

Transition Times

A publication of the Friends House Seniors
Association to chronicle our progress
towards expansion and a new and improved
Friends House!

Volume 3
No 3
August 2019

Much progress has been made!

See below and on page 12.



1st Duplex



Lodge up and another soon

Friends House Road

Look inside to meet new staff and residents, learn more about Homes on Quaker Lane, sights and sounds of summer, and celebrate our progress towards a new and improved Friends House!

Homes on Quaker Lane

Homes for America (HfA)

One of the new buildings to begin rising from the wide mud fields of Friends House Retirement Community (FH) is Homes on Quaker Lane (HQL), the temporary name of the three-story apartment house owned by HfA. FH chose them as a partner because they offered the best way to continue providing affordable housing for low-income seniors on our campus. Investors have put in money in return for tax credits and other tax benefits. In addition, bonds have been issued paying a low interest rate because the interest is tax exempt. Consequently, the rents for HQL will be less than rents in the other new housing at Friends House which is funded with bank loans and taxable interest bonds.



David Blalock, HfA Project Coordinator

David described the physical attributes of HQL in an interview. He works for HfA in Annapolis; coordinating the many parties involved with HQL (Warfel and Harkins, as well as architects for both FH and HfA). A longtime member of Homewood Friends Meeting in Baltimore, David has years of experience working with other builders.

Unity by Design

Designers and planners have carefully considered how the design achieves our goal of ONE community while remaining in compliance with the regulatory requirements for two abutting properties. For example, an entrance into FH common area and another into HQL will have a matching exterior portico connecting them. Inside there will be two hallways between the buildings, one on either



side of a small courtyard. The fire doors to the hallways will always be open, except in the event of a fire when the alarm system will automatically close them. HfA hired Friends House architects to handle the interior decorating of their entrance lobby and common areas (mail room, manager's office, art room and activity room) to create a unified appearance with FH entrance lobby and common areas.

Security and Safety

Front door visitors at HQL will use an electronic directory to reach a resident who can then buzz them in. Residents will use an electronic key fob to enter. Apartment doors will have old-fashioned regular key locks (old fashioned?) that can be left unlocked according to the resident's preference. Patio doors will have locks and there will be video surveillance cameras at the entrance and in each interior corridor.

Homes on Quaker Lane

The entire building will be protected with smoke and CO alarms and a sprinkler system. At night the building will have some lights on the walls in the courtyard and around the building that shine down. On the parking lot there will be two light poles. Each balcony and patio will have a light with an on/off switch.

Apartment Size and Design

The 65 one-bedroom units will be approximately 650 square feet, and the fifteen two-bedroom units are about 850-950 square feet. They each have one bathroom. Five will feature roll-in showers, the rest a bathtub/shower. Each first floor apartment opens onto a patio with sliding glass doors. Each second and third story living room opens onto a balcony. Other windows can be opened. Louvered blinds fit each window. HfA will choose the wall colors, tiles and floors.

Utilities

Residents will be responsible for electricity which will be metered and billed to individual apartments. There will be an allowance for utilities in the rent formula, and water is included. Heat and air conditioning will be controlled by units in each apartment. Comcast and Verizon are connected to the building, and each apartment is prewired for cable TV, telephone and internet with outlets in the living rooms and bedrooms. Residents will choose to subscribe individually. All the lighting fixtures are for LED bulbs.



Environment

Planners and designers insured that there will be no water run-off going directly into the headwaters of Northwest Branch, a major tributary of the Anacostia River. Rain gardens are planned at each corner of the building with a catchment “pond” near the parking area. Proper soil engineering will prevent standing water. HfA uses all native shrubs and trees in their landscaping.



Community

The building is scheduled to be finished early to mid-2020. We will all be watching the building take shape with anticipation and excitement. Questions about the interior, the programs and social aspects of life in HQL will be addressed in future issues of Transition Times. Together we will build this new community. David says he will be proud of his part in creating the new Homes on Quaker Lane.

Megan Shook, Reporter

FH Board of Trustees

New Residents



Gloria Victor-Dorr and Gary Dorr
17307 Quaker Lane

Have you heard a cheerful laugh in the dining room? Or, have you heard a friendly woman describe her volunteer work? Or, have you met a small quiet dog named Earnie, spelled that way because he is earnest. If so, you may know Gary and Gloria Dorr, new residents of 17307 Quaker Lane .

The Dorr's moved to Friends House from the Aspen Hill area, about six miles away. Gary is very enthusiastic about hanging out with FH residents. He's willing and able to help set up the free food every other Thursday, or help Lorraine start her car, and he has joined the WiFi committee. Watch for all sorts of efforts to make our lives even more pleasant. Gary and Gloria said they moved here for peace and solitude and discovered a friendly community in which they will gladly participate. Gary recently retired from the public schools.

Gloria has not yet retired from working full time for a small labor law firm. Her passion includes being a volunteer administrative support person for DCBREEZE, a semi-professional Ultimate Frisbee team.

She does planning and is called a gate manager. She even gets to travel sometimes to the team's competitions. For about five years she has been a diligent clerk for the Camp Property Management Committee of the Baltimore Yearly Meeting (BYM). She loves to visit the camps

Some of you may have seen Gloria working with Ellen Atkinson in the garden or seen her enjoying Betsy Wollaston's company. Gloria and Gary both have many ideas and are willing to help anyone now that they don't have to care for a yard or repair something like the electrical or plumbing tasks our maintenance workers will do. In time we will probably meet Maggie and Nate and his partner Alex. Maggie is a medical researcher working toward a PhD at University of Washington. Nate is an engineer working locally and Alex is a teaching assistant at a Quaker Early Childhood Learning Center and in her spare time she teaches gymnastics and is very active with BYM.

Because of where they live, they have a gorgeous view, a garden they are revising, butterflies to enjoy watching, neighbors they have known (Kevin Caughlin) and very friendly neighbors with whom they have even enjoyed an impromptu dinner and for Gloria, an offer to go to a local swimming pool!

Marty Hale



Around Campus



This sign says it all—our life at Friends House right now.

Many disruptions and temporary arrangements. The **dining room, kitchen and administrative offices** are undergoing a complete transformation. Residents are eating temporarily in the Miller Center. **Meeting for Worship and movie nights** are happening in the Stabler Hall conference and dining room.



Breakfast Club now in the Miller Center “Dining Room”

And the **Free Food program** has been moved to **New C Lounge** every other Thursday. Resident volunteers are managing this very helpful service.



Sandy Spring Gardens has been delivering fresh vegetables and fruits to FH on **Friday mornings at noon outside of B wing**. Thank you Loraine Hutchins and Carolyn Finegar for shepherding this.



Home made soup with potatoes, garlic, green onion, sage, milk and mustard. Loraine using her walker as a mobile cart.

Welcome Staff



Paula Riddle has a new title and office. When we originally interviewed her she was the Activities Director in the Stabler Nursing Home. She recently became the new Resources Coordinator for

Friends House independent living residents when she replaced Erin Mitchell. She is the person who can assist residents in finding what support services are available both within Friends House and in the wider community. She recently arranged for the services of a new podiatrist here and provided information on a traveling dental service that can see residents in their homes. She also conducts an orientation for new residents. Paula enjoys the new challenges of this job and of being part of a community where residents are so involved in the life of the community. Our values are evident in the way we help each other. She finds this a welcome difference from other places she has worked. If you need to see Paula you can find her in the Resource Center in C-23.

Kendall Anthony

**Historic Sandy Spring Bus Tours
Sponsored by Friends House
September 14th and 15th, 2019
\$40 per seat—Proceeds to
Friends House**
[http://www.friendshouse.com/
lifestyle/events/](http://www.friendshouse.com/lifestyle/events/) or call Anne Derby
at 301-924-7510



Demitra Leonard has been at the front desk in B wing, as our new Administrative Assistant since May. She and her extended family are thoroughly rooted in the Olney area, so we may be blessed with her presence for a long time—an especially meaningful factor at this time of radical change in our community.

Born in D.C., her family moved to Olney when she was eleven years old and most of them still live here. Her close-knit family including grandparents and parents enjoy many activities together. Demitra and her husband Paul have 2 children, Alexis and Gigi. The oldest daughter attends Villanova and the younger girl is in middle school.

While the children were young, Demitra was a stay-at-home Mom, but as they grew older and required less of her time she became involved in a wide variety of volunteer activities. She has worked for the Board of Elections and recalls coming to Friends House in 2016 when she was working on a get-out-the-vote project. Her hobbies include going to the gym with her husband and reading, especially spiritual books. Often she and her older daughter read the same book so they can discuss it together. Saturday is a Family Day when they go out to eat or to a park or the zoo. Clearly, they enjoy each other's company.

We are glad you are here, Demitra!

Ann Gerike

Friends House Seniors Association

Why I Like Living at Friends House

Over 40 years ago, when I was in my 30's, I performed in a stage production here at Friends House with a group from my church. This was before the Miller Center existed. As I looked out, I could see the expressions on the faces of the audience. They were very enthusiastic with their applause and I thought to myself, when I get to be "old", I would like to live in a place like this where the elderly still seemed young and vital.

I moved my mother to Friends House when it became clear that she needed to leave her home. She went from hating the whole idea to feeling like Friends House was her home at the end of her life. I also appreciated the care she was given when she needed it.

I have always known that this was where I wanted to be for the Winter of my life and that choice was made more evident at our recent FHSA meeting in our temporary dining area. With all the challenges facing us right now, we managed to find agreement on matters of importance. We managed to joke and laugh together. We were able to mingle more easily and I went home feeling like "I Could Have Danced All Night." Every resident here has a talent of some sort that they may not be aware of themselves. Contributing to the community we live in gives some significance to our lives which in turn adds to our longevity.

I don't feel that I am alone in recognizing that living at Friends House with all its present ups and downs is truly fun because of the people who live and work here. I could not ask for more.

Marilyn Briggs

Message from the President and Board

August, 2019

The Association takes a break during August. We'll meet again on **Sept. 12 at 7:30 pm.** Plan to be in the Miller Center to greet our **State legislators.** We also will start planning our fall and winter activities. We hope to have our dining room back by mid-fall so programming in the Miller Center can resume. Progress may be slow, but it's happening. Thanks to all residents for your patience and continuing good will.

Rich Liversidge

Game Night in New C Lounge!!

When: Tuesdays, Begins August 6,
7:30 to 9:30

What: Board and card games, tables.
(Note: Bring your own games or use those already in New C Lounge.)

Refreshments: Provided. You can also bring your own drink or snack.

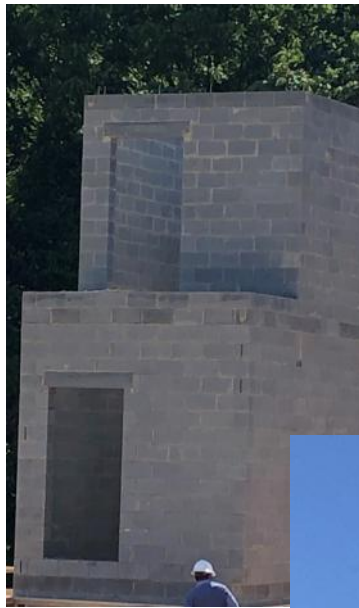
Everyone Welcome!!

Have Fun!!

Construction Process

What are those strange cinder block towers all over? They mean progress. The first structures of all the multi-story buildings are stairs and elevator shafts. So when you see these going up—the buildings are not far behind!!

Chutes and ladders anyone??



Right: Lochness monster or a FH goose? It's the machine used to pour concrete in all the foundations.

Left: Pouring cement to form the foundation

See first and last page for the latest in construction progress

Activities

Star and Planet Gazing with Wallace Watson

Jupiter, Saturn and rings, shooting stars and lots more—Look for the announcement on the list serve



July was Social Wellness Month

Residents and Friends had a welcome break from the heat and humidity while visiting with friends and neighbors and enjoying refreshing, cold smoothies made by our new Resident Coordinator Paula. Here are recipes for smoothies for you to re-create this experience with your friends while summer remains with us!



Banana Peanut Butter Smoothie

- 1 C unsweetened almond milk (or other milk)
 - 1 frozen banana, sliced
 - 1/2 C ice, or as needed
 - 1 T powdered peanut butter (or 1 T peanut butter)
 - 1 T cocoa powder
 - 1 tsp cinnamon
- Put in Blender or Bullet and mix



Mixed Berry Smoothie

- 1.5 C apple juice or any kind of milk
 - 1.5 C frozen mixed berries
 - 3/4 C vanilla or plain Greek yogurt
 - 1 T honey (optional)
- Optional garnish: fresh berries or mint sprigs

Sounds and sights of Summer

All summer our worker bees have been making progress – making up for the 70 inches of rain that fell over the last few months and caused delays. Those of us in the back of the campus are living in a dust (and sometimes mud) bowl, and our cars and cottages are evidence that we are!!

Among the banging throughout the day and trucks going up and down the roads (cement and others), there are other sounds if we listen carefully.

Early in the morning the birds are delightfully still serenading us. And, if you are out for a walk or in D wing overlooking the pond you may have heard “I caught one!” from one of the youngsters at the fishing camp. (They do throw back of course!) And a little way up the hill from the pond our bee-hives are doing well with the tending of our bee keeper Marion Story.



The Garden is really busy and active Tuesday mornings when the Master Gardeners join residents to cultivate all the vegetables, fruits and flowers that are thriving.

If you take a walk down Quaker Lane and go through the fence to the pond, you may hear or see children jumping off the rubber dock, splashing in the shallow section, and enjoying games at the playground on the Sandy Spring Friends School campus for summer camps.



How many of us remember our summer days when we swam in Lakes or ponds? Don't be tempted—take the Friends House Shuttle to the Olney Swim Center instead!!

<https://www.montgomerycountymd.gov/rec/facilities/aquaticcenters/olney.html>

Lunch Bunches



Mondays

Cottage men enjoying the breezes on the Moles' patio!!

3rd Tuesday every month

Friends House shuttle takes residents to local restaurants—Contact: **Nancy McIntyre**

Fridays Cottage Women

Contact: Mary Ann Beall



NEWEST RESIDENTS

Gary and Gloria Victor-Dorr - 17307
Quaker Lane
Barbara Nelson – B-8
Francis Oland – D-15
Mary Anne Summer – C-9

IN MEMORY

Betty Hutchinson
Ellyn Lee Kingsley
Dottie Hett
Ione Dusenburre

Moved

David and Julie Bates to B-22
Glen Bibler to Haviland Hall
Dorothy Harter to Stabler
Mary Caplinger to Haviland Hall

Breaking News

Friends House Retirement Community Inc. is happy to welcome our state senator Craig Zucker; Delegate Anne Kaiser chairman of Ways and Means Committee; Delegate Eric Luedtke Ways and Means Committee, and Delegate Pamela Queen Economic Matters Committee; to our campus on **September 12th at 7:30**. Join us in thanking Craig, Anne, Eric and Pamela for their support of Friends House.

Transition Times PRODUCTION

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If you no longer wish to receive this publication of the Friends House Seniors Association, please notify us by mail or by email to jrlivers@earthlink.net

Transition Times

will replace Friends House Letter during our expansion and will be published every few months while our community undergoes transformation.

This will be the last newsletter sent through bulk mail. Residents will receive a paper copy in their mailbox and all others will be sent an electronic copy.

Please send requests for electronic copy to jrlivers@earthlink.net.

The Editorial Committee.



Lodge 17201 Quaker Lane (interior work underway!)