and have earned him an impressive list of prizes, engagements, and honors, including the Avery Fisher Career Grant awarded to outstanding American artists. Yoni Levyatov, a Russian-born Israeli pianist and composer, made his recital debut at Alice Tully Hall at Lincoln Center and his New York concert debut under the baton of Philippe Entremont. His compositional oeuvre includes works for solo instruments, chamber ensembles, and orchestra.

— Evelyn Willis



## Memorial Services

When a resident passes away, the administration provides information to the next of kin about the Memorial Services Committee. One of the dozen members of the committee will speak with the family and ask if they would like a service or celebration. The person listens to the family's concerns and wishes, trying to help them envision the service they want. Some choose to have a service elsewhere, but about half to two-thirds want a gathering at Foulkeways. Members of the committee are behind-the-scenes people, akin to theater directors, who help the family with planning and details. The committee can greet and guide guests, encourage guests to sign a memorial book, help with seating, and hand portable microphones to those who wish to speak.

A service may take many forms. Some are traditional, led by a member of the clergy. Others are non-religious celebrations of life. Many take the form of a traditional Friends meeting. The auditorium can be configured in various ways to suit the number expected and the form of the service, or parlors and smaller rooms can be used for more intimate gatherings. Sometimes music, vocal or instrumental, live or recorded, is added. Pictures and memorabilia of the deceased may be arranged on tables or easels; family videos may be shown. The committee recommends a service of approximately an hour with a preference for weekend afternoons at 2 p.m.

The family and friends of a resident who loved tap dancing chose to celebrate his life with a party after videos of Valentine Shows in which he performed. One resident, who was known for her dedicated work on our

*(continued on page 11)*

## Remembering

How close have you been to a black bear in the Poconos? How many Tonton Macoutes—Papa Doc Duvalier's ruthless paramilitary militia—have you known? And how many times have you sung Ethel Merman's songs on stage? Come to the Remembering program on Tuesday, Apr 14 at 7 in the auditorium and enjoy three of our residents sharing some of their life experiences with us. Donna Haney, Margot Born, and Wesley Shirk should keep you on the edge of your seat. Mark your calendar and come early for a good seat.

— Bill Mebane x 7188



Clockwise from upper left:  
Donna Haney; Margot Born;  
Wesley Shirk



*Living is like tearing through a museum. Not until later do you really start absorbing what you saw, thinking about it, looking it up in a book, and remembering - because you can't take it all in at once.*

— Audrey Hepburn

## He Does Talk to the Animals!

Our resident Clint Ely took six trips to Russia, where he taught English in public schools. When he returned he developed an interest in using stuffed animals to entertain. He visited Bryn Mawr and Lankenau hospitals, freely sharing his animals with the patients, who welcomed the respite from hospital routine. He eventually accumulated about thirty stuffed animals, giving them each a unique name. He continues to enjoy their company. He laughingly confides that he talks to them all the time.

— Carol J. Jacques



Clint Ely is holding Rosie the pig and Cedrick the alligator

Carol Jacques

## THE BARN

The Barn is Foulkeways' extensive resale shop, where donated furniture, household goods, electronics, CDs, and more are offered for sale. Sales are held bi-weekly from April through October, and are open to the public. Many items are on the Barn's web site: [foulkewaysbarn.blogspot.com](http://foulkewaysbarn.blogspot.com).

APRIL		
THURS	2ND	9AM – 1PM
THURS	9TH	9AM – 1PM
SAT	11TH	9AM – 1PM
THURS	23RD	9AM – 1PM
SAT	25TH	9AM – 1PM
MAY		
THURS	7TH	9AM – 1PM
SAT	9TH	9AM – 1PM
THURS	21ST	9AM – 1PM
SAT	23RD	9AM – 1PM
JUNE		
THURS	4TH	9AM – 1PM
SAT	6TH	9AM – 1PM
THURS	18TH	9AM – 1PM
SAT	20TH	9AM – 1PM
JULY		
THURS	2ND	9AM – 1PM
CLOSED ON JULY 4TH		
THURS	16TH	9AM – 1PM
SAT	18TH	9AM – 1PM
THURS	30TH	9AM – 1PM
AUGUST		
SAT	1ST	9AM – 1PM
THURS	13TH	9AM – 1PM
SAT	15TH	9AM – 1PM
THURS	27TH	9AM – 1PM
SAT	29TH	
SEPTEMBER		
THURS	10TH	9AM – 1PM
SAT	12TH	9AM – 1PM
THURS	24TH	9AM – 1PM
SAT	26TH	9AM – 1PM
OCTOBER		
THURS	8TH	9AM – 1PM
SAT	10TH	9AM – 1PM
FRI	23RD	9AM – 1PM
SAT	24TH	9AM – 1PM

## Settling In

As a cub reporter for the Bulletin, I set out to interview four recently arrived residents to learn about their first impressions of Foulkeways and how well they are settling in. It's hardly a Gallup poll, but I can report a few conclusions. These "freshmen" are happy to be living among so many talented and interesting fellow residents. They are generally pleased with their apartments and the surrounding grounds, and they cite real appreciation and admiration for Foulkeways staff, from servers to maintenance workers to those in marketing, to nurses in Gwynedd, to top management.

All four had some friends here before they came, but they did consider other retirement communities before choosing Foulkeways. All came from the greater Philadelphia area.

**Paul Taylor**, a retired electrical engineer, arrived in January 2020. He was particularly pleased by the way in which the Marketing staff and his sponsor helped him settle in. As of the time of our interview, he had not yet joined any committees, but is thinking of the computer committee. Paul had read most of the Blue Book before committing to Foulkeways and felt well prepared. Surprises? "Well," he says, "the temperature in my apartment varies from one place to another. I hope to understand whether there's a simple fix for it." Then there is the surprising cardinal who keeps tapping at his window, ignoring all stratagems to discourage it. The cardinal seems to be a problem that has no engineering solution.

**Linda London**, a retired teacher whose husband of 60 years died in 2017, arrived at Foulkeways in September 2019. All of her surprises are agreeable ones: the attractive physical environment; the friendly people, both residents and staff; and just in general how easy it is to live here. Although she is conscious of now being part of an "institution," she says she couldn't be happier (even though, in truth, she had hoped for a sunroom, which her apartment lacks). Linda has joined the chorus and the trips committee.

**Elizabeth Kelly**, a retired teacher, and **John Lauffer**, a retired attorney, arrived in April 2019. Elizabeth had served as a companion for a Foulkeways resident for ten years after ending her teaching career. That gave her a very positive view of this place, especially of the care offered to those most in need. She had little difficulty convincing John that Foulkeways was the place to be. Strongest first impression: "wonderful people." Elizabeth does miss cooking (unlike most residents!) and using her own favorite recipes. Both she and John miss more spacious offices; they are now rubbing shoulders in a den. But that doesn't detract from their overall satisfaction with Foulkeways. Elizabeth has done some "retail" work in the Gift Shop and the Barn, and she works out every day at the Fitness Center, while John continues to visit a nearby YMCA.

— Ken Ford



Mind over matter

An article with this title by neuroscientist Daniel L. Leviton appeared in the January 10 issue of the New York Times. Forgetful resident Anne Seltzer sums it up for us.

Here at Foulkeways, most of us experience little memory slips every single day. Why did I just walk into the other room? Why am I standing here staring into my closet? What was I just going to say? What was his name again? Wearing name tags the first week of the month helps, but so do our friends' reassuring words when these kinds of things invariably happen.

As we all know, short-term memory is the content of your thoughts right now, including what you intend to do in the next few seconds, and it's easily disturbed or disrupted by any distraction. With every passing decade from 30 on, it declines slightly. This is perfectly normal.

But guess what? Dr. Leviton says age isn't the major factor, as commonly assumed, but rather how we describe this kind of forgetfulness. When it happens to young people, they think, "I've got a lot on my plate right now" or "I really need to get more than four hours of sleep." Older people tend to observe these same events and think, "Oh dear, this must be early-onset Alzheimer's."

It's not that Alzheimer's and dementia-related memory impairments aren't real and profoundly difficult, but not every lapse of short-term memory indicates a biological disorder. A 2018 study showed that in the absence of brain disease, adults show little or no cognitive or memory decline beyond age 85 to 90.

If you're going to get an X-ray, you want a 70-year-old radiologist reading it, not a 30-year-old one. Some aspects of memory actually get better with age and experience—things like extracting patterns and regularities and making accurate predictions. The full article may be found at [nytimes.com/2020/01/10/opinion/Sunday/age-memory](https://www.nytimes.com/2020/01/10/opinion/Sunday/age-memory).



Forsythia in Greenleaf area Anne Todd



Monday hikers, Carol McGuckin and Tigger Ruth Elder

(continued from page 9)

landscape and gardens, chose to have her service in the picnic grove behind the Fitness Center. Others who hold an off-campus religious service may follow up with a reception for Foulkeways friends afterwards. And residents from a particular neighborhood have been known to arrange a celebration of life for someone with no known family.

Committee Chair Gretchen Hall spoke with particular appreciation for the dedicated service of the Auditorium Committee and the Foulkeways staff for their help with so many of the details that make the services run smoothly.

— Emilie Harting

Changes

Moves

John & Carol Durham	F-1 to D-114	7227
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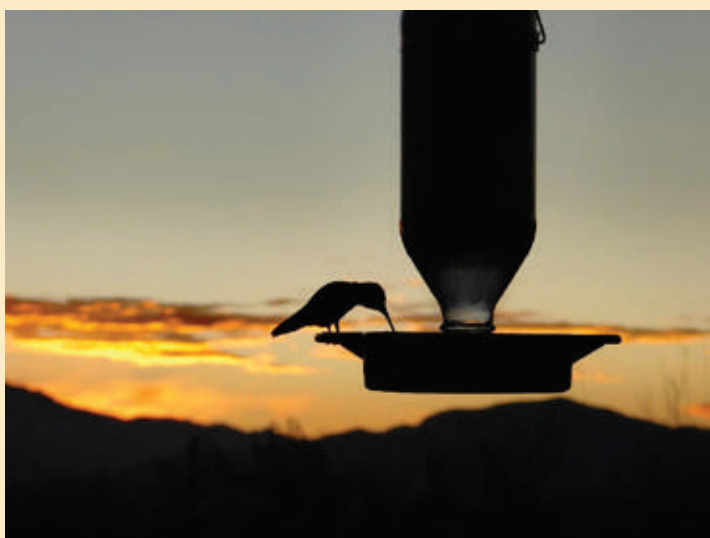
In Memoriam

Elizabeth "Betty" Murray	February 29
Barbara Mohrbacher	March 4
Letty Piper	March 7
Clementine Carroll	March 11

### Foulkeways Bulletin

**Foulkeways at Gwynedd**  
**1120 Meetinghouse Road**  
**Gwynedd, PA 19436**  
**(215) 643-2200**

**Return Service Requested**



Sunrise over the Catalina Mountains, Tucson, Arizona

*David Long*



Circle Repaired

*Jay Fuhrman*

## MOVIES

### April Movies

**6:45 in Auditorium (unless noted otherwise)**

**Selected by Herman Ehret**

Wed	Apr	1	Shane
Sat	Apr	4	Wages of Fear (6:30 start)
Wed	Apr	8	The Last Laugh (7:00 start)
Sat	Apr	11	Night and Day (6:30 start)
Wed	Apr	15	Secret of Roan Inish
Sat	Apr	18	Local Hero
Wed	Apr	22	NO MOVIE due to Earth Day Presentation
Sat	Apr	25	Before the Flood (for Earth Day)
Wed	Apr	29	All Quiet on the Western Front (6:30 start)

### Foulkeways Bulletin Committee

The Foulkeways Bulletin is published monthly, September through May.

Editor: Anne Todd

Molly Diamond, Ken Ford, Emilie Harting, Judy Inskeep, Jenny Stanton.

Photographers: Don Griffin, Lois Pan, Anne Todd

Articles provided by Foulkeways residents and FRA Committees.

Deadline for submission is the first of the month prior to the issue to be published: August 1 for September issue, for instance. Extra consideration will be given to articles submitted in the weeks before that deadline as space allocations are made earlier than the actual deadline.

Please submit materials to [bulletin@foulkeways.net](mailto:bulletin@foulkeways.net)

The Foulkeways Bulletin Committee reserves the right to edit materials for space and style.

If you wish to receive the Foulkeways Bulletin by email, contact [Brian\\_Kersey@foulkeways.org](mailto:Brian_Kersey@foulkeways.org)