

The Collingtonian

~ News and Views ~

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COLLINGTON CHARITABLE FUNDS; AN EXPLANATION

By Art Longacre

I have been asked by the Editors to explain the difference in purpose of the various funds to which you are frequently asked to contribute. There are four types of funds and gifts which are tax deductible when made through either of our eligible organizations; the Residents Association or the Fellowship Fund.

1. Employee Appreciation Fund. Solicitations are made once a year before Christmas to provide a bonus to employees in lieu of tips. All money collected, through the Residents Association, is paid out to employees.

2. Special Purpose Funds. Solicitations are made as needed for a special purpose, such as repair of the Steinwy piano, or the purchase of a Personal Reader. To date, such payments have been made through the Fellowship Fund. Some communities similar to ours have a special "enrichment" fund. Excess contributions, if any, are set aside and kept for future related needs; e.g. the money over and above that required for repair of the piano was earmarked for any future repairs or maintenance needed for our other pianos, as well as for the Steinway.

3. The Residents Association. The purpose of all income into the Association is the support of the various activities of its Committees, including **The Collingtonian**. The unrestricted Residents Association also supports the overhead of

of the Residents Association Council.

The largest single source of this fund for the fiscal year ending March 31, 1991, was the Gift Shop profit, which was \$6010. Payments for tax assistance contributed \$4320. And specially designated donations from individual residents and from various committees brought the total Association income to \$14,085. An initial seed money of \$25,000 from the Collington Corporation has now been drawn down to \$12,085, not including Gift Shop inventory or earmarked money. In the past year, the drawn down of the restricted portion was \$2,031. Fund raisers, such as Treasures Sales, should increase future revenues. Also, increased contributions may come from residents, especially non-workers, who appreciate the activities of the committees.

Special acknowledgment should be made to John Jay and Elma Tidwell for doing the complex accounting of Gift Shop revenues and fund balances, and to Elizabeth Dougherty as Chair of the Gift Shop Committee.

4. The Fellowship Fund. This is the only fund from which income only can be used. Its purpose is to assist residents who do now or may in the future require a supplement to their income in order to remain in Collington. This is in addition to the use of their assets and/or the proceeds from liens against their estates. The goal of the current fund drive is to raise the fund total to one
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million dollars, including trustee deferred gifts. The Fund presently stands at about \$555,000. Current assistance needs are modest, but in the future more residents will outlive their income/asset resources. Qualifying requirements for prospective residents are being tightened.



ALBERT BOWKER ELECTED PRESIDENT OF THE COSMOS CLUB

By Margaret Werts

Albert Bowker, who has lived at Collington with his wife Rosedith since September 1988, was recently elected President of the Cosmos Club. He has been a member since 1964, but became an active member in 1980, when he returned to Washington from California, where he had been Chancellor of the University of California at Berkeley. At the behest of Collingtonian Dick Van Wagenen, he joined the Club's Membership Committee, of which he was Chairman in 1988, when they voted to admit women members. Seventy were admitted that first year. Al Bowker says he owes his election as President to the women he was instrumental in admitting.

Having grown up in Washington, Al Bowker was a member of the first graduating class of Woodrow Wilson High School. He graduated from MIT in 1941, and later received his doctorate from Columbia.

Other highlights of Al Bowker's academic career include five years at the University of Maryland, where he founded its School of Public Affairs, later becoming Executive Vice President. Before that, he had spent several years at the City University of New York as Chancellor. He has worked for that University during the last few years and has recently chaired two search committees for the position of Superintendent of Schools in New York City.

BLUEBIRDS AT THEIR BATH

By Jacob Fisher

As I approached the lakeside entrance to the Apartment house the other day a bluebird dropped to the ground almost at my feet. I froze. A moment later the bird was bathing. He (it was a male) had found a handkerchief-sized mud puddle holding perhaps an inch, if that, of water, and was making the most of it. My first impression was of a bird hopping up and down, but a closer look revealed that the activity was limited to the wings. The wings beat the water mercilessly, flinging a fine spray over head and back.

And yet none of the mud which lined bottom and sides of the puddle seemed to have struck the feathers. Neither did he seem to get wet.

His "bath" or water exercise completed, he darted off. Before I could stir, the female shot down, a paler version of the strikingly deep gentian blue of her mate. The wing-stirred spray bather reenacted the scene I had just witnessed. When she took off, she flew to the metal gutter of the house and perched there facing the sun, as though to dry off. But she didn't look wet and in fact wasn't. Some seconds later she winged her way to the bluebird box off the lake shore.

I went by the place that afternoon. The puddle had dried in the warm spring air. It had been that shallow.

Were the bluebirds "bathing?" We imply that much when we use the word "bath" or any of its derivatives. We make or buy birdbaths to attract birds, who use them to engage in the activity I had just witnessed.

And when we say "bath" we assume that the bird is cleaning itself. But is "cleaning" the right word? It assumes the bird feels or believes itself to be dirty. But to "feel dirty" is a wholly human sensation. We have no hard evidence that any bird or animal feels

dirty and the need to clean itself.

Dogs and horses submit to being washed but seldom if ever do it on their own.

One hypothesis is that in bathing birds are trying to rid themselves of mites, lice and other parasites. When you see a bird preening or "cleaning" its feathers with beak and sometimes a claw, it is engaged not only in straightening feathers out of place but is looking for and getting rid of mites. "Bathing" may help the bird by loosening the hold of the mite on the skin, making it easier for the bird to rid itself of the parasite. Their dust "bathing" may well serve the same purpose.

There was nevertheless something about the abandon with which the bluebirds flung their wings about which made me feel they would not be engaged in the "bathing" act unless they found it pleasant: that they were enjoying themselves.

One has to be careful about talking like this. John Ruskin, the great English art critic, social critic and man of letters of the 19th century, warned against what he termed the Pathetic Fallacy, the attribution to nature -- mountain, tree or sparrow -- of emotions felt by man. (The heavens "wept." The mountain "shuddered.")

The association in the minds of many people of bluebirds with happiness is an example of the Pathetic Fallacy, attributed in large part to Maeterlinck's *The Bluebird*, 1909, an allegorical and very sentimental fantasy for children which denies the reality of death.

Do birds get wet when they bathe? A legitimate question, for the act of bathing implies the bather gets wet. With some exceptions they don't. The feathers of most birds, including bluebirds, repel water. They contain a natural oil, derived from an oil gland located just above the tail, and spread by the bird's beak. If the bird does not get wet, how then can we say it is bathing?

Some birds lack oil in their feathers or have too little of it.

Cormorants, for example, and anhingas. Such shorebirds are in double trouble, for not only do they lack oils to keep them dry in rain, but they spend many hours of the day underwater pursuing the fish on which they prey. Which means that when they emerge they have to dry their wings in sun and air.

We lived for a number of years on Little Sarasota Bay on Florida's Gulf Coast, a bay whose brackish waters supported a large population of shorebirds, among them cormorants, whose sleek bodies in flight barely above the water surface and short rapid wing beats I never tired of watching. A common sight along the bay were cormorants in groups of three to ten or twelve, standing on a sandbar in shallow water, their wings out as though ready to take off, remaining in this position for minutes at a time. They were drying their feathers.

Bluebirds, all our birds here, don't have to dry their feathers because they never get them wet.

HEALTH CENTER ACTIVITIES PROGRAM

By Helen Wood

The Collington community has reason to be both proud of and thankful for our activities programs -- not only those which make life so busy and interesting for residents generally but also the special Activities Program for residents of the Health Center.

This program includes both recreational and therapeutic activities, designed to help residents have as active and satisfying a life as they can, given their mental and/or physical disabilities. Four or more activities are scheduled at different hours on weekdays -- somewhat fewer on weekends.

Some of these activities -- like the "Moving Together" and "Exercise" programs -- help to keep residents as mobile as possible. Others -- like the "Remember When" and "Mind Jogger" programs -- are

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HEALTH CENTER ACTIVITIES (cont.)

designed to stimulate memories. Still others -- including the music programs, the ice cream socials, and the tea parties hosted monthly by our Hospitality Committee -- encourage sociability among the residents besides giving them pleasure.

This combination of activities was developed by Sue Lembeck, who came to Collington from a position at the Greater Baltimore Medical Center emphasizing dance/movement therapy for people with various forms of dementia. Sue is still Coordinator of our Health Center's Activities Program, but she is now with us only on Mondays and Fridays. (On other days she works as dance therapist at the Sheppard Pratt Hospital in Baltimore.) She conducts two of the programs already mentioned, "Moving Together" and "Remember When," and helps with a number of others.

Very fortunately, in early March Patty Butler joined the staff as full-time Activities Supervisor. Patty has a B.S. degree from the University of Maryland and is a Certified Therapeutic Recreation Specialist. She has held positions in this field at several different institutions, including the Gladys Spellman Nursing Center in Cheverly, from which she came to Collington.

Patty conducts several different activities, including word games and a special program for residents on Level 1 of the Health Center who have only physical disabilities. She is also deeply concerned with finding out which activities are of most interest to which residents and with encouraging their participation. As she emphasizes, the policy is to encourage but never to force individuals to participate in activities. Some Level 2 residents go to as many as four different activities a week, and all of them attend at least one per week. It is Patty's view that by including activities which impinge on all of our senses -- including taste and

smell as well as hearing, sight and touch -- a program has been developed which can reach and be of help to even the most mentally as well as physically disabled individuals.

Should residents on Level 1 of the Health Center, who may have serious physical disabilities but no dementia, also join in these activities? They are invited to do so, but the decision is left up to them. A few do participate, but often irregularly and usually in the music programs.

Among the activities most popular with Level 2, as well as Level 1 residents, are the music programs led by Nadine Wobus on Monday and Tuesday mornings. Nadine is a trained music therapist with a very nice voice, knowledge of songs likely to appeal to Level 2 residents, and skill in leading group singing (from the wheelchair in which she has to move about). A significant number of residents -- usually between 15 and 20 -- come to sing under her leadership. In addition, some residents who are unable or not yet motivated to join the group receive visits from her in their rooms.

At present, the only other Collington staff members assigned to help regularly with Health Center activities are two "Float GNA's," (Geriatric Nursing Assistants), Sheila Fletcher and Judy Lourcey. They take residents to and from the scheduled activities and are of great help to them in other ways, including bringing them to the Living Room to look at TV after supper and watching them there.

Until late in May, the staff also included Lori Heiser, who conducted "Lori's Hour" for residents needing such an activity in the early evening, besides being with them at other times. Since she left for another position, the Float GNA's have been doing their best to look after residents in her place. But a significant number of residents do need more activities and attention, especially between

supper and bedtime. It is to be hoped that another staff member will be recruited to take Lori's place.

Collington volunteers are also making very important contributions to Health Center activities. Every Friday afternoon, Virginia Colony leads and plays the piano for a "Sing Along" group, with the help of some of the Collington Singers. Every Wednesday afternoon, Ruth Sumner reads and tells stories to another group. Most often, she uses American folk tales, including some from Appalachia and about Indians. But she also reads stories from other parts of the world, including England, Japan, and Malaysia, and may show maps of these areas. On Wednesday evenings, other volunteers conduct "Pet Visits," giving residents a chance to play with dogs (who have been duly tested in advance to ensure their suitability as friendly visitors). Volunteers also give indispensable help in taking residents to church and chapel services and sometimes to other community activities which they would enjoy. Occasionally, they may also take some residents downstairs to lunch in the main Dining Room.

Additional volunteers would be most welcome, not only to help with the Activities Program but also to pay regular "friendly visits" to Health Center residents. Anyone interested in volunteering is urged to call Patty Butler (2316), or Maribeth Westfall, the Health Center's Social Services Coordinator (2323).

THE MOCKINGBIRD

By Mary C. MacLean

My mother, whose skill at the piano was not immense, often played and sang "Listen to the Mockingbird." These spring days the melody haunts me, as do the words, "The mockingbird is singing all the day.".. Why? Because the trees outside my cottage (1205) are beloved of a mockingbird, and my porch, where I love to perch, is

seldom without a chorus borrowed from a multitude of avian songsters. In the Maine woods the bird songs signal the time of day and the passing of the season. Here, just now, I know only that my mockingbird friend rejoices in his art and abhors a sound vacuum.

LIBRARY NOTES

By Anna Dougherty, Librarian

The paperbacks have been shifted forward a few tiers to provide more shelf space for the Fiction/Literature and Detectives collections. So you will need to look a little bit to your left of the usual place for Biographies, Non-Fiction and Detectives and around the other side of the stacks for the start of Fiction/Literature.

Choice Magazine Listening, a subscription on tape cassettes, is being donated monthly by Jack and Sally McTernan. The cassettes are available for charging out. They are located in a plastic container, together with the tables of contents, in the Reading Room.

A CHARISMATIC SINGER

By Emily Abouchar

On April 5th, Margaret Stricklett came to Collington to give a lively performance of operatic arias. Without benefit of either scenery, lighting or live music, she held her audience spellbound. Of course, the soundtrack of the London Philharmonic that accompanied her was splendid. With engaging personal charm and skill, she introduced each aria with a thumb-nail sketch of the character and the scene of the opera in which the aria was sung, thus creating the mood for her performance. The first number from *La Boheme* was the well-known and beloved "Mi chiamano Mimi," sung with great fluidity and gentle feeling. Then followed the more dramatic aria of Violetta from *La Traviata*, which provided a nice change of pace. Next came the

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A CHARMISMATIC SINGER (cont.)
fiendishly difficult aria of the Queen of the Night from Mozart's *Magic Flute*. Ms. Stricklett seemed less at ease with the coloratura that this called for but her voice was clear and true. Another aria from *La Boheme*, and the famous "One fine day" from *Madame Butterfly* brought her back to the more lyric style where she seemed more comfortable.

Her last two numbers, the well-known "Vissi d'Arte" from *Tosca* and "Elsa's Dream" from *Lohengren* took us into the more emotional realm. Performed equally well by Ms. Stricklett, they brought the audience to its feet. Ms. Stricklett has a strong, clear voice and a sure dramatic instinct which should take her far. She performed with the Prince George's Opera production of *Madame Butterfly* in which she sang the title role with great success, and I feel quite sure that this will be followed by other operatic roles here and elsewhere. In retrospect, I am reminded of a young Beverly Sills. Who knows?

WE STILL REMEMBER

By Jane Wall

Malcolm and I were a young married couple in 1950, with three children, ages about 2, 6, and 8. Malcolm was a brand new college professor at Oklahoma A&M College (now Oklahoma State University) in Stillwater -- after all, the GI Bill was in place -- and making a respectable salary of \$3000 for 10 months of teaching. We saved what we could during the school year and used what we saved to get through the summer, while Malcolm went back to Minnesota to graduate school to finish up his doctoral thesis. The summer I'm talking about was a bit easier than usual because my family's summer cottage at Minnetonka was available. So come the end of the school year, we loaded the car (yes, our first one, not new, \$400) with the children

and essential furniture like beds and drove about 1000 miles to the cottage which we then shared with my sister and her family of four somewhat older children.

It was a pleasant and productive summer, and the money lasted -- just. But come fall and the beginning of the school year, Malcolm took the bus back to his job so as to earn the first month's salary. Then he could pay the rent, move our stored furniture in, and finance our trip back. After careful study, he decided that it would work out best if he took the bus after his Friday class and rode through the night to arrive at Des Moines around noon Saturday. I would drive the relatively short distance to Des Moines and meet him. That way we could get to Stillwater by Sunday. So Saturday, my sister and I tied furniture my parents had given us on the top of the car and filled the back seat area with luggage and stuff to produce lying down space for the children. Then the four of us plus our new 110-lb dog Rusty (selected from the pound because he barked so loud) took off for the meeting point. ONLY, there was just enough money for gas, and about 35 miles along the way, I had a flat tire.

The kids raced around, and Rusty barked, and I set to work awkwardly to change the tire. Of course, a gentleman stopped and did it for me. Then we went on. But for the rest of my stint, there wasn't a spare and nothing to do about it. All I could do was drive very carefully while the children fussed and fought.

Obviously we were late at the meeting place, the Greyhound Bus Depot -- yes ma'am, 2 blocks down and take a left turn. And there Malcolm was, standing on the curb looking for us and as worried as I.

So he crossed the street. I moved over. And he began to drive. We went on and on, all night (still with no spare). Most of the time there was nothing but farm land. No lights anywhere. At least the children slept after eating the

supper I'd brought along. (Fast food stores were scarce and cost too much anyway.) By Sunday morning we'd made it. Malcolm hadn't slept for 48 hours and his right foot was so tired he couldn't push the gas pedal with it.

We still remember.



VICTORIA STERNAU

By Bob Willing

Victoria Sternau is a little bit young to be living at Collington. She's only one year old. But she has adjusted nicely to a retirement community for Senior Citizens -- thanks to Phyllis Sternau, with whom she lives in Cottage 1210, and two new-found friends -- Tobey Wall and Mischief MacLean. She was adopted by Phyllis at the tender age of nine weeks, and she had to be on her toes because she was one in a long line of succession of previous Boston Terriers in the Sternau household with the glamorous names of Cleopatra, Sheba and Anthony. But Victoria managed very nicely, although she took her early frustrations out on a circular cat bed, where she was supposed to sleep, by completely chewing out the velour bottom. She had other plans for its use. It became her circular toy, which she still carries around and plays with and sometimes wraps herself inside with a security blanket. She is also now on dog bed number four.

Victoria is extremely friendly and bright. She is attracted to

any thing that moves -- frogs, spiders, mosquitoes, other bugs, and even Senior Citizens. She eats anything that drops on the floor. But not dog food. She will eat dry dog food moistened with a little canned dog food on top. She has tried cottage cheese, but that's currently off her diet. The last time she indulged in cottage cheese, she found a good place to clean her jaws -- the carpeting.

Victoria is somewhat cautious. She freezes when she sees any spots on the kitchen floor. She is completely turned off when the buzzer goes off when the car door opens and she gets in, and she doesn't like to ride in the car especially because it's difficult for her to see out due to her size. She's tiny, dainty and adorable. And she loves Phyllis. In fact, she won't let Phyllis out of her sight.

'CELLO-PIANO RECITAL

By Newton Blakeslee

Collington residents were given a real treat on May 3rd, when Evan Drachman and Michael Adcock returned to present another 'cello and piano recital in the Auditorium. The program consisted of music by Dvorak, Weber, Bruch, Granados and Chopin. It was beautifully played and the artists seemed to perform together as one. Evan's 'cello was made in 1725, by Stradivari and formerly belonged to his grandfather, the great Piatigorsky. It has a wonderful tone, and Evan was equal to bringing it out to the full. Michael's piano playing was first-rate on Collington's newly reconditioned Steinway. Together the two instruments blended together perfectly.

Evan Drachman studied 'cello in England and graduated from the New England Conservatory of Music. Michael Adcock graduated from Oberlin and is now teaching at Peabody Conservatory in Baltimore, where he is assistant head of the Piano Department.

The Dvorak concerto for 'cello and piano, they said, is considered
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CELLO - PIANO RECITAL (cont.)

his greatest work for those instruments, and certainly they did it justice in every respect. The Granados piece was written as an interlude to be played while stage hands were moving scenery between acts of his opera, *Goyescas*. It remains a favorite concert piece, while the opera has been forgotten. The Chopin *Introduction and Polonaise Brillante* was just that: brilliant; and the technique of the players in the rapid passages was little short of amazing.

The agent for the performers is Music Alert, an organization that promotes concerts by professional musicians at retirement communities. Its aim is to give audiences the pleasure of good music, and young musicians opportunities to perform.

Our audience enjoyed the concert immensely, and it is hoped that the players will come again.

EXECUTIVE DIRECTOR'S CORNER

By Gail L. Kohn

As most of you know, Collington is in the process of seeking accreditation as a continuing care retirement community (CCRC). That has meant that we have been working hard to answer the questions concerning our operation posed by the Continuing Care Accreditation Commission (CCAC). In October the Commission will make the decision regarding Collington's readiness to be accredited.

Since the beginning, Collington's Board, staff and residents have been diligent in their effort to achieve and maintain excellence in our community. In many instances, we have been pleased and proud of the results. In others, we continue to struggle. However, the CCAC does not expect a perfect, finished product. Rather, it prefers to encourage each CCRC it studies to examine its operation carefully and critically in the light of its own stated philosophy. To that end, it lays out guidelines for a detailed self-study. For us,

these have provided an opportunity to assess both our strengths and our weaknesses. If we have done that well, the Commission will commend our successes and support our efforts to correct our problems.

The Task Force on Accreditation which produced the self-study is composed of six residents, six board members, and six staff members. It certainly should be commended for its fine work. The document describes with thoroughness, honesty and care Collington's history, the current programs and services and the planning and evaluation mechanisms used. The four areas the CCAC's wished us to describe were Governance and Administration, Finance, Resident Life and Health Services and detailed questions were asked about each. The answers required a thorough examination of what we are doing, how it actually works and whether it needs further attention.

The next step toward accreditation will be a visit to Collington, July 11 and 12, by the Commission evaluators who have examined the self-study. The purpose is to compare the information in the document with their own on-site observations. Before their departure, on July 12, the evaluators will give a preliminary report to residents, Board members and staff in the Auditorium at 3 p.m. Subsequently they will submit a report of their findings to the CCAC.

By October the CCAC will decide whether or not Collington will be accredited. They have the options of denying accreditation, requesting additional information to be submitted within a specified period (after which accreditation will be considered), or accreditation.

Based on my knowledge of the accreditation process and my familiarity with many other CCRC's, I believe that Collington will be recognized as outstanding. Collington residents, Board and staff have worked hard to achieve excellence and will continue to strive to capitalize on our

strengths and correct our weaknesses.

You are invited to read more about the Continuing Care Accreditation Commission, including its history, its membership and its staff, in the Collington Library. You will also find there a copy of the self-study.

PROGRESS TOWARD ACCREDITATION: THE FINANCES

By Roy Blough

The Accreditation Self-Study of Collington finances, recently completed, can be summarized as seeking answers to three questions.

Q: Are Collington financial practices, structure of authority, accounting system, budget process, etc., adequate for effective financial management?

A: Our professional advisors assure us that Collington's institutional structure is excellently designed both to manage the finances and to show where we are and where we are headed.

Q: What special financial strengths, if any, does Collington have?

A: The self-study group is impressed by the legal and contractual requirements for investment of funds, reserve requirements, allocation of Entrance Fees, requirements for cash availability and cash flow, among others -- all of which are being met. Impressive also (and important) are the governmental and other arrangements for enforcing these requirements over the life of the community.

Q: Are there elements of financial weakness at Collington? If so, what is being done to remedy them?

A: No financial weaknesses were noted that would hinder Collington from succeeding in the highly competitive continuing care market. Collington is faced with a few problems that are commonly experienced by new continuing care communities, e.g., lower than anticipated early rates of occupancy. Steps have been implemented to

address the problems, e.g., to improve budgeting and marketing.

Opinion of the self-study team: With respect to finances there is reason for optimism about Collington accreditation.

COLLINGTON BLUEBIRDS

By Francesca Steere

The bluebird house on the hillside behind 1105 has been occupied for several weeks now. Last spring there were two families (or a repeat by the same family) occupying it. One day as I looked out the bedroom window, there was a big, but fluffy-looking bluebird sitting on our flagpole and another bluebird came and hovered with something in his mouth and then proceeded to feed the baby.

Also for a period of about a week, a male came to our bedroom window about 5 or 6 o'clock in the morning and pecked and pecked at our window. Aren't they beautiful!.

RECOMMENDED RESTAURANTS

By Bob Willing

JERRY'S SEAFOOD: 9364 Lanham-Severn Rd., Seabrook, Md. 20706. Phone: 577-0333. Open: Lunch, 11.30 a.m. to 2:30 p.m., Monday through Friday; Dinner, 5:00 to 9:30 p.m., Thursday through Saturday.

One of the best seafood restaurants in Prince George's County is **Jerry's Seafood** in Seabrook Shopping Center. Marion and I recently indulged in two marvelous seafood dinners there. With our drinks the waitress brought us two fresh shrimp with a tomato sauce dip. Marion selected Stuffed Soft Shell Crab (\$23.95), which consisted of soft shell crabs topped with mounds of Crab Imperial, fried golden brown, and served with fresh asparagus and baked potato. I opted for Soft Shells only (\$17.95). The waitress brought me five large soft shell crabs deliciously fried in a light beer batter -- among the best I have ever eaten -- accompanied by country-fried potatoes and a

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RECOMMENDED RESTAURANTS (cont.)

garden salad of lettuce, cucumber, and shredded carrots, with an excellent thousand island dressing.

When the waitress discovered that it was Marion's birthday, Marion's picture was taken (with her husband) and she was offered a free dessert. Chosen was Chocolate Lush -- well named -- a delectable chocolate-pudding pie with a crisp crust and topped with whipped cream sprinkled with chocolate chips. All desserts are homemade and also include lemon sherbert, trifle and brownies.

Prices range from Fish of the Day at \$15.95, to the Mariners Platter and the Stuffed Soft Shell Crab at \$23.95. Other entrees include Crab Cakes, Crab Imperial, Scallops (baked or fried), Fried Shrimp, and Fried Ipswich Clams. There is also served a Seafood Combination consisting of four spiced shrimp, a cup of homemade crab soup, a garden salad, and a choice of soft shell or crab cake sandwich.

At lunch, a similar menu is served, but the portions are smaller. Most entrees cost \$9.95. Sandwiches, with pickles and potato chips, include an All Meat Crab Cake (\$7.95), Fried Fish of the Day or Soft Shell Crab sandwich at \$6.95. You may also indulge in a bowl of Cream of Crab Soup for \$4.50.

At dinner, the restaurant was crowded, but the service was excellent. No reservations are taken.

Directions: As you leave Collington, turn left on Lottsford Road, left again on Enterprise Road (Rt. 193), go past Rt. 450 until you reach Lanham-Severn Road (Rt. 564), where you turn left at the light. Jerry's Seafood is several miles beyond on the right in the Seabrook Shopping Center.

**MEALS ON WHEELS OF CHEVERLY;
COLLINGTON OUTREACH**

By Jane Wall

Probably we Collington residents have all heard of **Meals on Wheels (MOW)**, but few of us know much about how it works. Even

fewer know about **Meals on Wheels of Cheverly**, which serves our portion of Prince George's County. That's a little weird since 12 or so of our neighbors and friends are involved in its operation.

MOW is a nationwide, non-profit, unsubsidized organization (the idea originated in England) that does not solicit funds but is happy to receive them. The mission everywhere is to deliver one hot meal and one cold meal to housebound elderly and/or ill persons each day, Monday through Friday. The hot meal is to be eaten on receipt (about noon); the cold meal is a bag lunch-supper consisting of a sandwich, a salad, a half pint of mild, and a dessert.

Meals on Wheels of Cheverly was incorporated June 1975, and is part of a loosely organized group (21 units) in the metropolitan area. The moving spirit in getting things going in Cheverly was Brad Johnson (he and his wife Fannie are now Collington residents); he was assisted by Jim Morrell, Fannie Johnson's first husband. Other Collington residents who have been involved since the beginning include Marian Jenkins, Treasurer and Route Chairman, Lorna Hansen, Secretary, and Fannie Johnson, Assistant Treasurer and Chairman of the Day. The meals delivered by the unit are prepared by employees of the Marriott Corporation, which has the concession for supplying meals to patients in Prince George's Hospital Center. The corporation donates the time spent in meal preparation, and the Hospital makes its kitchen available for the work and also provides office space and a phone. MOW reimburses the Hospital for the food, about \$2.40 of the \$2.50 per day that clients pay for their meals. (On a client's birthday, the meals are free.) The remaining 10 cents is used for office supplies, insurance, and the special containers used during deliveries.

About 50 to 70 clients are currently served by the Cheverly unit, and there are six delivery routes. Five of them serve clients

living in one or more geographic areas. However, Route 5 serves only Bowie residents and is handled by members of Bowie churches. The other five routes are served by volunteers recruited mostly by word of mouth. Given the fact that the meals are delivered during the middle of the day on work-days (there are seven holidays when deliveries are not made), retired persons or home-makers are the people most often available. An exception was an attorney who for years spent her lunch hour every other Friday making deliveries.

Well, then. How does it work? Who gets the meals?

Each day, Monday through Friday, a Chairman of the Day is on hand at the Hospital from 10 to 2 to oversee the procedure. Then, at about 11, the teams for that day (one for each route) arrive. Each team consists of a driver and a "visitor" who takes the meals into the client's home. At the Hospital, the team picks up the route sheet, a "hot box," and electrically heated container that keeps the hot meals hot (and two or three times a week also contains soup), and a "cold box" where the bag lunches are placed. In addition, on a client's birthday there is a birthday cake made by the daughter of Virginia Kincaid, a Collington resident. The teams return to the Hospital to leave the empty hot and cold containers when they have

completed their routes, usually by 1:15 p.m. Since the teams of two people work the six routes once a week or once every other week and since there is a different Chairman of the Day each of the five days, at least 65 volunteers must put in time each week.

People become clients of MOW of Cheverly in different ways. Sometimes hospitals will contact the office, which is located in Gladys Spellman Nursing Center at Prince George's Hospital Center, when a patient is discharged. Or friends or relatives will request the service. Or a social worker will be in touch. A file is kept on each client's doctor and on any kin to be alerted if there is trouble of any kind. For example, deliveries were being made to an elderly couple living in a two-story house. He had diabetes, and she had ulcerated legs. Eventually her bed had to be brought down to the living room, and the house fell into total disarray. When the MOW visitor reported on the situation, help was quickly found -- someone to clean, someone to help with meal preparation.

On the other hand, there was the crabby old woman who never had a pleasant word to say. She just complained. When she received her birthday cake, she cried. She'd never had one in her whole life.

So, could you volunteer? MOW of Cheverly needs more help. Call Marian Jenkins, 7248.

Have a happy summer!

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WOMEN IN FACT AND FICTION

By John Voorhees

ACROSS

- 1. Actress (1859-1924)
- 5. Expression of mild disgust
- 8. First woman M.P.
- 13. Black
- 14. Semester
- 15. Marianne -- , Poet
- 16. Garish
- 17. Biblical name of Ancient Syria
- 18. Written by Tasso?
- 19. -- Palmas
- 20. Wife of 2d Lord Baltimore
- 22. Dined at the Occidental
- 24. My gal --
- 25. Fred's sister
- 28. Autocrat
- 33. Violin maker
- 36. Against
- 38. Part of a S. Lewis title
- 39. Daughter of Maria Theresa
- 42. Not pronounced
- 43. Succeeded Edward VI
- 44. Found in an atlas
- 45. Seaport in S. Ukraine
- 47. A kind of Orange
- 49. Prefix meaning equal
- 51. Bearer of the scarlet letter

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62						63					64			
65						66					67			
68						69					70			

- 55. Erstwhile educator of skilled workers
- 61. Flightless ratite bird
- 62. The reviews of "My Fair Lady"
- 63. Tramp
- 64. Fido's friend?
- 65. Inclined
- 66. Rhizome
- 67. Persons living in same area
- 68. Wife of Jason
- 69. A Netherlands city
- 70. 15th of May, July

DOWN

- 1. Lucia -- Robia
- 2. Sea menace
- 3. Drench with water
- 4. Remnant
- 5. Girl's given name
- 6. Dies --

- 7. Bovary and Lazarus
- 8. A sealed glass bulb (Med.)
- 9. The world is too much with us late and --
- 10. Having terminal digits on feet
- 11. Boy's given name
- 12. Authentic
- 14. Soeur du pere
- 20. -- Murphy
- 21. Straight lines from the Center
- 23. Teeny cereals
- 26. A Turner
- 27. Within (Ital.)
- 29. Parts of a play
- 30. Nixon and Neal
- 31. Prefix meaning bone (var.)
- 32. Part of a fly
- 33. Powder, bullets, etc.
- 34. Poem by Tennyson (1855)
- 35. Commedia dell' --
- 37. Dallies amorously
- 40. Accumulate
- 41. -- Bruce
- 46. A Spanish custom
- 48. I don't give --
- 50. Yellowish pigment
- 52. Rather warm
- 53. Act a part
- 54. Hussey & Gordon
- 55. What you might catch in London
- 56. Estimate
- 57. Ardent
- 58. Source of pastrami
- 59. Bonnet in Surrey
- 60. A woodwind
- 64. Can be done on water