

Voice OF THE RESIDENTS

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Detail from “Seven Point Star,” a quilt by Susan Davis that is in the “Warm Winter” quilt show in the East Hall. Story on page 5. Photo by Katy Taylor.

Wellness department makes changes

By Kathleen Truelove

After a thorough evaluation of the Wellness department, Ann Patterson, VP of Health Services, reports that major changes to the department are being made. PS Salon now runs the salon, the pool maintenance is managed by a contractor and the Maryland Community for Life program has ceased operating here. Natalie Shane’s communications role will no longer be under the fitness umbrella. The dues-paying Community Members program is being evaluated and will be restructured in the coming months. The Wellness director’s role is to become more like that of a Fitness Manager, overseeing the pool, the gym, and the fitness contractors. In the near future, the new job will be posted and candidates will be interviewed. Stay tuned!

Broadmead to manage Vantage Point CCRC under 5-year contract

By Alice Cherbonnier

At a town hall meeting for residents on Thursday, Jan. 8, CEO Jay Prince announced that Broadmead would be entering into a five-year management services arrangement with Residences at Vantage Point, a 293-resident nonprofit life care community in Columbia, MD. The contract will start on June 30.

Vantage Point has a five-star Medicare rating, as does Broadmead. Under the management agreement, it will continue to be a separate entity, and there will be legal firewalls in place to protect both organizations. Vantage Point’s board will remain in place, as will all its team members, except for the executive director and administrator positions, who will be hired by and employed by Broadmead.

“We won’t be trying to fix or change them,” said Jay. Broadmead’s role will be to oversee their day-to-day operations, while their board focuses on governance matters. In return for providing management services, Broadmead will receive fees and incentives as determined by the contract.

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The Broadmead leadership team and board view the management arrangement as a good fit, as Vantage Point already has much in common with the culture and operations of Broadmead. “Vantage Point’s commitment to honoring resident voices and fostering an inclusive community aligns beautifully with Broadmead’s values,” said Jay. “We are honored to support this next chapter for Vantage Point by preserving what its residents value most and strengthening the community’s long-term future.”

Getting to know each other gradually over five years will be “a key benefit” of the contract,” he said. “We will get to know each other with limited risk, aligning operations, priorities and culture while developing relationships and leadership growth. Our continued focus will be on Broadmead.” He said the management contract will not distract or tax Broadmead’s existing leadership.

MaCCRA Presentation: CCRC Trends and Challenges

By Sue Appling and John Mattingly

On Nov. 19, Broadmead's MaCCRA chapter hosted the executive director of LeadingAge-Maryland, Allison Ciborowski, and Broadmead CEO Jay Prince. They discussed the issues and challenges facing life plan communities in the next several decades. This article summarizes their presentation.

America, and Maryland in particular, is entering a period of rapid demographic transformation as the baby boom generation moves into advanced age. The population age 75 and older will grow more in the next decade than at any point in U.S. history, creating unprecedented demand for senior living, health care and supportive services. At the same time, the caregiver support ratio is shrinking dramatically, intensifying pressure on both formal and informal care systems.

Senior living organizations, especially life plan communities, are navigating this demographic wave amid significant external pressures, including political polarization, economic uncertainty and rising operating costs. Despite these challenges, occupancy across most levels of senior living continues to strengthen, with overall CCRC occupancy reaching 91.1% in 2025.

CCRCs are responding with several strategies, including growth through expansion, affiliation or new development to assure financial resilience and economies of scale. Larger organizations benefit from stronger purchasing power, diversified services, enhanced talent pipelines and greater access to capital.

A major shift is occurring in how CCRCs approach skilled nursing. Many are rightsizing, de-licensing or partnering with outside long-term care facilities to provide higher levels of care. Simultaneously, organizations are expanding home- and community-based services to meet consumer demand.

Workforce shortages remain the sector's most acute challenge, with turnover in life plan communities approaching 39%. Providers are investing heavily in wages, career pathways, flexible scheduling, training and culture-building to stabilize staffing and attract new talent.

Finally, providing access to life plan community living to those with modest means remains an issue. Rising construction and operating costs complicate efforts to serve this population, yet demand is significant. New financial models, rental structures and partnerships to expand access while maintaining sustainability are being explored.

The aging-services field is facing demographic opportunity, economic pressure and the need for strategic adaptation. Organizations that embrace scale, innovation, workforce investment and diversified service models will be best positioned to thrive in the decades ahead.

CORRECTION: In the MaCCRA story in the Dec./Jan. issue of the *Voice*, Allison Ciborowski is described as the CEO of LeadingAge. In fact, she is the CEO of LeadingAge Maryland, a state "partner" that belongs to the national-level LeadingAge organization.

Feb. 26 is MaCCRA's Legislative Day in Annapolis

MaCCRA members from across the state will be meeting on Thursday, February 26 at the Calvert House in Annapolis. The program will include presentations by MaCCRA's leaders and lobbyists, as well as by Senate and House of Delegate legislators. There will be time to network with MaCCRA members and legislative leaders from across the state. Lunch will be provided.

Broadmead MaCCRA members are encouraged to take part in a chartered trip to this event. There will be no cost for transportation, lunch, and program fee. Participants will travel to Annapolis from Broadmead at 7 a.m.

Those interested in attending (first come, first served) should contact Broadmead MaCCRA's membership chair, Brenda Boytim, 856-912-4330 or brendasmollie@verizon.net.



This hardy Christmas Rose started blooming outside Phyllis Hoyer's front door on December 25. Photo taken by Phyllis on January 9.

“Meet the sculptors” at two upcoming events

By Anne Perkins

You have seen their artworks on the Broadmead campus; now you can meet the artists during two upcoming events.

Sculptors Mary Ann Mears and Jean Kim will share an informal conversation on artistic expression on Tuesday, February 10 at 4 p.m. in the auditorium. Fellow sculptors Paul Daniel and Ernie Ciccotelli will participate in a second panel discussion on Saturday, March 14, also at 4 p.m. in the auditorium.

Bobby Donovan, artistic advisor for the Arts Council and a sculptor himself, will moderate the two panel discussions.

The artists will explore the idea of public art and its special considerations, such as the intricate connections between themselves, creativity and community, as well as the compelling ideas of an artist’s responsibility when producing and displaying public art. Residents’ comments and questions will be welcomed.

Mears’ “Ricochet,” consisting of welded steel sections bolted together and painted green, can be seen in the meadow off Copper Beech Lane. Many of her sculptures can be seen throughout the region. She is a member of the Baltimore City Public Arts Commission and an enthusiastic and effective advocate for arts education in Maryland’s public schools.

Kim’s work, “Unfurling,” a large, yellow, vertical piece, is installed near the main entrance



Above: Jean Kim’s “Unfurling,” at the Community Center main entrance, also can be viewed from the Holly House porch. Below: “Ricochet,” a sculpture by Mary Ann Mears, is temporarily on display in the broad meadow across from Lake Maybe. Photos by Marsha Howes.

to the Community Center. The Marketing Department uses it as a directional guide for visitors coming to the campus for the first time. Kim, a Korean artist, embraces art as a potent cultural dialogue. Her artwork champions ideas of transformation, validation and empowerment.

Ciccotelli, fascinated by the intersection between artistic expression and engineering design, used materials from a demolished building for his “Rhythmic Object,” which can also be seen from Copper Beech Lane.

Daniel, a widely exhibited and award-winning artist from Baltimore, is known for his kinetic pieces. His “Castro,” installed near the main entrance to the campus, almost appears to be dancing when moved by the breezes.

The temporary exhibition will be in place until June.

Holly House completion is set for mid-April

By Willy Sydnor

According to Joyce Malone, vice president of Facility Services, the date for Holly House completion is set for around April 15, pending permit approval from Baltimore County and the Maryland Historical Trust. Most of the first floor is completed, but work on upper floors and the exterior remains to be done.

She also says the upper-level bathrooms, floors and paint are all being done, and even though use of this

space is not yet planned, it made sense to do these renovations now. Holly House’s rear canopy, on the side that faces the Maintenance House, also needs to be completed.

In addition, on the side that faces the garden homes, the front porch boards and railing need replacement, as do the copper gutters. Exterior concrete work is underway for the patio and for a walkway up to Holly House from the sidewalk below.

“Creative Lens” photo exhibit opens Feb. 4



Clockwise from top: “Solomon’s Seal,” by Nanny Trippe; “Hottentot,” by Roland Freeman; “100-year-old Italian,” by Rebecca Rothey. Photos by Bill Breakey.



By Bill Breakey

The Broadmead Arts Council will present “Creative Lens,” a new and exciting exhibition of photographic art opening February 4 and running through May.

A new venture for the Council, the show will feature the work of six Maryland professional photographers from the past and present.

For millennia, artists have created pictures using a variety of techniques, on the walls of caves, in cathedrals, in palaces, in galleries, in homes. Photography is the latest of these artistic techniques, going back less than two hundred years. Using light itself, focused through lenses, photographers record images on specially treated surfaces, most recently on digital sensors.

Two of the featured 20th Century Maryland artists are no longer living, A. Aubrey Bodine and Roland L.

Freeman. Bodine was greatly admired and well known in Maryland, in large part due to his weekly photographs featured in the *Baltimore Sun* newspaper. His artistic reputation was recognized more widely through numerous publications and awards nationally and internationally. Roland Freeman was an African American photographer, raised in West Baltimore, who recorded the lives of ordinary Americans and was best known locally for documenting the Arabbers of Baltimore and their work. The Arts Council is grateful to the University of North Carolina for sharing some of those images for this exhibition.

Four of the featured artists are still living and working in Maryland. Nanny Trippe, in Easton, MD, creates photographs of a wide

range of subjects, from landscapes to still life flower images. Don Kneessi, in Annapolis, is known for his Chesapeake Bay images, from skipjack races to watermen portraits and their work and life on the

water. Rebecca Rothey, in Laurel, MD, has created a variety of interesting work, including “street photography” images, capturing intriguing moments on the streets of Paris and New York. Finally, the show will include images created by Lynn Silverman in her studio in Baltimore, with a theme, “In a Matter of Time,” that causes us to consider how memories are created and fade with time.

The show opens on Wednesday, February 4, and everyone is invited to

meet the artists at a reception on Saturday, February 14 from 3:00 to 5:00 p.m.

See the Maryland Center for History and Culture’s A. Aubrey Bodine Collection at <https://www.mdhistory.org/digital-resource/collection/a-aubrey-bodine-collection>.



Photography Club has new “Library Shelf”

The Photography Club has established a “library shelf” in the auditorium’s bookcase wall that is dedicated to photography topics. Residents are encouraged to utilize this resource. Donations to supplement the photography collection are encouraged. Contact Arnie Sindler at 443-578-8371 or 410-404-3068, or email asindler44@gmail.com.

Display case features array of cameras to complement exhibit

By Ross Jones

A special bonus to “Creative Lens,” the Arts Council’s first exhibit of artistic photographs will be a nostalgic display of cameras spanning a period from the late 1880s to the 1980s. They will be on loan from Broadmead residents.

The cameras will be displayed in the glass cabinet adjacent to the information desk at the Center. Approximately 20 cam-

eras will be on view. They will include some names familiar to many residents: Kodak (of course), Pentax, Minolta and Polaroid, among others.

An intriguing camera, a 35 mm Minolta intra-oral model, will be on loan from retired dentist and resident Dr. Arnie Sindler. He used the camera to photograph the teeth of some of his patients. Arnie says, “This is made up with standard accessory components to enable close-up images and to provide controlled lighting.”

Also on view in the cabinet will be an assortment of fascinating photographs from various eras, including daguerreotypes that are among the earliest photographs.

The display is made possible by members of the Arts Council’s Photography Committee and the BRA’s Photography Club.

The Photography Club meets on the second Monday of the month at 9:30 a.m. in the Fireplace Room. Participants discuss best practices for taking pictures, and they plan and mount 6 exhibitions a year. Marsha Howes chairs the group.



Arnie Sindler’s specially adapted 35 mm Minolta intra-oral model (above) will be in the showcase exhibit, as will his pre-1910 Kodak “folding pocket camera” (below). Photos by Arnie Sindler.



BRA holds Dec. 3 reception for new residents

Photos by Kathleen Truelove



Above, Jen Hobbins, new resident Liz Nilson and Penny Partlow share a laugh. Inset: honoree Liz Nizzardi surveys the crowd. The catered event welcomed residents who moved here during the past six months.



Newbie Ken Strobler with Alan Evans.



(l-r), Harriet Goldman, honoree Judy Jones, and Jane Harrison pause with refreshments.

Patching Into the Broadmead Quilting Scene

By Katy Taylor

Walk down East Hall this month, and you will be treated to an array of fantastic colors and patterns. Covering the walls are quilts from Carole Glowacki, her talented longtime friends and residents.

Carole became interested in quilting by taking a course, and she has been sewing quilts with a group outside Broadmead for years. After coming to Broadmead, Carole joined a group here that only sews by hand. She, Beth Babikow, Bobbie Cook, Lucy Wright, and Ellen Lindenbaum meet at Carole's home on many Thursday afternoons.

Hand-sewn quilts and machine-sewn quilts differ primarily in value. Hand-sewn quilts are worth more and are more likely to have been passed down by previous generations. Machines, of course, have made the process of stitching faster and less physically demanding.

Quilts differ in construction, patterns, and purpose. Construction can be through piecing, appliqué, and EPP (English Paper Piecing). In generations past, three traditional quilts a woman often made before marriage were the Tree of Paradise, the Flower Basket, and Pandora's Box (also known as the Double Wedding Ring). Countless other patterns exist.

Some purposes of quilts include warmth and bedding, wall art, and throws. Carole and her

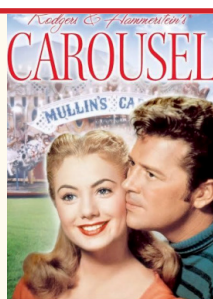
friends make contemporary quilts to be auctioned off, with the proceeds going to the House of Ruth.

The first three quilts along Broadmead's East Hall are all called Cathedral Window quilts. One is Lucy Wright's work, one is Jack Shue's, and a third is by Jack Shue's mother. The other quilts displayed up to the Outpatient Department (OPD) are all from the Broadmead quilting group. Past the OPD are quilts from Carole's outside group.

Quilting is no longer just a tradition passed down by female ancestors. Quilts represent the artistic expression of their maker, telling stories, educating, documenting history, and memorializing. Carole Glowacki has noticed "a rejuvenation of textile art," with young people starting to quilt, knit, crochet, sew, collage, and craft. According to Carole, quilting is first and foremost about creating something interesting with a group of like-minded friends.



Details (above) "Heart," by Carole Glowacki and (below) "Graduation," on loan from Barbara Sindler. Photos by Katy Taylor.



MOVIE MUSICAL MATINEE "Carousel"

Wednesday, February 4 • 3 p.m. • Auditorium

A 1956 American drama fantasy musical film based on the 1945 Rodgers and Hammerstein stage musical of the same name, which in turn was based on Ferenc Molnár's 1909 non-musical play "Liliom."

Gordon MacRae and Shirley Jones star. Directed by Henry King. *Run Time: 2 hours 8 minutes*

Sponsored by the BRA Music Committee. Questions? Contact Don Killgallon at dkillgall@gmail.com or 410-804-7446

Met Opera showings

"Live in HD" performances of the Metropolitan Opera will be shown on the third Wednesday of the month at 2 p.m. in the auditorium:

- February 18:** Barber of Seville (Rossini)
- March 18:** Madame Butterfly (Puccini)
- April 22:** The Bartered Bride (Smetana)
- May 20:** The Exterminating Angel (Ades)
- June 17:** Orpheus in the Underworld (Offenbach)

TEAM MEMBERS OF THE MONTH

OCTOBER '25: Joseph Cole

Month: October 2025

Why Honored: Joseph Cole demonstrated exceptional attentiveness and compassion when assisting a resident in a challenging situation. He quickly assessed the problem, ensured the resident's safety, and went above and beyond by personally moving a scooter across campus so it could be properly charged. His calm,

patient approach and willingness to take initiative reflected true teamwork and kindness, making a stressful moment easier for everyone involved.

Current Position: Campus Safety

Length of Service at Broadmead: 3 years

Peers Say: Joe is a hard-working and caring team member and we feel lucky to have him on our team.

Residents Say: "It's difficult to capture Joseph's quiet nature and patient and gentle demeanor. His mild manner soothed our feeling of not knowing what we should do." "Joseph Cole handles stressful situations with sensitivity and a quiet assuredness. He does more than imaginable while always keeping resident safety and comfort the priority."

Awardee Says: "I like to approach any situation with calm composure because it allows me to think straight and make the most appropriate decision at the time. That, aligned with a contagious smile, comforts all parties involved, thus allowing them to trust me and the decision made."



NOVEMBER '25: Tina Woodrup

Month: November 2025

Why Honored: Tina is a valued member of the Broadmead team, bringing positivity and strong connections with both colleagues and residents. She exemplifies teamwork, always ready to help during meals and activities. Her dedication shines through in moments of

compassion, like recently sitting with a resident in their final hours to ensure they felt cared for and not alone.

Current Position: Certified Medical Assistant

Length of Service at Broadmead: 1.5 years

Peers Say: "Tina spreads sunshine every day and demonstrates community, as she is a team player who is willing to help and step in

when needed." "We know we can count on Tina to have the residents' best interests at heart."

Residents Say: "Tina is always there for me. All I have to do is mention a need during talks and she tries to make it happen. Tina makes me feel like a friend and not just a resident. I always feel better after Tina has been to see me."

Awardee Says: "I have grown so much since starting at Broadmead, and I am proud of myself. I try my best to focus on the positive and be a team player. I like to help wherever I can and make every situation with the residents the best it can be. If the residents are happy, that is all that matters."



OUT & ABOUT:

Baltimore Immigration Museum

On Thursday, January 8, Nick Fessenden, retired Friends School history department chair, gave an Open Forum presentation on the Baltimore Immigration Museum, which documents the story of how about 1.2 million immigrants came to the U.S. through the Port of Baltimore, primarily through Locust Point or Fells Point. The museum, at 1308 Beason Street in the Locust Point neighborhood near Fort McHenry, is open on weekends from March through November from 1 to 4 p.m. Admission is free. See immigrationbaltimore.org.

New team member

Bettina Straight assumed the position of Director, Culture & Belonging as of January 13. She will be reporting to Richard Finger, VP of Human Resources. Watch for a profile of Bettina in the March issue of the Voice.



Marketing Officially Begins for Broadmead at Ridgebrook

By Kathleen Truelove

According to Marketing VP Kristy Krueger, “The clients who will move to Broadmead at Ridgebrook are going to be very similar to those who live on the main campus in terms of their values and interests: arts, culture, love of the outdoors, being self-directed, appreciation of Quaker values, and thriving in a community like ours.” She added that new messaging about off-campus expansion at Ridgebrook will be incorporated into the usual marketing. “The rollout and planned marketing are very similar to what we did for Hillside Homes.”

Since the project is still in the schematic design phase, there are no floor plans or pricing to share with clients at this stage. Kristy concluded, “For now, the focus is on the overall opportunity at hand and on joining the Broadmead at Ridgebrook priority list to reserve a home and be the first to learn new information along the way.”

Foreign Policy series begins Feb. 5

Eight 90-minute Foreign Policy Association sessions will be presented at Broadmead starting February 5. Barry Rascovar will lead the presentations and discussions on the following topics:

Feb. 5 - America and the World: Trump 2.0 Foreign Policy

Feb. 12 - Trump Tariffs and the Future of the World Economy.

Feb. 19 - U.S.- China Relations.

Feb. 26 - Ruptured Alliances and the Risk of Nuclear Proliferation.

Mar. 5 - NO MEETING

Mar. 12 - Ukraine and the Future of European Security.

Mar. 19 - Multilateral Institutions in a Changing World Order.

Mar. 26 - U.S. Engagement of Africa. (subject to change)

Apr. 2 - The Future of Democracy & Human Rights in a Divided World.

There is no cost or commitment to attend and participate in the sessions. Pete Sugatt and Libby Loafman are organizing the program this year.

Quaker and Mennonite senior services organizations merge to create AQORD

By Alice Cherbonnier

Two national faith-based senior services organizations spent the past year preparing for a merger: Friends Services Alliance (FSA, of which Broadmead has been a longtime member) and MHS Association (formerly Mennonite Health Services). The new entity, now named AQORD, will serve over 100 member organizations.

AQORD will offer compliance support, team member training, leadership and board development, risk management, succession planning and collaborative networks. Its shared Anabaptist values emphasize peace, justice, collaboration and care for others.

In a prepared statement to constituents in December, Clare Krabill, AQORD’s chief operating officer, said, “Like many well-considered nonprofit consolidations, [the merger] is designed to strengthen organizational capacity, broaden support for members, and build a more sustainable future. Merging resources, expertise, and values-based commitments offers a pathway toward long-term resilience—for our agencies, our staff, and the people we serve.”

According to a January 12 story by Kathleen Steele Gaivin in *McKnight’s Senior Living*, “The name AQORD is a respelling of the word ‘accord,’ symbolizing alignment and a shared, values-aligned approach. The letters ‘A’ and ‘Q’ also serve as a subtle nod to the organization’s Anabaptist and Quaker roots.”

When FSA’s CEO, Jane Mack, retired last spring, Broadmead’s former CEO, Robin Somers, became interim CEO of FSA until July 1, at which point FSA entered into a management agreement with MHS, whose CEO, Karen Lehman, began functioning as CEO of both organizations. On January 1, 2026, the effective date of the merger, a new combined board was installed, with equal membership from both organizations. AQORD’s board chair is Robin Somers.

Karla Dreisbach, now AQORD’s vice president of compliance, worked with Broadmead’s executive leadership and board for many years while an officer of FSA.

Who can use Broadmead's OPD?

The Outpatient Department (OPD) at Broadmead is available to all residents who sign up. You can still keep your external clinicians while using the OPD as needed for acute care needs, or you can transition to using OPD clinicians for all your care needs.

Another reason to sign up with OPD is that OPD will then have your medical history on file in the event you need acute care but do not want to go elsewhere to see a primary care clinician.

The OPD, open Monday through Friday, is managed by Broadmead. The nursing team works for Broadmead, while the doctors and nurse practitioners work for Gilchrist Cares. Other independent consultants are credentialed to offer care at Broadmead: dental, audiology, dermatology, podiatry, psychology.

When the OPD is closed, an after-hours nurse-on-call service is available by calling 443-849-3184. You can also request that the on-call clinician call you. This number does not replace the emergency process for every Broadmead resident—if you have an emergency, press your pendant.

OPD hours are 8:30 a.m. to 4:30 p.m. Monday through Friday, excluding holidays. Appointments are required. Please call OPD before coming to the clinic. Lab services are offered by appointment each Tuesday and Thursday.

Call the OPD at 443-578-8024 or email questions to opd@broadmead.org.

Source: Ann Patterson, VP of Health Services, in response to inquiries from the Editor.

Refer to the "Broadmead Residents Guide to Health Services" for more information.

Cybersecurity: Closing the back door on tech fraud

By Victoria Bragg

If your phone, tablet, or PC is passcode-protected, congratulations; the front door is locked. But what about the back door? Thanks to permissions granted by default on your device, apps are stamped-ing all over your privacy by collecting data about you based on your profiles and actions—not necessarily nefarious, but not necessarily beneficial to you. It's time to adjust your Settings.

Every device arranges Settings differently, but there is always a "Privacy & Security" category. Start there and choose what access you will allow. Here are some important ones to consider:

- Turn off all access for: App Tracking, Advertising, and Analytics Reporting.
- Turn off Location Services unless you need it for Maps or Find My Device. For everything else, it's none of their business where you are.
- Turn off Microphone unless you need it for Zoom or FaceTime. Allow only what you need, because the microphone eavesdrops on you.

In the Privacy & Security heading in Settings for your preferred browser, there are more options to restrict access.

If you want more help with this or just want to dig deeper, google the specifics for your device, for example: "recommended privacy settings for Windows 11." There are also many YouTube videos that will walk you through this in detail.

Close those back doors and stay cybersafe.



"Skeleton Crew," by Henry Coe, a MICA graduate known for his landscapes and "rural industrial" scenes, is the latest acquisition of the Broadmead Arts Council. See it opposite the Holly Terrace check-in desk. Photo by Alice Cherbonnier.

Q&A with Gina Mathias, VP of Sustainability

By Alice Cherbonnier

Q: What progress is being made regarding landscaping for the pond and springhouse area?

A: Currently we are in the permitting and budgeting phase for the construction elements. There will be some plantings in the spring; however, the exact timing is to be determined. I won't have a solid schedule until we've worked through permitting.

Q: Could you provide an update on the possibility of having a Zipcar site on campus and/or the possibility of using Lyft Silver as a campus service?

A: I don't think Zipcar is for us, right now at least. In order to pursue Zipcar, we would need to guarantee Zipcar about \$2,000 in revenue a month. That equates to the Zipcar being used by residents more than 4 hours per day, on average. If there wasn't enough usage by residents in a month, then Broadmead would need to pay the difference.

Lyft Silver, which focuses on seniors' needs, looks like a great option for residents in addition to our existing transportation options. It operates just like regular Lyft—it's simply a Lyft option someone can select if needed. I plan to share this with our transportation team and see how we might be able to utilize Lyft Silver as a transportation option for residents.

Q: What's the progress on campus in cutting back on microplastics in food and food containers? And in eliminating plastic water bottles?

A: An easy thing residents can do to reduce their exposure to microplastics is to request their food on a ceramic plate, not the plastic take-out containers, and to dine in at the Café rather than do takeout. Also, they should use the ceramic coffee cups instead of disposable ones, or bring their own metal travel mug. Further, we need to stop microwaving in any type of plastic—from our Café, outside restaurants, or our own plastic containers. Food and beverages should always be transferred out of plastic packaging to ceramic or glass before microwaving.

Broadmead will be moving away from disposable items in our dining venues and catering operations as much as possible; however, some of the durable replacements will still be made of plastic. There simply are not leak-proof, cost-effective, feasible alternatives for many types of containers. Truly, the best way to reduce exposure is to dine in and ask for a plate, not a container.

I will be working with [Executive Chef] Enzo Fargione on ideas, implementation, and a timeline for changes, and hopefully will be able to share a timeline next month.

In terms of banning water bottles, I wouldn't use the term "ban," but rather we will make operational changes to drastically reduce our reliance on them and they should no longer be the default option. Occasionally we do need plastic water bottles—during emergencies, for example—so they will never be completely eliminated from Broadmead. But we will do our best to do better!



Broadmead's glorious deciduous trees reveal themselves in a different way when their leaves have fallen. This impressive sycamore is in the maintenance area near the pond. Photo taken by Marsha Howes on January 4.

Keeping the Plumbing Flowing

By Lynne Shue

Our master plumber, Marshall Roane, sure has his work cut out for him at Broadmead. As the only full-time plumber on staff, he is in charge of keeping the plumbing working without a hitch (or clog) for 251 Garden Homes, 52 Hillside Homes and the many residences and public spaces in the Community Center. This is not to mention any types of plumbing issues that might arise in other areas on the Broadmead campus.

Fortunately, Marshall has worked at Broadmead for over 40 years and is quite competent at his job. On average, he handles about 10 work orders a day. Fortunately, other maintenance team members know how to address the usual plumbing issues when Marshall isn't available to come to the rescue.

The top plumbing issues on campus are clogged toilets and stopped-up sinks. Since the Garden Homes are all on one floor, they have a horizontal draining system that runs directly into the main sewer, making clogging issues more isolated and easier for Marshall to access. By contrast, water has to travel up and down through three floors in the Hillside Homes, so there are additional systems to balance. This means repairs in the Hill-



Toilet leak detectors are being installed to save water and reduce flooding.

side Homes may require more coordination to resolve.

Broadmead also tries to anticipate future problems in its plumbing system. For example, leak detectors have been installed in the Center to monitor for leaks 24/7, and sensors that automatically shut off the water to a toilet when a leak is detected have been installed in the York and Upland buildings this year. These will be added to the Garden Homes next year.

As plumbing concerns arise, Broadmead replaces older parts for newer, more efficient ones. When homes are vacated, the plumbing is upgraded before new residents move in. Low-flow toilets and shower heads are installed to reduce water usage.

Residents can help keep plumbing problems to a minimum by not flushing anything except human waste and toilet paper down the toilet. Also, they should try to keep hair and other debris out of the drains in sinks and showers. Finally, residents can help make Marshall's life easier by not pouring grease down the sink.

Information for this article was provided by Jesse Russell, Senior Director of Facility Services.

Macarena, anyone?

The Auditorium was filled with revelry on December 31, when residents gathered with glitzy attire, noisemakers and champagne to socialize and dance to DJ music while welcoming in the new year. A large screen showed rolling countdowns across the globe as a background for the early Broadmead celebration, which ended at the witching hour of 9:30 p.m.



Clockwise: Sheila Meyers on the dance floor, Bill and Jeannie MacDonald celebrate, Carolyn Adams in celebratory attire.



Photos by Summer Clarren.



DJ Carlton Harper with wife Lawanda Everett-Harper and party chair Betty Legenhansen.

Winter ecosystems at Broadmead

By Ruth Reiner

Did you ever wonder about the season of winter and its effects on everything that lives in and around the Broadmead campus? Wildlife, including insects, in our area survive the winter through three main strategies: migration, dormancy (as in hibernation and torpor), and adaptation. Each species uses a mix of tactics to cope with cold, food scarcity, and storms.

The birds and butterflies that require warmer climates have left. Some species of fish that are found in the waterways in our area mi-

grate to deeper, warmer waters in rivers and estuaries.

The mammals that require dormancy, specifically hibernation, are groundhogs, some bats, and black bears (seen any of those lately?). Interestingly, amphibians—most frogs, including wood frogs and spring peepers, and a variety of salamanders—survive by literally freezing solid. Ice forms in their bodies, but glucose acts as an antifreeze until thawing in the spring.

Many creatures survive winter by entering torpor, a short-term “energy-saving sleep” that

slows metabolism, heart rate, and breathing. Examples include black bears, some birds, bats, squirrels, chipmunks, skunks, dormice, and opossums.

Insects, too, employ dormancy or suspended development as a strategy for survival. This can occur at different stages of life. Bagworms and others overwinter as eggs. Cicadas and June beetles burrow underground as larvae; many moths survive in their cocoons, and adult insects, like ladybugs, some butterflies, and bees, hide in sheltered spots until spring.

Insects seek microhabitats that buffer them from extreme cold—under bark, leaf litter, soil, or even inside houses. Some produce cryoprotectants (like glycerol) that act like antifreeze, preventing ice crystals from forming in their tissues.

The animals that brave the elements, employing adaptation to survive, are perhaps the most vulnerable. The heartier birds, such as cardinals, wrens, titmice, chickadees, some finches, sparrows, woodpeckers, mourning doves, blue jays, juncos, nuthatches, some robins,

the more robust of the bluebirds, and some raptors, attempt to survive despite a scarcer food supply and often harsh weather conditions.

Our resident feathered friends, though, have a distinct advantage living in the Broadmead ecosystem, what with the number and variety of bird feeders and heated bird baths that exist here. Evergreens and other shrubbery in and around the campus act as shelter and protection, especially against predators and buffering winds.

The larger mammals that overwinter in our area include white-tailed deer, coyotes, red and gray foxes, raccoons, and skunks. These species remain active through winter rather than migrating, using strategies like fat storage, growing thicker coats, and denning behavior to survive.



A chipmunk peeks out from its winter microhabitat. Photo by Holly Fazelat.



Ever wonder about the purpose of those piles of leaves in the crotches of trees? See story at right for the answer. Photo by Marsha Howes.

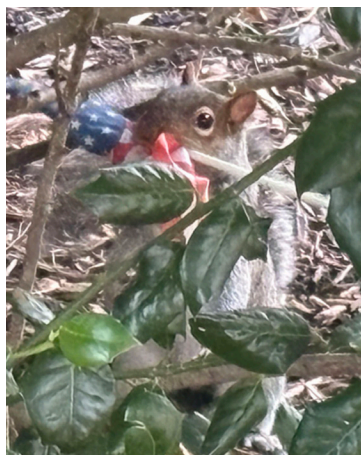
Squirrel nests? Look up!

By Ross Jones

Now that Broadmead's trees have shed their leaves for another season, have you noticed those brown bundles that remain among the highest branches?

They are fascinating, intricate nests fashioned by the squirrels who roam the campus. There are many species of squirrels, but the one we see on campus is the Eastern Gray Squirrel.

Construction of these treetop apartments, formally called dreys, seems daunting. They consist of a frame of sticks and twigs, insulation consisting of leaves, moss,



Squirrels purloin things. "I caught the little thief in action," says Marleen Brooks, who took this photo. That's Robin Tate's flag in its mouth.

bark and shredded paper, and, for the inner chamber, soft linings of fur, feathers or grasses. The builder completes the job in a few days to two weeks.

Interestingly, the nests are always built and maintained by females. The males may help, but the females are in charge. The nests are their nurseries, where they have and care for their babies, called kits. A litter usually has two to six kits; occasionally eight or 12.

Sometimes we will see two nests in the same tree. One of them is the primary residence, and the other is held in reserve to escape predators or if the initial site becomes damaged.

The dreys are used year-round, most heavily in the breeding seasons of early spring and mid-fall, but also in the winter when the squirrels seek protection from the elements. Sometimes six or eight of them, always the same sex, will gather in the drey to keep warm.

Some squirrels, clearly not skilled in the art of drey construction, nest in tree cavities like openings made by woodpeckers.

Treetop or tree cavity? Both available at Broadmead.

Winter news from the Apiary

by Lynne Shue

If you were expecting exciting news from the apiary these days, you are going to be disappointed. Winter is a quiet time of year for beekeepers as they try to help the bees survive the cold and lack of readily available food.

As the temperature drops, a bee's metabolism naturally slows down to conserve energy when there is less food available, so the beekeepers have to supplement the honey already stored in the hive. In late autumn, the beekeepers start by giving the bees sugar water. However, when the temperature dips below 30°, the beekeepers have to increase the nutrient level of the bees'

Bees rotate their positions so that no bee gets too cold on the outer layer.

food by placing pure sugar fondant in the top layer of the hive. Tom Boytim, head beekeeper, mentioned that he once tried dripping real honey into the hives. Of course, the bees loved it and slurped it up! Unfortunately, Tom had to stop supplying honey so that the bees would eat the fondant provided for them.

Bees have to keep the hive warm during the cold winter days and nights to keep the all-important queen bee alive and to survive themselves. As mentioned in a previous article, the bees "shiver" with the muscles in their wings to keep themselves warm, but they also form a ball around the queen to keep her nice and cozy. The bees rotate their positions within the ball from the center to the outside so that no bee gets too cold on the outer layer.

The beekeepers also have to find additional ways to monitor the temperature in the hives. In late autumn, the beekeepers install sheets of insulation around the beehives to help keep the warmth inside and the cold outside. This year the beekeepers have gone high-tech by adding special sensors to the apiary that keep track of any changes in temperature within the hive. In the past, the beekeepers might lose one or two hives of bees a year, but this year they are hoping to prevent that from happening by monitoring the internal temperature of the hives daily. For the beekeepers (and the bees), winter is all about survival of the hive.

Student Support Group Update

By Pat van den Beemt; photos by Sandy Angell

Coretta Scott King once said, “The greatness of a community is most accurately measured by the compassionate actions of its members.” If that is true, today’s Broadmead community is truly great.

The past year has been one of constant action by Broadmead residents to benefit the students at Padonia International Elementary School and their families.

From volunteering in classrooms and at special events, collecting food that’s distributed twice a month at both Padonia and Cockeysville Middle School, and donating hundreds of small gifts for the students at Padonia at Christmas, the work is ongoing. The group of residents even converted a trailer at the school into a Community Cottage that offers clothing and school supplies to families.

“We just want to give everyone a big thank you,” said Sandy Angell, who heads up the Student Support Volunteer Program

along with Marion Baker and Cindy Sugatt. “We’ve had incredible participation from so many residents.”

Some 25 Broadmead folks helped out at Padonia’s Book Fair in December, and another 10 continue to assist in classrooms and the cafeteria weekly.

In turn, the Padonia students helped raise spirits here by hanging their artwork along the OPD hallway in December. The winter-themed pictures featured snowflakes, snowmen and Christmas trees.

On February 13, Dr. Laurie Taylor-Mitchell, who was instrumental in organizing local communities to support their schools, will speak at Open Forum in the auditorium here at 7 p.m. She formed the Student Support Network in 2018 after realizing that many students at Loch Raven High School, where her son had attended, were living in poverty. She currently serves as a board member.

Broadmead residents who wish to support the volunteer group can donate food, money or their time. Non-perishable food is collected in the coat closet across from the auditorium. Checks made out to the BRA, preferably for \$100 or more, can be placed in the BRA Treasurer’s mailbox. To volunteer, contact Sandy Angell, Cindy Sugatt or Marion Baker.



Above: The SSVP provided gifts of pajamas, socks, underwear, hats, scarves and gloves to delighted families at Padonia Elementary during the week of December 15. Here, resident Katy Taylor is surrounded by gifts for children. SSVP also participated in food pantry distributions at Padonia and Cockeysville Middle schools. Monetary and food donations from Broadmeaders made possible the substantial expansion of contributions this year. Fresh milk and eggs were especially appreciated by recipients. At left: Cindy Sugatt and Barb Hunter decorated the Giving Tree on November 30. Below: Sallie Papenfuse (rear) and Polly Roberts creating ornaments for the Giving Tree.



The Buzz on Coffee and Tea

By Pat van den Beemt

There is nothing better than a cup of hot coffee on a cold morning to get you going. Likewise, a nice cup of coffee or tea after dinner goes perfectly with that slice of apple pie. But just how hopped up on caf or decaf are we? Look at the figures below and decide for yourself.

The aroma of fresh-brewed coffee fills the air at Holly Terrace during dinners and brunch. A total of 720 cups of coffee are poured patiently by food service team members each week. That breaks down to brunch folks consuming 144 cups each Sunday, while weekly diners drink 96 cups a night, for a total of 576 cups of coffee Monday through Saturday. Some 20 cups of hot tea are also ordered each evening.

Residents eating in upstairs dining areas drink 64 cups of coffee every day with their three meals.

The big winner in the caffeine lottery is the self-serve station outside of the Arbor Café. Whether you call it Java, a cup of Joe or Rocket Fuel, a total of 168 cups of it are slurped up by residents and team members on a daily basis. That's a little more than two gallons each day.

The Ellis Coffee Company provides most of Broadmead with its William Penn blend of coffee, while The Bistro offers that company's Royal Sumatra coffee, a dark and full-bodied blend. The Bistro sells some 160 plain coffee or tea offerings each month. Lattes account for 129 sales monthly, while 80 cappuccinos are sold. Forty-four seasoned coffees and 18 frappuccinos are also sold. Customers normally buy a dozen iced coffees a month at the Bistro as well.

And for those folks who want to brew their own coffee at home, the Corner Cupboard sells about 32 packages or cans of coffee monthly.

Bottom line: Broadmead understands. Life happens. Coffee helps.

Enzo Fargione is a puzzle-solving chef

Text and photo by Pat van den Beemt

Broadmead's new executive chef, Enzo Fargione, said his job is to solve puzzles. There are many pieces to each dining experience, and he wants to work with the staff to ensure as good a dining experience as one would find in top-notch restaurants. And he knows about those since he's worked at many of the finest.

His first month here has been filled with meetings to get to know how things are done. Then, he said, he can start working on improvements.

"I don't want to just come in and put a Band-Aid on a situation that may not be working," he said. "I want to understand the organization and then create policies to help us deliver a sense of pride and ownership."



He is still studying the many areas of food service: Bistro, Arbor Café, Holly Terrace, catering, and upstairs neighborhoods.

Enzo wants all wait staff to wear the same uniforms and all managers to go after the same practical goals. He'd like to create a "bible" of policies that cover standard operating procedures for every dining venue.

He has some ideas for Holly Terrace, including better signs, better traffic flow, less waiting time—especially at the popular Sunday brunch—and making the room brighter with either paint or increased lighting.

He is reviewing the alcohol menu and said he may expand the beer and wine offerings and may conduct some mixology classes for bartenders.

Enzo is also meeting with the various food vendors to understand the cost and quality of Broadmead's purchases.

He has been meeting with architects who are working on plans for a revamped Arbor Café, as well as modifications to the Magnolia Room and Holly Terrace. The goal is to have work started in early summer.

He said those waiting for "Enzo-inspired meals" will have to bide their time. "You have to crawl, then take baby steps before you can walk or run," he said. "It is a privilege for me to be of service. I am very, very happy here, and my vision for the future is very, very clear."

BOOK REVIEWS

Knife

by Salman Rushdie

Random House Publishing Group, 2024;
224 pages

The assailant came running down the aisle toward Salman Rushdie and, within 27 seconds, stabbed him repeatedly on August 12, 2022, while he was on-stage before 1,000 people at the Chautauqua Institution in western New York. Ironically, Rushdie was about to give a lecture on the importance of keeping writers safe from harm.

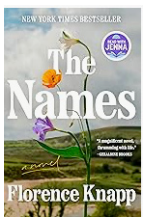
In this book, Rushdie asks, “Who are we in the face of unfathomable violence and how do we adjust to a world forever changed?” I think this book is a tribute to his wife for her support through his long rehabilitation, as well as a therapy for him as he journaled his experience from onset to “new normal.” This work is more than a story of survival — it’s a meditation on what makes us human: life, love, art, empathy, and mortality. *Knife* is a 2024 National Book Awards Finalist. —Amy Redmon-Norwood

The Names

by Florence Knapp

Pamela Dorman Books, 2025; 320 pages

In this unique novel, Florence Knapp explores how the choice of a name can dramatically change a person’s life. *The Names* spans 35 years as Knapp shows how the



name a mother chooses for her son affects his life, as well as that of the family around him. The author tells the story in seven-year intervals, imagining three very different lives for the family based on the son’s given names. *The Names* is Florence

Knapp’s debut novel and hopefully not her last. —Lynne Shue

NEW RESIDENT PROFILE

Frank Berger

410-608-7950, fberger15a@gmail.com, C-20, Dec. 29

Text and photo by Katy Taylor

Frank Berger says the most interesting thing about him is how much he enjoys meeting people and talking to them about their experiences. Perhaps this is because he grew up as an only child in the Bel Air-Edison neighborhood of East Baltimore. He became all about family after meeting his wife at a college mixer, where she was with a date—a fact which did not deter Frank. When Frank



Frank Berger.

was introduced to his future wife’s nine siblings, including two sets of twins, he embraced the chaos. It took him two years to tell the difference between Katie and her twin! They were married for 43 years until Katie’s passing.

Frank attended Archbishop Curley High School. He went on to Loyola College for undergraduate and graduate degrees in business. His career began at Maryland National Bank and continued at MBNA. He worked for the most part in Collections and Fraud.

Frank and Katie had three boys. Now 49, 47, and 45, they have provided Frank with his favorite hobby: watching his eight grandchildren, ages seven to 15, play sports. Frank’s sons had also been athletic, all playing Division I lacrosse at their respective universities.

Not wanting to compete with one of his sons, a guitarist, Frank picked up a lesser-known instrument, the mandolin. His favorite hobby was golf, though, not surprising considering his handicap was 12. Unfortunately, those two hobbies came to a screeching halt on Valentine’s Day, 2022. Driving to a doctor’s appointment on a country road, Frank had a hemorrhagic stroke. He remembers nothing until June of that year. He spent one and a half years in rehab. Working out is now a healthy habit Frank enjoys as he continues to heal.

Frank and Katie traveled extensively. The family spent summer vacations on beaches in Ocean City, Cape Cod, Delaware, and the Outer Banks. Frank has been to Ireland, visiting his wife’s family members who still live there, as well as to Bermuda three times and Puerto Vallarta four times. If Frank likes a place, he goes back. He has also been to 49 of the 50 US states. Alaska is a goal.

It’s safe to say a good evening for Frank these days would be at home watching a Nate Bargatze or Brian Regan standup comedy special or reading a good history book. This would only be, of course, if none of his grandchildren had a game.

Judy Jones

410-382-8500, jufrye@yahoo.com, K-1, Dec. 8

Text by Jackie Mintz; photo courtesy Judy Jones

Judy Jones' career is divided into two parts. First, for some 15 years, she was a high school English teacher. Then, in the early '80s, she and a friend formed the firm of Frye Walker and began training employees in writing at a state agency, which launched their careers as professional writers. Finding there was substantial demand for their services, for the next three decades the duo wrote and edited



Judy Jones.

all kinds of communications—from business proposals and research projects to marketing materials—for a variety of organizations: hospitals, law firms, golf courses, schools and large and small businesses. Work was, she says, a joy.

Born in Wilmington, DE, Judy moved to Baltimore with her parents at age 6. She attended Parkville High School and obtained a bachelor's degree from Miami University, Ohio, as well as a Master of Liberal Arts from Johns Hopkins.

While at Hopkins in the mid-'70s, Judy proposed spending a year studying first-hand the impact of the growing women's liberation movement on working-class women. Hopkins accepted. She moved to a blue-collar community in Baltimore and spent a year working nights as a waitress at the Brentwood Inn. The experiences of that year, working and hanging out every day with her fellow waitresses, proved some of the most enlightening in her life.

Judy loves golf, reading, gardening and bridge. She has volunteered at numerous institutions, including the Women's Prison in Jessup and the Brown Memorial tutoring program. She also taught GED in the city, and in March she'll begin teaching GED again at CCBC Essex.

Judy's second husband, Russ Jones, died in 2014. She has four stepchildren and two surrogate sons, Exel and Will, young immigrants she met through her volunteer work. Both are now grown and doing well.

BRAF financial aid available

The Broadmead Residents Assistance Fund (BRAf) provides financial assistance to any Broadmead resident whose financial assets are becoming depleted to the point that they may have difficulty meeting all their obligations. Contact Jennifer Schilpp, Chief Financial Officer, at 443-578-8063 to learn about how to qualify.

Monthly Bus Trips to Sparks Elementary

Residents wishing to engage with kindergartners at Sparks Elementary School are encouraged to take part in a monthly visiting program to the school. For information or to sign up, contact Kirsten Oudin, Volunteer Coordinator, at koudin@broadmead.org or 443-578-x8089. The program is sponsored by the Center of Excellence in Health and Wellness.

On-campus shuttle schedule

The On-Campus Shuttle runs Monday through Friday from 12:30 p.m. to 8:00 p.m.; Saturday from 3:30 p.m. to 8:30 p.m.; and Sunday from 11:00 a.m. to 2:30 p.m. It typically makes rounds to and from Broadmead Center every 20 to 30 minutes, picking up or dropping off residents along Copper Beech Road. Call the Transportation Office for other times at 443-578-8023.

What's in the library?

Go to <https://bm-ind.narvi.opalsinfo.net/bin/home#0> to browse the holdings in Broadmead's library and to learn about the latest books added to the collection. The library website also includes a Broadmead reference section.

Ulysses, anyone?

Several years ago a group of seven intrepid residents met over the course of six months to discuss James Joyce's *Ulysses*. "We had a wonderful time," says John Mattingly, who organized the reading challenge. "I am wondering whether some of these same people and a group of new folks might be interested in reading and discussing *Ulysses* again, or for the first time." If interested, call John at 443-826-8660 or email him at johnbosco360@gmail.com.

NOTICES

12-Step Recovery group meets

Broadmead's new 12-Step Recovery Group meets on Saturdays at 1:30 p.m. in the Seminar Room. Anyone who has ever participated in a 12-Step Program or who has an interest in changing unhelpful thoughts and behaviors associated with dependence and/or addiction is welcome. Questions? Contact Teresa Geroulo at tgeroulo@broadmead.org or 443-578-x8035.

"Expressions" group aids those with mild memory challenges

Expressions, a private support group for Broadmead residents living with mild to moderate memory challenges, meets monthly. Participants share challenges and topics that relate to their experiences. Specific educational topics are also reviewed.

Group members remain anonymous, and all discussions are private. If interested in joining the group, contact Stacey Young, Director of Dementia Care, at 443-578-8026 or syoung@broadmead.org. The group is facilitated by Stacey and Teresa Geroulo, Director of Social Work.

—IN MEMORIAM—

Sarah Bilecky

April 8, 1937 - November 24, 2025

Joseph "Joe" Nietubicz

Feb 18, 1942 - December 3, 2025

Pearl Van Natta

May 3, 1925 - December 9, 2025

John Griffith

August 12, 1935 - December 20, 2025

S. Winfield Cain

November 21, 1931 - January 10, 2026

Takashi Ono

December 18, 1928 - January 11, 2026

NEW RESIDENT PROFILE

Steve Rives

443-578- 8419, steve.tina.rives@gmail.com, G-6, Dec. 22

Text and photo by Lynne Shue

Before moving here, Steve Rives was already familiar with Broadmead through his role on the Board of Trustees for nine years. He continues to be involved in decisions made at Broadmead as a Director of Friends Care, Inc.

Steve was born in Philadelphia, PA, where he spent most of his childhood, with the exception of seven years when his family lived in Atlanta, GA. He returned to Georgia during college to follow in his father's footsteps as a student at Georgia Tech, where he majored in physics and participated in the Navy ROTC program. After college, Steve joined the Navy for three years, spending about three months of that time in Vietnam. Next, he attended Johns Hopkins University to earn a graduate degree in oceanography.



Steve Rives.

After graduating from Hopkins, Steve stayed on as a staff member of the university, working with the Chesapeake Bay Institute, where he studied the cooling water system at the Calvert Cliffs nuclear plant and its effect on the bay. Steve was also involved with evaluating various types of barges at the "106-Mile Site" used for ocean disposal of sewage sludge from New York City.

In the 1970s, Steve worked on the Chesapeake Bay Hydraulic Model constructed by the Army Corps of Engineers on Kent Island. The model was used to study current and salinity patterns in the Chesapeake Bay. At the time, the Chesapeake Bay Hydraulic Model was the largest indoor hydraulics model in the world.

In the late 1990s, Steve enjoyed teaching physics and environmental science at St. Paul's School for Girls. He retired from his teaching career there in 2013.

Since retiring, Steve and his wife have done a lot of traveling, and Steve enjoys taking photos on his trips. In addition, he creates unique furniture through his woodworking hobby. He has made most of the beautiful tables in his home at G-6.

TECH TIP—FEBRUARY 2026

Easily enlarge tiny print on your device. On Apple screens, press the command key and the + key. The more you press +, the bigger the print. —Don Killgallon

NEW RESIDENT PROFILE

Tina Rives

443-578- 8419, steve.tina.rives@gmail.com, G-6, Dec. 22

Text and photo by Lynne Shue

Tina Forbes Rives grew up in Cleveland, OH. After high school, Tina attended Denison University in Granville, OH, with a major in history. She then went to Johns Hopkins University, where she completed a Master of Arts in Teaching program to receive a high school teaching certificate in social studies. She earned a master's degree in counseling a bit later.



Tina Rives.

Although Tina started out her career in teaching, she soon found her real passion was helping children in the library, so she enrolled in a training program through the Baltimore County Public Library to become a librarian. She started her career at the Cockeysville Library, then moved to the Reisterstown Library, and finally retired from the Towson Library. Her favorite parts of her job were organizing and presenting story times for babies and preschool children, as well as helping older students use reference books to find information.

After meeting Steve at Hopkins, the couple married and continued to live in the Baltimore area. They have two daughters. The older one, Anna, lives in Boston, while the second, Sarah, lives in the Baltimore area. Anna has twin daughters, and Sarah has two sons.

Throughout her life, Tina has enjoyed swimming and playing the piano, but later she found she also enjoys traveling with her family. It has become a tradition for the entire family to go on week-long trips in the summer, visiting different locations each year. They took their first family trip to Japan when their daughters were young. Other vacations have included rafting down the Colorado River and traveling to the North Shore of Alaska. Now the Rives family vacations have grown to include the daughters' families.

Recycling hints from Baltimore County

- Don't pay attention to numbers on the bottom of plastics. Bottles, jars, jugs, and tubs should all be recycled.
- Leave caps on plastic bottles.
- Recycle milk cartons, juice boxes, and yogurt cups.
- Thin clamshell containers, such as those from grocery stores, cannot be recycled. Pitch them in regular trash and avoid using them.
- Don't put napkins, stringy items, or thin plastic bags into recycling as they can get caught up in the sorting machinery.
- "When in doubt, throw it out!"

Socrates Café

Short video: "AI and the Rise of Synthetic Spirituality, Philosophy, Psychology"

Question to probe:

"Is AI the new fake guru?"

Tuesday, February 17 • 10:30-11:45

Auditorium

Sponsored by Towson Unitarian
Universalist Church

—Open to all—

Questions? Contact Carel Hedlund:
cthedlund@msn.com or call 443-578-8525.

Musical Performances

in the Auditorium

The Borisevich Duo

Violin and Piano

Sunday, February 8 • 3pm

The Seth Kibel Trio

An evening of Klezmer music and more

Wednesday, February 18 • 7pm

The Charmers

Vocalist, Piano and Sax/Flute/Clarinet Trio

Wednesday, February 25 • 7pm

Spring Barn Sale:

Mark your calendar NOW for the

Spring Barn Sale!

Fri. & Sat., May 8 & 9

New Way to Buy from Barn Sale

The Barn Sale has a lockbox on the wall in the hall for those who find treasures they want to buy by check or cash when the Old and New Shop is closed for payment.

Site4Sight Meetings

Site4Sight meets the
second Wednesday of the month
at 10 a.m. in the Fireplace Room.

First Monday Book Group

Feb. 2 • 10:30 a.m. • Fireplace Room

Continued discussion from prior week about the anniversary of the American Revolution

The First Monday Book Group is open to all residents who share ideas or themes from books they have read or want to explore. Titles under current consideration are *Three Days in June*, Anne Tyler; *The Land of Sweet Forever*, Harper Lee; *107 Days*, Kamala Harris; *Personal History: a Memoir*, Katharine Graham. Send ideas to elsacollins@gmail.com.

Classics Book Group

Third Mondays at 10:00 a.m.

Fireplace Room

Upcoming books to read and discuss:

February: Jane Austen, *Pride and Prejudice*

March: PD James, *Death Comes to Pemberly*

April: Graham Greene, *The Power and the Glory*

Broadmead Writers Group

Meets Mondays from 1:00-2:30 p.m.

For information, contact maggiebabb@gmail.com

Quaker Meeting at Broadmead

Sundays: 10:30-11:15 a.m.

—All are welcome—

Listen in during Chorus rehearsals

If you enjoy listening to vocal music, visit the rehearsals of The Broadmead Chorus on Fridays, 10:15- 12 noon.

NEW RESIDENT PROFILE

Carolyn Dickinson Vane

410-598-8339, carolynvane@gmail.com, B-5, October 28

Text and photo by Willy Sydnor

Carolyn Vane says the stars aligned when she found the garden apartment at Broadmead that would become her new home. She has great neighbors, a beautiful view and proximity to the dog park, which is most convenient for Rey, her 9-year-old yellow English Labrador.

Born and raised in Baltimore, Carolyn attended the Bryn Mawr School before heading to the University of South Carolina, where she earned a degree in business.

Carolyn was a mortgage banker with the Rouse Company until she transitioned to motherhood after marrying her husband, Vernon, in 1976.

When she had more time, she followed her passion for gardening and became a landscape designer while also becoming a master gardener.

For the past eight years, she was able to pursue her love of gardening while living in Lewes, DE, where she was very much involved with Lewes in Bloom, particularly the children's learning garden. She is rightfully proud to have been part of a group that planted 100 trees in the Lewes Crossing community, where the couple



Carolyn Vane.

lived. Carolyn moved to Broadmead after Vernon died.

Before then, the couple lived in Sparks, Maryland, for 20 years, where they had a small farm and horses, which their two sons loved to ride. Son Scott now lives in Baltimore and has three children, ages 1 to 5½ years, and son Randy lives in Montecito, CA, and has two children, ages 8 and 5½.

Carolyn recently traveled to the Celtic lands with Johns Hopkins University and looks forward to future trips. Here at Broadmead, she also wants to participate in mah-jongg and book groups.

ENTERTAINING IS A BREEZE WITH BROADMEAD DOING THE CATERING

Go to "Online Requests" on Caremerge.

Select "Room Requests and Catering Requests."

Fill in the requested information and submit.

Questions? Call 443-578-8235 or email catering@broadmead.org

Big Dog Comes to Cluster B

Text and photo by Kathleen Truelove

Nine-year-old Rey is the latest in a 36-year-long line of yellow Labrador retrievers in Carolyn Vane's family. (Actually, there was one black Lab along the way.) A native of Lewes, Delaware, Rey was intended to produce show puppies, but bad hips nixed this. At two and a half, she became the Vane



Rey at play in her new digs.

family pet. Her name was bestowed upon her by the breeder's son, a Star Wars fan. Rey is an English Lab, boxier in body conformation than American Labs. She was trained by Paws for People, in part to prevent her from dragging Carolyn down the street behind her. This training qualifies Rey to visit people in care facilities, and she now takes leisurely walks with Carolyn. Of course, being a Lab, she loves to swim, but she also likes exploring the trails at Broadmead. Although she misses

her neighborhood dog buddies in Lewes, she enjoys the dog park at her new home and hopes she doesn't intimidate smaller canines with her size.

The remarkable physical benefits of singing

Singing has been found to improve people's heart rate and blood pressure, and singing in groups or choirs has been found to boost immune function.

It's thought that singing activates the vagus nerve, which is directly connected to the vocal cords and muscles in the back of the throat. The prolonged and controlled exhalation involved in singing also releases endorphins associated with pleasure, well-being and the suppression of pain.

People experiencing cognitive decline may also benefit from singing because of the intense demands it places on the brain, requiring sustained attention and stimulating word finding and verbal memory.

Other beneficial activities for stimulating brain function include learning to play an instrument or speak another language, doing puzzles, dancing and just listening to music.

Sources: BBC, New York Times, Washington Post.

Broadmead Chorus welcomes singers

Residents and friends who find joy in the experience of singing with others are welcome to participate in the Broadmead Chorus's weekly rehearsals and concerts. No auditions necessary. Commitment to attending weekly rehearsals and learning the music we sing is the gift we give, and the gift we receive.

Contact Hillary Barry:
hlbpc@gmail.com or X8336

Candidates Forum

Meet local candidates at a MaCCRA-sponsored Candidates Forum on Wed., April 22 at 7 p.m. Mark your calendar now for this important event.

Sunday is Game Day in the Bistro

Join other residents to play Rummikub in the Bistro on Sundays at 1:30 p.m. No experience necessary; players will be glad to teach you this fun game.

Since Sunday is "Game Day," you could also bring another game you'd like to introduce for playing with others.

Moving Around Broadmead

Lorinda McColgan, G-5 to Taylor 310

New Arrivals

Charlie and Karen Cruse, M-2
Jobe Martin and Sue Kim, Q-1

Want to Play Mah Jongg?

Mah Jongg players get together on Thursdays at 10:30 a.m. in the Fireplace Room and on Tuesdays at 11 a.m. in the Upland Community Room. If you want to join the group or learn to play, email Sharon Baughan: zbaughan@yahoo.com.

Open Forums for February

Fridays • 7 p.m. • Auditorium

February 6: David Curson, director of Bird Conservation for Audubon in Maryland. "Bird Habitat Recovery—Audubon's coastal Resilience Program in Maryland to safeguard endangered beach-nesting seabirds."

February 13: Laurie Taylor-Mitchell, founder and current board member of the Student Support Network—Advocates for Baltimore County Schools, dealing with food insecurity and poverty issues of many students.

February 20: Jack Burkett, historian. "Baltimore in mid-century, the fifties and sixties—the watershed years."

February 27: Bev Rosen, historian. "The Baltimore Fire of 1904 and its Many Ramifications for the city, region and nation."

Bridge Anyone?

Duplicate Bridge is at 1 p.m. on Mondays and Rubber Bridge is at 1:15 p.m. on Wednesdays (with lessons at 12:30 p.m. that day). In the Fireplace Room. Contact Sumner Clarren at s_clarren@msn.com to join the bridge email list or to request a partner.

Check out the BRA's Archives

Learn about Broadmead's history, residents, publications, and other documents, conveniently indexed on the BRA website: http://archives-broadmad.net/index.php/Main_Page

Resident Email List

(For current residents only)

Send requests to join the Broadmead resident email list to: brabroadmead@gmail.com

FROM THE ARCHIVES

February 1987

GREENHOUSE MANNERS

The plants in the Greenhouse look lovely as one comes up the walk to the Center. However, some people have not placed their names on them and when something happens to them I do not know whom to contact. Also, you must remember to water your plants at least once a week. The Greenhouse is getting crowded and I would prefer that you call me (667-6750) before placing anything in there. Thank you for your cooperation.

June Kerr

If you have a plant that you do not want, throw it away. The Greenhouse does not need wilted poinsettias. Don't place them in the Greenhouse with no name and hope that June will either take care of them or do what you should have done and get rid of them. The Greenhouse is not a repository for unwanted plants so take a deep breath and throw them out yourself.

Ed.

Text is original. Sourced from the Archives by Kathleen Truelove.

Nature Committee event on Feb. 5: Bioretention

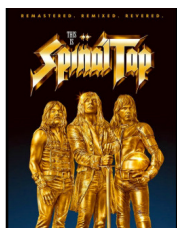
On Thursday, February 5 at 11 a.m. in the auditorium, the Nature Committee will present a program on "Bio-Retention and Storm Water Ponds: What they are and why we need them." Broadmead's VP of Sustainability, Gina Mathias, will discuss the importance of these ponds on Broadmead's campus. Pictures, information on county requirements and ecological impacts will be discussed. Audience questions will be encouraged. Contact Nancy Funk, Nature Committee chair, at nancyfunk5@gmail.com or 312-310-3865.

Voice production notes

The paper used to print the *Voice* contains 30% post-consumer waste (PCW). Instead of being printed with inks, it is printed digitally; the magnetic powder toner used in printing contains no hazmats. The coated (glossy) paper stock on which it is printed costs less than uncoated paper stock, and has a longer shelf life. We generally print 450 copies per issue. It is less expensive to print this quantity than to photocopy it. The *Voice* is also published in PDF format on Broadmead Connect and broadmeadbroad.org as well as circulated via email.

FEBRUARY MOVIES AT BROADMEAD

Saturdays & Tuesdays • Auditorium • 7:00 p.m.



Saturday, Feb. 7: This Is Spinal Tap

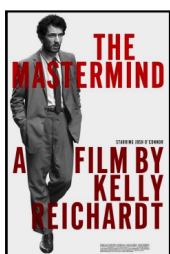
A filmmaker (Rob Reiner) interviews and follows one of England's loudest rock bands on tour. Directed by and starring Rob Reiner; with Christopher Guest, Michael McKean, Harry Shearer (co-writers). 1984, Satire [R] 1 hr 22 min

(Amazon rental)



Tuesday, Feb. 24: Don't Let's Go to the Dogs Tonight

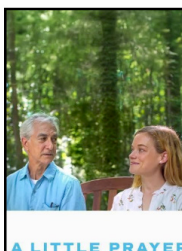
The film depicts 8-year-old Bobo's life on her family's Rhodesian farm during the Bush War's final stages. It explores the family's bond with Africa's land and the war's impact as seen through Bobo's eyes. Written by, directed by, and starring Embeth Davidtz; with Lexi Venter, Zikhona Bali. 2024, Drama [R] 1 hr 38 min (Amazon rental)



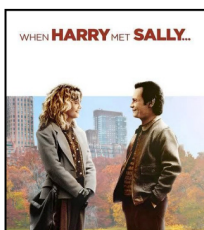
Tuesday, Feb. 10: The Mastermind

In 1970, failed architect James Blaine Mooney and cohorts wander into a museum in broad daylight and steal four paintings. When keeping the paintings proves more difficult than stealing them, Mooney finds himself on the run. Directed by Kelly Reichardt; with

Josh O'Connor, Alana Haim. 2025, Drama [R] 1 hr 50 min (Amazon rental)



Saturday, Feb. 28: A Little Prayer A man tries to protect his daughter-in-law when he finds out that his son is having an affair. Written and directed by Angus MacLachlan; with David Strathairn, Jane Levy. 2023, Drama [R] 1 hr 31 min (Amazon rental)



Saturday, Feb. 14: When Harry Met Sally

Through years of chance encounters, Harry and Sally discuss their different opinions about whether men and women can be platonic friends. Directed by Rob Reiner; with

Billy Crystal, Meg Ryan, Carrie Fisher. 1989, Romantic comedy [R] 1 hr 36 min



Saturday, Feb. 21: Marshall

Early in his career, Thurgood Marshall was sent to Bridgeport, Connecticut, to defend a Black chauffeur accused of the rape and attempted murder of a white society woman. Directed by Reginald Hudlin; with Chad-

wick Boseman, Josh Gad, Kate Hudson, Sterling K. Brown. 2017, Drama [PG-13] 1 hr 58 min (Amazon rental)

Audiovisual volunteers welcome

The AV committee needs volunteers to handle microphones, show movies and set up presentations. Training is provided; prior experience is not necessary. *To get involved, contact MJ Schroeder, AV Coordinator, at mjschroeder13081@gmail.com.*

Library Committee posts impressive stats

According to Broadmead's Library Committee, 2025 was a great year for book-lovers. Residents checked out 957 books, compared with 721 in 2024. In addition to circulating thousands of books at no charge, the committee raised \$3,265 from book sales to add to the BRA's coffers; a total of 904 books were sold at the Old & New shop and at the Barn Sale. Those numbers also were up; in 2024, revenue from book sales was \$2,465 for 710 books.

New titles are continuously being added to the library collection and to the Old & New Shop's shelves for purchase at very reasonable prices.

The Library Work Group members are Victoria Bragg, Del Sweeney, Karen Willig, Judy Stamberg, Priscilla Barrett and Pat van den Beemt, chair. New members will be starting soon: Alexandra Doumani, Sharon McKinley and Julie McCann.

Speaker to highlight connections between Black history and music

By Gwen Marable

Jazz, blues, folk and gospel vocalist Lea Gilmore will perform Friday, February 20 at 3 p.m. in the auditorium.

Ms. Gilmore is Minister for Racial Justice and Multicultural Engagement as well as First-Service Music Director at Govans Presbyterian Church, 5828 York Road. She is also the founder and director of

“Umoja” (meaning “Unity” in Swahili) Musica,” an international effort promoting non-violence, peace and human rights that melds the power and reach of African-American traditional music with the traditional music of other cultures.



Lea Gilmore. Photo courtesy of the artist.

The program is presented by the Multicultural Committee.

The Red-Shouldered Hawk

By Debbie Terry

Red-shouldered hawks live in Broadmead’s tall woods and around water provided by the Western Run and our stormwater management pond. They are more conspicuous in winter, when leaves are off the trees and they’re easier to see as they perch looking for food.



Red-shouldered hawk. Photo courtesy of the Maryland Biodiversity Project.

These hawks hunt more intently in winter because there are fewer daylight hours and less prey to be found during this season.

The adult red-shouldered hawk is distinctive, having a bright reddish-brown barred chest and belly. Their shoulders have red patches, and their tail and flight feathers are banded black and white.

They build a 2-foot-diameter nest with sticks and line the inside with moss and bark. A red-shouldered hawk has nested for many years in a tall tree along Western Run behind W Cluster. Former resident Anne Allen Dandy would visit the nest every year to view the adults and nestlings.

Google their call. It is very distinctive and easy to remember. While walking this winter, watch for a large bird with a reddish-brown breast perched on a limb in one of our trees in search of a meal.

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Deadline for submissions for the March issue is February 15. Please query the Editor if you have a story idea.

EDITORIAL POLICY: The *Voice* is published September through June (combined issue for December and January) by and for the Broadmead Residents Association, whose president is Stan Wilson. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents. As its major goal is to promote a sense of community, the *Voice* does not publish criticism or controversial opinions about individuals or about the three organizational bodies that constitute Broadmead (residents, administration and trustees), as there are established procedures for the resolution of internal problems. The *Voice* will not publish matters of a religious or political nature, except in the context of reports about events on campus. Publicity for upcoming events is preferred to reports on events already held. Submissions from outside media are not published owing to space limitations and possible copyright issues.

Decisions about content as well as writing and photography assignments are made by the Editor in consultation with the Editorial Board, at meetings usually held on the fourth Tuesday of each month. Ideas or suggestions for articles should be submitted to the Editor, Alice Cherbonnier, by email: alicecherbonnier@gmail.com. Only digital text files are acceptable, in Word or Pages. All copy is subject to editing, including for length. Digital photos only, please; these should be submitted in high resolution (“actual size”). Please include photographer credits with photo submissions.