



# VINSON HALL

## News & Views

May 2010

### Intergenerational Forums Come to a Close

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Vinson Hall residents and students and staff from George Washington University and Chesterbrook Elementary School gathered here on April 23rd for the last group discussion of the school year.

For those not familiar with these forums, the GWU students first came to Vinson Hall in November of 2009 to exchange dialog with residents about topics such as Causes and Consequences of War and how the Role of Women has changed in the past 50 years. A second visit from the students found the two groups discussing how Senior Care has changed over the generations and the Influence of Exercise and Technology on mind, body and spirit.



Fred Johnson, the Special Events and Programs Director at Vinson Hall, suggested we invite students from Chesterbrook Elementary School for this final forum of the school year—and a great suggestion it turned out to be! It made this group truly intergenerational.

The topics of the day were Global Citizenship and International Volunteerism. All in attendance listened intently as residents discussed their experiences with citizens of foreign countries, GWU students talked about the ups and downs of volunteering in third-world countries and Chesterbrook students spoke on how learning a second language can build one's communication skills and ability to understand another culture.



*(Rest of story and more pictures on Page 5)*

**TREASURE SHOP**

6246 Old Dominion Drive  
 Chesterbrook Shopping Center  
 McLean, Virginia

**Hours:** Monday thru Saturday,  
 10 AM – 5 PM. **Closed Sundays.**  
 Consignment hours are scheduled  
 for Monday thru Friday from 10  
 AM to 12 Noon. Consigners are  
 requested to phone **703-536-7467**  
 for an appointment. Ask for the  
 manager, **Linda McNair**.  
 (Mrs. McNair also comes to  
 Vinson Hall on Wednesdays at  
 2 PM for consignments from  
 residents. See her in the Fireplace  
 Room.)

**www.vinsonhall.org**

If you have relatives or friends  
 who would like to know more  
 about Vinson Hall, the  
 above website is where to go to  
 check us out. As an added  
 bonus, tell them to click on  
 “Resident Newsletter” and they  
 can read this very message!  
*News & Views* is there – in living  
 color! You might want to check it  
 out yourself. Particularly if your  
 picture appears here. It does  
 look great in color!

**LOW VISION  
 SUPPORT GROUP**

Now has a designated  
 LOW VISION bulletin  
 board in the Mail Room on  
 the wall, just by the  
 CHAPEL bulletin board.  
 The group meets in the  
 Conference Room on the  
 3rd Wednesday of each  
 month.

**DONATION ROOM**

Our new location, room **D228**, is  
 now accepting good, clean  
 clothing, bed linens and small  
 household items.

**NO FURNITURE PLEASE.**

Clothing and bedding in  
 plastic bags should be closed or  
 tied securely. All items are picked  
 up by volunteers from the  
 Treasure Trove Thrift Shop in  
 McLean For further info contact  
 Chairman **Peggy Tofalo, ext 7167**

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Only **signed, original** articles will be  
 accepted for *News & Views*,

Items should be left at the Front Desk  
 for *News & Views* mail box. Thank you!

### New Resident



**Emma Bosco**

Emma Lou Hurst was born and raised in Franklin, North Carolina, the youngest of six children, and as she said “learned to run fast!” One special memory she has is at age 13 winning a 4H trip to Chicago. The group of 16 went by train to Raleigh and then to Washington D.C. The highlight was a visit to the White House, where they met Eleanor Roosevelt and presented her with a basket of very special home canned fruits and vegetables, which she accepted with gracious thanks. They watched President Roosevelt depart the White House in a car escorted by motorcycles! They then traveled on to Chicago, again on the train.

When she graduated from Mars Hill College near Ashville, she came to the Washington area and worked for Army Intelligence at Arlington Hall. Peter Bosco, Emma’s future husband, had enlisted in the Army as a private at the outbreak of World War II and was sent to OCS at Fort Monmouth, one of the “90 day wonders”, and rose to the rank of Captain. He specialized in such areas as communications security and cryptology, working in the Army Security Agency. When he left military service, he served for four years as the Director of the ASA Extension Training Division. Peter and Emma met in 1947. Peter then entered service in the CIA in February of 1950, and in May of that year Emma and Peter were married in Franklin.

Although McLean was home, Emma and Peter had interesting overseas tours. They spent three years in Manila in the 50’s, enjoying visits to Baguio, Hong Kong and Japan. Their third child was born in Manila. In the 60’s they had a three year tour in Frankfurt. Emma remembers Opera and the Spanish Riding School in Vienna, and going by train to Berlin through East Germany, being sealed in for the duration of the trip.

After Peter’s retirement from the CIA, the Bosco’s traveled extensively, going to the Caribbean every spring, and to Europe including Spain and Portugal. They also journeyed up the Eastern States and into Canada. They visited Tucson frequently and decided that they liked it well enough to live there, and so in 1995 moved west. After Peter died in 1998, Emma stayed on for 10 years, having made friends there and also with two children nearby - Cindy in Denver and Jim in Tucson.

Last year she decided to come home to McLean and moved into Vinson Hall. She still travels to Tucson and back to North Carolina to visit an old friend from childhood in Franklin. She is delighted to have her daughter Marie in McLean and two grandsons in the area, who sometimes come and have dinner with her.

*Ann Dietrich*

**The Residents of  
Vinson Hall would like to  
express our appreciation  
for the devotion and  
dedication of our  
President Emeritus,  
Karl Fontenot**

**New Resident****Loree Pitts**

Loree Wilds was born and grew up in Nebraska. Her Mother had found herself deserted with two small children and so went home to Loree's grandparents who were homesteaders in Nebraska. There Loree's Mother met and married Loree's Father, a cattle rancher and widower with one child. As their family grew, Loree found herself a middle child in a family of 15, although she says they were so spread out in age that she was not close to all of them. In order to feed the family through the winter they sometimes canned and preserved as much as 1,000 pounds of produce. There was no electricity. She was first put on a horse at 18 months to get her used to riding—when the children went to their one room school-house the horse was their primary mode of transportation.

When it was time for high school she went to board in town. There was a small fee charged for school and Loree remembers it as an extremely difficult time as she worked very hard for the family with whom she lived in order to pay her way. Upon graduation she went to Denver for nurse's training. She remembers hoping to be able to help wounded soldiers, but World War II ended before she was ready. She went to New Mexico to work as a nurse for Kennecott Mining and there met Parker Pitts. He hailed from Boston and was doing fieldwork as part of his graduate school studies in geology, which had been delayed due to service in the Navy during the war. Two months later in, 1948, they were married and went to the Quebec area to live while Parker finished school and subsequently spent five years exploring for asbestos.

Parker then joined his family's business for a time, but later bought a furniture building company and Loree helped him in the office. During these years they lived in New Hampshire and in Maine. Loree particularly enjoyed snowshoeing. They had been looking for a retirement home and finally chose Fort Huachuca, Arizona. There they enjoyed hiking, mountain climbing and bird watching and Parker was able to play tennis outdoors all year. When Parker died, Loree stayed on in Arizona. After 18 years, when she "had seen every bird you could expect to see in Arizona", she moved to Junction, Texas near South Llano State Park where the best birds could be found. Much to her children's surprise she bought a house there on a beautiful river and stayed for two years.

Last year her children persuaded her to come to McLean, and then to Vinson Hall. She is the mother of four daughters and two sons, five of whom live on the East Coast and one in Thailand. Daughter Susan and two grandsons live very nearby.

*Ann Dietrich*

*In Remembrance**Miss Thelma Fulton**Mrs. Janet Ryder**Mrs. Betty Gofus**Capt. Enser Cole*

## Students from GWU and Chesterbrook Participate In Forum With Residents

*(con't from front page)*

The discussions were followed by a lively reception in the Penthouse Lounge, where gifts were exchanged, food consumed, and Admiral Martin thanked the students for their participation, not only in these forums, but their service to Vinson Hall over the past year.

About 100 GWU students first came to us in September of 2009 as volunteers for the school's Freshman Day of Service program. Since that time, our partnership with the school has blossomed—in addition to the discussion groups, a unit from their NROTC program and members of the Sigma Chi Fraternity have served our community through service projects on campus. And in the Fall, graduate students from GWU will help with the implementation of an Art Therapy Program for our residents.

As for our partnership with Chesterbrook, it's never been stronger. Over the years, students and staff from the school have performed concerts and plays for our residents, participated in book clubs, and interacted with our staff and residents, along with sailors from the USS Carl Vinson.

We look forward to having both groups back for many years to come!



### Staff at Vinson Hall



#### Mark Jordan—Security Manager

Mark was born and raised in Washington, D.C., where he attended McKinley Tech Senior High School. From there he went on to Northern Virginia and Prince George's Community Colleges. He began his security career in the retail industry in 1991 before entering the hospitality industry in 1994. After four years as a Security Officer he was promoted to management, and hasn't looked back since.

Mr. Jordan has been a Safety and Security Director and Assistant Director for several convention and luxury hotels within the Washington Metropolitan Area. In 2004, he earned his certification as a Lodging Security Director through the American Hotel & Lodging Educational Institute; and in 2005, he earned his Principals of Occupational Safety and Health Certification through the National Safety Council. During his time in the hospitality industry, Mr. Jordan was a part of grand openings for two hotels, where he was responsible for writing all safety and security policies and procedures, facilitating safety and security training, and budget management. He worked with a multitude of police and security entities to assist in the protection of U.S. Presidents, top military personnel, foreign and American dignitaries, and celebrities.

Mr. Jordan came to Vinson Hall in November, 2009 from a contract security company, where he worked as a Safety and Security Consultant and Site Manager. This is Mr. Jordan's first job opportunity in the Health Care industry. His responsibilities here at Vinson Hall include: life safety training during

orientation of new employees; training employees and residents on fire emergency procedures; performing fire drill and fire extinguisher training; assisting in managing key and access control; managing all parking-related matters; and ensuring the community is in compliance with all company and state life-safety rules and guidelines.

Mr. Jordan lives with his wife of 18 years and their two sons (ages seven and five) in Clinton, MD. This "upbeat" man is impressed by the "upbeat attitude" of our residents. He says, "I'm one of the lucky ones, I enjoy what I do!" He looks forward to what the future holds for the Vinson Hall community.

*Martha Poling*

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### Dedication of Grandfather Clock



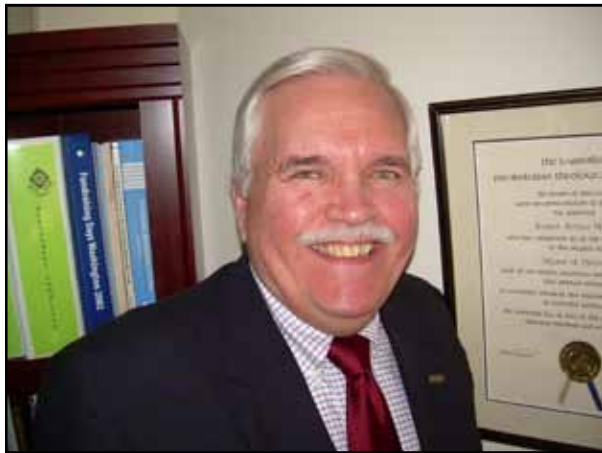
Ruth Ann Adams with Major Tom Donnelly and Vinson Hall COO Tim Farabaugh

### BIG TIME

By now everyone must have seen and heard that Vinson Hall has gone Big Time with a gorgeous Grandfather Clock in the Lobby. This treasure is the generous gift of Mrs. Ruth Ann Adams, who has moved from Vinson Hall to Arleigh Burke Pavilion. This magnificent timekeeper is a five-tubular bell Elliot clock, the very top-of-the-line of classic English clocks. Approximately one hundred years old, the clock has endured through two World Wars and many

*(Cont'd on page 7)*

### Staff at Vinson Hall



**Robert A. "Skip" Hansen**  
**Director of Development**

Before serving as a development professional, the Reverend Dr. Hansen spent 13 years as a Presbyterian Pastor in New York, New Jersey and West Virginia. He now serves on the Alumni Board of the Louisville Presbyterian Seminary, as well as being a member of the Association of Fundraising Executives. He is well-qualified for the Vinson Hall position he now holds.

His past positions have required detailed expertise in major gift solicitation, development/executive strategic fundraising campaigns, and organizational management that produced multi-million dollar fundraising results.

Arriving at Vinson Hall in October of 2009, Dr. Hansen stated that we need to develop major gifts to support capital improvements, such as the conversion of paper records into an Electronic Medical Records (EMR) system for all residents. He plans to implement the program within two years. Another capital initiative he seeks is launching a mobile care monitoring system called AFrame. This consists of a device worn as a wristwatch which monitors a resident's activity, location and physical status. It enables seniors to maintain independence longer and more safely. Some residents at Arleigh Burke Pavilion already have the watch.

Dr. Hansen, who prefers to be called "Skip", lives in Fairfax City with his wife Susan, son Steven, and their Golden Retriever Woody.

*Martha Poling*

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### Big Time *(cont'd from page 6)*

other historic events. Oh, if he could only talk—the stories he could tell!

So, Vinsonians, you might just consider throwing away your watches and spending more time listening to the voice of experience as he marks the events of the next hundred years—right in our own Lobby.



Mrs. Adams with Major Donnelly and Jerry Donnelly (the Major's son). To move the clock, Jerry masterfully removed its moving parts and reassembled Big Time in the Lobby.

### New Resident



**Ann Gurman**

Ann Calhoun Ames' ancestors lived in Charleston, South Carolina, but her mother fell in love with a man from New England who sent her mother a picture signed "from a damn Yankee". So Ann was born in Virginia, chosen as a compromise between Massachusetts and South Carolina, first living on a farm and then in Clarendon. She attended Washington Lee High School and loved dancing and dramatics. She was crowned "Miss Arlington of 1936" on graduation night! Deciding to go back to her roots in the deep south, she went to Grenada College in Mississippi. She was granted a scholarship and taught dance to her classmates. She also taught younger children on Saturdays. When Grenada closed after her freshman year she transferred to the University of Maryland and graduated with a degree in education.

Her sister, Gene, had married an Army officer and was living in Hawaii. Early in the summer of 1941, when Ann's parents learned that Gene was expecting a baby, they decided that she needed the help of a family member and Ann was designated. She remembers that the trip took about ten days. She lived with them at Schofield Barracks. Ann soon met and started dating Lt. Joseph Russel Groves, a friend of her brother-in-law. When Ann's mother sensed serious romance, she sent her a wedding dress. Joe proposed two weeks after the attack on Pearl Harbor and Ann and he were married two weeks later, with gas mask and helmet at hand! She never told Joe about the dress. Her sister and the baby were sent home, but Ann had a job which enabled her to stay through the war.

Their first child, Joe, was born in Hawaii and daughter Ann in Walter Reed when she came home to her family in Arlington. They were then assigned to Heidelberg, followed by a tour in Vienna where Clare was born. Ann remembers being amazed that Vienna seemed outwardly so untouched by the war. When they returned to the States they lived in Staunton, Virginia where Joe was commandant at Staunton Military Academy. Joe then earned a master's degree in civil affairs at Catholic University, which led to a tour in Japan working with the infantry in civil affairs. An interesting memory of that time was that daughter Clare, aged 11 or so, taught English on Japanese television! Joe's last Army tour was unaccompanied in Korea. When Joe retired, with all three children in college, both of them taught school - Ann 4<sup>th</sup> and 5<sup>th</sup> grades at Franklin Sherman right here in McLean, and Joe taught Chemistry at Fairfax High School. The family has many happy memories of living on 27<sup>th</sup> Street in Arlington.

Ann and Joe had visited Lake Placid, Florida and liked it so much that in the early 80's they bought a house in a golf community there and moved south. Colonel Joseph Russel Groves died May 8 1997 and is buried in Arlington National Cemetery. In 1999 Ann married Ernest Gurman, a widower who lived in the same community. When he died earlier this year she came to Vinson Hall. She delights in having a daughter, granddaughter and great grandchild nearby, and the other children not too far away.

*Ann Dietrich*

### Welcome New Residents

Dorothy Harmon

Claude Gambrell

Col. Edgar Venzke

Shirley Mattoon



### Information Technology 101

Did you know that here in Vinson Hall there's a room with an easy chair you can sink into, and an ottoman for your feet? It's great for relaxation. Besides this luxury is the fact that you're surrounded by books!

Yes, you're in the Vinson Hall Library. Those residents who have been here for a while are well acquainted with this wonderful resource. New residents are in for a treat. On the shelves are works of history, biography, religion, poetry, fiction, journals, reference works, VCR's and DVD's.

These items are here for your enjoyment and edification, along with the responsibility to share and care for these treasures. Checking out books is not a mystery, but it is an important process that lets Mary Blair, our volunteer librarian, know which and what kind of books are being used. In this way, she can order more like items and retire unread material, making more shelf-room for new acquisitions.

### Here are a few basic check-out procedures:

**Hardbacks:** fill in the check-out card found in the pocket in the front of the book with the date (month, day, year), and your name and apartment number. Leave the card in the brass tray on top of the card catalog.

**Paperbacks** (on the shelves in the hall outside the Library): fill in the slip that is taped in the back of the book. Leave the slip in the paperback.

**Fairfax County Public Library Books** (on the cart located just inside the Library): fill in the information required on the clipboard on the top of the cart with the title of the book, your name and apartment number, and the date. When you have finished with the book, return it to the cart and cross through the line containing the information above.

**Videos and DVD's** (on the shelves in the rear right-hand corner of the Library): fill in the slip hanging on the shelf near these items with the title of the VCR or DVD, your name and apartment number, and the date. Cross through this information when you return the item.

You may keep any material in the collection until you finish reading or viewing it. Return the books to the shelf marked "Return Books". A Library committee member will take it from there. The names of these persons are listed in the back of the Vinson Hall Directory under the heading "Library".

If you have further questions, you may leave a message on the Librarian's desk. See the note above the card catalog for her e-mail address and telephone number.

Happy reading! And don't forget to try out the chair and ottoman. You'll love 'em!

*Rosemary L. Hogg*



### “Laughter is the Best Medicine”

A brief article in Arthritis Today (March/April 2010 Edition) gave me pause. Among many others here at Vinson Hall, I do have arthritis. I felt inspired to pass along the following information:

Extensive research shows that laughter (of all things) “can ease pain, improve lung function, burn calories and make you feel better.”

Furthermore, research has also shown that “acting happy, smiling, laughing and giggling may actually affect chemicals in your brain to make your feelings match your actions.”

What an inexpensive way to improve life!

I am willing to bet that many of you have suspected that all of this is true. How else can we account for the way our beloved Judy Bowes, in her farewell speech at her reception, spoke of the “magical aura” here at Vinson Hall. So our “magical aura” is confirmation of the research!

So may we continue to ‘accentuate the positive’ by laughing, smiling and greeting each other with happy words here at Vinson Hall.

*Martha Poling*



### Navy Loves Proud and Prized Reputation

Once upon a time, the sea farer was universally acclaimed as the acknowledged champion user of foul language. They reputedly could not speak two words without interjecting a profanity or obscenity between them. They were the epitome, the acme that all non-sea-going men vainly aspired to.

“He swore like a sailor” was an axiom.

Not so today. The newspapers, periodicals, motion pictures, television, conversations, and sometimes even sermons are replete with expletives. Some ladies are more foul-mouthed than their counterparts.

It is a G\_\_ D\_\_\_\_\_ shame!

Nothing is sacred anymore...

*Verner Utke-Ramsing*



# THE LAST WORD

Next month, I'll have been working here for 3 years. Admittedly, I didn't know what to expect when I started. Other than working as a Volunteer Coordinator at a police station in Montana—where a few of the officers had served in the Armed Forces—I had never really been in a military environment. I do vaguely remember working one summer during high school at a naval ship yard in Southern California—I think it was in San Pedro. I got the job through a friend of a friend... (you know the story) and, to this day, I have no idea what kind of work I was supposed to have been doing. What I do remember is playing about a thousand games of cribbage with a short, fat guy who had a tattoo of Chief Sitting Bull scattered across his chest and stomach—and as far as I can remember, he was Irish. That tattoo may have looked majestic at one point in time, but gravity had taken hold and pretty much rendered this great Sioux leader unrecognizable.

But back to Vinson Hall. The last 3 years have been quite a thrill—the wisdom and life experiences of the residents I interact with daily have been both educational and heartwarming. I've had the privilege of taking part in the publication of 6 books by 4 different residents; I have heard and read first-hand accounts of historical events that we read about in school—D-day, Pearl Harbor, Normandy Beach, and many others—from folks who were actually there! How cool is that?

Admirals, Captains, Commanders, Colonels, Majors—we've got enough brass here to start our own band! All in all, I wouldn't change a thing about the last 3 years. The residents make Vinson Hall a great place to work.

*Phil DuBois, Volunteer Coordinator*

*[Do you have an amusing, original story or adventure for "The Last Word"? Leave it at the Front Desk for the News & Views mail box. Please sign your name and give your apartment number on all submissions. Thank you!]*

## CHAPEL SCHEDULE

Protestant Services  
Sundays, 10:30 AM

Catholic Mass  
Saturdays, 4:00 PM

Episcopal Communion Service  
3rd Tuesday of the Month, 11 AM

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Ecumenical Bible Discussion  
Conference Room  
1st and 3rd Mondays, 3:00PM

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OASIS  
(Resource Room)  
Last Monday of the Month, 4:00PM

For info call Chaplain Scott Harrison (x 2122)



Vinson Hall Corporation  
6251 Old Dominion Drive  
McLean, Virginia 22101

## COFFEE WITH MIKE

Dining Room

4th Wednesday of the Month, 2:00PM

Tea is served in the Sylvester Lounge on  
Tuesdays and in the Lobby on Fridays,  
3—4PM

Coffee for Residents is available in the Lobby  
7:30—10:00AM

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## *CAFÉ de Solari*

Weekday Hours, 7:30 AM – 6:00 PM

Saturday & Sunday, 9 AM – 3 PM

To place an order for pickup call Ext. 2984

Full breakfast – from 7:30 AM to

9:00 AM Monday thru Friday only

For Daily Specials see menu, delivered weekly