

The Chamberlin Current October 2011

Traditions of Fall...

Fall brings anticipation of the changing leaves...perhaps starting new classes...bazaars, fairs and festivals. Saturday October 1st is the Saint Joseph's Harvest Fair at Buckroe. Also coming up is the 31st Annual Poquoson Seafood Festival on the October 14th -16th.

Both events will be providing delicious food, arts and crafts vendors and the opportunity to enjoy the cooler fall air!

October 20th we will be visiting a local Pumpkin Patch with the plans to decorate our pumpkins for the *Clever Costume Happy Hour* on the 25th. The good news is..there will be no carving! Please plan on joining Chris Moody Tuesday the 25th at 10 am (multipurpose room) to *paint* and *apply* fun embellishments to your pumpkin.

A new fall art class is being offered this month...called *Art Smart*.

There has been an expressed interest among some of our residents to learn how to draw and paint. Chris Moody will be instructing. Please refer to your Oct. activities calendar for dates and time. Classes will be in the multipurpose room. Residents are to bring their own art materials and each student will receive a consultation to discuss what they want to learn.

Happy Birthday to you!

Carolyn Pike 10-6

Dean Harding 10-26

Eunice Frazier 10-13

Samuel Massenberg 10-27

Betty Frye 10-15

Gayle Voris 10-27

Margaret Sisson 10-15

Felicia Dames 10-28

James Neff 10-25

**Please join us at the Birthday Bash
Friday, October 28th 2:30 pm
in the Bistro!**

Event Highlights

10-1

St. Joseph's Harvest Fair
Bus departs 10 am

10-5

**CHAMBERLIN
HEALTH FAIR**

9 am - 1 pm -Grand Lobby

10-15

Poquoson Seafood Festival
Bus departs 10 am

10-16

**TRADOC Chamber Ensemble
Concert - 1st Presbyterian**

Bus departs 2:30 pm

10-20

Trip to Pumpkin Patch
Lunch at Mama Rosas
Bus departs 11 am

10-25

Clever Costume

Happy Hour 5-6 pm - CDR

Residents, please sign up for transportation at least 24 hours before departure time.



Hygeia Health Club has been biggest draw...

Fran Ferguson moved from Austin, Texas in March of 2010 to be closer to her daughter, Jane and son-in-law, Michael. Being an exercise class enthusiast for the past 15 years, it was love at first sight when Fran learned of the Chamberlin's exercise program.

Each morning Monday thru Friday, you'll find Fran participating in an exercise class of some sort!

Fran was born and raised in Porterville, California along with 3 siblings. During World War II, Fran met and married her husband Bob. While he served two years in the South Pacific, Fran attended college in California, transferring at the end of the war to Southern Methodist University in Dallas where she earned an Education degree.

Fran and Bob raised their three children in Dallas. Kathleen (deceased), Jane (now living in Norfolk) and John (now living in Ouray, Colorado). Fran was a stay-at-home mom active in Girl Scouts, teaching Sunday School, being a church Elder and volunteering in the local public schools. Along the way she earned a master's degree from Texas Tech and when the last child left for college, Fran earned a doctorate in Educational Administration at the University of Houston. She worked for 20 years and served as Director of Instruction for Cypress Fairbanks, a school district of 23,000 students. Fran helped create and implement a gifted program, developed curriculum for each of the foreign languages and generally trained and facilitated teachers.

The retirement years brought Fran and Bob to their mountain home in Ouray, Colorado, where they spent the best years of their life! They both volunteered in their community as museum docents and worked in the visitor's center. Together Fran and Bob traveled abroad at least once a year and took road trips to 48 states in addition to flying and cruising to Alaska and Hawaii!

Fran is an avid reader and has played a role in organizing the Chamberlin's Poe Library. She enjoys communicating with friends and family on the computer. She especially enjoys checking the blog of her only grandchild who lives in Missoula, MT as pictures of her 4 year old great grand daughter are often featured. She considers being married for 64 years her greatest accomplishment! Fran Ferguson feels she has had and is having a blessed life!



The Time Is Now!

As we move further into the wonderful world of fall, we are also approaching...flu season! I know, I know, we were all just swimming in the pool, walking the beach, and enjoying summer parties with family and friends. However, the time really is upon us, and the time to get your flu shot is now. I know that it seems early but, did you know that it takes a good four to six weeks before the flu vaccine actually becomes active and fully effective in your body? If not, now you do! Getting your flu shot now ensures that your immune system will be up to par by late November early December when the "flu season" is in full swing.

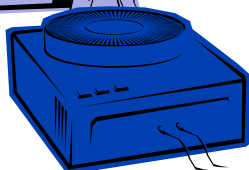
Please join us in the Grand Lobby, Wednesday October 5, 2011 from 9am to 1pm for our 3rd Annual HEALTH FAIR sponsored by Sentara in conjunction with The Chamberlin. This event is free and open to the public and flu shots will be offered at NO COST!

Join us as we welcome a plethora of Sentara vendors as well as many other non-affiliated vendors. The Chamberlin will also be offering tours to those who may have an interest in our beautiful retirement community.

Along with joining us at the Health Fair and obtaining your flu shot, there are a few simple precautions that you can take to keep yourself healthy. Actions such as washing your hands often, disinfecting work spaces, avoiding touching your nose, mouth, and eyes, and trying to avoid others who may be sick will go a long way in keeping you healthy. If you are already sick please be courteous to those around you and continue to use these precautions to protect others. Remember, if you are sick be sure to drink lots of fluids, get plenty of rest, and **ALWAYS COVER YOUR COUGH.**

Stop by and see all of the wonderful vendors and services that we will have to offer and take the first step toward keeping yourself and those around you healthy this flu season.

Tonya Benjamin
Wellness Director



Does anyone have a **slide carousel ? We are in search of one to use for future presentations. Please contact Chris Moody at ext. 7481.**

Any resident wishing to be a presenter (show travel slides... talk about your hobby...etc) please let Chris know. Thank you!



Elouise Miller, Principal Sean Holleran and Theresa White

Bryan Elementary School receives school supplies!

Thank you to our generous Chamberlin residents who donated a large amount of school supplies delivered September 2nd, to our neighboring school.

Your contributions are helping students succeed and are greatly appreciated!

Wishing a warm welcome to our new Chamberlin residents!

- Alys Fair - Scottsdale, Arizona
- Felicia Dames & Robert Stephens - Chesapeake
- Richard & Robin Owens - Whitestone, VA
- Blanch Rollins - Charlotte, NC
- Richard & Margaret Sisson - Deltaville, VA
- Helen Yeager - Marion, Alabama



The Wind was Kind to us that Day

I often want to go back down to the sea again
 Or at least I thought I could again.
 20 years it has been since I raced my yacht last,
 Five years since my Cal 35 to Marty S. had passed;
 He asked me to help him race my old boat,
 In a D.C. Leukemia Cup against D.C.'s best.
 So, sleepless nights, I sought remembered glory years;
 As winner of some tarnished cups only used for beers.
 Now with five eager, young but green crew
 We approached the line with 32 other big boats.
 But the wind was kind to us that day on the bay
 A sweet warm breeze post Irene and Lee that day.
 8 to 10 knots blowing from the Capitol dome;
 As congressional hot air from D.C. had departed;
 Such was my rusty memory, we were late to get started;
 To windward we made up time as we got in the groove,
 Wing and wing, downwind, we made some good moves.
 That clear fair day ended with us third out of 33,
 Wow, this old un-poetic sailor was back at sea!

**Bob Howard
 9/19/2011**



**Fort Monroe Deactivation Ceremony
 September 15, 2011
 Viewed from the Roof Top Garden**



**Glen Bozwick Combo entertains residents
 for 'See You In September' Event.**