



# FALCONS LANDING

# News

February 2012

## Our 15th Year and Beyond—Upgrades Underway



Bay Windows

The Johnson Center Nursing Care Units

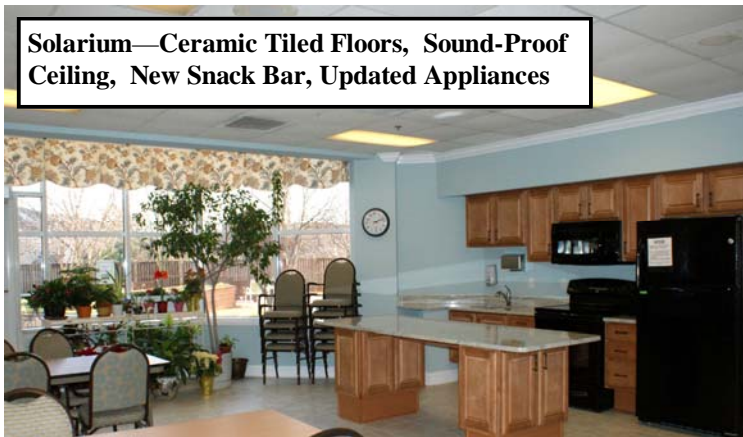
European Shower



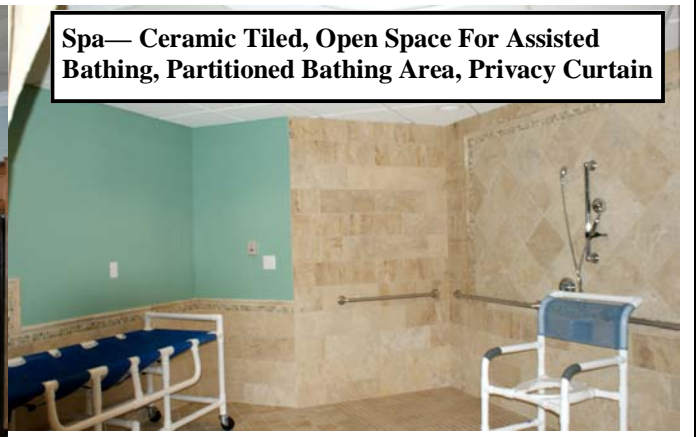
Closet & Flat Screen TV



Bathroom With Modern Fixtures



Solarium—Ceramic Tiled Floors, Sound-Proof Ceiling, New Snack Bar, Updated Appliances



Spa— Ceramic Tiled, Open Space For Assisted Bathing, Partitioned Bathing Area, Privacy Curtain

## Falcons Landing is Upgrading

~ Article by Bebe Rice & Ray Zogran, Photos by Ray Zogran

Now in its 15th year, Falcons Landing is moving to the future with a series of upgrades and improvements to its homes, apartments and nursing facilities. Many of these projects have been and are directed at improving outdated accommodations, and others are in response to modernization trends, as evidenced by observations and questions by prospective residents. Because the scope of work in each of the three principal areas is quite extensive, the *Falcons Landing News* will present a summary of the activities in each area, in separate editions. In this issue, the emphasis is on The Johnson Center, particularly, the Nursing Care Units (plans are underway for upgrades to the Assisted Nursing Units). Future issues will cover the homes and apartments.

### Nursing Care Units—

- All 60 units (including two semi-private rooms) will have been upgraded this month:
- European-style shower bathrooms, designed to facilitate assisted bathing, fully ceramic tiled, recessed medicine cabinet (see photo on front page and below)
- Sliding barn door to bath, with wall shelving provided
- New storage chest, clothes closet, locking medicine cabinet and 30-inch flat screen TV (photo on front page and below)
- Bay windows with seat, constructed of double glass panes to minimize heat loss and outside noise, with adjustable Venetian blinds between panes
- Diffused lighting reflected from ceiling
- Pleasant, soothing wall colors
- Overhead bed recessed light
- Noiseless heating/ventilation units, designed for easy maintenance, creating slight negative pressure in rooms to minimize spread of air-borne contaminants



**The Alexandria (Duplex)**  
**Master Bathroom**  
**Double Sinks**



**Master Bedroom**  
**Bay Windows**



**The Lexington**  
**(Apartment)**  
**1950 Square Feet**

# Council Corner

~ Dave Johnson, President, Residents' Council



We, the Residents' Council, need your help! Our focus this year is to improve communications between residents and staff.

The Vision Statement for Falcons Landing is: "To be unsurpassed for retirement living, where every resident enjoys life to the fullest." Neither the AFROC Board nor Falcons Landing Staff can properly meet the above objective unless we, the residents, make our thoughts known. Your 2012 Council is working to improve this, but we also need your suggestions and thoughts.

In a like manner, we feel that the Board and Council need to be more visible to the residents. Our staff is quite available to us, but in most cases is getting feedback from only a small segment of our residents. We would like to see more residents involved.

Hopefully, one way we communicated in January with our staff and board was to complete the Residents Satisfaction Survey by Holleran.

In the coming months we are planning to allow some time during the monthly Council meeting for individual residents to bring items of concern or questions regarding Falcons Landing. We would request that you put this in writing and speak at the Council meeting. Contact any Council member if you wish to be in on a future Council meeting.

It is possible we may also arrange for small group discussions with one or more Council members to address issues of interest.

One last item: we recommend that you make an effort to read the Council minutes located in the Library.

You can make a difference!

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## President's Achievement Award Winner for December 2011—Dercy Climaco

~ by Lisa Partridge



Dercy Climaco has been an employee at Falcons Landing since 2004. She began as a housekeeper, and then joined the dining wait staff in 2005. She was promoted to Soda Shoppe Attendant in 2009.

Dercy greets all of her customers with a smile, whether they are residents, staff or visitors. She provides exemplary customer service and always goes the extra mile for our residents. Her service is prompt, and she often anticipates residents' requests before they ask. She patiently deals with last minute catering requests, and is capable of juggling all of her responsibilities with grace and efficiency.

Congratulations to Dercy on being the President's Achievement Award winner for December 2011.

## Employee Holiday Gift Fund 2011 Over the Top

~ by Jack Scharfen

Residents of Falcons Landing again demonstrated their gratitude to Falcons Landing employees for their dedicated service and friendship through their contributions to the Employee Holiday Gifts. The gifts were presented prior to the 2011 Christmas holidays. Over ninety percent of the residents contributed to a fund with a value that was in excess of two hundred thousand dollars. Donations contributed late in the campaign will be carried over to the 2012 gift fund. Following are some of the Fund figures:

Donations received:	\$145,101.65	through check donations during November-December 2011
	\$ 500.00	early check donation received before the drive
	\$ 53,663.00	monthly donations through the Finance Office
	\$ <u>15,822.60</u>	from a carry forward fund collected in 2010
	\$215,087.25	total from all sources

The gifts given to the approximately 325 employees in 2011 exceeded those given in 2010. The average gift was about \$600. The largest gifts of \$980 were made to three people. No eligible recipient received less than \$20.00.

**Gordon Wilson, Peter Plante and Bob Yowell**



**Joan Sweeney and Mary Frankenfield**



The Assistant Treasurer received a note from a non-resident donor, Cynthia Bishop, which accompanied her donation and is quoted in part below:

*I am the daughter of longtime residents of Falcons Landing. My father ... died June 28 2011. My mother...died November 13, 2011. They had many good years living at Falcons Landing and the attentive staff helped to keep them comfortable....*

*The family appreciates the services provided by the staff, many of whom were special friends of my parents and went beyond the usual duties to assist them in making their days brighter.*

The Council Treasurer cited with gratitude the assistance given to the campaign by a number of residents and staff to include: **Mary Frankenfield, Lyle Bowman, Jim Compton**, and the Human Resources and Financial Office staffs. Residents still have the opportunity to make contributions to the 2012 campaign through the Finance Office on a monthly basis. The appropriate sign-up sheets for this service may be obtained at the Front Desk.

## The Holiday Gala—Celebrating Our Fifteenth Year

~ Article by Jackie Friedheim, photos by Fred Moore & Jack Scharfen

Ellen Van Buren and Bebe & Duff Rice



A Festive Table



A happy crowd of 200 residents enjoyed a joyous occasion at the Dec. 30 Holiday Gala dinner-dance in the lavishly decorated Dining Room and Lounge. The event was planned and presented by a large committee of residents and staff led by Chair **Midge Hopkins**. **Dave Hopkins** guided events as master of ceremonies.

Glorious music of our generation was provided by singer-pianist Dale Jarrett, and dance host Garrey Stinson spun numerous ladies around the dance floor. Champagne toasts celebrated both Falcons Landing's fabulous fifteenth year and the impending New Year of 2012. As a special highlight, a floor full of brave line-dancing women and men fast-stepped their way through "Electric Slide," "New York, New York" and "Boot Scootin' Boogie."

The Dining Services staff presented a sumptuous, multi-course meal and was loudly recognized and applauded during a parade among the tables led by Bob Besserer and our talented chefs.

Mark your new 2012 calendars now for next year's Gala celebration on Saturday evening, Dec. 29, chaired by **Jackie and Jerry Friedheim**.

The Gala Committee



# FLITS *Falcons Landing Interesting Tidbits*

~ Edited by Flo Goelz

We'll have to keep moving. We can't just loll around reading books and playing cards. Someone said that homo erectus is evolving into homo obesus!

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**Jo Puccini** tells us about a Chinese numerology trick. If you add your age last year to the last two digits of your birth year, you get 111.

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Someone enlarged the weekly menu and posted it on the check-in desk at the Dining Room for the visually impaired. However, it was quickly removed. Bob Besserer heard about this and said enlarged menus are a great idea and he will now make sure they are available!

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When 'phoning a friend, be sure to speak up quickly or he will think you are one of those automatic advertising recordings and hang up.

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Have you heard about **SC Whitehouse's** keyhole table in the Dining Room? If you have seven in your dining party, a square table can be pushed up to a round one to make conversation flow without bumping knees.

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We have a new phrase to use when excusing ourselves from the dining table. Someone initiated it when he got up from the table one evening and said he had a had a hydraulic problem.

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There should be a dance step called the Senior Shuffle. A lot of us are learning to use it.

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What bridge was out? No, it wasn't about heavy rain - he was just talking about a dental problem.

Wow! Those New Year's Eve revelers in the Lounge sure drank a lot! There were 20 empty wine bottles left in the recycle bin after the party! Actually, twelve of them were already empty and used to hold candles on the tables.

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**Rad Radlinski** was asked if he could volunteer for a certain big job for the News Board. He declined, saying he is superannuated. When speaking with that guy, you need to carry a dictionary.

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How many people does it take to turn off a sprinkler system? Contract workers in the Ballroom accidentally caused the sprinklers to open up. Despite the quick response by our maintenance staff, the carpet at the far side got a good soaking. The fire department received the automatic alarm and two fire trucks arrived, only to find a large puddle of water. The carpets got a good cleaning!

## Upcoming Events!

***The Colony Shop***

will be here

Thursday, Feb. 16

10 a.m.—2 p.m.

in the Ballroom

***The McLean Symphony***

will be performing

Sunday, Feb. 26

at 3 p.m. in the Ballroom

# New Years Eve Times Two

~ Article Linda Childs, photos by SC Whitehosue

Life here at Falcons is twice as good as anywhere else. What more proof do we need then having two great New Year's Eve parties? Party number one was the magnificent Gala. What a fabulous evening! The staff and the committee could not have done anything better.

And then there was party number two. Moving out on **Ed and Rosemarie McManus'** idea, **Ray and Flo Goelz** organized a party that was held on New Year's Eve in the Lounge. The room capacity required a sign up sheet, which filled up quickly with enthusiastic revelers. A "bring your own" party meant wine and champagne to most, but to **Doris and Tim O'Neill** it meant, "bring your own guitar" and years of memories filled with songs.

It was a fun evening filled with sharing New Year's resolutions, year's most embarrassing moments, line dancing and a "sing-a-long" that lasted into the wee hours. The O'Neills promised and did sing until the "field party," those of us on "ash and trash" duty, had the room back in "ship shape" order.

That's what I mean by life here being best by two! "Hooyah!"



The O'Neills



S.C. & Linda

12/31/2011



The McManus'

12/31/2011

## 1998: Our Third Year

~ by Lois Guzik

The year 1998 was one of "firsts" for Falcons Landing. The Chapel Committee inaugurated a Bereavement Committee that sponsored the first memorial for a deceased resident. A first wedding and a first Baptism were celebrated in the Chapel.

With the introduction of sound in Channel 10 (to become Channel 23), the FLINT (Falcons Landing Interactive Network Television) Committee was established. One of the popular programs introduced by the TV station was the broadcasting of religious services celebrated in the Chapel. Initially, Protestant representatives expressed concern about protecting the privacy of the religious services. After six months of the broadcasts, that concern was resolved, and Protestant services were broadcast on a regular schedule.

On May 10, a social function was organized to celebrate the second anniversary of the opening of Falcons Landing. It was more successful than the first anniversary celebration when there were only 15 present to celebrate. By the spring of 1998, Falcons Landing census had grown to 425. On May 1, a newcomers' reception was held and the second annual Grissom Street picnic was a great success.

Dining Services introduced a program of daily specials that would eventually list an approximate count of calorie and fat content of menu items.

A 1998 opinion survey was conducted wherein residents overwhelmingly voted to retain the Soda Shoppe rather than transforming it into a drawing room.

The Activities Committee and staff introduced a program to provide Sunday afternoon entertainment on a schedule: First Sunday of the month -- Movies, second and fourth Sundays -- Bridge, third Sunday -- Mahjong and Scrabble.

Some of the other firsts included the creation of a quilting group and square dancing sessions. Harry Mangan began art classes while **Gordon Shingleton** organized tennis lessons and games. The Store's first year of operation was celebrated with a luncheon in the Dining Room where Founder, Whitey Dreissneck, thanked the Store volunteers for their contributions to the Benevolent Fund.

After two years of service as chair of the Activities Committee, **Doris Oller** retired with many accolades for her contributions and turned the chair over to Marion Eaton.

Off campus, the local Cascades Seniors' Club invited Falcons Landing residents to participate in their social, educational and entertainment activities.

The Administration announced creation of a "Wish List" giving residents an opportunity to donate or fund items that would benefit the community.

**Lyle Bowman** and Bill Oller presented a discussion on the potential of the information technology Y2K phenomenon.

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## Soup's On!

~ by Barbara Rosenblatt



Check out our great poster and sign-up sheets (thanks to **Flo Goelz**) in the Mail Room for our annual **BEAT THE WINTER BLUES PARTY**, March 4, from 4 to 6 p.m. in the Ballroom.

Volunteers are needed to make their favorite soup, salad or finger deserts. Last year, our Chili Bake-off was a huge success, with 120 people in attendance. Let's make this year's party another banner event for the Residents Activity Committee.

**Lois Coen** and her committee are in charge of decorations. Please volunteer to help us with the food or decorations. Questions? Call **Barbara Rosenblatt**, 703-421-7495.



## The Vibration Plate For Medical Exercise

~ article and photo by Ray Zogran

This is a real “shaker,” in use one early Sunday morning by **H. T. Johnson**, reaping the benefits proclaimed to be, “Achieving better fitness with minimal effort and reduced risk of injury!” by the manufacturer, Maha USA. Judging by its popularity, something good must result.

The machine has been in the Fitness Room for about nine weeks, initially on loan but later purchased by Resident Services in view of its frequent use. Thirty different positions to follow are illustrated. See Joevon for guidance on its use, including special precautions.

## The Anti-Gravity Treadmill: A Step Forward In Rehabilitation

~ Article and photo by Ray Zogran



**Louse McCullough** is walking briskly on the treadmill, with only about 60% of her weight jarring her joints. Physical Therapists Shanti Raavi and Manjula Chamala (background, left to right) supervise the operation. The user steps into knee-to-waist tights with a skirt that zips onto the lower chamber, sealing it off and allowing controlled differential air pressure to lift the user’s weight.

Benefits are described as protection of healing tissue, increased muscle range of motion, and rapid return of motor control. The device is on a 30-day loan to our Rehab Department, allowing trial evaluation of its effectiveness. It is on our “Wish List,” and

management would appreciate a generous tax-deductible donation—the cost is about \$41,000.

## The Gathering

~ by Lou Kriser

The February meeting of The Gathering will be especially educational. The speaker is Mr. Jack DeVine who will candidly discuss the issue of nuclear power safety. Jack was recently in Japan and serves on a panel of experts evaluating Fukushima and its implications. His topic is “Nuclear Energy – How Safe?”

Three Mile Island, then Chernobyl, and now Fukushima – do these serious events reveal fundamental vulnerabilities in nuclear plant technology? What do they mean to the future of nuclear power in the U.S. and around the world?

Jack is a Naval Academy graduate and a former nuclear submariner. He had extensive involvement in the recovery from the Three Mile Island accident in 1979.

The meeting will take place Thursday, Feb. 16, 2012, in the Ballroom at 7:30 p.m.

I am always seeking guest speakers who have interesting experiences which could appeal to our community. Residents are asked to suggest relatives and acquaintances whom I may contact to discuss opportunities for presentations at our Gatherings.

## A Substantial “Face Lift” for the Ballroom

~ Article and photo by Ray Zogran

Even Lois can now easily move the room dividing panels!



After 15 years, our oft-used Ballroom was showing signs of age (in dog-years, that puts the place as old as many of us!!). The movable room-dividing panels became particularly cranky, requiring someone like Andrew to muscle the panels in place. “Enough,” said **Lois Guzik**, who then made a generous donation to restore the magnificence deserving of Falcons Landing. And it was not only the panels that Lois wished to upgrade, but also the window treatments (new curtains and valances), nicely contoured wainscoting and ceiling cornices, elegantly patterned wallpaper, frosted glass shades for the lighted wall sconces, and new ceiling panel insets, architecturally configured to modulate sound (this upgrade to be completed later). Also included was the relocation of one of the front wall sconces

Many thanks and three cheers for Lois!

## “WALKING - The Only Exercise You’ll Ever Need”

~ Article by Carol Lehman, photo by Ron Samuelson



For those who read the January-February AARP Bulletin, you will recognize this title. The AARP article contains details of walking benefits for good health. At Falcons Landing, one may see residents walking almost every day.

The walking groups at Falcons Landing (the Flamingos) invite anyone who is interested and able to participate in walking. The list below includes groups that walk regularly:

The early weekday group (Flamingo-I) leaves at 7:15 a.m. Monday through Friday at the Guard House. POC: **Carol Lehman** (703) 430-6640.

The later weekday group (Flamingo-II) leaves at 8 a.m. Monday through Friday at the Guard House. POC: **SC Whitehouse** 703-444-2834.

Saturday Morning Walkers leave the lobby at 8 a.m. every Saturday. After walking, this group gathers in the Soda Shoppe to have coffee and socializing. Periodically, they travel to nearby parks for special walking events. POC: **Ron Samuelson** 703-444-6494.

Joevon Stennett (the FL Fitness Manager) schedules walking as part of a formal exercise program for some residents as needed.



## Art News

~ by Norma Lasher

In February, Gallery One will display “Love in Bloom” in honor of Valentine’s Day. Our artists have been busily interpreting this theme during our cold winter weather in the hopes that our viewers will come away from this exhibit with a bit of residual warmth.

“Hoofs & Paws” will quietly go through the walkway to Gallery Two (by the swimming pool) without leashes, halters, shepherds or cowboys for the month of February. You will find a tame, quiet collection of our artists’ talents that won’t even need to be fed. We hope you enjoy it!

Gallery Three in The Johnson Center will display “artists’ choice.”

This is when our artists have a chance to show those pieces that have been waiting to be shown, kind of like a juried show in any art gallery. Many pieces are for sale. Please do not hesitate to contact the artist if you are interested in making a purchase; often, the artist is willing to sell to make room for more art at home.

### Classes

Tuesday: Colored Pencil—1 p.m.

Wednesday: Portraiture—10-11:30 a.m.

Thursday: Watercolor Workshop 10 a.m.

Thursday: Oil Painting Workshop 1 p.m.



## Channel 23 News

~ by Bebe Faas Rice

**Please remember: Monday and Tuesday viewings are at 10 a.m., and Wednesday, Thursday and Friday's are at 4 p.m.**

- Wednesday, Feb. 1: A reprise of Barb's *At Ease* of Jan. 25.
- Thursday, Feb 2: A reprise of *The 234th Army Birthday Ball* of June, 2010.
- Friday, Feb. 3: *The Gathering*, with **Lou Kriser** interviewing Joevon Stennett: Deciphering the Redskin Playbook (a reprise of the Jan. 19, 2011 program).
- Monday, Feb. 6: *Out and About with Bebe Rice*, featuring an interview with Falcons Landing's three sisters—**Lynn Hicks, Darlene Samuelson** and **Carol Spotts**. (To be repeated on Wednesday, Feb. 8 and Wednesday, Feb. 15). This is a reprise of a show which first aired in September, 2011.
- Tuesday, Feb. 7: *Council Comments* with **Dave Johnson**, followed by *Defining Moments with Bill Greener*, an interview with **Ken Sears** (a reprise of the March, 2010 program. To be repeated on Thursday, Feb. 9, and Monday, Feb. 13).
- Friday, Feb. 10: A reprise of **Ellen Firsching's** memorable *Newsmakers* interview with **Oliver Carter** about cooking, where Oliver shares his recipe for Killer Super Bowl Chili. This will be repeated on Tuesday, Feb. 14, and Thursday, Feb. 16.
- Friday, Feb. 17: A Wellness Presentation (reprise of Jan. 30, 2011): *Keeping the Aging Brain Active*. (To be reshown on Tuesday, Feb. 27).
- Monday, Feb. 20: Documentary: *Visit to Alaska, Parts 1 & 2*. Repeated on Friday, Feb. 24.
- Tuesday, Feb 21: *Tales from the Hangar with Lew Clement*. Repeated on Wednesday, Feb. 29. (First shown in August, 2010).
- Wednesday, Feb. 22: *Tales From the Hangar with Joe Minton*. First shown in August, 2010. (To be repeated on Tuesday, Feb. 28.)
- Thursday, Feb. 23: *Advanced Directives for Medical Care*. First shown in February, 2010.



# Travel Trivia

~ by Jim Compton

1. Which state was last admitted to the United States, in 1959?
2. Which state lies directly south of South Dakota?
3. Which state does not border the Gulf of Mexico- Arkansas or Alabama?
4. Madison is the capital of which state?

*Answers on Page 16*

## Computer Corner

~ by Flo Goelz

### Power Surges

A number of us went offline last month when the power blinked off and on. Most susceptible were the computers not plugged into surge protectors or UPSs (Uninterruptible Power Supply).

Surge protectors have breaker switches that protect computers during lightening strikes and power surges. They can be reset or replaced after a surge.

A UPS is better because it evens out the power supply between surges and sags and has a battery that can, during a power outage, give you time to save your work and shut everything down. It has a reset button.

This month's PC MAS.H group will meet Friday, Feb. 10 in the Council Room at 3 p.m. The Apple group, FLAG, meets the 2nd Tuesday of each month in the Game Room at 2 p.m.



## Brain Workout

~ by Clem Irons

Cryptogram # 109

"Report Card"

Clue: L = E

KRML ZEZVR, UL'IL WLLR ZPHLY GK OZCGVMVOZGL  
 VR Z CLPVYLRG PZGVPNZMGVKR PBCILJ GK LQZTVRL KBC  
 NLLXVREP ZWKBG IZCVKBP ABZXVGJ KN XVNL NZMGKCP.  
 UL SBPG FKOL KBC CLPVYLRGP FZIL RKG WLLR XZDJ WBG  
 NCZRH ZRY FLXONBX UVGF GFLVC CLPOKRPLP.

*Answer page 16*

## February Wellness Presentation



Monday, Feb. 27, at 3 p.m.  
in the Ballroom

“The Skinny on Belly Fat:  
What Your Waistline Says  
About Your Health”

Featured Speaker:  
Loredana L. Cunningham, RD, LD, CNSC  
Clinical Nutrition Manager  
Reston Hospital Center

## Out-to-Lunch Bunch

~ by Jane Johnson

Thursday, Feb. 16, will find us heading to nearby Reston for a delicious seafood luncheon at PassionFish. Those of you with a long memory may remember that we lunched there about three years ago.

The restaurant is listed in *The Washingtonian* magazine's "100 Very Best Restaurants in D.C., Maryland and Virginia." It's an upscale restaurant with excellent food.

PassionFish serves the freshest seafood available in a lovely atmosphere. We will have our own private room, the River Room, which is as attractive as the rest of the restaurant. For non-seafood eaters, there is a non-fish choice which will be tasty, too.

Check the signup sheet in the mailroom for further details.

## Santa Claus Makes a Home Delivered Meal (HDM) Delivery

~ Article by Bob Wallace and photo by Ray Zogran

Falcons Landing new HDM volunteer, **Catherine Renken**, and Felix Duran, Cascades Senior Center Coordinator, surprised client Murray Starr (seated) with a gift of flowering tea roses and a selection of origami decorative shapes when making the Christmas week delivery. Felix is holding the plant and Catherine is showing the origami (made by the granddaughter of a Falcons Landing volunteer) while Santa pets Myla, the golden retriever who cheerfully greets the HDM volunteers each week.

Spirited recruiting efforts have garnered ten new volunteers since October to join in this highly visible community outreach activity. However, more replacements are needed for those longtime volunteers who have found it necessary to retire from this rewarding activity. Time commitment is minimal-as little as one hour per month; some startup training is necessary, and then be ready to go! Contact **Bob Wallace** to sign up at 703-437-6120.



## Wish List 2012

~ by Lisa Partridge



*It has been over a year since we last published the Wish List, and in the event our residents, their families or friends may be considering a donation, here are the candidate items deserving consideration.*

*Contact Lisa for details.*



<i>Anti-gravity Treadmill for Rehab (see page 9)</i>	<i>\$41,500</i>
<i>Scholarships for 12 Loudoun County High School seniors</i>	<i>\$18,000</i>
<i>Rational Combi-Oven 61</i>	<i>\$13,500</i>
<i>Holiday decorations for Founders Hall</i>	<i>\$10,000</i>
<i>New furnishings for an Elevator Lobby</i>	<i>\$10,000</i>
<i>Videography for new website</i>	<i>\$9,800</i>
<i>Renovate Bathing Spa at TJC</i>	<i>\$9,500</i>
<i>Holiday decorations for The Johnson Center (both floors)</i>	<i>\$8,000</i>
<i>Vacuum packaging system for the Kitchen</i>	<i>\$6,020</i>
<i>Artificial trees (8 &amp; 9 feet) for the pool area</i>	<i>\$5,000</i>
<i>Portable Assisted Listening system</i>	<i>\$4,200</i>
<i>Holiday decorations for West Falls</i>	<i>\$4,000</i>
<i>Fabric bulletin boards for Nursing</i>	<i>\$3,000</i>
<i>Six chairs for the Living Room in Assisted Living</i>	<i>\$3,000</i>
<i>10 six-foot tables for Ballroom events</i>	<i>\$2,700</i>
<i>Add one High Definition channel</i>	<i>\$2,500</i>
<i>Standing lamps (2) for Founders Hall lobby</i>	<i>\$800</i>
<i>Artificial trees for lobbies</i>	<i>\$350/each</i>



## Clinic Schedule

Please call the Wellness Center at  
703-404-5224 to schedule  
appointments, except as noted.

### **Audiologist—Beltone**

1:30—3:30 p.m., Tuesday, Feb. 7. Free hearing screenings.

### **Blue Ridge Speech & Hearing**

2—4 p.m., Wednesday, Feb. 8.

### **Clinical Psychiatric Nurse Specialist—Ellen Redling, MS, CS, RN.**

1—4 p.m. Call the Wellness Center for her number to call her directly for an appointment here.

### **Dentistry—Dr. Tadros**

Johnson Center residents only.

### **Dietician—Bonita Lillie**

1—4 p.m. Tuesday, Feb. 21.

### **Geriatric Psychiatry—Dr. Rosecan**

9—11 a.m., Tuesdays, Feb. 7, 14, 21 and 28.

### **Internal Medicine—Dr. Gorle**

1—3:30 p.m., Alternate Thursdays. Call the Wellness Center for appointments.

### **Internal Medicine—**

#### **Dr. Mecherikunnel (“Dr. Ann”)**

Mondays, Wednesdays and Thursdays.

### **Massage Therapy -**

Call Ruth Garber for an appointment at 571-333-1550.

### **Optometrist**

1—3:30 p.m., Thursday, Feb. 14.

### **Podiatry—Dr. Gregasavitch (“Dr. Gary”)**

1—3:45 p.m., Fridays, Feb. 3, 10, 17 and 24.

### **Psychiatry—Dr. Paluvoi**

10 a.m. -12:30 p.m., Friday, Feb. 3.

### **Urology—Dr. Bilowus**

**Not coming in February.**

For appointments with the following doctors call the Wellness Center:

Family Practice—Dr. Aggarwal

Internal Medicine—Dr. Rustogi

Internal Medicine—Dr. Esanakula

## Support Groups

~ Michele Zimmer-Forster,  
LCSW, Resident Counselor



*Please check Channel 23 and the telephone information line for updates (703-404-5114).*

**The Parkinson’s Support Group** meets on Friday, Feb. 3, at 2 p.m., in the Council Room. The group will share information about medications for Parkinson’s and side effects.

**The Vision Support Group** meets on Feb. 14, at 2:30 p.m., in the Council Room for an open-ended discussion of topics related to vision loss.

**The Caregivers Support Group** will not meet this month because of an exceptional opportunity to learn more about the mid and end stages of cognitive loss. See below.

**The Alzheimer’s Association** is inviting all residents to three workshops during three consecutive weeks in February 2012. Everyone with an interest in the topic is invited. The workshops will focus on the mid- and end-stages of cognitive loss. The date and time for the workshops are on the following Thursdays: Feb. 2, at 3 p.m., in the Card Room; Feb. 9 and 16, at 2 p.m., in the Ballroom. The workshops last 1 to 1½ hours and are free. Please check Channel 23 or call extension 5114 to check for any updates.

**The Hearing Support Group** meets on Feb. 28, at 2 p.m. The meeting will be about keeping up with communication. Please be prepared to share your successes and difficulties with communication, assistive devices which have been helpful and coping mechanisms you have been using.



*In  
Remembrance*



**Daniel Karcher—January 13**

**William Montgomery—January 17**

**Wilfred Rogers—January 23**

## Library News

~ by Sandra Motsinger

The following books were recently purchased for the Falcons Landing Library using money donated by the Falcons Landing Store: *“Death Comes to Pemberley”* by P. D. James, *“The Litigators”* by John Grisham, *“Steve Jobs”* by Walter Isaacson, and *“The Boy in the Suitcase”* by Lene Kaaberbol.



The Falcons Landing Library is always open and runs on the following Honor System:

- Check out all materials that are carded by signing your full name and date. Look in the back of all books to see if they are carded. Place card in the small plastic box on the checkout desk.
- Return materials to the wooden box by the checkout desk. Try to return all materials within a month. Others may be waiting for them.
- Do not shelve your own materials or put them on the table.
- Do not take materials from the wooden box. Members of the Library Committee need to first return the checkout cards to the checkout pocket.
- Do not pass books on to another person without writing his or her name on the checkout card. You are considered responsible for the book until it is properly returned to the library.
- The Loudoun County Large Print Books must be signed out on the card clipped to the front of the book and the card placed in the small box on the checkout desk.



## Brain Workout

Answer to Cryptogram on page 12:

Once again, we've been asked to participate in a resident satisfaction survey to examine our feelings about various quality of life factors. We just hope our residents have not been lazy but frank and helpful with their responses.

## Travel Trivia

~ by Jim Compton



1. Last state admitted to the US was Hawaii.
2. Nebraska lies directly south of South Dakota.
3. Arkansas does not have a border on the Gulf of Mexico.
4. Madison is the state capital of Wisconsin.

## General Washington's 280<sup>th</sup> Birthday Ball

-by Leo Childs



The Falcons Landing Army Community will celebrate the legacy of the Army's first Commander-In-Chief, General George Washington, with a ball on **Thursday February 23, 2012,**

in the Ballroom. The ball will include a cocktail reception, dinner and dancing with the Dale Jarrett Trio and Garrey Stinson, who are familiar to Gala attendees. Dress is Black Tie or Dark Business Suit. The colors will be presented by the Continental Color Guard of the 3rd US Infantry Regiment (The Old Guard). There will also be toasts and a ceremonial cake-cutting.

An interesting fact about George Washington's birth is that he was born in Virginia on February 11, 1731, under the earlier Julian Calendar. When the Gregorian Calendar was adopted in 1752, his birthday was changed to February 22, 1732. You might be asking why the ball is on the 23<sup>rd</sup> instead of the 22<sup>nd</sup>. This year, Ash Wednesday, the first day of Lent, falls on February 22.

Last year's ball committee recommended moving the Army ball from June, the month of the Army's birthday, to a quieter month on a trial basis when there would be less chance of conflicts with weddings, graduations and family vacations. Plans are underway to celebrate the Army's 237th Birthday during the week of June 14, 2012, with a guest speaker and a musical presentation.

The Army was established on June 14, 1775, by the Continental Congress. A day later, George Washington was appointed as the Commander-in-Chief of the Army with the rank of Lieutenant General. He took command of the Army at Cam-

bridge, Massachusetts, on July 3. The first 16 streamers on the flag of the United States Army come from the Revolutionary War that ended with Yorktown in 1781. Today the Army flag is adorned with 183 campaign streamers earned over a period of 236 years. During those trying days of the Revolution, General Washington inculcated a set of values into the Army culture. These values, loyalty, duty, respect, selfless service, honor, integrity and personal courage, are still the hallmark of the Army today. Washington, Dewey and Pershing are America's three six-star flag officers. By act of Congress, George Washington has been given the highest precedence of any flag officer now or in the future. He died in 1799 and is entombed at Mount Vernon. The remnants of the old Vestal's Gap Road, where Washington trekked to the frontier, are just a few miles from Falcons Landing. We revere his memory.

Keep General Washington's instructions in mind when you dine in his officers' mess. "Speak not of doleful Things in a Time of Mirth or at the Table; Speak not of Melancholy Things as Death and Wounds, and if others Mention them Change if you can the Discourse tell not your Dreams, but to your intimate Friend. Put not your meat to your Mouth with your Knife in your hand neither Spit forth the Stones of any fruit Pie upon a Dish nor Cast anything under the table." (Verbatim.)

Birthday Ball invitations have been sent out to all Army veterans to include spouses and widows, as well as veterans of the Army Air Corps and the Army Air Force. If you did not receive your invitation or know of any one who may be interested in attending, please contact **Lyle Bowman.**

## Falcons Landing to Host Feature Documentary Age of Champions

~ by Donna Cassani



*Age of Champions*  
WINNING NEVER GETS OLD.

Falcons Landing will host a community screening of the feature documentary *Age of Champions*, on Friday, February 10, at 2 p.m. in the Ballroom. Residents, staff and the local community are invited and refreshments will be served. Fitness Coordinator Jevon Stennett and Rehab Care Program Manager Stacy Shull will

host a brief discussion following the screening.

*Age of Champions* is the inspiring story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole vaulter, swimming brothers, and team of basketball grandmothers—all chasing gold at the National Senior Games. The film captures the triumphant spirit of these competitors as they tackle the challenges of old age with grace, humor, and optimism. Win or lose, they inspire us all to follow our dreams and find purpose at any stage of life.

*Age of Champions* made its world premiere at the 2011 Silverdocs Film Festival and was heralded by the Washington Post as “infectiously inspiring.” Athletes featured in the film have received wide attention from the national media, including NBC Evening News, CNN, The Regis & Kelly Show, ABC News, NPR, and a cover story in *The Washington Post Magazine*. Visit [www.ageofchampions.org](http://www.ageofchampions.org) for more information and to view the trailer.

This local event is part of the film’s national grass-roots campaign for *Age of Champions*, launched in partnership with the AARP, National Council on Aging, and National Senior Games Association. The campaign will continue through this year and be screened at more than 2,000 events across the country.

*Age of Champions* is the second film from the Documentary Foundation, a Sacramento, California-based nonprofit dedicated to documentary production, education, and outreach. *Age of Champions* is slated for a national PBS broadcast in early 2013.



## On-and Off-Campus Events



~ by Carol Allen

Sunday, Feb. 5

Movie – *Midnight in Paris*

F. L. Ballroom

Sunday, Feb. 5

Play – *Man of La Mancha*

Alden Theatre

Saturday, Feb.18

VGMB

Hayfield Sec. School

Sunday, Feb. 19

Soweto Gospel Choir

George Mason Univ.

Sunday, Feb. 19

Movie – *Sarah’s Key*

F. L. Ballroom

Should any of the events not be posted on the sign-up board, please look in the notebook on the desk in the Mail Room. Sign-ups are accepted until the cancellation date listed. Please be prompt for an event as the bus leaves as scheduled.

## Saturday Walker Trek Woodland and Meadows

~ Article and photo by Ron Samuelson



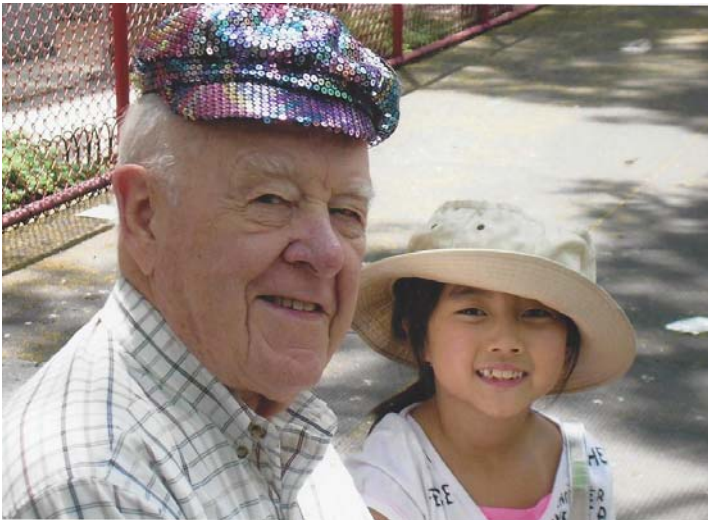
On Saturday, Jan. 7, the Saturday Walkers trekked to the end of the Driving Range of the Algonkian Park Golf Course where some two dozen deer were seen the day before. But the deer weren't there when the Walkers arrived, so the gang settled for re-establishing that the Potomac River was still flowing and the woodlands were still there, and sighting a few deer in the distance. It is all part of enjoying the natural beauty of what is, literally, just outside the main gate at Falcons Landing. The Walkers depart from Founders Hall at 8

a.m. each Saturday and walk for about an hour and a half, exploring the forest and trails nearby. They top it all off with a friendly cup of coffee. Everyone is invited to take part—residents and guests. POC is **Ron Samuelson**, #46872.

The above photo of the Walkers with the Potomac in the background shows (left to right) **Leo Childs, Ray Stutzman, Lyle Bowman, Carol Lehman, Barbara Schumacher, Catherine Renken, Jerry Schumacher, Linda Childs, Jean Lewis, Hal Lehman, Darlene Samuelson, H.T. Johnson, Gloria Brown, and Ann Dent**. The shadow on the ground is of the photographer and POC Ron Samuelson.

## An Unusual Get Well Card

~ Article by Ray Zogran, Contributed photo



When **Don Brooks** recently returned from a trip to China with pneumonia and was recovering at West Falls, he received the following "Get Well" greeting from his granddaughter, Rosie Hsu: Well-meaning words from a loving granddaughter!

Dear Grandpa Don,

I hope you feel better and if you do pass away I want ed to just say thank you for all you have done for my mom and I and you have just done alot and If god chooses you to come up to heaven it is just because he wants you to celebrate saving peoples lives and sacrificing yours. I hope you a long life!

♥Rosie

# Falcons Landing News

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Published monthly by Falcons Landing, a continuing care retirement community owned and operated by the Air Force Retired Officers Community, Washington, D.C. Distributed to the residents of Falcons Landing. Archival copies are available in the Falcons Landing Library. Contains articles and information of interest to Falcons Landing residents and chronicles the history of Falcons Landing.

**Production Editor:** Lisa Partridge

## Editorial Board

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## Others contributing to this issue:

Jim Compton	Carol Allen
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Norma Lasher	SC Whitehouse
Jane Johnson	Linda Childs
Lois Guzik	Lou Kriser
Sandra Motsinger	Leo Childs
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Donna Cassani	Barbara Rosenblatt
Bob Wallace	



The Mission of the Air Force Retired Officers Community is to operate a first-class, not-for-profit, continuing care retirement community for the benefit of retired military officers, their spouses and widowed spouses. We shall provide facilities and services that support and enhance the health, security, well-being and happiness of residents. We also provide charitable services to our neighbors while fulfilling our fiduciary responsibility to our members.

## Exit Laughing

~ Edited by Rad Radlinski

President Harry S. Truman Quotes

(Submitted by Flo Goelz)

“A bureaucrat is a Democrat who holds some office that a Republican wants.”

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”

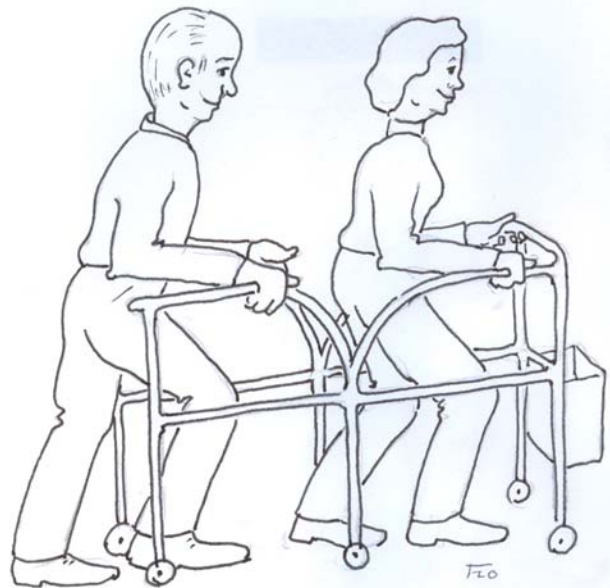
“A politician is a man who understands government. A statesman is a politician who has been dead for 15 years.”

“Always be sincere, even if you don’t mean it.”

“Being too good is apt to be uninteresting.”

“I have found the best way to give advice to your children is to find out what they want and then advise them to do it.”

“All the President is, is a glorified public relations man who spends his time flattering, kissing, and kicking people to get them to do what they are supposed to do anyway.”



“The Greens had to trade in their Bicycle-Built-For-Two for a Walker-Built-For-Two.”