

# The Resort Report

January 2019

La Posada at Park Centre

NUMBER 234

## A Snowy Start to 2019



*Photo by Linda Sparks*



*Photo by Anne Lynch*



*Photo by Natalie Barber*



*Photo by Bob Coder*

## Editor's Notes

We had a surprise start to the 2019 new year when we woke up to find the outdoors covered in fluffy white snow. It's a rare happening in southern Arizona and many residents took photos. Thanks to all of you who sent some of your photos for the Resort Report. We have used as many as we could and everyone is represented.

There are also articles of interest on a variety of subjects – a trip to Cuba, a memorial hike to honor the memory of Susan Masters, Shelly's latest adventure, an explanation of just what goes on in a Devices! session, memories, making tamales, and information about the La Vista library. There is a page of three poems, all quite different, a Berard cartoon, eight biographies and lots of snow pictures.

Also, we have included a very important explanation of the real influenza – symptoms, diagnosis and the difference between it and what we all refer to as the "flu". This was written by a retired medical doctor and is a must read!

The deadline for our next issue is Friday, March 15. Please send articles, poems and photos to me at my cubby: LJ 66 or via email: [apslagter51253@gmail.com](mailto:apslagter51253@gmail.com).

*Ann Slagter*

## Table of Contents

### Page

1	A Snowy Start to 2019
2	Editor's Notes
3	A Story of Shelly
4	Aha! Moments
5	Devices! Wants YOU!!!
6	Saturday's "Aerobics" La Posada Hiking News
7	Directions of Little Practical Use Life at La Posada Inanimate Objects
8—9	One Traveler's Experience in Cuba
10	inQuisitive About the La Vista Library?
11	Influenza Tamale Fun
12—15	Resident Biographies
16	Resident Council Highlights Contributors

## Snow Many Pictures



*Photo by Peg Robb*



*Photo by Linda Sparks*

## A Story of Shelly



Many of you here at La Posada, particularly at La Joya, may think you have already read or know everything about Shelly, the Sonoran Desert Tortoise, but this story is unique.

The following events took place on September 28, the day the Dog Park at La Joya was dedicated. The festivities had finished and the guests, dogs and owners had all departed. My friend, Boone Owens, and I were walking down the inside hallway toward the front of La Joya when off in the distance at the far end of the hallway, I sighted Shelly lumbering toward us.

We stopped, Boone took his camera out of the case and we waited patiently as Shelly approached and then stopped about three feet in front of us. She looked up into our faces, stretched out her front legs and just lay there looking at us for several minutes. Was she tired or did she expect us to feed her a treat?

Her next move was to turn 180° around and begin her journey back toward where she'd come from. We followed her slowly and quietly. As she approached the Library she paused and then, without hesitation, Shelly entered the Library and stopped at the nearest shelf of books. Then the most amazing sight was ours.

Shelly reached up with her front legs on to the books on the lower shelf and, as if she was perusing the titles, nosed around through them. Having no idea how long this might continue, I left Boone and went to the Nurses' station to report Shelly's location.

One of the male attendants, Rudy Coronado, followed me back to the Library, picked up Shelly in a very comfortable manner and held her to his chest. He told us that she must have entered from the outside patio through an open door. I immediately thought of the old conundrum, "When is a door not a door? When it's ajar." Boone took another picture of Shelly just before Rudy put her back in the outdoor patio and we saw her wander away, confident of comfort indoors or outside.

It was obvious that whether it is a Desert Tortoise, a rabbit or a human being, we all have so many reasons to be thankful for the safe and comfortable existence we are fortunate to enjoy here at La Posada.

*Marjory G. Margulies*

## Rudy Coronado and Shelly



*Photos by Boone Owens*

## Aha! Moments

During the wee hours of the morning on New Year's Day, 2019, when my world was silent and dark, I peered through the blinds into the winter night. Silhouetted against a streetlight, snowflakes were falling softly onto white carpet and surrounding shrubbery, a rare snowfall in Green Valley! Memories of childhood snowstorms in lake effect, upstate New York, raced through my mind, a scene I loved of a receptive Earth awaiting its winter blanket. This was a comforting remembrance for me, an aha! moment.

I would define such a time as an eye-opening instant or event that touches our innermost being -- bringing a feeling of something beyond senses, an eternity in a second. It is often a surprise. Maybe it will occur in nature, or it might come to us as a word of wisdom from a friend or a book. We might not recognize it as special until later, while reminiscing. Such a moment can live on in our minds as a warm memory, or even be life-changing.

Listed here are some of my aha! moments. As you read them over, memories of your special times may pop into your mind.

- Northern lights dancing across the black sky
- First glimpse of the rings of Saturn through a telescope
- First view through a binocular microscope of a one-celled animal in three dimensions
- Red maple leaves in October against a deep blue sky



- Rose-tinted alpenglow, coloring the twilight world in Alaska
- White dogwood in blossom, and redbud tree blooms that appear like fine lace
- Tiny, varied-colored wild flowers growing on the

summits of the coastal range in Chile's driest desert in the world where nothing grows, watered by winter fogs

- Paintings by such artists as El Greco and Velasquez in the El Prado Museum in Madrid
- Being part of a choir singing sacred anthems that lift you beyond the ordinary
- Discovering as a young teen, music by world-famous composers
- Discovering Shakespeare
- Listening for musical chords that can't be defined, but sock your senses with deep emotion
- Visiting Rockefeller Center and Hayden Planetarium at Christmas time
- Hearing carolers sing as they stroll through the streets of Madrid, Spain, on Christmas Eve
- Luminaries glowing silently on adobe walls in Old Town, Albuquerque, on Christmas Eve
- Christmas Eve luminaries lining ancient adobe walls and church at Tumacacori
- Hummingbird on her nest in front of La Vista
- Texas Ranger bushes in bloom
- Carpets of gold African daisies on campus



*Photos by Natalie Barber*

- Sunsets splashed across the sky over the Pacific Ocean
  - Huge harvest moon in the west at dawn
  - Wide view of the tall Santa Ritas as the road curves going south on Abrego
  - The Greek Isle Santorini viewed from the sea -- structures covered with a mantle of white, like snow
  - Red-hot lava splotching into the ocean off the southern coast of the Big Island of Hawaii
  - Cathedrals in Europe
- I would like to continue, but now, it's your turn --.

*Natalie Barber*

## Devices! Wants YOU!!!



*Photo by Jerry Weygint*

At the first come, first serve session of Devices! held on Wednesdays at 10:00 a.m., residents who need help and those who know enough to give help, are encouraged to meet for the hour. It's rewarding to see someone's eyes light up with understanding, especially when a previously muddled mind caused by frustration with a technological snafu finds clarity due to a simple explanation from someone in the know.

The La Posada history concerning computers, laptops, iPads, smart phones, Alexa, and all types of devices has suffered its ups and downs and is still evolving. The initial Computer Club was successful ... until it wasn't. The iPad group led by Peggy Smith and Margaret Ann Adams fared really well until Marketing reclaimed the La Vista apartment where they met. (The pamphlet, "iPad for Beginners" by Margaret Ann Adams, is available at IT. Even though it was printed in 2013, it is still a great assist for beginners with an iPad.)

The current day Devices! encourages anyone with questions concerning any of their devices to write the problems down on a piece of paper when the problem occurs. Bring it with you to the meeting. Also, passwords are needed if they in any way affect the question you want answered. Some days few people attend. Other days the room seems packed. But while you are waiting, there's a good chance that someone asked a question that you never thought to ask. Just by listening you're likely to learn about a subject that hadn't previously attracted your attention.

On the first Wednesday of each month, at 9:00 a.m., George Blank holds a special session for the visually impaired.

With modern technology now such an important part of our lives, La Posada wants this resident-run hour of socializing and learning to succeed by helping us to learn all that we can about our technical devices. On our behalf, they lend us the expertise of Miguel Lebron and Jean Moehlman from Finance who are available during the hour-long session. A new off-campus volunteer, Jackie Loomis, has joined them in this endeavor. Also, Jerry Weygint, IT Director, often appears to offer assistance.

So, all of you who love your technology and can share your knowledge, please visit the Enlightenment Room at the Pavilion on Wednesdays at 10:00 a.m. It's fun to share in the learning experience and even hear a few laughs of relief from your fellow residents when a simple solution to their problem surprises them.

Jerry Weygint emphasizes that Devices! is for portable devices. If you have more complex problems that perhaps concern two or more computers, smart phones, iPads, etc., and passwords are involved, a call to IT for assistance will bring one of its specialists to your home to help.

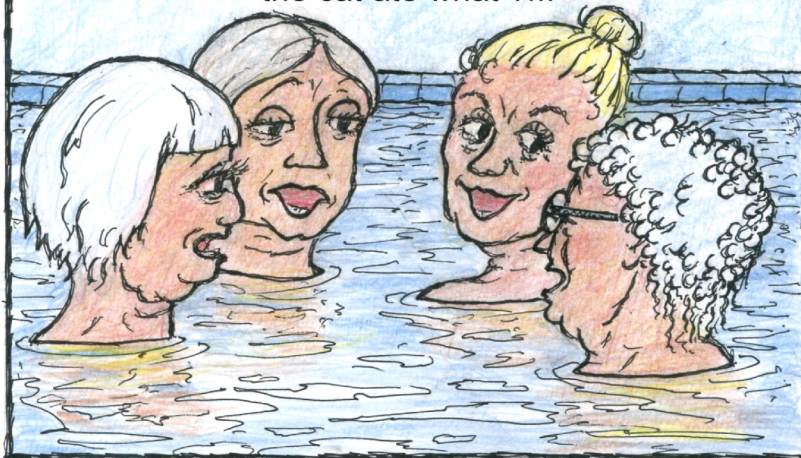
*Virginia Crook*



*Photos by Anne Lynch*

**SATURDAY'S "AEROBICS"**

clock is slow...daughter visiting...at La Joya...  
 netflix...bark park grass...new doctor...  
 what a great gift...prime rib next Sunday...  
 deleted on the I PAD...dial zero...how cold...  
 Lisa...nice display...how many trees?...  
 movie at La Vista... go to Amazon... Betty...  
 no hot water coming in...Lottery ticket...  
 hair cut today...man arguing with wife...  
 no uniforms...draft down here...they had a party...  
 call ahead at La Joya...get teeth cleaned...  
 idiot on Google...what did the snail say?...  
 the cat ate what?...



*Cartoon by Don Berard*

**La Posada Hiking News**

La Posada's January 9<sup>th</sup> hike was a unique hike. It was unique because the hike was a memorial hike in memory of Susan Masters. Susan was a La Posada employee (Lifestyle Coordinator) and instrumental in developing our current hiking activity. Susan often commented that "Sweetwater Preserve" was her favorite hike. The pictures show the La Posada hikers and a small memorial that was established mid-point in the hike at a favorite resting/snack stop. In future yearly visits, additions will be made to the memorial.

*Joe Mac Isaac*



*Photos by Bob Coder*



*Photo by Bob Coder*

## Directions of Little Practical Use

As a girl I ran down mountains--just bend your knees and let go,  
halfway between flying and falling.  
Later, folks smilingly said you're not from around here are you  
and gave me directions with the best of intent.

I learned to cross-town by going  
up to the capitol and spinning off the Square.

I've taken back roads--not the interstate--  
out past Robinsons' barn, turned left at the top of the hill  
just past the church that burnt long before I was born.

And on streets built over cow paths I found my shop  
catacorner from the Krispy Kreme.

Years later I directed guests to come  
to the foot of the hill where the pear trees bloom.

The way home is tangled in memory.

*Linda Bennett*

## Life at La Posada

Many of my new friends,  
like me, are survivors of  
happy marriages.  
At first we despaired the loss  
and felt lonely and confused.

But as time passed by  
we came to realize an  
unexpected truth:  
life alone is different  
but it can still be enjoyed.

In previous lives  
common customs discouraged  
extramarital  
friendships and sharing our time;  
now we're one big family.

The biggest factor  
facilitating freedom  
is the dining room  
where, "May I join your table?"  
evokes a friendly, "Please do!"

*Richard Ramette*



*Photo by Linda Sparks*



*Photo by Anne Lynch*

## Inanimate Objects

to some,  
living, breathing, dynamos  
to others,  
those stacks of papers  
of different sizes and thicknesses  
bound by glue or thread or staples—  
we feel bonded to them  
we touch them  
we stroke them  
we handle them  
we don't want to let them go—  
they speak to us  
they nurture us  
they inform us  
they comfort us—  
our books, our friends.

*Margaret Ann Adams ©2019*

## One Traveler's Experience in Cuba

It had been a long time since I had been bitten by the travel bug, but when the topic of our friends' cruise to Cuba came up at dinner, it seemed like a no brainer. Warm weather, no killer jet lag, and a curiosity about the newly opened and evolving tourist opportunities in a country 90 miles from the Florida Keys.

### Nanci's Travel Companions



Left to right: Frank and Nanci Evans, Dawn and Jim Cate, Ken and Sue Oberstaller

My first whiff of Cuba hit me as an exotic mixture of southern Florida and Liberia, West Africa. Cuba was an early first-port recipient of the slave trade. African art, food, music, and dance are an integral part of what it means to be "Creole." Thus all the curio and tourist shops were reminiscent of my shopping experiences in Monrovia, Liberia Africa. Colorful acrylic paintings, wooden statuary, and ceramic ware.

As any second or third world country, Cubans live closer to the land. No air conditioning, small shacks and oxen-drawn hand plows. The streets were an interesting mix of horse drawn carts and wagons, Russian trucks with workers standing in the cargo bed, European and Russian compact cars and the spacious and nostalgic 1950's American sedans in various degrees of

### Maintaining the taxis



maintenance, and much foot traffic along the sides of the road. There was little commercialism. Their idea of a mall was similar to a small Walmart in their downtown.

Our guides were employed by the government and negotiated by the cruise lines. Tourism is Cuba's number one industry. Among our six local guides, we got an interesting mosaic of what it was like to be Cuban. Even though they had to follow government proscribed scripts on their tours, they couldn't help but answer our questions about their own lives and experiences. It was sobering to learn how the government controlled so much of their personal lives – from what they were allowed to own (cars and homes now can be privately owned by some) to what they ate (coupon rationing books required). Children's education (age 7 to 18) and college attendance requirements determined one's career. Two years of military service is compulsory for men and women between the ages of 17 and 28. If our questions became uncomfortably personal, the party line was to say, "It's complicated." That may become my all purpose mantra as well. We saw how human innovation and self determination confront government regulation. It is a matter of working the system.

Needless to say our excursion groups of 20+ stumbling down cobbled streets following our tour guides like obedient goslings – stood out like sore thumbs. By-standers on the streets were curious and friendly, but there was little conversational interchange. The guides kept a steady pace and they had an agenda of the required monuments we were to see. We were offered opportunities to purchase cigars and rum. It's true that there is music on every corner. Salsa, the rhumba, and mambo music comprise "le son cubano" a major force in Latin American music. The beat of the bongos and conga drums was everywhere. The government supports its cultural performing/visual arts.

The best part of my trip was our excursion to a charter school specializing in the performing and visual arts whose mission is to preserve the music and art Cuban culture. Students showing aptitude are chosen from all schools in Cuba. Living in a boarding school for ages 7 to 18, students upon graduation will go on to performing careers or become teachers for the charter schools and general music teachers in Cuban public schools.

## THINGS I FOUND WONDERFUL AND SURPRISING

- School is compulsory for ages 7 to 18. University training is available and encouraged. Higher education is free under certain conditions.
- The culture is very proud of its growing health care, health education, and medical training.
- The Cuban government sends Cuban trained doctors to South America. This is a major economic benefit for the country.
- The people have a reputation for being ingenious - they have the ability to repair everything due to poverty and scarcity.
- I saw a red and white 1955 Rambler that was identical to one my grandparents owned.
- Cuba is a country that has sustained itself by forming economic partnerships, but with non-American companies.
- It is closer to travel from Key West to Havana, than it is to travel from Key West to Miami.
- There is great national pride replete with celebrations and festivals celebrating musical and artistic culture.

## THINGS I LEARNED

- Prior to 1990 it was illegal to own US dollars.
- Major exports are coffee, sugar, tobacco, and rum.
- Because of economic and political insecurity the population is dwindling. Women don't want to get pregnant.
- Until 1990 the government owned all agricultural land. Now farmers can buy land, but have to sell 50% of their harvests to the government at 20% discount.
- People use food rationing coupon books for beans rice and sugar. Flour must be purchased.
- Mainly African curios in Cuban tourist shops.
- I saw no American or European franchises of any kind.
- Marriages and divorces are legal, protracted and an expensive processes. Common law marriage is common.

## IF YOU GO

- There is a flat 10% surcharge on American currency.
- Take time to understand their two types of currency. One currency is for nationals and one

is for international and tourist exchange.

- You can't tour "on your own" but only as an educational or people-to-people group tour. Visas are required.
- Tour guides were able to keep their US dollar tips
- There was no use of credit cards, but money exchange was available at the ports.
- Most shop owners accept US dollars.
- Be sure you sample some Creole cooking.
- Be sure you check the physical fitness level required before you book an on land excursion. I found the moderate ability levels appropriate for me. But people with walkers and other assistive devices had significant problems. Pack closed toed comfortable shoes.

I left with the desire to return to Havana and spend some time listening to more music, enjoying the nostalgic cars of yesteryear, and getting to know the people better. Much will have to happen before we can travel freely around their beautiful country. I have learned "It's Complicated."

*Nanci Evans*

## Throwbacks



*Photos by Nanci Evans*

## inQuizitive About the La Vista Library?



At the beginning of a new calendar year we often are inundated with those tiresome annual reports detailing the events of the previous year. So instead of enumerating the usual roundup of facts and figures, let's have a bit of fun with a quiz featuring the La Vista Library. The correct answer to each question is given at the end of the quiz along with bits of pertinent information. Have fun!

### True or False?

1. The La Vista Library is located on the 3<sup>rd</sup> floor of the La Vista apartment building.
2. The La Vista Library has a card catalog listing of all items.
3. La Posada provides funds for purchases for the La Vista Library.
4. The La Vista Library accepts requests for books to be put on reserve and also for books to be purchased.
5. More than 100 new print and non-print items were purchased for the La Vista Library in 2018.
6. More than \$2,000 was spent for new print and non-print items for the La Vista Library in 2018.
7. La Posada pays minimum wage to the residents who work in the La Vista Library.
8. The current number of residents working in the La Vista Library is 17.
9. New residents receive a letter of welcome inviting them to explore the library.
10. Because the La Vista Library is a highly used campus amenity, it is always open 24/7.

### Answers

1. True. The La Vista Library is located on the 3<sup>rd</sup> floor across from the north elevator.
2. False. While there is no card catalog, a full listing of the collection of over 7,500 print and non-print items is available by using either the notebook labeled "author catalog" or the notebook labeled "title catalog". Both notebooks

are located on the small table next to the resident use computer. The La Posada website listing all print and non-print items in the three campus libraries discontinued last September when Wikispaces became non-existent.

3. Both true and false. Lifestyles purchases the five newspaper subscriptions. In the summer of 2014, Administration provided funds for a major renovation. All books, magazines, audio books and DVDs are the result of donations from residents. Donated items may be dropped through the slot in the circulation desk. Monetary donations should be made to the Posada Life Foundation earmarked "La Vista Library". All donations are truly appreciated.
4. True. If the item you are looking for is not on the shelf, just fill out a "reserve" slip (found in the box on the desktop), and leave the slip in the circulation card box (also on the desktop). Residents may request book purchases by filling out a "book purchase request" (found in an envelope attached to the red suggestion box on the desktop), and dropping the slip in the suggestion box. Residents requesting an item for a book club discussion should note that on the request. While we attempt to honor requests, high priority is given to items of general interest to campus residents and to new releases.
5. True. Last year 122 books, 4 audio books and 3 DVDs were purchased. In 2017 there were 84 new purchases.
6. True. In 2018, \$2,310.14 was spent on new print and non-print items.
7. False. All residents working in the library volunteer their time. In 2017, the total hours volunteered was 824; in 2018, the total was 1,149.5
8. True. And our schedules are flexible.
9. True. Last year 49 letters of welcome were sent to new residents of La Vista and the Garden Homes (residents new to La Perla and the Park Centre Homes are covered by the La Perla Library and residents new to La Joya are covered by the La Joya Library).
10. True. The lights are always on; the door is never locked. Total items circulated in 2017 were 5,095; in 2018 the total was 6,404.

Come in and enjoy the sunny and cozy La Vista Library.

*Connie Conklin*

### Influenza

Although most common illnesses are popularly referred to as the flu, it is important to know that the "real" flu called Influenza is a distinct viral illness that is serious, especially in the elderly. Influenza hits you like a ton of bricks. It comes on suddenly with headache, muscle aches, and fever usually of 102° F or more. Some people also have sore throat, cough, nausea and vomiting. Most doctors' offices now have a rapid screening test to confirm the diagnosis. The duration of fever is 5-7 days but most people continue to feel wiped out for longer.

The danger of influenza for us elderly folks is that it may include a severe pneumonia that requires hospitalization and often intensive care. Fatality rate is high. Antiviral medicines are available but must be used early in the illness to be effective. Even then they only slightly reduce the duration of illness. Better medicines are needed.

Influenza is very contagious and so it is important to stay away from others as soon as you get sick. Avoid the common areas in La Posada. The best advice is still to get your annual flu shot.

*Lucy Hernried, M.D*  
Wellness Committee

### Tamale Fun



*(Left to right: Arlene McCaffery, Darillyn Doss, Betty Flood, Marjorie Margulies, Marty Morris)*

Betty Flood hosted neighborhood ladies at a tamale making party to celebrate the Holiday Season. Joining Betty were Arlene McCaffery, Darillyn Doss, Marty Morris and Marjorie Margulies. Elva Ramos from the La Perla kitchen staff provided instruction. The ladies participated by spreading the masa on the corn leaves, adding the meat and pork filling, and then rolling and folding. Each made about a dozen tamales and had a lot of fun.

*Photo and article by Don Flood*

### The Madera Canyon Coatimundi



*Photos by Dick Beier*

**David and Barbara Allardice**

Garden Home 2201

*Photo provided by David and Barbara Allardice***Jaime and Barbara Brusstar**

La Perla 2105

*Photo by Nicole Raymond*

Barbara and David were both born in Rochester, New York, and met in 1st grade! They started dating shortly before college. Barbara went to Keuka College in the Finger Lakes region of New York State and David graduated from Bryant University in Smithfield, Rhode Island.

After graduating, they were married in 1964 and moved to Hawaii for David to do his military service in the Army, working in the Finance Corps Department. Barbara went to the University of Hawaii and got her master's degree. Once military service was over, they moved back to Rochester, New York, where Barbara continued her studies at Cornell University, and earned her Ph.D. in Psychology. She then directed the Clinic for Kids and Adults with Learning Disabilities at Rochester Institute of Technology. David owned a business doing financial consulting to Municipal entities throughout New York State. They made their home in Keuka Lake, in the Finger Lakes area, and lived there for 47 years, before moving to Green Valley. They had wintered in the Tucson area for some 25 years and were familiar with Arizona.

Barbara and David have traveled all seven continents, by land and by sea. They have also visited every state, and all Presidential Libraries, except for those of Presidents Harding and Theodore Roosevelt. They moved to La Posada on October 1, but want to continue spending summers in the Finger Lakes region where they own a condo.

*Wera Cough*

Jaime is from Philadelphia, Pennsylvania, and following a stint in the Navy after high school he obtained his B.S. degree in Biology and Biochemistry from Eastern New Mexico University. He subsequently worked as a Food and Drug Inspector for the California Department of Public Health. Later Jaime obtained master's degrees in microbiology and public health. He worked in federally funded health planning agencies and later private sector firms. In the early '90s, he obtained licensure as a long-term care hospital administrator in New Hampshire, Massachusetts and Nevada where he worked until retirement.

Barbara is also from Pennsylvania and grew up in the college towns of New Wilmington, Pennsylvania and Kent State University, Ohio. She earned her B.S. degree in Nursing from Case Western Reserve University and a Master of Public Health from the University of California, Berkeley. Her first husband accepted a job with the Department of the Air Force in Spain and their son was born there. She worked as a hospital planner and consultant after graduate school. For three years she was the Executive Officer of the California Board of Registered Nursing and later was a senior executive at United Healthcare.

The couple has lived seasonally in Green Valley since 2005. They were avid downhill skiers and Jaime was an ultra marathoner. Jaime volunteers with the Samaritans and both have been active with their Unitarian Universalist church.

*Pat Cramer*

**Richard Dobie and Debra Kabinier**

La Perla 2117

*Photo by Nicole Raymond*

Debra grew up in Cortland, Ohio. She attended Kent State University, and later received master's degrees in Virginia and Pennsylvania. Debra has one son who lives in Tucson. She was a full-time substitute teacher in Tennessee, and then moved to Albuquerque, New Mexico. In 1984, she was offered a job with the government in Alexandria, Virginia, at the Topographic Engineering Laboratory (TEC), working as a geospatial analyst for the Army.

Rick hails from Grand Rapids, Michigan. Born on Mother's Day, he is the oldest of six. After serving in the Navy on a destroyer in the Indian Ocean, Rick studied biology at Olivet college in Michigan, and then went on to Michigan Technological University. He first worked with the Michigan Health Department, and then accepted a job in Virginia with TEC in 1980. Rick has a son in California and another son in Virginia.

Debra and Rick married in 1991. Before retirement, they traveled the world extensively. They moved to Arizona and settled in Quail Creek, moving to La Posada in 2018.

Debra's father got her interested in genealogy at an early age. She joined the Green Valley Genealogy Society and has served on their Executive Board for the last eight years. Debra is writing family histories for both sides of her family. She received a kidney transplant in November 2018 after being on dialysis for 4 and 1/2 years.

*Wera Clough***Jane and Dick Fournier**

La Perla 1103

*Photo provided by Jane and Dick Fournier*

Jane was born and grew up in Corvallis, Oregon. She went to Mount Angel boarding school and then on to Maryhurst College for girls. She graduated from Oregon Health Sciences University with a degree in Radiology.

Dick was born in Livermore Falls, Maine, a small town of 3000+ residents. He went to Cranwell Preparatory School, a Jesuit school in Lenox, Massachusetts, and then on to the University of Maine. From 1953 to 1955 he served in the Army in Korea, then returned and continued his studies in Chemical Engineering/Pulp and Paper with the help of the G.I. Bill. He also went to summer school at Harvard. In 1958 he began working for Scott Paper Company in Chester, Pennsylvania.

Jane and Dick met in Green Valley, on the Canoa Hills golf course, on Thanksgiving Day, 1994. They were married within the year, blending their family of six children. They bought a house in Desert Ridge and joined the Golf Club. Jane continued to work at various clinics, finally retiring from RapidSound Diagnostic Imaging.

For three years they looked up and down the coast of Oregon and Washington State for a retirement community "with a golf course", but returned to Green Valley realizing that, after all, La Posada was the best place! They will be spending their summers in Maine, at their cottage by the lake.

*Wera Clough*

**Rod and Andee Gelatt**

La Perla 2318

*Photo by Nicole Raymond*

Born and raised in Des Moines, Rod attended the University of Iowa, receiving a B.A. in Journalism leading to work in radio and TV at WHO in Des Moines. He taught at Washington/ Lee University, University of Iowa where he obtained a Master's degree, and University of Missouri. He was both faculty and news director of the University-owned NBC station and NPR radio station in Columbia, Missouri, both operated as laboratories for students acting as staff under faculty direction.

Andee was born in Chicago and attended Western Michigan University at Kalamazoo to obtain a B.S. in Occupational Therapy. While doing an internship at the University hospital in Iowa City, she met Rod. They married there, had two sons, and Andee returned to work at the University of Missouri hospital specializing in Pediatrics. Today, one son is a pediatric cardiologist (Kansas City), and the other son is a marine mammal researcher (Seattle); they've produced six grandkids for Rod and Andee.

The couple "snow birded" for 12 winters in Green Valley before retiring here. They have traveled extensively with Elder Hostel (now Road Scholar) visiting Europe, England, New Zealand, Australia, Italy, Costa Rica, and Mexico. Andee enjoys a book club, walking, water aerobics, and making limoncello. She is working on a biography of her mother's life. Rod spends time reading, writing, doing genealogy, taking OLLI classes, and leading a study group.

*Pat Cramer***John and Barbara Taylor**

Garden Home 704

*Photo provided by John and Barbara Taylor*

Barbara was born in Annapolis, Maryland and grew up in a Navy family which moved often. She graduated from Louisiana State University with a Zoology and Physiology degree. She then earned a Ph.D. from Northwestern University in Biological Sciences. While working at Penn State in the Veterinary Science Department, she married John. John, born and raised in Pittsburgh, P.A., spent four years in the Air Force, and then attended Penn State, for a Liberal Arts degree in Psychology.

John and Barbara moved to Florida where their son was born, and John earned his Ph.D. in Psychology. Their careers took them to Baton Rouge where John worked for the State Special Education Department. Barbara did research in Environmental Chemistry at LSU.

The spent the next 35 years in Boulder, Colorado where John ran "Imagine!", a not-for-profit providing support services for children and adults with cognitive disabilities. Barbara did research in geo-chemistry at the Colorado School of Mines. Living in the mountains for 28 years, John was a volunteer firefighter and EMT. Barbara did "Third Arm" -- support for the firefighters. They are hikers, bikers, mountain climbers, and backcountry skiers. Their favorite retirement "jobs" were teaching English to immigrants (Barbara) and acting with a classical theater ensemble (John).

Their son is a professional climbing guide living in Chamonix, France, who guides on such peaks as Denali, the Matterhorn, Mont Blanc and Aconcagua.

*Pat Cramer*

**David and Pat Tiefenbach**

La Perla 1214

*Photo provided by David and Pat Tiefenbach*

Pat and Dave both hail from Ohio. Pat was born in Piqua/Troy and Dave in Cleveland. Dave joined the Navy after high school and was posted to a nuclear submarine based in Hawaii; he spent months at a time off the coast of Russia in the Bering Sea. After military service, using his nuclear knowledge, he went to work for Piqua Nuclear Power Facility. There he met Pat on a blind date, and they are in their 55th year of married bliss!

In 1967, Dave was hired at Mare Island Naval Shipyard outside San Francisco, and they made their home in Vallejo for 30 years. Pat worked for the school district, and when Dave was offered an incentive to retire, Pat did as well, and in 1995 they moved to Saddlebrooke, Arizona.

While living in Vallejo, the couple took up sailing, bought a 34ft. yacht, and raced and cruised the San Francisco Bay and other waterways in Northern California. They were members of the Vallejo Yacht Club where Dave served as Commodore.

In Saddlebrooke, Dave volunteered as a docent at the Biosphere, and he taught classes at the Computer Club. Pat was involved in clogging and played softball. No longer near water, they bought a travel trailer and toured the United States, Canada, and Mexico, with a summer each in Alaska and Newfoundland. They also enjoyed cruise ship vacations on both rivers and oceans.

*Wera Clough***Don and Maggie Towers**

La Perla 2107

*Photo by Nicole Raymond*

Don was raised in Sequim, Washington, attended school in Mount Vernon, Washington and immediately joined the Air Force for four years. Upon discharge, he attended Western Washington State University to receive a B.A in Psychology and went to work for Xerox in the Training Division. A change in career focus took him to Control Data, first in New York and then Portland, Oregon where he relocated with his wife and son. Don did phone and data systems installations at First Interstate Bank and Good Samaritan Hospital. The hospital is where then single Don originally met Maggie.

Maggie had been raised in Norwich, New York, attended Smith College for an Education degree, and then received a master's degree in Education and Biology at the University of Michigan. She met her first husband, Henry, in Pinehurst, North Carolina, and moved to Philadelphia for Henry's banking job. They raised three children in Philadelphia and Portland, Oregon. Maggie did work in counseling for the juvenile court and she also did some tutoring. She worked as the laboratory supervisor at Good Samaritan Hospital. Maggie helped create a trauma code there for the ER, published an article on phlebotomy, and established and served as president for the first Phlebotomy Association.

Don and Maggie married in 1988 and moved to Tucson to retire at Saddlebrooke. Maggie spends her time at La Posada reading and doing Qi Gong, and Don enjoys golf.

*Pat Cramer*

## Resident Council Highlights

*Please note: Complete minutes of resident Council meetings are posted in all libraries, and video recordings of the meetings are shown on LP channel 77.*

### DECEMBER

- Pat Graffweg, Treasurer, reported that the Holiday Gift Fund that was distributed to La Posada employees was \$305,000. The number of checks was 560.
- Issue was raised about excessive foam in the spa at the pavilion.
- New procedure: Independent living residents wishing to eat at La Joya should make reservations.
- Nutritional sheets for menu items will be posted.
- A special program was conducted for the visually impaired about seniors living with loss of vision.
- The trike committee conducted a roundup for maintaining the trikes on November 13.
- 16 new residents arrived in December.
- There is now a virtual tour of the La Perla kitchen.
- There will be a February symposium on hospitals.
- Resident billings will now be posted on or before the 7th business day of the month.
- Department of Health Services inspected the UCHC at Posada Health and it passed.
- A new large dehumidifier/air conditioner was installed at the Pavilion.
- The Pavilion deck has been resurfaced.
- Linda Warkomski is replacing Linda Lucas as Sales Manager.
- Joan DeGrassie retired. Mary Valdez, security lead, is leaving.
- Plans are underway to go live with electronic medical records for the Cul de sac.
- Dining services is adding new point of sale software called Full Count.

*Pat Cramer*



*Photo by Bob Coder*

LA POSADA AT PARK CENTRE, GREEN VALLEY, AZ

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THE RESORT REPORT