

MARCH 2021

GUIDE — AND — DIGEST



A PUBLICATION OF HMCTV AT HERSHEY'S MILL



Tending to your health is always essential.

There's no denying the new realities brought on by COVID-19. And while much has changed, one thing has not: our commitment to human care. Which is why our hospitals, health centers and practices have put measures in place to safeguard your health.

Learn more at mainlinehealth.org/patientsafety

Stay safe. Be seen.



Lankenau Medical Center | Bryn Mawr Hospital | Paoli Hospital | Riddle Hospital
Bryn Mawr Rehab Hospital | Mirmont Treatment Center
HomeCare & Hospice | Lankenau Institute for Medical Research

DEB DORSEY TEAM



discover the difference

Deb Dorsey Team is a professional and hard-working team with decades of experience throughout the Main Line, Delaware and Chester Counties.

Deb Dorsey Team helps clients buy and sell homes in Hershey's Mill. We would like to learn your story and speak to you and your friends about your real estate goals.

Dave Dorsey, REALTOR®
610.724.2879 | dave@debdorsey.com
Resident of Glenwood Village

Deb Dorsey, Associate Broker
610.724.2880 | deb@debdorsey.com
Resident of Kennett Village

610.527.6400
www.debdorsey.com

DEB
DORSEY
TEAM

discover the difference



BERKSHIRE
HATHAWAY
HomeServices

Fox & Roach
REALTORS®

©2015 BHH Affiliate, LLC. An independently operated subsidiary of Home Services of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity. Information not verified or guaranteed. If your home is currently listed with a Broker, this is not intended as a solicitation.

Hershey's Mill Community TV

A fully self-supported nonprofit organization.

20 Hershey's Drive, West Chester, PA 19380

Telephone: 610-436-5922

E-mail: hmctv@comcast.net

HMCTV Board of Directors

Donald J. Trauger (President)

Louise O'Brien (Vice President)

Gail Habbersett (Secretary)

Jack Keeley, Sharon Kope, and Joe Silio

Volunteer Coordinator Lee Gamma

HMCTV Guide and Digest

Telephone: 610-436-6429

E-mail: hmctvguide@comcast.net

Volume XX11 Number 3 – March 2021

Editor Louise O'Brien

Associate Editors Gail Habbersett and Sharon Kope

Featured Writers Scott Burkhardt, John Groch,
Joseph S. Kennedy, Kate Lindsay, Bonalyn Mosteller,
Rosie Taylor, and Don Trauger

Advertising/Marketing Director Jack Keeley

Marketing Finance Joe Silio

All submissions welcomed; with rights retained by the owner. Send to hmctvguide@comcast.net, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMCTV determines suitability and has sole discretion to publish any submission. Submissions are due by the 23rd (37 - 40 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Information and opinions are those of the author, and may not reflect those of Hershey's Mill Community TV, its officers, or directors.

60 Brand New Apartments - Apply Today



Preston

Personal Care, Memory Care and Residential Living add to our existing Skilled Nursing and Post Acute Rehabilitation.

bf.kendal.org | 610.696.5211

Barclay Friends
A KENDAL AFFILIATE



PG. 14



PG. 18



PG. 38



PG. 42



PG. 54



PG. 64



Activities Calendar	36
Activities Contacts	69
Advertisers' Index	70
Classifieds	47
Club News	23
Community News	10
Dining Out	31
for the Love of...	38
From a HM Boomer	45
From the Main Gate	7
Getting to Know You	14
Health and Well Being	50
Hershey's Mill Golf Club History	54
HMCTV Programming	12
Library	48
Local History	34
Nature Group	60
Pet of the Month	18
Positives of the Pandemic	42
Recipes	27
Reflections	40
Residents Update	9
Sports Group	56
Tech Committee	66
Tech Tips	64
Trivia - Just for Seniors	20

Photo by: Carol Poling | Oakmont



Ensuring you and your loved ones are safe

We follow CDC guidelines, screen staff frequently, monitor personal care and skilled nursing residents constantly, and rely on national labs for testing. Meanwhile, we keep the fun and fulfillment dialed in – and look forward to scheduling your visit.

Call **484-861-2372** today to learn more or to get a copy of The Complete Guide to Senior Health and Wellness.

**SENIOR LIFESTYLE IS
HIGHEST RANKED IN
CUSTOMER SATISFACTION**
*with Assisted Living/
Memory Care Communities*

Tied in 2020. For J.D. Power 2020 award information, visit jdpower.com/awards



Independent Living | Personal Care | Skilled Nursing
& Rehabilitation | PC #141360 & SNF #21250201
1361 Boot Road | West Chester, PA 19380

WWW.SENIORLIFESTYLE.COM



From the Main Gate

Marc Fraser | Director of Security

The Hershey's Mill Security Department would like to remind pedestrians that they should utilize sidewalks, where available. Where sidewalks are unavailable, pedestrians should utilize the shoulder on the left side of the road...facing oncoming traffic, as this allows drivers and pedestrians alike a much better opportunity to see the other approaching. Also, if pedestrians will be walking around dusk or after dark, they should wear bright-colored clothing (reflective, if possible) and carry a flashlight, in order to make them more visible to motorists.

Motorists are reminded to adhere to the 27 MPH speed limit along Chandler Drive and Mill Road, and drivers should always yield to pedestrians in crosswalks.

Keep in mind that Hershey's Mill roadways also have several "blind spots" (small rises in the road, curves, and other areas of poor visibility). In these areas, pedestrians should use extra caution and be aware that drivers may have a difficult time seeing them. Just because a pedestrian notices the vehicle coming toward them does not mean that the driver has also seen the pedestrian. Both parties should always use caution when sharing the roadways within Hershey's Mill!

Lastly, all people (pedestrians and operators of automobiles, golf carts, bicycles...etc) utilizing Hershey's Mill roadways and walkways are required to abide by the traffic rules and regulations of Hershey's Mill.

Thank you!

Living to the Power of You

PLUSH MILLS

610-690-1630 | Independent & Supportive Living
Plush Mills.com | 501 Plush Mill Road, Wallingford

SAGELIFE



Residents Update

Please pull out this page and place it in your yearly directory so you have up-to-date information.

Arms, Valarie	Cogliano, Robert & Meredith	Newman, Irving & Ellen
297 Devon Lane	1605 Ulster Lane	1318 Robynwood Lane
Boyle, Daniel & Linda	Craven, Edward & Cheryl (updated)	Pentony, William & Valerie
146 Chandler Drive	855 Jefferson Way	1217 Princeton Lane
Carty, George & Susan	Gallo, Sally	Sugg, John Jr. & Jeanne
1020 Kennett Way	117 Chandler Drive	726 Inverness Drive
Claxton, Cynthia	Goeser, Angelika	Traynor, David & Cynthia
168 Chandler Drive	1634 Yardley Drive	884 Jefferson Way



LIVE LIFE YOUR WAY IN THE COMFORT OF HOME.

Finding a care alternative for a loved one can be difficult and challenging. Home Helpers is your solution. We provide a full-range of non-medical care services that consists of:

- Personal Care
- Companionship
- Live In service
- Home Support
- Transportation

To learn how we can put a care plan in place for you today, call our Chester County office at (610) 358-1110, or visit www.homehelpershomecare.com/media.

ONLINE ZOOM EXERCISE

Cold weather and Quarantine got you feeling down and out. Join us for a free online Zoom exercise class offered by NovaCare Physical Therapy on **April 6** from 11 a.m. - noon.

Class will be a combination of education and exercises for individuals with arthritis. Interested persons kindly contact Rita Padhiar, Doctor of Physical Therapy at rpadiar@selectmedical.com or call 610-692-7208.

HIP PROBLEMS

For those dealing with hip pain, Kinetic, located in ACAC, will be offering free 15- minute hip screens during

the month of March. Email gabek@kineticptpa.com for more details.



SHREDDING EVENT - Deb Dorsey Team

We will be hosting a free "No Touch Shredding Event" in the HM pool parking lot on Saturday, April 24, 2021 from 9-12. Save the date! Additional information will be in the April Guide and Digest.

ORIENTAL PEARL RESTAURANT

*Sushi and Pan Asian Cuisine & **BYOB!***



10% off for Hershey's Mill owners only

Goshen Village Shopping Center
1550 Paoli Pike ■ West Chester (Across from CVS)

610-692-5888 🍷 OrientalPearlwc.com



SPECIALIZING IN:

- Laser Cataract Surgery
- Diabetic Eye Care
- Dry Eye Treatment
- Same Day Appointments
- Glaucoma
- Macular Degeneration
- Routine Eye Exams
- Contact Lenses

WILLS EYE DOCTORS... Now in your neighborhood!



Drew R. Chronister, M.D.
 Board Certified in Ophthalmology
 Cataracts, Glaucoma, Dry Eye
 Diabetes and Macular Degeneration



Steven K. Luminais, M.D.
 Board Certified in Ophthalmology
 Cataracts, Glaucoma, Dry Eye
 Diabetes and Macular Degeneration

Eye Doctors of Chester County is a division of LLCEA which has been providing personalized quality care in Chester County for over 40 years. **CALL 610.384.9100 TODAY FOR AN APPOINTMENT!**

T 610.384.9100 W LLEAeyes.com • 1175 Lancaster Ave. 2nd Floor, Berwyn, PA 19312

Live life like you mean it.

Echo Lake offers breathtaking surroundings, a ground-breaking lifestyle concept, and a wealth of services and amenities — everything you need for truly exceptional living.

DISCOVER ECHO LAKE

It's the Main Line's newest and most innovative retirement community. Let us show you how good life can be.

Give us a call and come for a tour.

484-568-4777

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE

LivingAtEchoLake.com | 900 North Atwater Drive, Malvern



ECHO LAKE

SAGELIFE | Living to the Power of You

Programs	March 1-15 (7 p.m. show on March 15 will not be shown)			
Making a Difference with Therapy Dogs <i>with Kathy Myers</i> Meet Craig Snyder and his best friend, Fiona. They are a therapy dog team. Craig talks about the differences between a service dog and a therapy dog, and what he does as an owner.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Voice Activated and Response Systems <i>with Edie Taylor and Bill Kane</i> Wondering what all the interest in Voice Activated Systems is? This program explains the benefits and ease of having a voice activated system in your home. The discussion covers some of the safety features offered and some of the fun things that can be done with a voice activated system. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies Noon & 8:30 p.m.	March 1 to March 8, noon Groundhog Day (PG) <i>Bill Murray and Andie MacDowell</i> A weatherman finds himself inexplicably living the same day over and over again. [Run time 1h41m]
	March 8, 8:30 p.m. to March 16, noon Impromptu (PG 13) <i>Judy Davis and Hugh Grant</i> Based on a true story, composer Frederic Chopin is pursued by eccentric novelist George Sands. [Run time 1h47m]

24 hours/day channel 971	Bulletin Board Times
12:45 a.m. - 10:00 a.m. 10:45 a.m. - noon 4:45 p.m. - 7:00 p.m. 7:45 p.m. - 8:30 p.m. channel 970	

Programs	March 16-31 (7 p.m. show on March 31 will not be shown)			
"Stealing Wyeth" <i>with Lynn Mander and Bruce Mowday</i> Lynn and Bruce discuss his latest book about the Wyeth paintings that were stolen from the Wyeth studio in the early 80's by local colorful criminals, and the story of the investigation and their return. The book will be available in our library.	10:00 a.m.	4:00 p.m.	7:00 p.m.	12:00 a.m.
Non-Technical Devices <i>with Edie Taylor and Bill Kane</i> This program discusses some easy to install and use non-technical devices that will make life inside our home a little easier, more convenient and safer. Ends at 10:45 a.m., 4:45 p.m., 7:45 p.m., 12:45 a.m.	10:30 a.m.	4:30 p.m.	7:30 p.m.	12:30 a.m.

Movies Noon & 8:30 p.m.	March 16, 8:30 p.m. to March 24, noon Marvin's Room (PG 13) <i>Meryl Streep and Leonardo DiCaprio</i> A woman takes her rebellious 17 year old son and his brother to Florida to meet her sister for the first time. [Run time 1h38m]
	March 24, 8:30 p.m. to March 31, noon Inspector Clouseau (G) <i>Alan Arkin and Delia Boccardo</i> The famously bumbling French detective stumbles into a Scotland Yard investigation. [Run time 1h35m]

For **Programs and Movies**, go to NEW channel numbers **970 & 971** (Bulletin Board information appears only if neither is currently airing). Call HMCTV at **610-436-5922** if you **aren't able to receive** our TV channels. To view Programs online, go to www.hersheysmill.org and navigate from TV & Digest to HMCTV to Original Programming.

HMCTV reserves the right to make program substitutions, and dates/times are subject to change. Opinions of hosts, guests, or advertisers shall not be construed as an endorsement by HMCTV. ©2020 HMCTV

Gail Habbersett | Eaton

Wheels of Fortune

Jeff Smith

Soon enough you will learn how the impetus for this interview originated with an email 'tip' from another Hershey's Mill resident. Staff at HMCTV agreed that it is inspiring for you to be informed about this man. His story is not only worth reading, but also likely to make you pause and wonder – where or how can I make a contribution to my community in Hershey's Mill?

To start, you might be interested in knowing that Jeff is a local. He was born in Rose Valley and grew up in Wallingford. He was raised with two sisters and a brother. The family story he shared with me involved his older sister. She loved horses and the family owned two. His boyhood home abutted Swarthmore College. Born and raised in Delaware County myself, I was fascinated to learn that Jeff and his sister, in their youth, exercised their mounts in the woods along campus bridle trails.

The family was comfortable and content there so it came as a bit of a shock to relocate to Louisville, Kentucky for his dad's new job in 1954. Jeff describes that time as the period where he 'came of age'. He easily took to the culture of kids and their motorcycles; 16 year olds and their cars. Rock and roll was there to stay! With new roots now in Kentucky, it was

quite unsettling that dad decided to return with his family to Wallingford in 1957. But they all adjusted and Jeff graduated in 1963 from Nether Providence HS.

In 1968, a number of significant personal events occurred. Jeff's family homestead was condemned by the Department of Transportation since it was in the path of the looming Blue Route. On a brighter note, Jeff earned his degree in Business Administration from Ottawa University in Kansas. The highlight that summer was marrying, Karen, his college sweetheart.

Following college, Jeff chose to enroll in Officer Candidate School at Ft. Benning where he was commissioned as an Army Lieutenant. After serving at Fort Knox, he received orders for Korea. He served there from 1970 to 1971 where he oversaw the security force that protected bunkers containing nuclear warheads.

Retired from the Army, Jeff enrolled and earned his MBA at the University of Kansas. With those experiences under his belt, Jeff and Karen moved to Chadds Ford, then later to West Chester. He joined the family financial marketing business with his sister, brother and father in Chadds Ford. Karen, a registered nurse with a Biology Degree and two Master



Jeff and Karen ready to roll on their Triumph motorcycle

Degrees, was hired as School Nurse for East High School in West Chester where she worked successfully for 32 years.

During the last ten years of Jeff's career, he worked for a friend who owned a small publishing company in Media that printed financial literacy materials for schools. They reached out to local banks to sponsor the materials thereby becoming named sponsors of the publications. He loved playing a role in educating young people about balancing their check books, establishing credit, and discovering the benefit of a systematic investment program.

Both Jeff and Karen share a desire to travel in their retirement. Their favorite trips have been river cruises with Grand Circle. Some places they've enjoyed were Germany, France, Russia, Eastern Europe, and

the Mediterranean. Still on their list are England, the British Isles, and Scandinavia.

Four years ago, this couple was led to Hershey's Mill on the recommendation of friends from church and others living here. They settled in Princeton where they enjoy a view of the creek and the sports complex. Asked

what HM amenities Jeff enjoys, he mentioned paddle and pickle ball. But then, with a gleam in his eye, he added that he especially loves anything with two wheels. He further explained that you move at a much slower pace on a bike or a motorcycle so you can take in more of your surroundings, much like he enjoyed in his years of hiking and backpacking.

Shortly after he moved here, Jeff met Seth French who was captain of the Bike Club. Since Seth goes to Florida every year for six months, he designated Jeff co-captain of the club. During the winter months, the club members generally rest up for the warmer weather. Bicycling is one of the sports in which you can easily social distance, so they did take several club trips last summer. At the time of this interview, Jeff was putting together the 2021 ride schedule. The plan is to offer two to three rides per

continued



Jeff's Bike Repair Shop

Below: Mechanic extraordinaire, Rob Upton, Jefferson

month beginning in April. Since the treat that all riders look forward to is a restaurant stop along the way, the hope is that Covid guidelines will relax enough to permit that part of the ride to continue.

Covid-19 continues to impact everyone's lifestyle and cyclists are no different. Interest in biking in The Mill has grown, increasing the demand for bikes. Unfortunately, the manufacturing of new bicycles cannot keep up with the demand. Fortunately, it was evident to Jeff and others in the club as they rode through our villages that there were a number of bikes stored in folks' garages that were not being used. So they put out an email request to the residents to consider donating their unused bikes to the club. Jeff knew the basics of bike repair and figured he could try to restore them for resale here. Jeff was heartened by the overwhelming response. At one point,



he had over 20 bikes in his garage-turned-bike-repair shop! He was extremely grateful that one resident who responded was not offering his bike, but rather his services. As it turned out, Rob Upton is an ace mechanic. Jeff admits that he could not have

been successful at this project without Rob's help.

Jeff worked tirelessly for most of 2020 refurbishing and putting bikes up for sale. He developed a well-organized process. Upon receipt of a bicycle, Jeff added its specs to his spreadsheet; donor, model, size, tire size, number of gears and speeds, etc. Next it was evaluated, usually by Rob, to determine the amount of work and parts that might be required. Rob could strip any bike to the frame if need be as in the case of the Peugeot pictured. Many of the parts needed for that retired model were supplied by Dick Wright, Vassar, an avid cyclist who has accumulated quite a collection of parts.

With the help of Internet resources, Jeff established fair value for each – averaging \$100 – before listing any

on Facebook, Craig's List or Nextdoor. Sometimes word-of-mouth was sufficient, but in addition to HM residents, other lucky recipients traveled from Philadelphia, Lansdale, Lancaster and even Baltimore.

According to a leader of the Hershey's Mill Sports Group (HMSG), "one year of self-sacrifice by an HM resident resulted in more money raised for the HMSG than the organization's concerted fund raising efforts". Jeff's repair shop "raised over \$6,300 which he donated to the Group"! Jeff made a point of adding that he was happy that this short-term opportunity to raise money for a good cause came along and they are indebted to the residents for being willing to donate their bikes to benefit the entire community.

Now Open

Toninos

PIZZA & PASTA CO.

10% DISCOUNT ON ENTREES FOR HERSEY'S MILL RESIDENTS

Come enjoy our homemade pastas, pizzas, and signature Italian dishes

235 Lancaster Ave • Frazer PA • **610.240.9566** • www.toninospizzaandpasta.com

Passing of a Friend

Rosie Taylor | Princeton

Sheba, Sasha, Nicki and Frisco; four great friends, all gone, all pets; 2 dogs and 2 cats. These wonderful friends entered my life at different times, one in childhood and the others when I was an adult. Regardless of my age, they did their magic, loved me unconditionally and left their 'paw prints' on my heart. When each passed, 2 by accidents and 2 with the help of wonderful and caring vets, I grieved. Some of my friends understood my pain and others, well, let's just say they didn't.

When a person you love dies, it's natural to feel sorrow, express grief, and have friends, family, and even strangers provide understanding and comfort. Unfortunately, you don't always get that response when a pet dies. It's hard

for some people to understand the importance of pets in a person's life, let alone empathize with the grieving process of losing a pet; and it is a process.

If you have or have ever had a pet, you know what it means to say they are part of your family. Pet owners often celebrate their pets' birthdays, confide in them, sleep with them or maybe that's the other way around, and many carry pictures of them in their wallets along with those of their spouses, children and grandchildren. So when a beloved pet dies, it's not unusual to feel overwhelmed by the intensity of your sorrow.

If you understand and accept this bond between humans and animals, you've already taken the first step toward coping with pet loss, knowing that it's okay

"Our animal friends teach us more than we could have expected and love us more than we could have hoped...that's why we miss them more than we could have imagined."

Anonymous

to grieve. The process is as individual as the person. For one person their intense grief may last days, for some, months and for others, even years. Finding ways to cope with your loss can bring you closer to the day when memories bring smiles instead of tears.

Sasha, my Alaskan Malamute who weighed in at 55 pounds, was smart and affectionate, had one blue eye and one brown eye and loved venetian blinds. She would tear them down, drag them around and then bite each and every slat! At the time, I was living in El Paso, Texas, renting from a landlord who, though he allowed animals,

didn't quite take to this unusual habit. Nicki was an SPCA rescue. All three pounds of this mixed-breed calico captured my heart at first glance. The handler said she would always be small, probably not topping more than 6 pounds. The person was correct, her head remained small but her body exceeded 20 pounds. She was a skittish fur ball feeling safe only when she hid under our bedspread on my side. Not wanting to disturb her and interrupt her contented purring, I'd lie there like a statue until she moved. Only cat people understand this.

If coping with the death of a pet, here are a few suggestions that might help: Acknowledge your grief and give yourself permission to express it. Reach out to others who can lend a sympathetic ear.

Write about your feelings, either in a journal, a poem, essay, or even a short story.

If time passes and you're still feeling extreme grief, seek a pet-loss support group. Your vet might be able to help.



AMDG MEDICARE Ins. Svcs.

SAVE ON MEDICARE SUPPLEMENT INSURANCE!



Female Plan N Rates as low as \$98.63/month!

Add Attractive Household discount if Married.

For **FREE QUOTE** Call HM's Joe Murphy (610-918-0590) or email joemurphy100@comcast.net

Rosie Taylor | Princeton

1. After the Lone Ranger saved the day and rode off into the sunset, what did he leave behind?
2. In early 1964, on what TV show did the Beatles appear?
3. Complete the sentence, "Get your kicks _____."
4. 'The story you are about to see is true. The names have been changed to do what?'
5. Complete the following, "In the jungle, the mighty jungle, _____."
6. We 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
7. Complete the following, "Nestlé's makes the very best _____."
8. Satchmo was America's Ambassador of Good Will. His name was _____.
9. What takes a licking and keeps on ticking?
10. What did Red Skeleton always say at the end of his television show?
11. Some Americans who protested the Vietnam War did so by burning what two items?
12. The VW had the engine in the back and the trunk in the front. What 2 names did it go by?
13. In 1971, Don MacLean sang a song about, 'the day the music died.' This was a tribute to whom?
14. _____ was the name of the first satellite placed into orbit by the Russians.
15. The name of a fad of the late 50's and 60's made of plastic that we twirled around our waist was the _____.
16. What does LS/MFT stand for?
17. Complete the following, "Hey Kids! What time is it?"
18. "Who knows what secrets lie in the hearts of men? Only The _____ Knows!"
19. A song that came out in the 60's that was "a grave yard smash" was _____.
20. Alka Seltzer used a "boy with a tablet on his head". What was his name?



MICHELLE AITKEN, DDS

SMILE SOLUTIONS

Cosmetic & Restorative Dentistry

Exceptional Dentistry, Affordable Prices

HERSHEY'S MILL VIP DENTAL PLAN

\$199/yr

*includes two cleanings, two exams, annual x-rays,
plus a 15-25% discount off treatment*

- 10% Discount for Hershey's Mill Residents
(Compare our fees to other dental offices in the area... You'll be surprised!)
- Most Insurance Plans Accepted
- Fast turn-around on Dentures and Partial
- Digital, Low-Radiation X-Rays



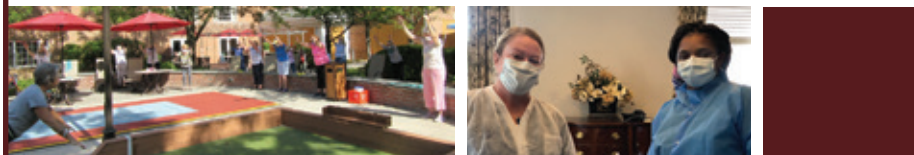
HERSHEY'S MILL SPECIAL PRICING

ZOOM! Whitening *(Regularly \$750)* \$299
Crown..... \$850
Custom Full Set Denture..... \$1,750
Flexible Partial \$1,050
Reline..... \$185

Located in the Hershey's Mill Village Shopping Center

1381 E. Boot Road • West Chester, PA 19380

(610) 918.4995 • brilliantsmilesdentalgroup.com



A community that has come together, while looking forward to growth and change.

We are not just a community; we are a safe place to call home. At Riddle Village, we are taking every precaution in this difficult time to ensure our residents, employees and caregivers are protected. At the same time, we are working with those who understand a plan for the future and our extensive Lifecare contract offers peace of mind.

DO YOU HAVE A PLAN?

If not, please call us today. We will be happy to discuss how Riddle Village has remained a safe and smart option for those wanting to prepare for what's next. We are offering limited on-site tours and can provide extensive virtual tours. Time doesn't stand still – life moves forward.

Move forward with us at Riddle Village.

Connect with us, you will be glad you did.



IN A TIME OF UNCERTAINTY, CHOOSE STABILITY,
CHOOSE RELIABILITY, CHOOSE RIDDLE VILLAGE.

RiddleVillage.org | (610) 891-3700 | 1048 West Baltimore Pike, Media, PA 19063



Club News

HM Nature Group (HMNG)

Christine McCormick | Ashton

The Nature Group continued its participation in nationwide Citizen Science Activities with the Christmas Bird Counts and the February Feeder Watch. We closed 2020 with a list of 110 species observed and have already sighted some new ones in 2021. Be a Citizen Scientist and continue to report sightings to HersheysMillNature@gmail.com. The Photo Contest judges are busy appreciating the over 300 entries showcasing nature in our community. We look forward to sharing them on the HMNG website and in the *Guide and Digest* in the coming months. For more winter enjoyment, Zoom lectures are scheduled for 7 p.m. on March 10, *Hawk Identification for Beginners*, and April 21, *The Ecology and Management of the Eastern Bluebird*. Mark your calendars to get prepared to better enjoy the spring migration and nesting seasons. An Introduction to Nest Box Monitoring and call for volunteers is coming soon. Not a birder? I can't imagine why not but keep a look out for our lecture on *Backyard Nature*. More information

about these activities can be found on the HMNG website (HersheysMill.org; Activities: HMNG). In addition to resources describing HM nature, the site contains regularly updated *Nature News and Spotlight* items. Have you seen a news item that may be of interest to the community or have a burning question? That's right – submit it to HersheysMillNature@gmail.com,

or



A quilt made for the Veterans Hospital out of squares contributed by various members

Quilters News

Diane King | Jefferson

The quilting group has remained active throughout these troubling times. When the community center is available, we are there safely with masks and at a distance which does not hamper the camaraderie that the group has to offer. With so many folk confined to home-based activities, we welcome beginners and folks that would like to sew. Actually we



Eastern Bluebird - Gail Habbersett, Eaton

continued

have finished and are in the process of several quilts of the pattern in the photograph. We have fabric that has been donated to accomplish our various volunteer endeavors. We also make quilts to donate to homeless and abused children and parents. If you have fabric you'd like to donate, we can find places to re-direct it if we cannot use it. We can sort and repackage fabric to be sent to various folks for good use. Please no upholstery fabric. We meet **Fridays** at 10 a.m. Caution, we are often not punctual.

Hershey's Mill Knitting Circle

Ruth Schick | Chatham

While COVID has made it more difficult to meet, a few members of the Hershey's Mill Knitting Circle have continued meeting every week. We are handicrafters who enjoy each other's company while working on our projects. Our group is happy to help each other with projects and techniques to the best of our abilities and welcome knitters, crocheters and embroiderers. We meet on **Thursdays** from 1-3 p.m. in the Cove. Masks are required during our meetings. For information about the Knitting Circle, contact Ruth Schick,

March Mac Meetings

Rene McNally | Devon Way

Saturday, **March 27**, the Newer Users Mac Group will meet from 10 a.m.-noon on Zoom. The main Mac group is also meeting on Zoom on the second Saturday of each month from 9 a.m.-noon, with a question and answer period from 9-10:15


a.m. Both meetings are excellent and free opportunities to learn about your computer, iPad and iPhone. If you wish to be included for meeting reminders and receive information about connecting on Zoom, contact Carol Campanelli at


Book Club

Carol Barkovsky | Eaton

Come join the Zoom discussion, led by Gail Habbersett, about Elizabeth Strout's indomitable female character in *Olive Again*. We'll begin at 2 p.m. on **March 11**. Be sure that Martha Hanson has your email address if you'd like to attend.

Our novel for April 8 is *Women Rowing North: Navigating Life's Currents and Flourishing as We Age* by Mary Pipher. On this date, Carol Rubley sets the discussion pace of a timely examination of the cultural and developmental issues women face as they age. Drawing on her own experience as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, Pipher explores ways women can cultivate resilient responses to the challenges they face. "If we can keep our wits about us, think clearly, and manage our emotions skillfully," she writes, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent."




Daylesford Crossing



Feel Certain.

It's a big decision.
Finding the right supportive living community is not just about a nice apartment. It's about finding attentive care, meticulous housekeeping, engaging social programs, excellent dining, and experienced, responsive leadership.

Senior Living, but different.
Since 2015, Daylesford Crossing has been living up to its mission: To create the best home for each resident every day by encouraging, empowering, and celebrating successful aging.

Call for a tour: 610-640-4000.

THE MAIN LINE'S FAVORITE SUPPORTIVE LIVING & MEMORY CARE
DaylesfordCrossing.com | 1450 Lancaster Avenue, Paoli

 **SAGE LIFE** | Living to the Power of You 



Find your gear with us.
Meet new friends and discover new activities at White Horse Village.

Enjoy vibrant, carefree living with first-class amenities in a warm and welcoming community.

We inspire new beginnings!
(610) 546-7681

Offering a full range of senior living options and healthcare services

535 Gradyville Rd
 Newtown Square, PA 19073

info@whitehorsevillage.org
 whitehorsevillage.org

501(c)(3)
 NONPROFIT
 CCRC



Expanding life's possibilities.™

Recipes



True Confession - I'm a lazy cook.

I look at a recipe that involves 5 pots and more bowls than I own and I quickly turn the page. One pot wonders make me smile... that's why I love casseroles.

Here are a few that are easy to prepare and delicious.

Chicken and Rice Casserole

Servings: 4-6

Ingredients

- 2 cups uncooked white rice, rinsed well and drained
- 1 large onion, chopped
- 2 cups chicken broth – low sodium can be used
- 2 cans cream of mushroom soup
- Sea salt or kosher salt and black pepper
- 4 boneless chicken breasts or chicken thighs
- 2 tablespoons melted butter
- 1 tablespoon freshly chopped parsley

Instructions

Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. Add rice, onion, broth, and soup and stir until combined. Season with salt and pepper to taste. Place chicken in rice mixture and brush with melted butter. Season with salt and pepper to taste. Cover dish with foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is tender and chicken is cooked through. Turn oven to broil and broil until chicken is golden – about 3-5 minutes. Garnish with parsley before serving.

continued

Rice & Sausage Casserole

Servings: 4-6

Ingredients

- 1 lb. ground sausage
- 1 cup diced celery
- 1/2 chopped onion
- 1 cup long-grain rice, uncooked
- 1 can of chicken broth (14 ounces)

Instructions: Brown together the sausage, celery and onion until the sausage is no longer pink. Drain. Combine with the rice and broth. Place the mixture into a 13x9" baking pan. Cover with aluminum foil. Bake at 350 degrees for 60 minutes.

Baked Apple Pancakes

Servings: 6-8

Ingredients

- 4 apples, cored, peeled and thinly sliced
- 1/2 cup butter, softened and divided
- 1/2 cup brown sugar, packed
- 1 teaspoon cinnamon
- 6 eggs
- 1 cup all-purpose flour
- 1 cup milk
- 3 tablespoons sugar

Instructions: Combine apples, 1/4 cup butter, brown sugar and cinnamon in a micro-safe bowl. Heat for 2-4 minutes until soft. Spoon into a lightly greased 13"x9" baking pan and set aside. Combine eggs, flour, milk, sugar and remaining butter and blend until smooth. Spread over the apple mixture. Bake at 425 degrees for 25 minutes.

30-minute Easy Peasy Chicken Casserole

Servings: 6-8

Ingredients

- 1 can of cream of chicken soup (10 3/4 ounces)
- 1 can cream of celery soup (10 3/4 ounces)
- 2 1/2 cups water
- 1 package of herb-flavored stuffing (6 ounces)
- 3 cans of chicken (10 ounces each) drained

Instructions: Combine soups and water; stir until smooth. Set aside. Place 1/2 of the herb stuffing into a greased 13"x9" baking pan. Top with half of the chicken. Pour 1/2 the soup over the chicken. Repeat layering – stuffing, chicken and soup. Bake at 375 degrees for 30 minutes until golden and bubbly.

RICHARD. J. EGAN PAINTING CO.

The Superior Craftsmen ... We are Painting Specialists

Look at Princeton, Glenwood, Oakmont, Ashton, Robynwood, & Ulster Villages, & Sullivan House

Ask Their Maintenance and Architectural Committees About Us

INTERIOR & EXTERIOR PAINTING • WALLPAPER HANGING

DETAIL SPECIALISTS • REPLACEMENT WINDOWS • CUSTOM CARPENTRY

POWER WASHING • WATERPROOFING DECKS • FULLY INSURED

Brushing and Rolling are Best! ...Spraying upon Request

FREE ESTIMATES Call: 610-353-3570

1132 GREENHILL RD.
WEST CHESTER, PA 19380

RICHARD A. WENDIG

PLUMBING - HEATING - AIR CONDITIONING


610-431-0621

**We can handle all of your plumbing, heating,
and air conditioning needs and are
conveniently located right down the street.**

Established: 1984

PA #018389

WEBSITE: www.wendigplumbing.com
EMAIL: wendigplg@gmail.com



TRIVIA JUST FOR SENIORS ANSWERS

from page 20

1. Silver Bullet
2. The Ed Sullivan Show
3. On Route 66
4. To protect the innocent
5. The Lion Sleeps Tonight
6. The limbo
7. Chocolate
8. Louis Armstrong
9. The Timex watch
10. 'Good Night and God Bless'
11. Draft cards (Bras were also burned)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hoola-hoop
16. Lucky Strike/Mean Fine Tobacco
17. Howdy Doody Time
18. Shadow
19. Monster Mash
20. Speedy



**skilled
nursing
& rehabilitation**

At Bellingham & Park Lane

Your *Life*. Your *Style*. Your *Therapy*.

DURING YOUR STAY

- 24-hour RN/LPN nursing care
- Physicians who specialize in geriatric care
- Physical, occupational and speech therapy
- Pain management
- Home safety evaluations
- Basic cable TV
- Internet/WiFi throughout the building
- Social services
- Wound care physicians/wound care team
- Special dietary meal options
- Restaurant-style dining & room service
- Laundry services
- Mail and flower delivery

CALL 484-653-4417 FOR ADMISSIONS



1615 East Boot Road, West Chester, PA 19380

Independent Living | Personal Care | Memory Care | Skilled Nursing & Rehabilitation | AL License 106260

WWW.BELLINGHAMRETIREMENTLIVING.COM



Dining Out

Epicurean Garage

Gail Habbersett | Eaton

Driven by cabin fever, motivated by my daughter's strong recommendation, and knowing that dining out experiences were few and far between for most HM residents since the Covid-19 outbreak, I decided that exploring this restaurant was a very good idea. Not one to enjoy dining alone, I invited another nearby daughter to come along. Sharon and I decided to aim for lunch.

The drive to the Epicurean Garage was simple and direct. It is straight up Route 100 N with one left turn into the Eagle Point Village Shopping Center. This is Chef Lee Krasely's newest restaurant which succeeded his Epicurean and American Bar and Grill. In chatting with wait staff, we learned that many are loyal followers and feel like part of the family. Krissy, one of the management team, greeted us at the hostess station and graciously handed us off to Jose, our waiter. Both served with Lee at previous locations.

Since the 150-seat indoor 'Garage' is now Covid-closed, they accommodate guests in one of either five tents (2-4 diners), four greenhouses (6-10 diners) or the patio tables under cover (4-8 diners). They use portable propane heaters to keep the enclosures comfortable. We were directed to the first tent and offered nicely padded chairs alongside a lacquered wooden table for four. It was very cozy upon entering.

Jose was considerate and did not rush us as we explored the two-sided menu



Might this chicken dish be tempting you?

used for both lunch and dinner. We narrowed our selections to French onion soup, which we shared, a grilled chicken and mango bowl and a combo of mac and cheese with slow-braised short ribs. The variety of options made the choice difficult, but now that we have dined there, we will probably return to sample the tempting fried Brussel sprouts, Arizona Eggroll, wild mushroom risotto and/or jumbo lump Chesapeake crab cake.

Our meal was served hot and in short order. The shared soup was tasty and loaded with onions. It was sealed with a delicious topping of melted provolone and Swiss cheeses. For her entrée, Sharon thoroughly enjoyed

continued

Dining Out

the chicken bowl and observed that the toppings were heaping, unlike many salads that are mostly greens. She made a point of commenting on how fresh the ingredients looked and tasted and especially enjoyed the large fresh blackberries! Her plate was quite attractive.

My mac and cheese bowl was exactly the comfort food I craved. The creamy noodles were topped with amazingly tender, boneless short ribs in a rich, dark gravy. I enjoyed every bite and was glad to save half for later. I might have been able to finish it but my daughter, who had been there before, raved so much about her dessert that



Save room for this dessert — don't feel compelled to share.

we had to try it. The homemade caramel apple galette served warm with Bassett's vanilla ice cream was the perfect ending of a delightful meal.

I have to include a suggestion to wait for the restaurant to reopen or the



Greenhouses can be reserved for your next dinner party.

weather to warm up. Our heater was finicky and caused us to notice the draft at our feet and around the tent support poles. While Jose came to our rescue each time we noted a temperature drop, the chill did steal some of our joy.

For the future, if you explore the restaurant, be aware that it is a BYOB and offers gluten-friendly, vegetarian and vegan options. The indoor restrooms are handicap accessible. In addition to dining on site Wednesday-Friday, they offer brunch Saturday and Sunday, and no-contact pickup and delivery evenings from 4-8 p.m. at 570 Simpson Drive, Chester Springs. If you decide to make a reservation call the Garage directly at (610) 615-5189.

Check out their website, epicurean-garage.com, to discover how these folks have assisted local restaurateurs (Limoncello and Ron's Original Bar and Grille) in the face of Covid. You can also access them on Facebook at #GarageGivesBack.



Our family has been helping families since 1990.

The Dilworth's Custom Design family has been collaborating with families like yours since 1990.

From thoughtful, experienced design and clean, careful demolition, to the amazing completion of your dream kitchen and bath, our team does it all. We invite you to call us today to schedule a complimentary design consultation in your home.



DilworthsCustomDesign.com
610.917.9119

Joe Kennedy | Princeton

On the night of Dec. 14, 1820, four Sinclair Lewis' journey to discover material for his great American novel *Main Street* included a stop in West Chester.

The link between Lewis and the borough was the popular novelist Joseph Hergesheimer, who "lived the life of a country squire in an old fieldstone house", there, writes Richard Lingeman in *Sinclair Lewis: Rebel From Maine Street* (2002).

Hergesheimer was a frequent contributor to the Saturday Evening Post when, in about 1915, he met Lewis, whose short fiction the magazine was starting to publish. Hergesheimer became Lewis' mentor until Lewis published *Main Street* in 1920.

"Lewis was in awe of Hergesheimer's superior literary polish and deprecated his own stories ...," Lingeman writes.

Lewis had written five novels that had not been well-received. But his short stories sold to the Post at \$1,000 apiece, made it possible for him to work as a full-time writer. It also gave him and his wife, Grace, the opportunity to travel around the country, researching small-town America as the nation was entering World War I.

By 1918 Lewis was writing a manuscript titled "The Thesis of Main Street," from which a novel was to evolve.

Sometime late in 1919, Lewis and his wife, Grace Hegger Lewis, drove

Sometime late in 1919, Lewis and his wife, Grace Hegger Lewis, drove to West Chester, where they were the guest of Hergesheimer and his wife. According to Lingeman, the Hergesheimers were "members in good standing with the local gentry and much involved in the Horsy and country-club affairs."

to West Chester, where they were the guest of Hergesheimer and his wife. According to Lingeman, the Hergesheimers were "members in good standing with the local gentry and much involved in the Horsy and country-club affairs." This made Lewis ill at ease and his wife thought that Hergesheimer was patronizing her husband. Yet the Lewises decided to lease a house in West Chester near the Hergesheimers'.

Then, as the date approached for them to take possession of what Lingeman described as "a dark Victorian pile," the Lewises had second thoughts about Hergesheimer's domineering personality, a house they hated, and a town they found boring. They broke the lease at a cost of \$735 and moved to Washington, D.C., where *Main Street* was completed and published in the fall of 1920.

The novel was a controversial indictment of middle-class, small-town America. It sold 500,000 copies over

time and established Lewis as a leading man of letters in America.

Harry Sinclair Lewis was born in 1885, in the prairie town of Sauk Centre, Minnesota. As a boy he was tall, gangling, red-haired, and, by his own admission, very unhappy growing up. As a young man, he dropped his first name and was called "Red" by his friends. His hometown was part of the model he used in *Main Street*.

It was while he was attending Yale University that he decided to be a writer. He dropped out of school and went to live at Upton Sinclair's community-living experiment at Helicon Hall, N.J. He also tried freelance writing but failed to make a living. He returned to Yale and graduated in 1908.

For the next two years, Lewis worked as a reporter and editor for a number of newspapers. From 1910 to 1915, he worked as a reader and editor in the publishing business. In 1914, he married Grace Hegger and the couple had one son, Wells, who was killed in World War II.

Lewis followed his success with *Main Street* with four popular novels of the 1920s: *Babbitt* (1922), *Arrowsmith* (1925), *Elmer Gantry* (1927), and *Dodsworth* (1929). These books represented the high-water mark of his career.

Main Street was chosen by the Pulitzer Prize judges in 1921 as the Year's outstanding novel, but the prize's trustees overruled the judges because



Sinclair Lewis in 1914

they said it failed to meet the criteria that the winner "shall best present the wholesome atmosphere of American life, and the highest standard of American manners and manhood." Lewis was so irate that when *Arrowsmith* won the prize in 1925, he refused it. Five years later, he became the first American to win the Nobel Prize in literature.

His marriage to Grace Hegger ended in divorce. From 1928 to 1942, he was married to the noted columnist Dorothy Thompson. This marriage also ended in divorce.

Lewis died in Rome in 1951 at 66, and his ashes were returned to Sauk Centre.

Reprinted from March 2008 HM Guide & Digest with Kennedy's permission.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	Mar 1	2	3	4	5	6
	As you walk down the fairway of life, you must smell the roses, for you only get to play one round. Ben Hogan	A good friendship can get you through many a hard time.	9:00am Art Group Spend the day appreciating every little thing that comes your way, and you'll end the day feeling deeply grateful for your life.	10:00am Caregiver Support Group 1:00pm Knitting Circle Music acts like a magic key, to which the most tightly closed hearts open. Maria von Trapp	10:00am Quilters Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool.	By keeping active, you slow down the aging process.
7	8	9	10	11	12	13
A good deed shines in a naughty world.	If we take care of the earth, it will take care of us.	Love your neighbor... Who doesn't look like you, think like you, love like you, speak like you, pray like you, vote like you... Love your neighbor. No exceptions!	9:00am Art Group Sharing your life with your children as friends is the greatest and most enjoyable experience you can have.	11:30am Mermaid Book Club 1:00pm Knitting Circle Even the most menial task done, if done with passion, is rewarding.	10:00am Quilters The best remedy for a short temper is a long walk.	I've put a lot of thought into it, and I just don't think being an adult is gonna work for me.
14	15	16	17	18	19	20
Wealth isn't necessarily success.	A balanced life needs to combine the past, present, and future.	I enjoy a glass of wine each night for its health benefits. The other glasses are for my witty comebacks and flawless dance moves.	9:00am Art Group If you retire, find something else to do – something you can pursue as if it were a livelihood.	1:00pm Knitting Circle Allow your mind to solve problems while you are busy doing something else.	10:00am Quilters Two simple words, <u>yes</u> and <u>no</u> , require the most thought before use.	Time should be spent solving problems, not worrying about them.
21	22	23	24	25	26	27
The person with big dreams is more powerful than one with all the facts.	Perseverance is failing ten times and succeeding the eleventh.	Remember, when you forgive you heal. And when you let go, you grow.	9:00am Art Group The more you listen to the voice within you, the better you will hear what is sounding outside.	1:00pm Knitting Circle Your internal age can be very different from your external age.	10:00am Quilters Every generation has its foolish moments.	Free your weekends for your family.
28	29	30	31	<div>ACTIVITIES CALENDAR</div> <div>MARCH 2021</div>		
2:00pm National Affairs Forum Dispose of the barriers to your dreams.	A most unlikely stranger can become a friend.	Thinking of yesterday should not use up too much of today.	9:00am Art Group When we do the best we can, we never know what miracles await.			

Worry

Rosie Taylor | Princeton

Bobby McFerrin's song, "Don't worry...be happy" was a big hit. Don't you wish it was that easy? At one time or another, we've all worried about something – health, finances, kids, a broken nail...anything. Don't laugh about the broken nail. Long before fake nails were so readily available, I met a hand model who had just broken a nail before a photo shoot and worried she would lose the well-paying job.

I come from a long line of 'professional worriers'. Parents, siblings, cousins, aunts and uncles – we worried about everything; children, neighbors, money, weather, potholes, cracks in the pavement, the roof, how we looked...no subject was off limits. We even made up a name for it – 'worget', loosely translated meaning a worry target.

For years, I fooled myself into believing that worrying was a good thing. If my family was my 'worget', that must mean that I'm a loving and caring about a person. If something is wrong, the more I worry about it, the more likely I'll come up with a solution making me a problem solver. Worrying can even promote intelligence. How? When I worry constantly about something, I read up on it therefore increasing my brain width. Okay, that may be pushing it.



Worrying has no age, nationality, gender or racial boundaries. Everyone worries. Recently my husband Jeff and I had the opportunity to go to Arizona and work on an Apache Indian reservation. What an experience! We learned so much about their culture; how to make ash bread and how to 'basket' worries. In the Apache culture, as in many Native American cultures, you are not allowed to bring your worries into another person's household. It was deemed improper to bring negativity to the home of someone else. Because of this belief, many of the homes hang a little 'worry basket' outside. Before you set foot in the home, you lay your worries to rest in that worry basket. Today, a worry basket proudly hangs next to our front door. My only request of our guests is that, on the way out, please take your worries with you!

Other 'tools' for helping you let go of worry, reduce anxiety and solve the seemingly insoluble problem are the God Box, the Higher-Self Box and the Angel Box. Before going to bed, you write down your 'worget', place it in the box and request that God or a higher intelligence take care of it. A good night's sleep hopefully follows.

If you're a worrier and your 'worgets' are out of control, take the advice of an Irish proverb found on a tombstone.

WHY WORRY

In life, there are only two things to worry about, either you are well or you are sick.

If you are well, there is nothing to worry about.

But if you are sick, there are only two things to worry about, either you will get well or you will die.

If you get well, there is nothing to worry about.

But if you die, there are only two things to worry about, either you will go to heaven or hell.

If you go to heaven, there is nothing to worry about.

And if you go to hell, you'll be so busy shaking hands with all your friends, you won't have time to worry!

Problem solved!



705 E. Gay Street, West Chester
610-429-9773 www.boylesflooring.com

GW
GENERAL WARREN
Historic Hospitality
1745

American Cuisine
Attentive Service
Private Party Rooms
Outdoor Dining
Curbside Take – Out
Charming Guest Suites

610.296.3637
9 Old Lancaster Rd., Malvern, Pa
www.generalwarren.com

• Four Star Rated •

Reflections

John Groch | Chatham

As we approach another growing season, the following selection from *Magnolia Journal*, written by *Fixer Upper* partner, Joanna Gaines, provides fitting inspiration.

*When we are at rest,
The most important work is being done.*

Sometimes, a shift in pace is all we need

To show us what is next

And the steps we could take.

With the season's thaw

Will come a powerful rush,

The thrill of seeing what growth has come

When it seemed we were at rest.

This captures the paradox of gardening, and farming in general. Sometimes letting the ground rest, or lie fallow, enables nutrients to recover their strength and improve the soil's ability to produce bountiful harvests. As any athlete knows, it is crucial to let well-worked muscles rest in order to grow ever greater strength and efficiency.

By now many gardeners are growing impatient with winter's cold and the barrenness of their plots; but wait we must. Microbes in the soil continue to do their business of reviving the ground's power to nourish plants. Temperatures must rise to provide the proper environment for bulbs to burst with green shoots and for seeds to germinate and survive the first days

and weeks of life when their greenery is highly vulnerable to frost. How many gardeners will admit that, in their enthusiasm to get their gardens going early, their first seedlings have succumbed to the ravages of a late frost? Whether we like it or not, we must rest, we must wait.

That is nature's way. We must be patient. Interestingly, the word patience is derived from the Latin term for letting be, actually for suffering. Remember the old translation of Jesus' words, "Suffer the little children to come to me?" This outdated use of the word "suffer" is instructive. When we suffer, we experience a painful event over which we have no control. In battles against nature, we usually lose. There are some things in life that we simply must accept, we must let them be. But we can also learn from the inevitabilities of life. We must learn when to act and when to rest, when to plant and when to harvest. We began with an inspiring poem. Let's end with another. This is a selected passage from the biblical book of Ecclesiastes.

*There is a time for everything,
and a season for every activity under heaven:*

*a time to be born and a time to die,
a time to plant and a time to uproot...*

a time to tear down and a time to build,

*a time to weep and a time to laugh,
a time to mourn and a time to dance...*

a time to be silent and a time speak...

A time to rest and a time to plant, a time to cultivate and a time to reap.



Photo: "New Beginnings"

Positives of the Pandemic

Rosie Taylor | Princeton

Who would have thought in March 2020 that we would be wearing masks, distancing from family and friends, canceling holidays and, basically, readjusting our lives for the next 12 months? It's an understatement to say 2020 was horrible, causing businesses to close, people to lose their jobs, and home schooling. Was there a silver-lining? Was there anything good that came out of this pandemic? I NEED TO, no, HAVE TO believe there was. The following are just a handful that I can think of... read on and add to the list.



- ✓ More time together
- ✓ Decluttering
- ✓ The joy of an empty schedule
- ✓ Being forced to slow down
- ✓ Free concerts
- ✓ Breaking routines
- ✓ Greater appreciation for 'essential' workers
- ✓ Increased generosity
- ✓ Pollution is down

- ✓ The earth is healing
- ✓ Getting to know our neighbors
- ✓ Happy dogs
- ✓ Connecting with the world
- ✓ Explosion of business for sign makers, masks makers, delivery services and many others
- ✓ The planets were aligned - we had a Christmas Star!

Let's face it, all the positives in the world cannot make up for the losses so many have suffered, however, acknowledging that something good came out of this epic pandemic might just help us move forward, maintain hope, and give us a great appreciation for the strengths so many have displayed.



Your well-being is our well-being.

Call today to ask about our current offer!*

Even in trying times, we don't forget our *Enjoy More* philosophy. Our team strives to find creative ways to bring joy into residents' lives every day. Because to us, home means community and feeling like your best self.

As the New Year starts, we look forward to sharing brighter days together.

ARBOUR ♦ SQUARE
at West Chester

(484) 401-9800 • arboursquareseniorliving.com
1201 Ward Ave, West Chester, PA 19380



License Pending
*Call for details.

Independent Living • Personal Care • Memory Care

STAY SAFE!

with an Oliver Heating Tune-Up & Safety Inspection.

All Oliver Technicians:

- Wear Masks
- Wear Shoe Covers
- Wear Gloves
- Follow Current CDC Guidelines

HEATING TUNE-UP & SAFETY INSPECTION \$69.95

OliverHeatCool.com | 610.808.9033



HEATING • COOLING • PLUMBING
ELECTRICAL • HOME REMODELING
POLAR BEAR JERSEY SHORE DIVISION

Excludes oil systems.

From a HM Boomer

Phone Home

Scott Burkhart | Inverness

Is anyone reading this who doesn't own a cell phone? Can you remember life before them? I can, see if my memories match yours.

The first phone I can remember was a black table model with a rotary dial. The interesting thing about this phone was that it was part of a "party line" shared with neighbors. If you wanted to make a call and there was another conversation going on, you had to wait until they were finished to place the call. You hung up immediately or pretended to hang up and kept quiet so you could listen in. Closest thing to Jerry Springer we had.

The table model evolved into a wall mounted phone and eventually the party line and local gossip disappeared. Next the rotary dial was replaced by push buttons. Most homes had only one phone and no

one stared at it constantly or tried to carry it everywhere they went.

In college, getting a phone call from home was a big deal. Since my college was 500 miles away from my hometown, communication with my parents was sparse because of the "long distance" costs. If you really needed to get in touch, you made a "collect call" and hoped they would accept it even though they knew you only called when you needed money.

Cordless phones came next, allowing you to walk and talk. You had to be careful not to stab anything with the antenna you had to extend with each call. This led to mobile phone technology so that you never again had to be away from your phone. You know the rest. What started out the size of a military walkie talkie you can now wear on your wrist.

I hope you enjoyed this phone journey. If you didn't, do me a favor, *don't call me.*



In-home care for Seniors by Seniors, including:

- | | |
|----------------------|-----------------------|
| ◇ Companionship | ◇ Dementia Care |
| ◇ Meal Preparation | ◇ 24 hour care |
| ◇ Light Housekeeping | ◇ Personal Grooming |
| ◇ Transportation | ◇ Bathing / Dressing |
| ◇ Shopping / Errands | ◇ Mobility Assistance |
| ◇ Doctor Visits | ◇ Small Home Repairs |



**Call (610) 590-4888 today
for more information!**

www.seniorcaresoutheastpa.com

Locally Owned & Operated. Licensed, Bonded, & Insured.

Marlene's Team is making a difference...

For Listing or Buying Real Estate call



The Marlene Gulczynski Team
A NEIGHBOR surrounded by her successes.

RE/MAX

Main Line
610-640 9300

Marlene Gulczynski GRI, CRS, CSP, SRES
484-459-8870 Marlene@SoldbyMarleneG.com
Debra Glancey ABR, SRES, e-PRO REALTOR
610-368-7649 DebraGlanceyRE@gmail.com
Tina Butler REALTOR
484-354-1526 TinaButlerRE@gmail.com

Classifieds

Ad deadline is the 23rd, and ads run two months at no cost (due to lead time, an ad received on January 23 would start in the March edition, etc.). Please limit description to 30 words per item, and include pricing and contact information. Ads are subject to review/editing. Send submission to hmctvguide@comcast.net, attention editor, or place printed/typed copy in the HMCTV mailbox outside the building. You must be a HM resident to advertise.

FOR SALE

Beautiful, interesting 3-D puzzles of buildings in Chicago, New York, Germany, Sydney Australia, France Canada Italy, etc. No missing pieces. 23 to pick from. Originally \$50 - \$300, now \$5 - \$20. Call

FOR SALE

Nikon Cool PIX S3100 camera; includes case & charger, CD/user manual. Like new \$45.00. Call

FREE

To a good home, two rainbow sharks for freshwater aquarium. Marianne or

WANTED

Sedan or SUV in good working condition. Call

WANTED

Electric Pizzelle maker call

BODY-BORNEMAN INSURANCE

[Formerly the SUSSKY AGENCY]

Located in the Giant Shopping Center
(2nd floor, above Vano's Pizza)

AUTO – HOME – BUSINESS

610-719-6000 www.bb4ins.com

Remember, if your insurance isn't with us,
you're probably paying too much!!



**Erie
Insurance®**




kitchentune-up®

TUNEUP YOUR KITCHEN
...in only 1-5 days!

Call now to schedule a **FREE** in-home or virtual consultation.

JEFF & PENNY TOREN | Local Owners

610.665.3965

KITCHENTUNEUPMAINLINE.COM

Each franchise is independently owned and operated.

**\$750 OFF OR
0% FINANCING**

on all cabinet refacing projects.
Restrictions may apply. Expires 4/15/21

Refacing • Cabinet Painting • Redooring • Custom Cabinets • 1 Day Tune-Up

"The more that you read, the more things you will know, the more places you will go."

Dr. Seuss (*Theodor Seuss Geisel*)

Our library continues to grow. Even with COVID, we are getting new releases monthly. As soon as Barnes and Noble receives the new releases, the books are picked up and processed by our dedicated volunteers.

Please continue to donate your gently used books to the library for our annual book sale. We are not accepting, religious books, text books or "coffee table books". Baldwin's Book Barn in West Chester will accept religious books. Complete puzzles and DVDs are in great demand and have always been a part of our sale. Puzzles have been particularly popular during Covid limitations.

Fans of Kristin Hannah are applauding her latest novel, *The Four Winds*. The novel is historical fiction set in the Great Depression and the Dust Bowl. It is a dark period in American history including unemployment, poverty, starvation and sacrifices

It's better to have
your nose in a book,
than in someone
else's business.

Mon. to Fri. 10 a.m. – 2 p.m.
Saturday 10 a.m. – Noon

HM Library contact:
Angela Linden 610-696-5374

www.hmlibrary.com

taking place in Texas and California. Elsa Martinelli, like so many others, must make an agonizing choice; leave the land she loves or go west to California in search of a better life, taking on her courage and sacrifices.

A recent release, *The Mystery of Mrs. Christie* by Marie Benedict (*The Only Woman in the Room*) uncovers the mystery of Agatha Christie's eleven-day disappearance. Agatha's husband Archibald is interested in having a "traditional" wife, so is he a suspect when his wife disappears? The story unravels with interesting, little known facts about the famous Agatha Christie.



*Serving the legal needs of
Chester County for 50 years and the
Residents of Hershey's Mill since 1985*

**Wills & Trusts
Estate Administration
Real Estate
Personal Injury
Accident Cases
Miscellaneous Legal Matters**

Free Initial Consultation to Hershey's Mill Residents

FOR MORE INFORMATION CONTACT ANTHONY MORRIS, ESQUIRE
PHONE: 610.436.4400 EXT. 1030; EMAIL: AMORRIS@BUCKLEYLLP.COM
WEST CHESTER | WWW.BUCKLEYLLP.COM



BREWER
HVAC
Since 1938
HEATING & AIR CONDITIONING

We Have Certified 24/7 Technicians
On Call for Your Home Emergencies

Sales • Service • Installation • GeoThermal

**Serving West Chester
for 4 generations as your
neighborhood contractor.**

**HM Residents - Mention this ad and
receive 10% off new service contracts!
Ask about rebates, credits & financing.**

610-692-5252
www.brewersheatandair.com

Plumbing Services
Available
Now

Kevin Free 610-613-0928
Your Home Beautification Specialist including:

Kitchen and Bath Remodeling ~ Additions and Sunrooms
Painting - "Whole House" or "Just a Room"
Carpentry ~ Tilework ~ Masonry
...and much more
"the ultimate handyman"



Free estimates Email: dkevinfree@aol.com Senior Discounts
Conveniently located in Malvern, PA - Hershey's Mill Neighbor

Colorectal Cancer

Kate Lindsay | Brighton

The Centers for Disease Control (CDC) supports health awareness information and has designated March as Colorectal Cancer Awareness Month. This specific cancer is the second leading cause of death for both men and women. The Hershey's Mill residents are in the high risk category for age since it is reported that 90% of colorectal cancer is found in people over 50 years of age. If you experience blood in your bowel movement, pain in the stomach that does not have a specific cause and is not going away or you are losing weight without trying. Talk with your Primary Care Provider (PCP).

Screening is the most effective method to reduce your risk of dying from colorectal cancer. The most common screening test is the Colonoscopy. Many people dread this screen and it is not always because of the test itself but the prep. Screening should start around age 50 and continue every 5 to 10 years thereafter. But even this long timeframe does not help people recover from the trauma of the prep experience. We must remember; the uncomfortable prep is only one day, and this activity can keep you alive. The home-

based screening test that is available is registered as Cologard and has been approved by the FDA. It detects changes in the DNA of the stool which can lead to finding colon cancer. It also detects blood in your stool. Talk with your PCP about your options which are based on your risk factors. And remember to read the directions and follow them carefully and send it back immediately.

As with all cancers, lifestyle changes can reduce your risk. The most agreed upon information includes, increasing physical activity, reducing alcohol intake and stop smoking. Also, while there is no definite information about food intake, decreasing in eating low animal fats foods and increase in eating fruits, vegetables and whole grains may decrease your risk for colorectal cancer.

Most importantly, symptoms are vague, so report changes in your bowel habits, unanticipated weight loss, pain in your belly that does not go away to your PCP to investigate the causes of these symptoms more fully. And do not delay your screening activities.



National Nutrition Month

Kate Lindsay | Brighton

As I looked for the health theme for March, I found this information. The Academy of Nutrition and Dietetics created this campaign that focuses on making informed food choices and help people develop healthy eating and activity habits. A Habit is defined, in the Merriam-Webster dictionary as a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity. So, this health month has the goal to make health eating and exercise become your habit.

There are many websites and books that can outline what is meant by healthy food choices. You can see that choice includes not only the types of foods but the portion size. I use the Campbell soup can as an example, how many people will eat the whole can when in fact you are eating 2 portions. Reading labels and learning that you are not being deprived if the size does not meet your usual expectation. A simple way to change your psychological perception, is to use a smaller plate. Plates are larger now than when we were growing up, just think about leaving a border as the frame for a beautiful food design. Also, another trick could be to fill half the plate with vegetables. But remember the vegetables should be raw, steamed, broiled, not fried with cheese.

Healthy choices can include any food you like, just make sure it is the correct portion by reading the labels or limit any high sugar foods to less



times per week, and I know for some, per day. Another psychological issue includes feeling deprived. Do not cut things out of your food plan, just gradually decrease those portions and foods in a thoughtful manner. It will soon become a habit, so be patient, forgive yourself if you fall back, and just start again.

Here are some examples from the American Academy of Family Physicians of changes to make:

- Instead of Croissants, rolls, biscuits, and white breads, use Whole grain breads, including wheat, rye, and pumpernickel.
- Instead of Potato or corn chips and buttered popcorn, use Pretzels (unsalted) and popcorn (unbuttered).

continued

- Instead of Regular or fried vegetables served with cream, cheese, or butter sauces, use Raw, steamed, boiled, or baked vegetables tossed with a small amount of olive oil, salt, and pepper.
 - Instead of Pork spareribs and bacon, use Lean pork, such as tenderloin and loin chop, and turkey bacon.
 - Instead of Regular cheese, including American, blue, brie, cheddar, colby, and parmesan, use Low-fat cheese with less than 3 grams of fat per serving, such as natural cheese or nondairy soy cheese.
 - Instead of Cookies, use Fig bars, gingersnaps, and molasses cookies.
 - Instead of Butter or fat to grease pans, use Nonstick cooking spray.
- Activity is the hardest thing to increase currently but try to improve your activity. Walk outside once a day even if it is just to the mailbox, then increase the distance by walking past your neighbor's home as you return. Some residents are lucky because they can participate in the sports activities but if you are not an athlete, just walk.

You Can Fix This: Part 3

Bonalyne Mosteller | Inverness Village

As spring considers making an appearance, don't let achy hips keep you from playing golf, paddleball, and walking!! Again this month, we are grateful to Dr. Gabriel Kresge, clinical director at Kinetic Physical Therapy, West Chester, for providing the following wisdom about how we might be able to fix this aching hip issue *ourselves*.

Thirty percent of adults aged 55+ report pain in their joints, with a large portion of this pain located in one or both hips. While hip pain is painfully common, it is often poorly treated. While anti-inflammatory medication or injections sometimes help to reduce discomfort, the true cause of hip pain is rarely addressed. In this article, we will discuss a common source of hip pain: tendonitis.

Gluteal tendonitis is an inflammatory condition that occurs in the tendon of the glute muscle, with 23.5% of women and 8% of men age 50-79 experiencing this condition. This type of tendonitis often begins with a change in activity level and manifests as pain on the outside of the hip or buttock area. This pain is often aching in nature but can radiate down the leg as well. The question is this: Why does this pain start in the first place?

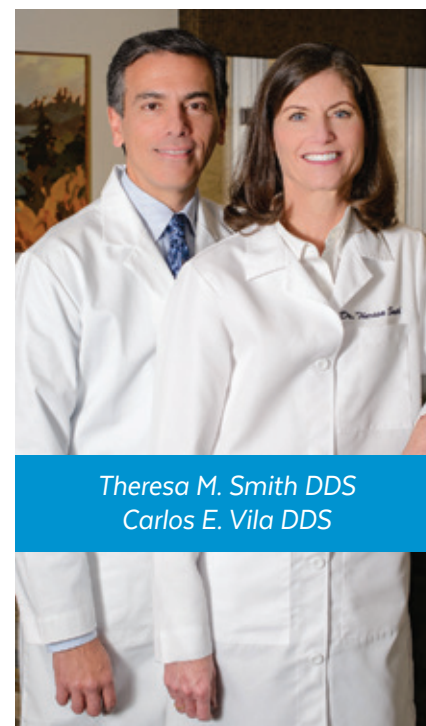
The answer is often muscle weakness. While we often don't focus on strengthening our hip muscles, these muscles are extremely important in helping us maintain our balance and the ability to walk long distances. The only way truly to rid a muscle of tendonitis is to create strength in the affected muscle. But even better is to preemptively maintain strength in your hips to prevent this condition

from occurring in the first place!

An easy way to start to strengthen your glute muscles is to perform an exercise called "sidelying hip abduction". This exercise consists of lying on your side and lifting your leg into the air, while making sure to keep your knee straight. It is important that your leg remains straight and in line with your torso while lifting it. Perform

this exercise for 3 sets of 10 to 15 repetitions, 3 to 4 times a week!

For those dealing with hip pain, Kinetic will be offering free 15 minute hip screens during the month of March. Email gabek@kineticptpa.com for more details.



Theresa M. Smith DDS
Carlos E. Vila DDS



SV DENTAL

\$59 First Check Up

Senior Citizen Discount — Every Visit

Since 1997 I have received the greatest and most professional care I have ever received and being a lady of "a certain age" I have been to many dentists prior to finding Dr. Smith.

Bernice L. — Hershey's Mill
West Chester, PA

195 W. Lancaster Ave, Suite 1 Paoli, PA 19301

610.296.7797

WWW.SVDENTAL.COM

Hershey's Mill Golf Club History

The Growing in Period

Ed McFalls

The Next Phase – This is the second part in the series on the History of HMGC

In the previous article, we noted that the current HMGC was incorporated on December 7, 1979, and the first Grand Opening Tournament was played on the new nine holes of golf on June 15, 1980. In that first summer of golf, the Pro Shop was housed in what is today the Hershey's Mill Wood Shop. After warming up by hitting range balls from a teeing range just below the Sullivan House parking lots into what is now Jefferson Village, players would then take a dusty or muddy ride, depending on weather, along a dirt path that more or less followed the present route of Chandler Drive through open fields to the present day 9th tees (all of which

were on the now Franklin Village side of the pond). You played the 9th hole as your first hole and then holes 1 through 8 to finish your round – or played them twice to complete a full round of 18. There was not a single HM house to be seen anywhere on those 9 holes – just thin grass in the fairways, a little rough, then weeds and trees. "Preferred Lies" had to be played everywhere as conditions were a little rough that first summer. A novice golfer could lose a lot of golf balls in those days!

That August of 1980, then owner Dave Crockett, hired a young Greens Superintendent recently graduated from Penn State named Jerred Golden. From his first day, and with each passing week, members immediately began to see dramatic improvements. The turf thickened, the weeds diminished, rocks were mechanically raked

from the turf and playable lies became more and more prevalent. While these improvements were happening on the course, a 16,000 square foot clubhouse was being built on the hill above the 9th green. The first club manager, Tom Chiffriller, was hired and a "soft opening" was achieved in December 1980 in advance of a Grand Opening Extravaganza in January 1981 around the time that the Ea-

There was not a single HM house to be seen anywhere on those 9 holes – just thin grass in the fairways, a little rough, then weeds and trees. "Preferred Lies" had to be played everywhere as conditions were a little rough that first summer.

gles were playing in their first Super Bowl. The clubhouse consisted of one dining room, the present Mill Room, and a banquet room about half the size of today's Brandywine Room. The manager's, chef's and secretary's offices were on the left side of the

entry lobby, the bar was a short, angled affair on the opposite side of the upper level of the Mill Room from the fireplace. The present bar lounge was occupied by 3 small hotel style rooms, with 3 more across the hall in what is now the manager's office, private dining room and much of the current entry.

Late in the spring of 1981, the original 9 holes which had been somewhat reworked by the Crockett organization, was opened for play thereby completing HMGC's 18 holes. A full season of tournaments and play was underway as HMGC became an active member of the Golf Association of Philadelphia. Membership was growing with the community as the new villages of Chatham and Devonshire were under construction, however as interest rates skyrocketed to 20%, sales at Hershey's Mill ground to a halt. By the end of 1981, it was clear that another change in Hershey's Mill ownership was in the offing.

In next installment, we'll focus on the next phase as the membership filled up to, and then beyond capacity, and the clubhouse ultimately had to be expanded.





— “ —
As a Hershey's Mill Resident & 15 year experienced realtor, I can help you attain your residential needs and goals. Call me and let's talk!
— “ —


References on request

MICHELLE W COHEN
Realtor®
Cell: 610.299.5011
Office: 610.651.2700
michelle.cohen@foxroach.com
www.michellecohen.foxroach.com

BERKSHIRE HATHAWAY
HomeServices
Fox & Roach, REALTORS®
431 W. Lancaster Ave. Devon, PA 19333
 An independently owned and operated franchisee of BHH Affiliates, LLC.

HMSG PRESIDENT'S MESSAGE

John DeVol | Princeton

While waiting for spring, it is opportune to look back over 2020 bright spots. HMSG's finances need to be highlighted. When Covid-19 created 'Cancel 2020', all of our normal fundraisers came in doubt. Traditionally, we raised money from endorsements from our EXPO gatherings and other face-to-face events where we could tell our story one-on-one.

Fortunately, opportunity creates innovation. All of a sudden millions wanted to be outdoors and bikes became very popular. At the same time, they became very scarce. Jeff Smith and Bob Upton created the idea of matching HM resident's unused bikes with the many that could not buy or find a decent bike. Some bikes were almost new and some needed work. Both Jeff and Bob did fixing up at Jeff's storage garage turned into "bike shop". The marketing of finding bike donors and matching with bike buyers evolved. Over \$4,000 was raised and donated to HMSG. Spectacular!

Equally spectacular was Bob Bevans' results with 2020 HMSG member donations. A goal was set of \$5,000 to beat 2019 contributions. We expected a similar number of contributors as in 2019, but social activity fell. Committed members made up the short fall and the \$5,000 goal was exceeded.

The income has enabled HMSG to support the rejuvenation of paddle and horseshoes, and continue basic

needs of pickleball. All commitments to cost sharing with the MA for landscaping the front of the tennis courts, and enlarging the number of pickleball courts have been met.

The Master Association has been supportive of all of our requests, and we are happy to participate financially. Your donor dollars have been working. *Thanks to all.*

BOCCE

Bob Walsh | Troon

Carroll Thompson | Princeton

March brings hope for outdoor activities again! The strength of the HM bocce program has come from the strong spirit and experience of Joe and Tre Carrone and his "make it happen" committee of Bob and Gerry Walsh, Carroll Thompson, Gretchen Dellatorre, and Peter Heinly.

After many successful years of guiding the HM bocce program that he inherited from its founder Bob Crowther, Joe will step aside, but we will still see him enjoying the game and competing in the Bocce League. Behind the scenes, Bob Walsh is reviewing sign-up sheets, forming teams and playoff schedules so the season moves smoothly from competition to the elimination matches and a final championship match. Carroll is heavily involved in getting villages to schedule weekly or monthly bocce events. Our fun would not happen without Bob Walsh and we couldn't be more grateful for his skills and the affable, energetic personalities both Bob and Gerry bring to our sport! Thanks to Joe, Tre, Bob, Gerry, Carroll, Gretchen,

and Peter for a great '20 season!

We are hoping Covid-19 guidelines will allow for announcements of an April Bocce Clinic for new or rusty players, as well as sign up opportunities for league competitive play. Village Social Directors can call or email Carroll Thompson to develop plans for regular weekly get-togethers or just a one-time social activity to enjoy an evening game, cocktails, snacks, or take out dinner with your village neighbors.

PADDLE

Don Evons | Princeton

As of the writing of this article in early January, we are still under control of Covid-19, but that has not stopped our enthusiasm and participation. We have been playing 6 days a week, and since the courts accommodate 4 people, we have abided by the rules.

Our plan, depending on the virus, is to conclude the season with an "invitational" fun afternoon. It will include inviting two outside experienced paddle clubs to join us so we can see how much progress we have made and determine how far we have to go. Stay tuned for the dates and times, if we get the go ahead.

Nancy McMullen | Franklin

Did you ever realize the benefits of exercising outdoors? There are many and here are a few:

- It creates a calming effect on the nervous system which causes an overall feeling of wellness.
- There is a positive effect on the immune system.



- Better digestion occurs.
- There is improved sleep.
- It provides a natural source of Vitamin D, which is an essential for the body, especially as one ages.
- There is improved upper respiratory conditioning.
- It helps increase muscle mass, which is the #1 predictor for physical health.

So in the colder months of late autumn, winter and early spring, spring into action with Paddle/Platform Tennis to keep your body moving outside during the chillier months! "Paddle", as most of us call this sport, is basically a doubles game with scoring exactly like tennis, and to speed up the game, a "no add" system can be used.

At Hershey's Mill, for those who are new to the game, Don Evons has instituted a "4 Plus" play system meaning the ball has to go over the net 4 times before scored play actually begins. This is to create rallies and allow players to get used to controlling the ball and practicing through repetition. This also prevents anyone from slamming the ball at you! Four serves, instead of one, are allowed and the server moves to the opposite side of the court with no point being awarded. Also, all four players serve one

continued

Sports Group (continued)

game. As players move into intermediate play and have learned to hit ground strokes and lobs, this type of play can be changed to "regular" rules. You will be having fun, getting great benefits and meeting new (or old) friends. So come on out and join us!

PICKLEBALL

Tom Fant | Yardley

Winter pickleball thrives most days at The Mill. Is that an oxymoron? A lot of our "Snow Queens" don't think so. All 3 of the ladies in the photo, along with Dave Nagurney, Young Kang and-

thers, assaulted the snow pile. They proved they can handle a snow shovel, as well as a paddle. The Pickleball Nation had to "stand down" entirely for two days when five inches of the white stuff, so welcome in the Poconos, accumulated on our precious courts.

Ah, but by the end of this month, with the usual weather change and with much hoped for results from the blessed Covid-19 vaccines, the pickleball committee of sorts will restart our popular socials and clinics. So keep on stretching and take a turn on the Tutor Plus, the pickleball ball machine available on ROCO, the sports group reservation system through Lynn Mander or Jack Hamilton.

SHUFFLEBOARD

*Roseanne Havird
Devonshire*

Rules for outdoor shuffleboard are set by the U.S. National Shuffleboard Association. You use a long-handled cue to shove 6" discs along a 52' long wide court. Each end of the court has identical dividing markings dividing it into a shooting area, "off area", and five scoring areas with values ranging from 7-10 points. The objective is to place your discs in the scoring area at the far end of the court and/or knock your opponent's disc out. Now doesn't that sound like fun? Come and join us once we get past the pandemic.



Pictured here Carol Packer - Springton,
Dawn Kowalchuk - Jefferson and Judy Dale - Jefferson
Photo by Dave Nagurney, Glenwood

Freedom Village at Brandywine

Your Life, Your Way, Every Day!

Offering carefree living at its best, with a wide variety of beautifully appointed residential options, a wealth of exceptional services and amenities, and a full calendar of fun, engaging activities!

- Independent Living
- Personal Care
- Memory Care
- Skilled Nursing
- Rehabilitation

15 Freedom Blvd. • West Brandywine, PA 19320 • 610.383.5100 • fvbrandywine.com

Trusted & Affordable Dental Excellence

20% Senior Discount!
Call us today for more details.
This offer is not to be combined with any other discount.

480 Lancaster Avenue, Frazer
(610) 993-0444
www.FrazerDentalCare.com

BRANDYWINE VALLEY
HEATING & AIR CONDITIONING, INC.
"Comfort with Care"

610-692-3900
bv hvac.com • PA 031124

Proudly serving the
Hershey's Mill Community
for over 25 years!

- Geothermal Experts
- Maintenance Agreements

An Introduction to the Pollinator Gardeners

Sue Staas | Kennett

It is March! Spring is on the way – the wonderful time of year to think about gardening, new plantings, and POLLINATORS. But first, we'd like to introduce you to the Pollinator/Native Plant Garden sub-committee of the HM Nature Group. We meet, via zoom, the second Tuesday of the month at 10 a.m. Our interest and goal is to promote the growth of pollinator-friendly plants in Hershey's Mill.

The first project is to expand the Pollinator Garden located at the end of the Community Gardens. It is almost planting season. Volunteers are welcome! See the end of this article for contact information. Our second project is to expand knowledge, interest and use of pollinator/native plants among all residents.

So what are pollinators, why are they important, and why are they important to Hershey's Mill?

Common pollinators are butterflies, moths, caterpillars, birds, bats, flies, beetles, wasps, small mammals, and most importantly, bees. And that includes all of our bees; honey bees, bumble bees, carpenter bees and more. Unfortunately, all of these



pollinators are declining thanks to global warming, the extensive use of pesticides and the use of exotic, and non-native plants that do not provide the food (nectar, seeds, pollen) needed by the pollinators who are native to our area. For instance, each species of butterfly and moth depends on par-

ticular native plants to support their larvae (caterpillars).

Why do we need pollinators? They promote plant growth and, most importantly to us, the growth of our food plants. A clear and interesting description of the importance of pollinators can be found in a leaflet dated May 2005 from the Natural Resources Conservation Council, titled Native Pollinators. ([https://plants.usda.gov/pollinators/Native Pollinators.pdf](https://plants.usda.gov/pollinators/Native%20Pollinators.pdf)). How can we help our native pollinators and the flowers and vegetables we all love? By growing plants, trees, and bushes that butterflies, moths, bats, birds and especially bees love, we provide much needed habitat.

Below is a short list of pollinator plants that can be easily grown around our units in Hershey's Mill. On the HM Nature Group's website, hersheysmill.org, type in Nature Group in the search window, then look for the Native Plant List. We plan to develop a more extensive list of plants, including shrubs and trees that will be particularly suited to Hershey's Mill. Your help to do that is welcome.

Our introductory list of plants for your garden that pollinators love includes:

Mountain mint: 2'-3' tall, blooms mid-summer.

Boneset: 2'-4' tall, fragrant, white flowers, tolerates wet soil.

Joe Pye weed: 3'-5' tall, gorgeous pink flowers, dwarf varieties available.

Asclepias tuberosa (milkweed): hosts Monarch butterflies, red/yellow/orange flowers.

Showy goldenrod: 4'-5' tall, perfect fall nectar source, golden blossoms.

Scarlet beebalm: 1'-2' tall, red, flowers mid to late summer.

All these plants like sun to part shade.

For shady spots:

Aquilegia (columbine): red, blooms late spring.

Jack in the Pulpit: green, spring.

Phlox, Wild Blue (actually, Lavender): spring.

Spigelia Marilandica: Indian pink, red, summer.

White Wood Aster: fall.

For more ideas, go to our Nature Group website. And please, send us your suggestions and questions as you explore – HersheysMillNature@gmail.com. If you find this article interesting and you would like to join our group or if you would like to help with the Pollinator/Native Plant Garden, please contact Derek Stedman,

, Sue Staas,

BOOK REVIEW

Barbara Crispin | Inverness

Bringing Nature Home by Doug Tallamy, Timber Press, 2007

Plant it and they will come. Isn't that the tag from Field of Dreams? This tag also applies to us right here in Hershey's Mill. Doug Tallamy assures us that we can increase our native insect and bird populations if we follow his advice. By making small changes in our garden and deck plantings,

continued

Nature Group (continued)

we can provide native plants that feed the native insects that our native birds love to eat. By supporting specific bugs, we are supporting our neighborhood birds. I am 100% on board with this.

I am a newbie here and this is my first experience with resident bluebirds. I was enchanted by every bluebird I saw in the community gardens this summer. I am loving their stops at my bird feeders this winter and now I want to do more. This brought me to Doug Tallamy, Entomology professor at University of Delaware, and *Bringing Nature Home* which is the first in his series of books that explains the wildlife benefits of adding native plants to our landscape.

Tallamy provides plant lists for our region. Do you have a favorite native butterfly or moth? He has a list of native species and what specific plants they eat in the caterpillar stage. He tossed in photos of these essential bugs and caterpillars so we will recognize them when they show up.

Now I refer to *Bringing Nature Home* whenever I flip through a gardening catalog and carry my photocopied pages to the plant nurseries where I



shop. And I won't be changing out my entire garden for all new plants to make a difference. Tallamy says I won't need to. Every single native plant contributes to the whole landscape. My few beneficial plants added to your few beneficial plants creates a supportive neighborhood for our birds and pollinators.

I hope you will join me. Take a look at the list in the book on pages 294-300. Or refer to the recommended plant list on the HM Nature Group's website, a sub-site of the HM website. Or go to the Wildlife Federation Native Plant Finder database at www.nwf.org.

Tallamy shows us how easy it is to get started.



Aspen Hardwood Flooring

203 N. Benjamin Dr., West Chester, PA 19382
(Tel) 610-429-9230 (Fax) 610-429-1509
www.aspenhardwoodflooring.com

Bruce Slifer
aspenhardwood@aol.com

**Repair, Refinishing,
and Installation**

PA018465




FREE DELIVERY TO HERSHEY'S MILL*




CAFÉ

DISTINCT BY DESIGN™

Remodel Reward

Earn up to \$1500*

with purchase of select Cafe appliance suites.

GERHARD'S

APPLIANCES

OF MALVERN

(610)-644-6666

116 Lancaster Ave. Malvern, Pa 19355

GERHARDSAPPLIANCE.COM

*After Rebate. *Via online or mail-in rebate. See rebate form for details and list of eligible models.

Backing up Your Computer's Files

Don Trauger | Kennett

Backing up your computer's files is universally recommended. You may never know when your storage drive may decide to fail. Having a backup can get you out of a difficult situation. However, there are different levels of backup that you can consider to meet your needs.

You can simply make a copy of an important file and store it on a plug-in USB drive. In Windows 10 you can also use File History, located in the Control Panel, to back up your personal data files such as Documents, Pictures, Music and more. To do this plug in a blank USB drive, open the Control Panel, click File History and click "Run now". If you don't find it look in System & Security in the Control Panel and click "Save backup copies of your files with File History". Use this method if saving your personal files is sufficient for your needs.

If you have installed a number of programs (Apps) that you wouldn't want to reinstall in the event of a problem then you should consider a



full backup. This will require you to purchase a plug-in USB hard drive. Yes, you could purchase a large 128GB USB drive or larger but the size may not be large enough for your needs. Costs also increase above 128GB for USB drives where a backup hard drive can be half the cost and it has 5 to 10 times the capacity.

A full backup is the safest approach as it captures all your files plus system files and makes an image of them on the backup drive. The Recovery method in Windows 10 can recover these files from the backup drive to restore your computer back to where it was when the backup file was created. This will work BUT your storage drive must be in good condition to receive the files from

the backup drive. If drive failure has occurred then the recovery will fail. This will require a replacement of the defective drive. This is best handled by an experienced technician.

Before a recovery is attempted try the following repair procedures first.

Turn on the computer which should fail to boot normally if it's corrupted. Windows will then go into a troubleshooting mode offering a method to repair a startup problem using Startup Repair. Allow that to occur as it may fix the problem. If it fails, then click Troubleshoot > Advanced Options and click System Restore. If that fails go back and click Troubleshoot > Advanced Options and click Command Prompt. In the window that opens type `chkdsk c: /r` Press

the Enter key. If the above fails to correct the problem then proceed to recovery mode in the next paragraph. You can also manually access these repair tools, providing the computer boots, but has other problems during operation. Click the 4 pane Windows icon in the lower left corner, click Power, then hold down the shift key and click Restart.

If the original Windows installation is corrupt and the preceding repair attempts fail then you should try to recover it. Performing this task is relatively easy. Connect the backup drive and turn it on. Click Troubleshoot > Advanced Options > See More Recovery Options and finally System Image Recovery. Follow all screen prompts.

DECK TOO HOT?

A STATIONARY AWNING OR RETRACTABLE AWNING CAN DOUBLE THE USE OF YOUR DECK. ALL AWNINGS ARE CUSTOM MADE IN OUR SHOP FOR THE GREATEST SAVINGS — TO YOU!

INSTALLATIONS - ESTIMATES ARE ALWAYS FREE

AWNINGS • TENT RENTALS
BACK LIT AWNINGS • SINCE 1928

call 302-652-6612

E.W. BROWN, Inc.

Featuring Hunter Douglas & Other Manufacturers

BLINDS 4 U

610-246-3100

Shop At Home Service for Hershey's Mill.
We Will Beat Any Printed Installed Price!

SALE

- Silhouettes
- Luminettes
- Pleated & Honeycomb Shades
- Duettes
- Country Wood Blinds
- Plantation Shutters
- Mini Blinds
- Verticals
- Roman Shades

Free Quotes ♦ Measuring ♦ Installation
Bottom line pricing all the time!

Smart Thermostats

Thermostats are designed to turn your heater or air conditioner on or off depending on the temperature of the room.

When we were kids, that's all they did, and I can distinctly remember my father turning down the stat before going to bed each night. Even back then, we knew that setting the heat down or the air conditioner up 5 or more degrees for several hours could save a lot of money.

Some engineer decided to put a clock in the thermostat which allowed the pre-setting of the "night setback" thus eliminating the nightly task of setting back the heat and also to warm up the house prior to getting out of bed in the morning. Someone else decided that there would be different settings on weekend days so they changed the device so that each day could be programmed differently.

Then, along came the Internet which allows the control of electronic devices (like thermostats) from far away. So now we have "Smart Thermostats". Now, you don't have to panic if you've gone away for the weekend and left the A/C on, you can simply adjust the settings from your smartphone.

Not to be outdone, someone decided that the Internet could sense the location of your phone and tell the thermostat you are either home or away and then the temperature would be set accordingly. And if your schedule was pretty much routine, the stat



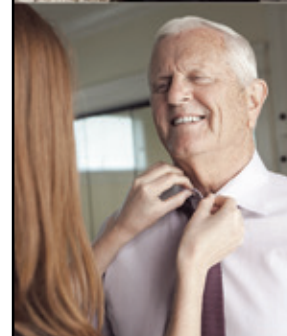
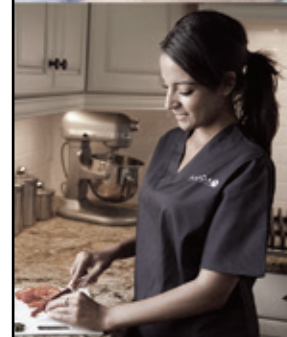
could actually learn your habits and anticipate your absence or presence in the house.

Taking this feature one step further, we now have thermostats that use "geofencing" which is basically a radius or fence around your house and when that fence is crossed by your phone, the heat or A/C is adjusted accordingly. The fence can be set as far away as 50 miles.

So, all these options will vary your cost for a smart thermostat to somewhere between \$100 and \$300 each. Since many of us are no longer on fixed schedules, I would tend to go with one of the non-learning types and therefore save some money.

Lest I forget, many of the new models work with Alexa in case you are cold while watching TV and don't want to get up to adjust the temperature.

Recently, the installation instructions have improved dramatically to enable many homeowners to install these devices themselves.



AMADA
SENIOR CARE

Would you feel happier and healthier if you had help at home? Do you need a little care and companionship, or do you know someone who does?

Amada Senior Care Chester County makes simple, daily activities easy again. If you need hourly, 24-hour, or live-in help, Amada Senior Care Chester County can offer flexible solutions.

Life is for living.

Let us help you make the most of it.

- ♥ Certified In-Home Caregivers
- ♥ Custom Care Plans to Fit Your Lifestyle, Needs, and Schedule

Call us to learn more!

Are you curious about what your Long-Term Care Insurance policy covers today?

Did you know VA Benefits may help cover the cost of in-home care for the veteran or surviving spouse?

Enjoy a **complimentary hour of home care** when you schedule an appointment for a free assessment.

(484) 653-6420 | www.AmadaChesterCounty.com
Judy.B@AmadaSeniorCare.com

NEED A DRIVER?

Wherever you want to go. Whenever you need us. Call ahead for a reservation.

LOCAL RIDES

To Stores, Hair, Parties, Lectures, Concerts.
To Doctors - Appointments & Procedures.



THE VOLVO LIVES
11 MINUTES AWAY.

REGIONAL RIDES

Airports (PHL, JFK, EWR, BWI) Amtrak
Cruise Piers

Drop off or day trips to
NY or other towns.
Go get family or friends

CLIP
& SAVE

LONG DISTANCE

NEED A CAR DRIVEN TO A
VACATION HOME OR BACK?
We drive you, or just your loaded car.

SEE OUR NEWLY REBUILT WEBSITE FOR DETAILS.

MAINLINEDRIVER.COM

610-291-6577

MAINLINEDRIVER@AOL.COM

JERRY SCHNEIDER Antique, Classic and Collector Car Appraisals



874 Jefferson Way
West Chester, PA 19380
610-869-0887

web site jerryschneider.com
email: jerry@jerryschneider.com

Activities Contacts

Art Group.....	Sara Hamilton.....
Baby Boomers.....	hmbomers@gmail.com
Billiards Club	Joe Silio
Bingo.....	Hal Deal
Book Discussion Group	Carol Barkovsky
Bowling (Oct-Apr).....	Ed Isselmann
Bridge Groups: Golf Club Tuesday Bridge	J.B. Smink
Golf Club Friday Bridge.....	John Marks
HM Duplicate Bridge, Mondays	Bray LeBrocq.....
Social Club Party Bridge.....	Susan Hackstaff
Talking Bridge	Lisa Groff.....
Card Games	Penny Adolf
Caregivers Support Group	Sue Staas.....
Chester County Hospital Auxiliary	Helen Adair.....
Computer Club (PC).....	Don Trauger.....
Cradle Stitchers	Donna Faunce.....
Dominoes (Mexican Train).....	Sheila Di Croce.....
Exercise to DVDs.....	Barbara Scott
Gardens (Community).....	Jim DiCarlo
Hand and Foot Card Group	Agnes O'Leary
Knitting Circle	Ruth Schick
Mah Jongg (Groff)	Lisa Groff.....
Men's Bible Study.....	Ken Mertz
Mermaid Book Club.....	Marrie Truskey.....
Monday Night at the Movies	Lynne Urian
Nature Group	Christine McCormick.....
Paoli Hospital Auxiliary.....	Betsy Carlin
Photography Club	Carol Poling
Pinochle Club	Erna Graham
Poker Club	Mike Brindisi.....
Quilters.....	Diane King.....
Scrabble.....	Marie Knox
Singers (Casual Singing Group).....	Paul Day.....
Singers (Hershey's Mill Singers)	Dolores Manion.....
Social Club.....	Judith Dooling
Sports Group (HMSG).....	John DeVol.....
Sullivan House (FoSH).....	Elaine Becker
Table Tennis	Allan Shaffer
The Players	Shauna Flynn.....
Yoga	Ellie Sybesma



ANGEL COMPANIONS®



Affordable and compassionate care - we are
licensed and our employees are bonded & insured.

Please call for a free assessment:

610-644-8160

www.angelcompanions.net

Home Care for Seniors

- Personal care
- Hospice assistance
- Meal preparation
- Medication reminders
- Laundry
- Light housekeeping
- Companionship
- Transportation

**Now with offices in
Wellington at Hershey's Mill
serving Hershey's Mill and
surrounding communities with
very flexible service options**

Advertisers' Index

Amada Senior Care	67	Main Line Health.....	2
Angel Companions	68	Medicare Insurance Services.....	19
Arbour Square at West Chester	43	Michelle Cohen - Berkshire Hathaway	55
Aspen Hardwood Flooring.....	62	Oliver Heating and Air Conditioning.....	44
Barclay Friends	4	Oriental Pearl Restaurant.....	11
Bellingham & Park Lane	30	Plush Mills	7
Blinds 4 U	65	RE/MAX Main Line	46
Body-Borneman Insurance.....	46	Richard J. Egan Painting Co.....	29
Boyle's Floor & Window Designs.....	39	Riddle Village.....	22
Brandywine Valley Heating & Air Conditioning.....	59	Seniors Helping Seniors	44
Brewer Heating & Air Conditioning	49	Smile Solutions	21
Brooklands Audiology, Inc.....	71	SV Dental.....	53
Buckley, Brion, McGuire & Morris LLP	49	Toninos Pizza & Pasta Co.....	17
Daylesford Crossing	25	Wagner Real Estate	72
Deb Dorsey Team	3	Wellington at Hershey's Mill	6
Dilworth's Custom Design.....	33	Wendig Plumbing.....	29
E.W. Brown, Inc	65	White Horse Village.....	26
Echo Lake.....	11		
Eye Doctors of Chester County	10		
Frazer Dental	59		
Freedom Village at Brandywine.....	59		
General Warren.....	39		
Gerhard's Appliances.....	63		
HM Homeowners Landscape Division	71		
Home Helpers	9		
Jerry Schneider	68		
Kevin Free.....	49		
Kitchen Tune-Up	47		
MainLine Driver	68		

When you contact
any of our fine advertisers,
make sure to mention
that you saw them in the
HMCTV Guide and Digest
at Hershey's Mill!

I Listen... So you can Hear Better!

Patricia A. Cohen M.A. C.C.C.

Licensed Audiologist

**Helping Hershey's Mill Residents Hear Better
for over 20 Years!**

Brooklands Audiology, Inc.

I represent you to the major manufacturers!

Hershey's Mill Discounts: **20%** off initial pair, **25%** off subsequent
purchase or all when family member purchases at same time

610-408-9250 301 Lindenwood Drive Suite 206 Malvern, PA

**HM Homeowners
Landscape Division**



Complete Landscaping Packages

- Professional Consultation
- Scale Drawings & Design
- Complete Necessary Forms
- Installation & Warranty

Call 610-692-2649 (or email jchristy@hersheysmill.com)

MEET THE WAGNER REAL ESTATE PROFESSIONALS AT HERSHEY'S MILL



Wagner Real Estate has been serving the needs of the Hershey's Mill Community for over 25 years. Let our knowledge & experience of The Mill be your trusted source and advantage.

Stop into our on-site office at the Main Gate or call us anytime for all your Hershey's Mill real estate needs.



WAGNER
— REAL ESTATE —
4 GENERATIONS SINCE 1930

1500 Greenhill Road
West Chester, PA 19380
610.436.8922
www.WagnerRealEstate.com