

The
EastView

BUGLE



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The focus for the November *Bugle* is “My most memorable Thanksgiving.” Please submit your comments to any Bugler ASAP. Thank you.

- *The Buglers:*

Sarah B.
Linda C.
Lois K.
Russ L.
Ron R.
Cari B. (Design and Layout)

Angelika B.
Phil C
Max K.
Nancy R.

Fourth Annual Block Party

Ron R.

Dark, brooding skies and the wind blew and blew as some 45 hardy residents gathered for the Fourth Annual Block Party, with Kestrel Lane residents the hosts. From the start, the weather forecast for the weekend of September 7/8 had been unpromising. With rain promised for Saturday, the gathering had been rescheduled to Sunday. We avoided the rain (at least until afterward) but the gusty wind and the temperature in the upper fifties had attendees in fall garb and paper plates, napkins, and plastic cutlery taking to the air if not well ballasted with food or firmly held in place. In spite of it all, the bountiful and delicious food and the good company was enjoyed and we were still smiling for the group photo. With hope for better weather next year, when Deer Meadow residents are the hosts.



Photos by Max K.

Dee and Barney H.

I (Dee) was born in Waterbury, Connecticut. Growing up, I spent summers on Mason's Island near Mystic. In the 1950's the island consisted of small cottages, a few year round houses, and a yacht club where my brother and I learned to sail. Barney and I bought my parent's cottage the year after we were married and acquired an old 28' gaff rigged sloop that we sailed on Fishers Island Sound. After we sold the cottage in 1989, we bought a "camp" on Lake Champlain, trailed the boat up here and continued some good sailing in Vermont. I was surprised and delighted to find so many experienced sailors at EastView.



Barney grew up on a farm outside of Lynchburg, Virginia where his father raised apples and angus cattle. After graduating from Cornell, Barney worked on the family farm. His father and his four siblings all loved to sing. He and his brother belonged to the Cornell Glee Club and the Cayuga's Waiters. Barney got involved in community theater in Lynchburg and played the leading role in *Carousel*. In 1960, he left the farm in Virginia and moved to New York where he studied voice and took acting classes with Sanford Misner.

We met in New York and after he wooed me with songs from *The Fantastics* we got married on Mason's Island. I often tagged along to his auditions for Broadway and off-Broadway shows. He finally landed a part in Langston Hughes' *Jericho-Jim Crow*, a gospel style musical based on contemporary themes of the Civil Rights Movement. As the only white person in the cast, he played six different roles as the antagonist. He did a lot of summer stock—one in Northport Long Island where I worked in the box office with our baby girl in a playpen next to me. After our second daughter was born, Barney went to work for Shell Chemical Company in New York. When the product he was selling was discontinued, he decided to get back into the production end of the apple business.

We moved to Middlebury in 1970 because Barney had a job managing Jackson Orchards in Shoreham. I worked at the Counseling Service of Addison County where, as Coordinator of Volunteers, I ran the Big Brother, Big Sister Program. When our children became school age, I went back to school and got my Masters in Counseling Psychology, then worked for 16 years as a guidance counselor at Mary Hogan Elementary School, a job I adored almost as much as taking care of the young apple trees.

1973 was a turning point in our lives when we bought a 200-acre dairy farm in Cornwall. The slope of the land looked right for an apple orchard. With the help of our partners, the VanVlecks, some good friends, and a planting machine developed at Cornell, Sunrise Orchards was born. Barney was the first grower in Vermont to utilize high density planting allowing us to plant as many as 2000 dwarf and semi-dwarf trees a day. A few years later we picked our first crop with local pickers. The following year we were able to hire Jamaicans through the US government H2A Program. Barney taught me how to prune and graft trees. I loved learning these skills and being able to let our children help out on the farm when they were old enough. It was very satisfying to see the bins fill up with beautiful fruit that went off to the Shoreham Coop to be packed and marketed. In a good year we picked in as many as 100,000 bushels including Paula Red, McIntosh, Cortland, and Empire.

Our retirement years brought an end to the partnership, some property divisions, and transfer of ownership of Sunrise Orchards, Inc. to our son, Barney, and his wife, Chris. They have diversified the business by adding new varieties for hard cider, an on-site packing and storage facility, and a commercial cidery. Three years ago they added pick-your-own apples and a farmstand in a renovated circa-1890 carriage barn that serves cider donuts, apple turnovers, and lunch on the weekends. It is a joy for us to watch as they continue to reinvent the farm.



Welcome to EastView!

Welcome to new residents and staff who have joined the EastView Community in the past month!
Residents: Ginny B. (MeadowSweet), Hanni H. (GardenSong); Staff: Terry B. (RCA).

AGF Presented to Toastmasters on September 2024*Reg S.*

What does AGF mean to you? Anything? How about Annual Giving Fund? I want to give a little history, where we are today, and what I hope to see in the future.

I think it was 2013 when at Christmas time Ralph N., a retired airline pilot, came up with the idea of giving the workers that are behind the scenes, a gift for appreciation for all they do for us. However, it is illegal for us to tip them and illegal for them to accept any gifts by requirements of the 501(c)(3) government regulations. The initial name was the Employee Appreciation Fund.

But the IRS did not like that so we (EastView) could not claim that as a tax exempt donation. But EastView is tax exempt. Therefore, we changed the name to the Annual Giving Fund and the donations are all collected by the treasurer of EastView and given out to all hourly employees. Each employee has to pay taxes on the gift.

Last year we collected over \$100,000 and we gave each hourly employee \$1.14 for each hour they worked between November 1, 2022 and October 31, 2023, if they were still working here on November 1, 2023. I know that at least one employee received a check for over \$2,300. The treasurer takes the total amount of donations and divides it by the total number of hours to set the rate. It is equally divided by hours, not wages.

For this year, the AGF goal is \$97,500. We have already collected over \$56,000. We have 99 units in this complex, so if we average \$1,000 per unit, we will surpass the goal.

The treasurer has set up a monthly program that can be added to your monthly statement, like \$100 a month and you would not see it come out all at once. If you are interested in doing that, contact Andrew Dix at 802-989-7517. Now, some of us can afford more than the average and some cannot afford that big of a donation. But, think of all the times that the staff has helped you in so many ways, and think of the many, many times we could have tipped them. And, remember, we can only do this once a year legally. The snow shoveled, the windows washed, the meals delivered and eaten, the lawns mowed, repairs of many, many things, etc. etc.

I would like to tell you about an experience I had a few years ago. I was asked if I would like to help distribute the checks the day before Thanksgiving. I remember that we tried to keep each one confidential and private. I handed an envelope with a check in it to one young lady. She opened the envelope and burst into tears. Another young lady, who worked on the dining staff, said to me weeks after, that she had bought a set of snow tires for her car. Then explained that she lived up on the mountain, and by the time she got off work at 8:00 or 8:30 p.m. and if it had been snowing, quite often the plows had quit so the drivers could get some rest before coming back to work to clean the roads for the morning commuters. Sometimes there would be a lot of snow on the roads and hard to get home, but with new tires she had a lot more security.

“Do not give till it hurts, give until it feels good!” (I heard this on the internet.)

**It Happened at EastView***Russ L.*

It was Nancy Lee's 75th birthday on Saturday, September 21st. Her husband, Bill, told her a group of residents asked to meet them for lunch at Rosie's and later just the two of them would have dinner together. The look on Nancy Lee's face when her daughter, son, grandson, son-in-law, and daughter-in-law walked into Rosie's! They traveled 500 miles from Maryland to celebrate her birthday. They had a wonderful lunch and then dinner at the Waybury Inn. Who knew Bill could keep a straight face to pull off this deception!

Floating License Services*Julie T., RN*

You may have heard the phrase, “Floating License” and wondered what this refers to. This article briefly outlines what the Floating License may provide to eligible Independent Living apartment residents.

The Floating License was developed to provide a temporary added layer of extra support for residents in an Independent Living apartment who are convalescing, often following a hospitalization or short-term rehab stay for an acute medical issue that has resolved.

To support the resident with getting back on their feet, admission to the Floating License enables Health Services care staff to provide hands-on assistance with everyday tasks such as medication management/administration, laundry, trash removal, and light, intermittent assistance with activities of daily living. Nursing case management is also included.

Floating License recipients enjoy the added peace of mind of an emergency call pendant, which, when activated, summons Health Services staff to assist.

There are specific criteria for admission eligibility, which is determined by, in part, a comprehensive medical records review by the Manager of Health Services. Additionally, there are certain situations and circumstances that preclude admission.

Admission to the Floating License requires prep-work; therefore, advance notice is required for consideration and potential admission.

A resident admitting to the Floating License should plan on receiving services for at least 30 days. Starting and then abruptly stopping services is discouraged.

Extensive assistance with activities of daily living (including transfers and ambulation) cannot be provided under the Floating License.

If a resident is ineligible for admission to the Floating License due to extensive care needs, this may necessitate discussions around a potential transition to MeadowSweet or GardenSong.

The ability to admit a resident to the Floating License is highly dependent upon Health Services staffing and the acuity of the current resident population in the care neighborhoods.

To condense: the Floating License may be an option for eligible Independent Living apartment residents in need of additional, temporary, support while remaining in their Independent Living apartment.

Unfortunately, due to geographic constraints, Floating License services are not offered in EastView cottages. Since no two situations are alike, and the Floating License does have its limitations, I encourage you to speak with me, Julie Taylor, RN, Manager of Health Services, if you have additional questions or wonder if the Floating License might be an option for you or someone you love.

句俳 Haiku

The leaves are falling
slowly as if far away
gardens are wilting.

Angelika B.
(Inspired by Rilke)

**October Birthdays**

Claire G.	10/6
Cindy H.	10/11
Reg S.	10/31

Enhanced Services

Cari B.

EastView's Enhanced Services program is available to provide support and services to all EastView residents (Cottage, IL apartment, MeadowSweet, and GardenSong). Are you finding that you are spending increasing amounts of time getting ready in the morning, when you really just want to get on with your day? Are you a caregiving spouse who could benefit from an extra pair of hands caring for your spouse? Do you need a ride to the airport? The Enhanced Services team was created to assist residents with a variety of daily needs, and to help them maintain their independence and get things done with more comfort and efficiency so that they can enjoy their lives!

Our Enhanced Services program is coordinated by Lindsey H. The team consists of people who work exclusively in Enhanced Services (like Debbie M. and Jennifer M.), those who work in both Community Life and Enhanced Services (like Lindsey H. and Chris P.), and those who are primarily employed as drivers (John M., Wayne H., and Mike K.). Providing staffing for Enhanced Services is a bit of a balancing act. We try hard to provide our Enhanced Services team work in other departments, particularly in times during which the demand for Enhanced Services is low. This is due to the fact that in the past few years, when we have had the staff, we have not had the demand for Enhanced Services and when we have experienced increased demand for Enhanced Services, our team has had a full schedule. We hope to increase the size of the team as demand from residents grows. Enhanced Services are available for a fee and are subject to availability. Offerings include:

- Companionship—conversations, workout buddy, meal companion, game play (card and board games)
- Excursions and transportation—walks on premises or to town, shopping, medical appointments, activities such as the theater and movies, scenic drives, airport transport, trip companion, restaurant or event companion
- Meal Planning—preparing and cooking meals, grocery shopping, weekly meal planning, meal companion
- Medical assistance—accompany to appointments with healthcare professionals, assist with telehealth appointments, consult with family on resident's wellbeing (mood, weight, hygiene, memory, and agility), assist with simple physical therapy, wellness check, such as blood pressure, temperature, hydration, toilet check, eating, and hygiene
- Pet care—short term dog walking (subject to availability), transportation to vet appointments, supply pet products
- Additional services—if you do not see a service you require listed then we will do our best to accommodate your request. All services are done in-house by staff, with EastView vehicles only, and are subject to availability.

If you have any questions about our Enhanced Services program, please contact Cari B. or Lindsey H.

A Day in the Life of an Enhanced Services Team Member

Lois A.

Did you know that any EastView resident can contact our Concierge and ask for help from Enhanced Services? I interviewed Debbie M. and she described her job as an Enhanced Services Provider: 1.) 9:00 a.m. arrive at an apartment in Independent Living to assist a resident with breakfast. She might clean up the kitchen, organize the refrigerator, water the plants. 2.) Drive a MeadowSweet resident to a medical appointment and back. 3.) Pick up a shopping list and run to Shaws and the drug store. 4.) Sort mail or perhaps write a letter dictated to her. 5.) Aid in dressing, doing laundry, and just being a companion by reading aloud or working a puzzle.

Debbie is joined by many other willing Enhanced Services staff members. At EastView, HELP is always on the way!



Debbie M. and Dottie K.

Middlebury Mummy

Holly P.

I read with interest Angelika B.'s article "Middlebury Mummy" in the September 19, 2024 issue of the *Bugle*, although I had already read the story of Prince Amun-Her Khepeshef sometime during my life in EastView. The only difference was that I was led to believe that the actual site of the burial was not in the cemetery but down the hill on the other side of the wood line, and the headstone in the cemetery was just a monument in acknowledgement of his life. So I stored that information away and did not think I could do anything more.

Fast forward to September 9, 2024. The Walking Group of the Middlebury Congregational Church decided to make that day's walk in the West Cemetery where several of the walkers had connections to the cemetery. When Lois and I arrived, John Klinck was slowly walking up and down the rows of the front, left part of the West Cemetery. When I asked what he was doing, he said he was looking for the tombstone of the Prince. My curiosity was aroused and so was that of others.



We had two pictures of the headstone, one of which showed the tombstone and background. Next came a search for the unusual monument (dark pointed color one) in the background. Suddenly, Candy McLaughlin cried out, "I found it!" We all quickly returned to where she was. The rectangular gray marker had been replaced and is now marked by an in-ground beautiful stone marker with the same inscription. She commented, "I stood here and kept looking at the picture and thought it must be right here. I looked down and suddenly I found the marker right where it should be." We all



gathered around, laughed, thanked Candy, took pictures, and rejoined the main group.

So, we now know the location of the marker is in the West Cemetery. To find it, drive into the cemetery. A short way up on the left is the Daniel Chipman headstone. Walk about 28 paces in and note the marker in the ground. The only question that remains in my mind is whether the location of this in-ground marker is the location of the remains of the Prince or whether his remains are somewhere down the hill on the other side of the wood line. Maybe that will be answered some day.



Photo by Max K.

The Day of Remembrance is an annual ceremony in which the entire EastView community honors and celebrates the lives of residents who have completed their life journeys at EastView.

This year's ceremony featured a beautiful version of *Dona Nobis Pacem* sung in a round by the EastView singers, shown above. L to R: Chris P., Ann R. (seated), Cari B., Paul S., Linda S., Betsy E., Connie L., Betsy L., Barney H., Peggy R., Linda K., Paula B., Kate B., Betty A., Angelika B., and Bob P.

Day after Equinox *Jane V.*

It is too late for harbingers.
 Where the fog has lifted
 There are scans of color on the hills,
 And sumac and swamp maples sing out red.

The sheep that grazed 'til August's darkness
 Return impatient for their shed and supper
 As the light goes down early
 And geese announce their flyovers.

I have never felt this season singed with sadness
 As some poets and dreamers do.
 It has always seemed to me both warm and shining
 In spite of the growing chill and lessening light.

These colors raise in me a sense of gathering
 Inside my self, my house, and barns
 Of all the things that signal warmth and plenty,
 Readied for winter's portended storms.



Greetings from Archer Faesy

August 2024

I do miss you, especially those who have treats in their pockets and leave them on our table at #121.

I am sitting on a cabinet (housing a generator) on our deck overlooking the Eggemoggin Reach on the eastern section of Penobscot Bay, Maine. Deer Isle is to the left and Brooklin to the right.

I am enjoying the freedom of no leash and being able to chase red squirrels and swim whenever I desire—about 5 times a day. The water is warmer this year. My owners put me in the house if they go off-island because I may swim after them.



You can see my tennis ball which I love to have hit towards the flag pole. I always find it and return for more.

We have had lovely sunsets, lots of family visitors, and many boat trips to the mainland—on which I am often included.

The tide is coming in and about to cover Bottle Rock where the seals sun themselves during low tide. The little black speck just to the left of Bottle Rock is a boat harvesting kelp. It has been working there for the past few days. It's unusual—most working boats are fishing for lobsters.

I hope you are having a good summer. My owners enjoy reading the news from EastView on the iPad. I look forward to seeing you after Labor Day.

With love,
 Archer

A Look Abroad: Kamala Harris's Foreign Policy

Russ L.

Last month I described Donald Trump's foreign policy as "unilateralist/realpolitik," a foreign policy based on going it alone and basing decisions solely on the security interests of the United States. Kamala Harris's approach might be described as "internationalist/idealist." As an internationalist, Harris views America as a leader in building security alliances among democratic states and in promoting international accords on global issues. She can be described as an "idealist" because her approach includes promoting American values, most notably democracy and human rights. The consequences of the differences in the views of the two candidates can be seen in their responses to specific foreign policy issues.

Just as Trump's foreign policy would follow the playbook that he used during his time in office, Harris's foreign policy would be similar to that pursued during the Biden presidency. She would seek to maintain American security by strengthening alliances with other major democracies, primarily in NATO, but also with key Asian democracies, such as India, Japan, and Australia in the "Quad Partnership," which is designed to counter China's expansionist behavior. During the Biden administration, NATO has expanded to include Sweden and Finland, as it has supported Ukraine in its war with Russia. Harris promises that the U.S. will continue to back Ukraine "as long as it takes." Trump questions the cost (\$175 billion) of that support, and promises that he would achieve a quick end to the war through personal negotiation.

Harris, like Trump, stands firmly in support of the defense of Israel, but she has departed from Trump in being critical of the "human catastrophe" caused by Israel's campaign in Gaza. She also differs from Trump in supporting an ultimate "two-state" solution to the Israeli-Palestinian conflict.

There is less day-light between Harris and Trump when it comes to dealing with China. Both candidates support punitive tariffs to balance China's policies of unfairly subsidizing its exports, although Harris's tariffs would be at a lower level than what Trump is promising (60%). Harris has repeated Biden's promise to defend Taiwan against an attack from China. Trump has demanded that Taiwan pay more for American military support.

Immigration is an issue that straddles the border between foreign and domestic policy. Trump has campaigned on a policy of not only closing the border with Mexico, but also conducting the "largest domestic deportation agenda in American history." Harris has campaigned on "fixing" the immigration problem, beginning with passing the bipartisan bill to enact stricter border controls, which, with Trump's urging, was twice rejected by Congress. Domestically, Harris has supported temporary protective status for asylum seekers from selected countries, including Afghanistan and Ukraine. She also has supported DACA, the program to allow undocumented immigrants who were brought to the United States as young children to remain in the U.S. and to receive work permits.

With regard to global issues, such as climate change, global health, and the global economy, there are some stark differences between Harris's internationalism and Trump's unilateralism. Harris views climate change as an "existential threat" to humanity, and she supported Biden's decision to reverse the Trump administration's withdrawal from the Paris Climate Accords. She also supported the Biden administration's decision to reverse Trump's withdrawal and return the U.S. to the World Health Organization. As for the global economy, Harris once stated that she is "not a protectionist," but she recently has moved closer to protectionism on global trade issues, with support of some tariffs, and government subsidies of research and manufacturing. An example is the CHIPS and Science Act, which provides government funding for research in high-tech and the manufacture of semi-conductors to compete with China.

There was a time in America when it was said that "politics stop at the water's edge," that the country was united on major foreign policy. We no longer live in that time.