

# I SPY



I spy a pencil, LOVE twice, a ring, a tooth;

Twenty two hearts, a hat and I ❤️ U.

I spy earrings, a lizard, two lips;

A red screwdriver and two frogs that do flips.

## WORD JUMBLE

AIENTOCFF

COLTEOCHA

EFLSORW

NVTENIALE

SRWHEATEET

DCYAN



**THAT'S  
RATED**

**CYCLE  
CYCLE  
CYCLE**

**BAD** WOLF

give get  
give get  
give get  
give get

**COF FEE**

A doubt  
A doubt

# Lodge Living

## Love is in the Air:

### 5 Reasons to Look Forward to Old-Age Love

By Sarah Harrison

So often we fear growing old, or think of it as a time when life's possibilities will be closed to us. However, old age can be a time of discovery, of joy and of true love.

All too often we imagine that life seems to end at the nursing home door—that it is loveless and lonely. We make this mistake when we refuse to see the needs for intimacy throughout life. Our youth-centered culture equates love with sex; in contrast, I have seen with my older patients that love can be an endlessly blossoming flower, felt and expressed in hundreds of ways. A friend's mother who suffers from Alzheimer's disease has fallen in love with another resident on her floor, and they walk around holding hands and snuggling with a newfound innocence that perhaps only their memory loss restored.

Here are five great reasons to look forward to your old-age love life:

- 1. Retirement travel.** You finally get to spend all that money in your 401k, and you can do whatever you want, including traveling with your spouse to all those places you dreamed about when you were juggling two kids and two careers.
- 2. Meeting someone new.** We've heard tons of stories of elderly folks meeting new people. Love doesn't have an age-limit. You could even rekindle a romance from 50 years ago.
- 3. Summer camp crushes.** There is nothing more fun than sleep-away-camp romance, and a good nursing home or senior community is kind of like an extended summer camp stay. According to medical student, Kristen Murphy, unlike the friendships [one] makes as an adult, slowly nurtured over dinners and drinks, bonds in a nursing home or other senior community, where there is nothing to do but talk, are forged quickly and deeply. (For more on Kristen Murphy's experience, look at the NY Times link at the

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end of this article).

- 4. **Knowing what you want sexually.** By the time you hit 70, you probably know what you like in bed and you're comfortable enough with yourself that you're not afraid to ask for it.
- 5. **Getting beyond the vanity of youth.** Speaking of being comfortable with yourself, as women we tend to worry so much about aging and losing our looks, but, hopefully by the time you reach old age you've reached some kind of peace with your imperfect body. It's not a given, but we'd like to think that the wisdom of age includes self-acceptance.

Source:

- <http://www.yourtango.com/201059708/5-reasons-look-forward-old-age-love>
- [http://www.nytimes.com/2009/08/24/health/24nursing.html?\\_r=0](http://www.nytimes.com/2009/08/24/health/24nursing.html?_r=0)



**Amy Oxford**  
**Lecture and Demonstration**

**Tuesday, February 11th, 4:00 pm, Theater**

**Amy Oxford** is an internationally know punch needle rug hooking instructor who has been teaching since 1986. She is the inventor of the Oxford Punch Needle and the author of five books.

Amy worked as a licensee for the Shelburne Museum to make adaptations of their antique rugs and helped catalog the museum's collection of over 400 hooked rugs. She is the past president of The Vermont Crafts Council and past vice president of The Green Mountain Rug Hooking Guild. Her work has been exhibited in galleries and at Vermont's Bennington Museum. She is the owner of The Oxford Company and is headmistress of the Oxford Rug Hooking School.



**FEBRUARY BIRTHDAYS AT THE LODGE**

**Resident Birthdays**

- February 4 Katherine Bird
- February 4 Jackie Flickinger
- February 8 Gail Neale
- February 9 Midge Cooke
- February 11 Ruth Gilbert
- February 12 Alice Hodges
- February 21 Lea Csala

**Staff Birthdays**

- February 9 Megan Volk
- February 14 Louise Kelley
- February 20 Katha Bolduc
- February 20 Karen Deering
- February 20 Jennifer O'Leary

Join us for a celebration honoring all our February birthdays on  
 Friday, February 28th at 2:00 P.M. In The Meadows.  
*All are welcome!*

**Employee of the Month: January 2014**

**Congratulations Curtis Wiley !!!**

Curtis Wiley began his employment at The Lodge on February 27, 2013, as a part-time Van Driver but quickly moved into a full-time position. His background ranges from a Business Proprietor of Willey's Dairy Equipment, Sales and Services to a Warehouse Manager with several other interesting jobs along the way.

Curtis has excellent driving skills and pays extra attention to safety inside and outside of the Van. Curtis demonstrates on a daily basis wonderful customer service and devotion to the residents' needs. He is respectful to everyone he encounters and has a good rapport with residents and his fellow community members. Curtis always has a positive attitude and shares his good sense of humor with everyone. Nice Job Curtis and congratulations for being chosen as January's Employee of the Month!

**Sunday Music Series**

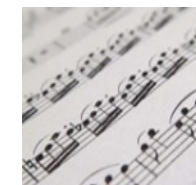
Sunday in the Founders' Room at 2:00 P.M.

**February 2nd**

Marge and John Butterfield

**February 16th**

Woodchuck Revenge, Guitar/Fiddle



**February 9th**

Mark Lavoie, Harmonica

**February 23rd**

Dave Hockett, Guitar

## Calendar Highlights

<b>February 1</b> Middlebury College Hockey	<b>3:30 pm</b>	<b>February 12</b> <i>Think Like a Geographer</i> , ESI	<b>1:00 pm</b>	<b>February 19</b> Open Hearing Clinic, Art Room	<b>1:00 pm</b>
<b>February 2</b> Music: Marge & John Butterfield	<b>2:00 pm</b>	<b>February 13</b> Vigorous Mind Training , Theater	<b>1:00 pm</b>	<b>February 21</b> The Meaning of Masks, MIDD	<b>7:30 pm</b>
<b>February 2</b> Super Bowl Party, Theater	<b>6:00 pm</b>	<b>February 14</b> Block Printmaking Workshop	<b>10:30 am</b>	<b>February 22</b> Film: <i>Ain't Them Bodies of Saints</i>	<b>2:30 pm</b>
<b>February 3</b> Addams Family Musical, Paramount	<b>5:30 pm</b>	<b>February 14</b> Sing-a-Long with Jack	<b>3:30 pm</b>	<b>February 22</b> Brian McCarthy Quintet, THT	<b>7:00 pm</b>
<b>February 3</b> Game Night, Theater	<b>6:30 pm</b>	<b>February 14</b> Valentine Dinner	<b>5:15 pm</b>	<b>February 23</b> Music: Chamber Music	<b>2:00 pm</b>
<b>February 4</b> Residents' Meeting, Theater	<b>2:00 pm</b>	<b>February 15</b> Film: <i>WADJDA</i> , MIDD	<b>2:30 pm</b>	<b>February 23</b> Alexander Melnikov, MIDD	<b>2:30 pm</b>
<b>February 5</b> First Wednesday Lecture at Ilsley	<b>6:15 pm</b>	<b>February 15</b> Middlebury College Hockey	<b>6:30 pm</b>	<b>February 23</b> Middlebury College Hockey	<b>6:30 pm</b>
<b>February 8</b> MET Opera: <i>Rusalka</i> , THT	<b>12:30 pm</b>	<b>February 16</b> <i>Four Beers</i> , THT	<b>1:30 pm</b>	<b>February 24</b> Corey Gottfried Sing-a-Long	<b>9:15 am</b>
<b>February 9</b> Music: Mark Lavoie	<b>2:00 pm</b>	<b>February 16</b> Music: Woodchuck Revenge	<b>2:00 pm</b>	<b>February 26</b> Tom Verner, Magician	<b>4:30 pm</b>
<b>February 10</b> Dessert Bake Off	<b>11:00 am</b>	<b>February 17</b> PALS Support Group	<b>10:00 am</b>	<b>February 27</b> Roselee Goldberg, MIDD	<b>4:00 pm</b>
<b>February 11</b> New Residents' Luncheon	<b>12:15</b>	<b>February 17</b> Game Night, Theater	<b>6:30 pm</b>	<b>February 27</b> War Horse, THT	<b>6:30 pm</b>
<b>February 11</b> Amy Oxford, Theater	<b>4:00 pm</b>	<b>February 18</b> STOMP, Paramount Theater	<b>6:00 pm</b>	<b>February 28</b> Block Printmaking Workshop	<b>10:30 am</b>

### Tom Verner, Founder

### Magicians Without Borders

Wednesday, February 26th, 4:30 pm, Founders' Room



### **Entertain. Educate. Empower.**

Since 2002, Magicians Without Borders has traveled to over thirty countries using magic to entertain, educate and empower. By UN estimates we have entertained over 500,000 of the most forgotten people in the world –mostly refugees and orphans living in desperate, difficult and often war torn parts of the world. Detailed accounts of this work can be found on our Our Travels page. We are also educating children in Santa Ana, El Salvador, Mumbai, India and Bogata, Colombia to become magicians. As they study magic, they develop self-confidence, self-esteem, discipline, focus and a sense of personal power. We have also established a Scholarship fund to empower these children to finish High School and go on to college, nursing school, and culinary school.

Magicians Without Borders, a 501C(3) organization, performs magic shows for children in refugee camps, orphanages and hospitals around the world -often in war torn places where love, laughter and magic are desperately needed.

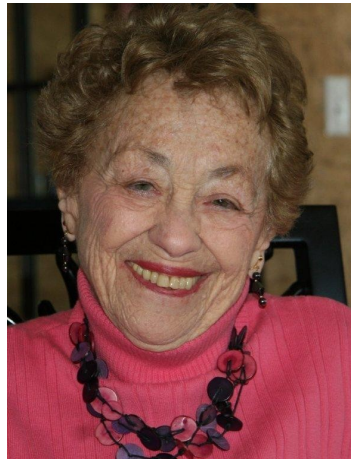
Magicians Without Borders began when Tom Verner, a professor of Psychology, was traveling through Eastern Europe in 2001 and did some magic shows in the refugee camps of Kosovo and Macedonia. The shows were so well received, that Tom decided to take a leave from his teaching and perform full time.

Tom says, “I like to think that the magic brings not only laughter and surprise, but on some deeper level perhaps, magic plants seeds of hope. Hope that the impossible is possible. Hope that after years of waiting in a refugee camps, the waiting will end and the people will go home again.”

[www.MagiciansWithoutBorders.com](http://www.MagiciansWithoutBorders.com)

## Resident Profile

### Dina Edelman



Dina Edelman is a busy and energetic woman. While most people are indoors, Dina is out in the crisp (and sometimes bitter) Vermont winter air, walking or snowshoeing. This comes as no surprise to those who know Dina. Born in Frankfurt, Germany, she came to the United States with her parents in October of 1937, and has been on the move ever since.

Before marriage, Dina and her husband learned to ski together. They spent many years together on mountain slopes all over the United States and Europe. Dina worked as a head bookkeeper and eventually owned her own bookkeeping and accounting practice. She also managed to raise a wonderful and successful daughter who now owns her own business as a tour operator, catering to the senior community across the US.

Later in life, Dina joined a group of skiers called the *Over the Hill Gang*, which met and skied slopes around the US. Dina and *the Gang* skied many consecutive years at Vale until Dina retired her skis at age 87! She now enjoys snowshoeing as well as walking, hiking and swimming. Dina enjoys the New Yorker discussion group at the Lodge, audits classes at Middlebury College, plays bridge, participates in the Knitting for Kids group and volunteers her accounting skills for a couple people in the area who are unable to do their own bookkeeping.

What does Dina enjoy about the Lodge in addition to the physical and mental stimulation? *The staff is always fabulous. The people are friendly and lovely, so it makes the Lodge comfortable.*

### Jim Borden: An Exhibition in Celebration of a Lifetime of Art Jackson Gallery: Town Hall Theater

Jim Borden (1928-2013) had been either drawing or painting for as long as anyone can remember. His work graces the walls of his family's restaurant in

Indiana, the Veteran's Administration in Washington, D.C. and countless homes across the country. Jim was a resident of the Lodge at Otter Creek and its Theater room currently holds a series of paintings inspired by his most recent trip to Italy.

The paintings in this exhibit were selected to show the range of his talent, skill and interests. Most paintings are for sale and will benefit Town Hall Theater and the James C. Borden Art Award established to award a cash prize to a graduating art student at

Jim's high school alma mater.

**Lodge Residents can visit the exhibit**

**Tuesday, February 18th at 1:00 pm**

**Meet in the Lobby**



### Intro to Block Printmaking Workshops With Courtney Allenson, Activities Director

- Sunday, Feb. 9, 1-4pm at Studio V in Vergennes
- Monday, Feb. 10, 1pm-2:30pm, Lodge at Shelburne Bay, Session I
- **Friday, Feb. 14, 10:30 am-12pm, Lodge at Otter Creek**
- Monday, Feb. 24, 1pm-2:30pm, Lodge at Shelburne Bay, Session II
- **Friday, Feb. 28, 10:30 am-12pm, Lodge at Otter Creek**



### Flower Design For Beginners with Lauren

**Friday, February 7th and 21st**

10:30 am-12:00 pm

In the Art Room

### NEW! Game Night!

**Monday February 3rd and 17th**

**6:30 pm in the Theater**

- Select from an assortment of games or bring your own to share.
- Bring a favorite snack or beverage to share.
- Invite a friend to join you!



### Personal Trainer

**Wednesdays, 1:30 –2:30 pm**

**Fitness Center**

Coach Joanie is available to answer your fitness questions, adapt exercises to meet physical needs and restrictions, or to show individuals how to use the Fitness Center equipment.

**First Wednesday Lecture at Ilsley Library****Redeemer President: The Significance of Jimmy Carter****Wednesday, February 5th at 6:15 pm**

Dartmouth professor of American religious history **Randall Balmer** examines the rise of the Religious Right and the life and times of Jimmy Carter, a Southern Baptist Sunday school teacher elected president in 1976 with the support of evangelicals, most of whom were politically active for the first time but many of whom turned against him four years later.



POE  
TRY  
180

**DAVID WEINSTOCK, Book Discussion Series****Monday Feb. 10, 4:30 pm, Founders' Room**

You're invited to the first in a series of book discussions with David Weinstock. Pick up a copy of POETRY 180 at the front desk, or at the event. David will read some favorite poems and lead a discussion of what's happening in American poetry today.

David Weinstock is the founder of the Otter Creek Poets workshop at Ilsley Public Library.

**STOMP, International Percussion****Tuesday, February 18th, 6pm****Paramount Theater, Rutland**

This eight-member troupe uses everything but conventional percussion instruments - matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps - to fill the stage with magnificent rhythms.

As USA Today says, "STOMP finds beautiful noises in the strangest places."

**Hearing Clinic: Wednesday, February 19th, 1-4pm, Art Room**

Victor Peters, Licensed Hearing Specialist will be at the Lodge and available to perform the following: ear exams, hearing tests, hearing aid prescriptions, hearing aid programming, hearing instrument fittings, diagnostics and hearing aid maintenance.

All are welcome to stop by!

# My Vigorous Mind Training



The Lodge at Otter Creek is offering hands on training with Yuval Malinsky, Developer of the Vigorous Mind program. The training will offer new games, social networking opportunities and updates for those that are currently using the program and for those that are interested in learning more about all that Vigorous Mind has to offer. There will also be an evening session for residents and their family members. Families are invited to learn how to maintain brain wellness and bring with you your laptop or iPad, so you can become Vigorous Mind Family users and enjoy interaction with your loved one on a regular basis.

**When: Thursday, February 13, 2014****Where:**

- **Training for Lodge residents, 11 a.m.-12 p.m. in the Lodge Theater. (refreshments provided)**
- **Training for Staff, 1:00-4:00 p.m. in the Lodge Theater.**
- **Dinner and social networking training with residents and family members, 5:30-7:00 p.m. in the Lodge Theater. (Families please bring laptop or tablet, dinner provided). Family members, please RSVP to Lauren Mohan by Thursday, February 6th at [lmohan@lodgeatottercreek.com](mailto:lmohan@lodgeatottercreek.com) or by calling 388-1220.**

My Vigorous Mind is scientifically based and was designed specifically for seniors. It offers a comprehensive approach to brain wellness which includes fun cognitive training and games, reminiscence activities, communication with family and friends and diverse brain stimulating group activities. The Lodges created "Brain Gyms" with large touch screen computers for individual use and large screens for group activities. We are thrilled to be the first in Vermont to offer this cutting edge software, it has added a whole new dimension to our activities and to the quality of life of our residents, we look forward to having families and residents learn more about this exciting program.

## January Memories

New Year's Eve



## Lodge at Otter Creek—First Annual Talent Show



1st Place—Best in Show: Joyce Freundlich, vocals, Jeanette Devino on piano  
 2nd Place—Most Original: Gail Neale and Courtney Allenson, saw and accordion  
 3rd Place—Don't Quit Your Day Job: Billy Jo Smiles (aka: Lauren Mohan)



## The New Yorker at The Lodge at Otter Creek

By Alan Kamman

The *New Yorker* magazine debuted on February 21, 1925. It was founded by Harold Ross and his wife Jane Grant, a New York Times reporter. It soon established itself as a pre-eminent forum for serious fiction and journalism. Shortly after the end of World War II, John Hersey's essay *Hiroshima* filled an entire issue. In subsequent decades the magazine published articles and short stories by many of the most respected writers of the 20th and 21st centuries, including John O'Hara, Philip Roth, J. D. Salinger, James Thurber and E. B. White, etc.



Approximately a year ago, former Lodge Executive Director Nadine Krasnow, formed a group of residents who were interested in discussing articles from the *New Yorker*. Each week, the informal leader, Arnold Abelson, selects an article from the current issue. It is copied and distributed to all interested residents. This week the article, titled "Who Am I to Judge?" is subtitled, "The New Pope's Remarkable Year." Other articles covered topics such as the attack on the U. S. Constitution, the remarkable Dr. Ox, miracles of medical treatments and occasionally a fiction story.

The group meets every Wednesday at 3:30 pm in the Theater, and meetings end promptly at 4:30. (Some say it is because we want to be sure we are present for the 4:30 opening of Wednesday's Cocktail hour!) All are welcome. Sign in at the Front Desk so you will receive a copy of the article to be discussed, delivered directly to your mailbox. Hence, subscriptions to the magazine are not needed.

All are welcome. Come and attend a session. It is intellectually stimulating!