February 2018

SECURITY OF PVNF ASSETS INCREASED

It was announced at the December 12 meeting of The Village Council that an agreement had been reached between Presbyterian Village North Foundation (PVNF) and Presbyterian Communities and Services (PC&S) that approximately ninety percent of the PVNF assets will no longer be reflected on financial reports of Presbyterian Village North (PVN). PVNF is an independent, charitable foundation, which is not financially connected to PC&S or PVN and is not under the structural or managerial control of PC&S/PVN. With the agreement, PVN’s financial records will be reflected more clearly. The modification will be effective with PVN’s 2017 audit and will increase the security of the Foundation’s assets on the possible occasion of future events that are now unknowable. There will be no change to PVNF’s financial condition or records.

This report to the Council was introduced by Billye Miars, Chair of PVNF; the details were reviewed by Vice-Chair Bob Maier. Principals from both PC&S and PVNF who worked out this change were introduced to the audience. Among those from PC&S were Board Chairman Phil Wentworth, President/CEO Tim Mallad, CFO Steve Ailey, and Director of Operations Scott Polzin (currently serving as interim Executive Director of PVN). Residents of PVN who significantly contributed to reaching this agreement recently and over past years, in addition to Billye and Bob, are Bob Symon, Erik Vohtz, and Dolores Rogers. Former residents of note are Harvey Cragon, and of course, Rev. Dr. Donald Leonard (who formed the Foundation).

Unaudited assets of PVNF on November 30, 2017, were approximately forty million dollars. This includes about four million of endowed monies primarily in the Residents’ Assistance Fund (RAF). This four million in funds is controlled and administered by PVNF, but will continue to be reflected in the financial statements of PVN (as well as in PVNF statements) as having been specified by the donors to be used for RAF. The funds are dedicated mostly to assisting qualified residents of PVN who do not have resources through no fault of their own to continue paying their fees, an activity of compassion that residents of PVN widely support. Currently, PVNF controls and administers funds through RAF to support fourteen individuals. The names of those supported are not known by the Foundation, which deals only with the monetary aspects.

Many wonderful facilities that residents enjoy at PVN as a result of funding by PVNF are well known; nothing is more visible to us, as an example, than the Jim & Bess Blanchette Lifestyle Fitness Center. Less well known is that residents of a Continuing Care Retirement Community (CCRC) like PVN who become impoverished through no fault of their own must be supported. If not for the Residents’ Assistance Fund, PVN would have to increase fees to support these payments. Just another tangible benefit of the PVNF to PVN residents.

Gary Carson

ASH WEDNESDAY SERVICES

Ash Wednesday, the first day of Lent, is February 14. Two services will be held at PVN. The first will be in Monie Chapel at 1:00 PM and the second will be in the Joyce Hall Library at 2:00 PM.

The word “Lent” is from an old English word that refers to the lengthening of days and the coming of spring. It is a period of forty days before Easter, and it is a time of reflection, renewal, and spiritual growth.

Attendance at one of the Ash Wednesday services and Sunday worship during Lent can be a meaningful part of our spiritual journey as we look toward Holy Week and the day of days, Easter, on April 1.

Tom Wilbanks
In early childhood, I mistakenly believed that I would not live beyond age eighteen. The story goes that one evening, my young mother and some of her school-girl friends were playing with a Ouija Board—a board game in vogue in the 1930s. Whatever the question, I don't know, but the answer indicated that I—just a toddler at the time—would not live beyond my eighteenth birthday.

That bit of real or imagined nonsense remained in my subconscious memory. It didn't occur to me until several years beyond my eighteenth birthday that I was still alive. Well, let's make the most of it, I thought. After my eightieth birthday, I wondered if perhaps the number on the Ouija Board might have been 81, and not 18. In high school I discovered that I am dyslexic; transposing numbers and letters is a constant challenge. Currently, since I'm in remarkably good health and well into my eighties, it looks as if I may enjoy greater longevity than expected.

I am grateful to have been born at a time when it was fun to play 'kick-the-can,' to walk on stilts made by my father, or to just hang around with kids on Main Street on Saturday night in a tiny farm town. It was a safe time.

I have sympathy for generations of kids who are born in the digital age and grow up with the Internet at their beck and call. I like to share memories with PVN friends with similar memories of the simple life of the old days.

For many years, there has resided on my bookshelf a tiny seven-inch by five-inch, deep red, hardcover book titled I Dare You by William H. Danforth. The book was a gift to me from a friend who recognized my adventurous nature. Some of the chapter headings of the book include Dare to Adventure, To Do Things, To Be Strong, To Think Creatively, To Build Character, To Share, and To Launch Out Into The Deep.

I decided to “dare” some time ago. Now, after exploring the world at large and gathering and recording a wealth of memories, I am happy to be living at PVN, with all its advantages, and able to swap life’s adventures with friends.

Loretta Dunbar

CORRECTION:
The following corrects the list of hospitals and their fields of expertise which was included in the January 2018 Bugle article “For Want of a Nail"

**COMPREHENSIVE STROKE CENTERS**
- Medical City Dallas (1.5 miles)
- Texas Health Presbyterian Hospital (2.7 miles)
- Medical City Plano (9 miles)
- Baylor University Medical Center (10.5 miles)

**LEVEL 1 TRAUMA CENTERS**
- Medical City Plano (9 miles)
- Baylor University Medical City (10.5 miles)
- Parkland Memorial (13 miles)
- Methodist Medical Center (13 miles)

**LEVEL 2 TRAUMA CENTER**
- Texas Health Presbyterian Hospital (2.7 miles)

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**THE VILLAGE BUGLE**
*Presbyterian Village North*
8600 Skyline Drive, Dallas, Texas 75243
Scott Polzin, Interim Executive Director
Mary Ann Hyde, Village Council President

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**PICTURE FROM THE PAST**

1956
Discharged, going home!

*Answer on page 6*
The function of art is self-expression. It can take many forms: singing, acting, instrumental, storytelling, and even swimming. In the mid-nineteenth century a compilation of the most entertaining artistic performances opened in Paris on the street corner a block from the rue Bergère. The Folies Bergère hosted artistic, bawdy, bold, yet none highbrow, hence the term “follies”, denoting craziness, splurges, flings, and folly.

Americans, fifty years later, enjoyed the Ziegfeld Follies on the Broadway stage with a twist that transformed the Broadway musical forever. What began as a light entertainment morphed into an opulent stage spectacle that was covered by the gossip columns and later in the 1940’s was to be memorialized on the silver screen.

This is the fertile soil from which has sprung the pinnacle of artistic self-expression only found here at PVN: The Grey Fox Follies. Musical? High brow? Low brow? Parlor tricks? Entertainment? Tears? Laughter? All that and more but without the “bawdy.”

Residents at PVN can boast of a unique shared identity lived out hourly on campus. It is an attitude of love, appreciation, and respect for one another that is independent of individual social upbringings, foibles, or scars from life’s vicissitudes. We identify with one another, you see. We are family. We have one another’s back covered.

The Grey Fox Follies is a platform for us to be who we are and entertain one another shamelessly through performing on stage. Now, that sentence need not sound scary. From personal experience, having been on the “2017 PVN Olympic Swim Team” in last year’s Grey Fox Follies, I can attest there is little to be frightened of. Our “Olympic” team practiced until our shared mirth and camaraderie clouded all realistic expectations. We swam on stage with goggles, caps and two-piece bathing suits, but unadorned with good judgement. During the performance, in a moment of group amnesia and hysteria, huddled behind a swimming pool prop, we looked at one another and whispered, “What are we supposed to be doing now?” After an eternal pause we finished with a finale of sorts and exited left while the audience responded with gracious applause and whistles. Over the next hours and to this day we are greeted with enthusiastic back pats for it was truly a moment of folly on our part. Our performance was enjoyed and appreciated despite being imperfect. We were, you see, part of this loving community, laid bare to expose our personal craziness, flings, and follies for the enjoyment of our peers. There are no gossip columns here.

You too can be in this year’s Grey Fox Follies coming on Friday, March 23, 2018. Do you have a talent that you would like to share with our PVN family? Tell the PVN Life Enrichment team what you would like to do, rehearse a bit remembering that perfection is not required. Enthusiasm is more important than perfection. Do you prefer to be in a group because of the fun sharing the experience with friends and friends-to-be in such a venture? You will be surprised how many will jump at the chance to join forces with you.

A wealth of doable and potentially spectacular acts can be reviewed by computer. Simply google “YouTube” and type in “Skits for Seniors” to review a plethora of possibilities. Ask neighbors and friends what they think of your choices.

The PVN Grey Fox Follies carries on the tradition of serious and less-than-serious performances by talented and less-than-talented family members at PVN. Be a part. Let your hair down. Enjoy a moment in life on stage or in the audience, a moment in time that literally lasts a lifetime.

Feel free to contact this author or the gang at Life Enrichment for more suggestions how, what, and why you, with or without accomplices, can be a part of PVN history!

Tom Standlee
Our daughter Cathy was in high school and wanted a better violin. What this means is she needed a higher-priced violin. I wondered what would be the best way to handle this.

I asked a fellow Rotarian, Fred McCord, who had a large music store, his thoughts on this. His reply was, “Have you ever thought about buying a violin kit and making one yourself?” Further discussion revealed that the violin body can be included in the kit; so you have all the pieces needed. Recently I Googled Violin Kit and in a few minutes I had a page full of information.

Then Fred had another suggestion: for $200 I can get a fully flamed bottom of seasoned maple that will make this violin beautiful. This sounded reasonable; so I took it. It was about a month before the kit arrived. I had a friend who worked on violins, and he removed the top of the violin so the bottom and internals could be worked on. My job entailed a lot of sanding to thin down the thickness of both the top and bottom to the exact thickness of violins made by Antonius Stradivarius during the period from 1710 to 1717 (his golden years).

My next move was to mount the neck and fingerboard, followed by staining the wood before varnishing. Lots of rubbing oil was used and It began to look like a real violin.

Of course, we and Cathy wondered how it would sound. The Hockaday auditorium was chosen, and Ruth, Cathy’s violin teacher, and I were to be the judges. We had just received a footlocker of three violins from Philadelphia that were made between 1790 and 1911. We added mine to the mix. Cathy played for us and we had no problem in finding one of the violins was in a class by itself. We all agreed that my violin was the winner. What a surprise! We immediately shipped these three violins back. It was about six months later that we heard again from Philadelphia that someone with the national Symphony Orchestra had just traded in a very fine violin. Once we saw and heard it, we agreed and this is the violin that Cathy uses now. However, she still has the one I built as backup. I call it the rainy-day violin.

Craig Millis

Ruth Millis nee Sowell (1st row; second from the left) Mary Ann Hyde nee Jackson ( 2nd row; third from the left)

The Hockaday connection began a generation before the violin project

CAN YOU TOP THIS
(Surely you can. Submit your candidates to garycarson1935@gmail.com)

“I don’t feel ninety. In fact, I don’t feel anything ‘til noon. Then it’s time for my nap.”

Attributed to Bob Hope. Submitted by Tom Wilbanks
When new residents move to PVN they bring with them not only years of collected belongings, but in most cases, lifetimes of volunteering experiences. They enter retirement ready to lend hands to needed tasks at PVN. Often these residents bring with them ideas for new opportunities to volunteer. Staff and residents demonstrate teamwork in almost every area in the life of PVN.

On a recent chilly, foggy second Tuesday of the month, four PVN residents and a PVN chaplain from Spiritual Life took the shuttle to The Stewpot downtown. There they helped serve lunch to the hungry from noon till one o’clock. Donated clothes to be dispersed to the homeless went with them. They have served as many as five hundred during that hour.

Dale Eichenberger is a member of First Presbyterian Church and was instrumental in starting The Stewpot in 1975. He continues his volunteer service to this day. “It goes so fast. We’re always moving when we are there,” he said. Billy Brown, another experienced volunteer, declared that The Stewpot is better organized than the Army. There are ten people from PVN signed up to give their time once a month.

The Village Bugle you are reading, one of six hundred printed monthly, is another example of staff and volunteers working together. Though the Bugle is a volunteer effort, it gets an assist from Letty Valdez in Life Enrichment. Bugle Photography Editor Joe Brockette works with all the photos for the newsletter. He then emails or takes them to Letty, who helps with the layout for each issue. “Joe and I work together so well because he’s always willing to help,” said Letty. “When I need a picture taken, even if it’s at the last minute, he gets it done. He’s always one step ahead.” The two also collaborate when Joe takes photos of new PVN residents for the bulletin board outside the library. Letty prints them and Kathy Rotto arranges them on the bulletin board. These same photos are placed in the bio books in the Great Room. This teamwork plays an important role in getting the Village news out to many people, not just PVN residents.

Lillian Adrian, Memory Care Specialist at The Terrace, welcomed Betty Muse’s idea to hold “Book Clubbing With Betty” for the residents. Terrace residents gather in the pleasant social area each Friday where they sip coffee and nibble donut holes. Along with Betty, Ken Rogers, Ann Shelton, Barbara Baker and Cullen Rogers take turns reading the current book. One morning it was a continuation of The Wizard of Oz. The rapt audience listened and occasionally the book was passed around so they could see the book’s illustrations. Later in the day the residents planned to watch the movie.

“So often with dementia, those who enjoy reading lose that ability; they find it too frustrating,” explained Lillian. “It’s important that we don’t set our residents up for failure, so listening to a book being read is relaxing for them. It doesn’t frustrate them and they can grab bits and pieces. They love having our volunteers here.”

Watch for more examples of teamwork in future Bugles.
If we seek an example for living a relevant life during retirement, Joe Brockette serves as an outstanding model. Born in 1933, the son of a Dallas City Fireman, Joe is a native who has never left the city except for a three-year tour of duty as a U. S. Marine during the Korean War, and to visit their lake house at Lake Kiowa. Joe's father died in the line of duty when Joe was but nine months old.

Upon discharge from the Marines, Joe enrolled in the Coop Program in the School of Engineering at SMU, where he completed both Bachelor's and Master's Degrees in Civil Engineering. While attending SMU, Joe worked for several engineering firms. Upon graduation he worked for an architectural and engineering firm, establishing relationships with a number of architects, real estate developers, and contractors. In 1961, he partnered with Dick Mayes to form his own engineering firm, which became Brockette, Davis & Drake, Inc. and provided civil and structural engineering and surveying services in thirty-two states and a number of foreign countries. After retiring, Joe served several years as a construction arbitrator.

Nineteen sixty-one was a landmark year as he married his wife Carmella at First Presbyterian Church of Dallas, where Joe has been a member since 1947, serving as deacon, elder, and trustee of the foundation. They have two sons: Patrick is Executive Vice President with Texas Capital Bank and Jefferey is CEO of Texas Retina Associates.

Joe and Carmella arrived at PVN in 2012. He immediately became engaged in community life, using his self-taught skills as a photographer and ability to construct power-point presentations to contribute to the Village Bugle as its Photo Editor and to make video presentations used at a number of Village Council Meetings. Nearly all images that have appeared in The Bugle for the past five years were contributed by Joe. When it was decided to publish a special thirty-fifth anniversary issue to document the history of PVN, Joe created a pictorial history of PVN from its inception in 1980 to the present day from images that appeared in old publications and other sources. Many of the pictures required that he clean them up to make them usable. He carefully documented the progress of the giant recent expansion of PVN during the construction process. He then made video presentations that were shown by our administration at Village Council meetings to keep residents informed as the expansion took place.

Joe wears many hats. He is responsible for all of the pictures that appear on the Newcomers Bulletin Board adjacent to the library. These photos are also used in the Mini-Bio Books that are kept in the Great Room, and that allow residents to look up any residents on campus to learn of their backgrounds. Joe has served four years as chair of the Building and Grounds Committee and one year as the chair of the Security and Safety Committee of the Village Council. He also makes the crosses used for Camp PVN and by the Spiritual Life Committee.

Always available to pitch in, Joe is one of our community leaders. We should be grateful he chose PVN as his final destination.

Frank LaCava

Note: We are greatly saddened by the recent passing of Carmella Brockette. She was beloved by all who knew her and will be missed by all of us.

Mary Langford
Joe Nall announced the organization of the Men’s Kaffee Klatch for 2018 at the first meeting of the year on January 4. Joe will continue as our talented and productive Leader. Talented in that his winsome personality enables him to convince people they should speak to us, and productive in coming up with a speaker every week. He is also pretty smart, as he knows that often the very best speakers are our own members (some of the mini-bio’s are terrific), and that we should keep to the clock.

Clergyman and backup speaker is Roger Green. Equipment Managers are Elmer Adams, Ivan Alspaw, Bill Cox, and Lucky Luckadoo. They get out the podium, projection screen, mic, etc.

The Chief Jester will be Bill Brown. The main role of the Jester, as stated often by Joe, is to keep us from getting too serious. Assistants to Bill will be John Birkner and Art Wood, though the mix participating in this activity is pretty fluid.

Wilson Harris will continue as the Starter, and it is a good thing he has experience as this is a skilled position. We begin eating at 7:45 AM every Thursday. At 8:15 AM he hammers the big bell for start of the program. At 8:55 AM he taps on the small bell to let the speaker know there are five minutes remaining. The dexterity for the job is easy; it is the perfect concentration to ring at the right time that requires the skill.

The Closer will be Howard Wahl, another experienced hand. At about 8:57 AM Howard quietly moves to the front of the room and stands near the speaker. At 8:59 Howard politely interrupts, presents the speaker with a speaker’s award (a coin provided by the PVN Foundation mounted in wood), the paper sign with the speaker’s name printed on it (suitable for framing, as Howard says), a handshake, and a thank you. Backups for this position are Frank Pike and Mark Schweinfurth.

Joe announces the speaker for the next week and closes the meeting promptly at 9:00 AM.

It’s a lot of fun. As Joe says, “The Men’s Kaffee Klatch is about fellowship, and fellowship is defined as four guys sitting around a table.” See you there next week.

Gary Carson

SEW AND SEWS ANNUAL REPORT

Lions, and tigers and bears OH MY! No, you are not in Oz, but you may see some lions and bears as you pass by the Arts and Crafts room at PVN. In 2017, the ladies of the Sew and Sews put together 3,085 animals. They were not made to scare anyone, rather they were made to give comfort to many children in need of a stuffed animal to hug as they receive a shot or perhaps even chemo at PediPlace. Ouchies, another creation made by the ladies, are small handheld friends who are there for the children, when the shot is for a little one or the hospital stay is too scary.

Animals are not the only items made in the Arts and Crafts room. Baby caps, 831 of them, were made for newborn babies, to warm them as they sleep. Adults are not forgotten. They too need a little tender, loving care; 722 pillows were made for them to hug if the pain gets to be a little too much. Twelve lap quilts were also made to keep them warm. And with lots of love, the ladies made 122 chemo caps to give to Texas Health Presbyterian Hospital.

On some Tuesday morning take a little time to peek into the Arts and Crafts room on Corrigan’s second floor. There you will see the remarkable Village ladies working on special animals for those in need of a little TLC.

Mary Jo Bourque
There is often a lot of talk about “superfoods”. While many of them may be high in certain nutrients, they may also be offset by their calorie, carbohydrate or sugar content. There may be other, better options. Here is a look at five that may be overhyped.

**AGAVE**

Agave nectar is hyped as a “natural sweetener that is lower in glycemic index than either sugar or honey and will cause less rise or fall in blood sugar or insulin levels.” While this may be true, what is the rest of the picture? Agave is no lower in calories or sugar than other sweeteners. Every tablespoon contains up to 64 calories and up to 16 grams of sugar—the same as honey and more than table sugar, which is 45 calories and 12 grams of sugar. Agave is an added sugar, as are table sugar, molasses, honey, and high fructose corn syrup. If you use a teaspoonful here or there it may be a nonissue, but if you use sweeteners regularly, a better choice may be a zero-calorie sweetener.

**BANANAS**

Potassium is linked to lower blood pressure, reduced risk of stroke, and treating muscle cramps. Bananas are a great source of potassium, but a medium banana has 120 calories and 487 mg potassium. A cup of cantaloupe is half the calories and 473 mg potassium. A cup of cooked spinach or a grilled Portobello mushroom has one third the calories of a banana (almost zero sugar) and 839 mg and 630 mg potassium, respectively. Protein-rich foods such as fish, scallops, and pork loin also contain 450 to 550 mg potassium for a 6-ounce serving, along with the protein they contain.

**QUINOA**

Quinoa is higher in protein, fiber, and iron than white rice. One cup of quinoa contains 8 grams of protein, 5 grams of fiber, and 15 percent of the daily value for iron, along with 220 calories and 40 grams of carbohydrate (about the same as a cup of pasta). Compare that with black beans, which have three times the protein and fiber, with 30 percent more iron per cup. And a cup of cooked spinach has more than twice the iron of quinoa for only 40 calories. Plain Greek yogurt has 23 grams of protein per 140-calorie cup and three ounces of fish have 21 grams of protein for 100 to 120 calories. There are many non-meat sources with more protein, fiber, and iron and fewer calories than quinoa.

**CHEERIOS**

To reduce LDL cholesterol levels, it is recommended to increase soluble fiber to 10 to 25 grams daily. One cup of Cheerios has a mere 1 gram of fiber. It would take 10 bowlfuls to lower LDL cholesterol. Oatmeal has only 2 grams of soluble fiber per serving. Better choices would be All Bran (4.5 grams per ½ cup), or beans and lentils (4-6 grams per cup). Look for other cereals such as Kashi Go Lean crunch which has 6 grams of soluble fiber per serving.

**CHICKEN BREAST**

Skinless, boneless chicken breast is a staple for many people. It is a healthy option, but to add variety and avoid chicken burnout look at these options. Pork tenderloin has slightly fewer calories than skinless chicken, with more than 50 percent of the day’s antioxidant selenium in 4 ounces. Shrimp (not breaded or fried) has the same calories as chicken, with less saturated fat and 25 percent of the Vitamin B12 in 4 ounces. Extra-lean beef (9 percent lean) has just 7 more calories than skinless chicken breast and 3 times more iron, 5 times the B12 and more than 6 times the zinc. Enjoy your chicken but don’t limit other options.

The message is that there are really no “superfoods.” Have variety and don’t rely on a few foods to meet your needs. All foods have something to offer in a balanced diet. Include lean proteins, low-fat dairy, whole grains, and a variety of fruits and vegetables, as well as some healthy nuts and healthy fat choices. Variety is the spice of life, so vary your food choices.

Next month we will look at some healthy food choices that you may have overlooked.

Submitted by
Jean C Cheney, MS,RD,LD

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**Wisdom**

Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is the tree of life to those who lay hold of her; those who hold her fast are called blessed.

Proverbs 3:13-18 ESV
On January 9, a group of enthusiastic PVN
residents was escorted on a special tour of the
Texas Scottish Rite Hospital for Children. As we
entered the grounds, we saw two inviting
playgrounds; more treats for our senses ensued as
we crossed the threshold of this light bright
building dedicated exclusively to the orthopedic
needs of children 18 and under, as well as a floor
dedicated to research into dyslexia and programs
where children with dyslexia develop their reading
skills.

The unique mission of this hospital is to treat
the whole child. Primary colors were
everywhere—in murals, signs, and tiles on the
floor leading to the various areas where children
get help with orthopedic conditions such as spine,
hand, foot, and hip differences; arthritic
conditions; limb lengthening, orthotics and
prosthetics for congenital limb conditions or limbs
lost in disease or accident; and sports injuries.
Each area is coded so as not to threaten the child:
for example, they might be seen at the ABC clinic,
which is for scoliosis. Names of the children’s
conditions are not on any signage.

Children reside in the inpatient unit for limb
lengthening and spinal straightening. There is a
special school in the unit. Delightful diversities
and seasonally themed parties are among the many
activities provided by volunteers. Many children
are seen at the outpatient clinic, which provides
check-ups for the children for their entire
childhood.

Another unique feature of Scottish Rite
Hospital is that children who are fitted for
orthotics and prosthetics are asked what they want
to be able to do, and the limb or digit is custom-
made for the child’s needs and interests. We were
fascinated by a ballerina lower leg.

Surgery is performed on site by pediatric
orthopedic surgical specialists. Children are never
turned away for lack of funds; copies of donation

checks from prominent organizations and
philanthropists are displayed in a gathering room
where our tour began. As we toured with dedicated
staff members, we encountered volunteers engaged
in varied duties that included everything from
preparing popcorn to guiding first-time patients
and their families. “Our volunteers do everything
but surgery,” said our tour guide. Our tour was
completed by our being treated to a delicious lunch
from the hospital’s kitchen as well as a media
presentation.

PVN’s connection with Scottish Rite goes back
to the days of Dr. Luke Waites, who lived at PVN
for a number of years.

Judy Morris

CHAUTAUQUA—JAZZ ADDICTION

The Chautauqua
Committee is happy to
kick off the 2018
season with a special
treat for those of us
who grew up with the
big band era of the
1940’s and 1950’s.
Hale Baskin and her
Jazz Addiction Jazz
Band will be appearing
in our auditorium on
February 20. Hale is a
talented vocalist who
will evoke memories
of the songbirds of the Big Band Period. By the
time she had her nineteenth birthday, Hale was
awarded three Down Beat Magazine Awards for
Student Jazz performances, recorded two full
length CD’s, and performed with such notables as
Arturo Sandoval and the Count Basie Orchestra.

Though the band can play anything from the
swing of the 1920’s to Ella Fitzgerald-inspired
favorites, all the way to Motown and down-home
blues, Hale has selected a program especially
designed to appeal to our age group. The band is
addicted to hip changes and deep grooves that
enhance the vocal style of the chanteuse—thus,
the name of the band. The group is one of the
most popular in Texas, and we look forward to
hearing some of our old favorites brought back to
life. Be sure to pick up your tickets at the
reception desk. You will not want to miss this one.

Frank LaCava
The goal of the Transitional Rehabilitation Center (TRC) is to get members of the short-term rehabilitation population in shape to return to their normal living situation as soon as possible. The new building, which opened on October 2, 2017, added sixty beds to a previous fifty-five, making a total of a hundred and fifteen beds. Very impressive gym, aquatic, chapel, bistro, and hair-salon accommodations are available. According to PVN’s Director of Rehabilitation, Brandi McBride, the facility is very popular and demand for services there is high.

People taking treatment in the TRC may be either inpatients or outpatients, depending upon their individual needs. They may come from the Independent Living and Assisted Living portions of PVN, or may be short-term residents here only while undergoing treatment. After progressing as an inpatient, a person may convert to outpatient status, with periodic visits to the TRC to ensure that recovery is on the proper path.

Patients who use the TRC facilities normally are transitioning from a hospital stay to home after an illness or surgery. Brandi noted that needs of different individuals can vary widely and that TRC can provide a continuum of care from very low requirements to very high. The talented staff includes forty-six therapists, who are highly skilled in all levels of rehabilitation treatment.

Persons who know in advance that they are going to need rehabilitation can benefit from contacting the TRC in advance. Communications may be initiated through the Admissions Office (214)355-9034. Once one is in the hospital, the normal way to communicate with the TRC, or to express a preference for the PVN TRC, is through the hospital case worker. The case worker will ensure that the proper admissions and treatment documents are transmitted to PVN.

The new building is connected to the preexisting facilities just to the west. These older units make up the special care building; it primarily adds additional short-term rehab beds to the program. Four units in these buildings bear the names of major donors to the construction cost: they are Dealey House, Harbin House, Hillcrest House, and Hoblitzelle House. Hillcrest House provides Alzheimer’s memory support; the other three are rehabilitation units. More information about individuals and foundations which supported the initial cost of construction may be found in the December 2017 Bugle article titled “PVN Contributions.” The original facility was for memory support, but it is mainly used today for rehabilitation. Original major contributors (in addition to those named above) include the PVN Foundation and a resident at the time, Lillian Sowell.

Brandi reports that the PVN TRC is one of the largest rehab facilities in the Dallas area. She defines size not only in building size and number of beds, but in number of therapists and the span and quality of care offered at this five-star-rated facility. She attributes its popularity to the overall team of therapy, nursing, housekeeping, and admissions personnel. The service sells the facility.
REMEMBERING MR. STANLEY
I met Stanley Marcus in May 1966, by which time 'the beard' was about a year old. Reading the want-ad section of the Dallas paper was a habit of mine. I was employed as a salesperson in the stationery department of the newest suburban Neiman-Marcus store, located at Dallas NorthPark Center. That is probably why I recognized the potential in the ad that read something like, "Personal secretary to local businessman, part-time, to organize and catalog a private collection of rare books and works of art. Organized, self-starter required. Hours flexible. Telephone Riverside 1-6911".

The phone number of the downtown Neiman-Marcus store was the tip-off. I decided to apply for the job and arrived at the personnel office to find more than a few aspiring applicants ahead of me. How to make my mark and beat out the competition? That was the question. The receptionist said that I might be interviewed by Miss Snavely, Mr. Marcus's secretary, and then by Mr. Marcus at a later date if I qualified for the position. In less than half an hour, I was seated comfortably across the desk from Stanley Marcus.

How did I achieve such a feat? Self-confidence and determination—plus a lady-sized engraved calling card that I attached to the application form. I quickly passed inspection by Miss Snavely, but she cautioned me "not to display awe in the presence of Mr. Marcus." I’m not one to stand in awe of anyone, so that wasn't difficult to manage. I was shortly ushered into the inner sanctum.

We visited for about thirty minutes—discussing current best-selling books, their authors, art in general, and specific personal likes and dislikes. We discovered that we shared the same birth month, and had several common interests. Finally, Mr. Marcus asked if I'd like to work part-month, and had several common interests. Finally, Mr. Marcus asked if I’d like to work part-time in his home, to which I answered, "Yes." "When can you begin?", he asked. I replied "Is tomorrow too soon?" When Stanley Marcus returned to Dallas sporting a salt and pepper beard, following a three-week visit to Egypt, he received his usual avalanche of letters, notes, postcards, telegrams, and telephone calls— for and against the beard. The file cabinet soon included a folder labeled "The Beard" squeezed between other folders variously labeled "Ambassador Rumor," "The Fire," "Book File," and to which recently had been added "Long Hair Episode." When questioned about his reason for growing a beard, Mr. Marcus typically offered a new answer each time the question arose.

To be continued next month.

Loretta Dunbar

NOMINATING COMMITTEE
The Nominating Committee is different in important ways from the ten Standing Committees of The Village Council (which the Bugle has covered in recent months). The Chairpersons of the Standing Committees are appointed by the President of the Council, and they select the residents they desire to serve on their committees. These committees have duties spelled out in the Bylaws. The Chairpersons report on actions and give advice to the Executive Committee, but they are not members of the Executive Committee.

The Nominating Committee is made up of persons elected by each of seven residence areas to serve two-year terms as members. Terms are staggered with four members elected in even-numbered years and three in odd-numbered years. The Council President calls the initial meeting of the Nominating Committee in January for the purpose of selecting a committee chairperson. The Committee is charged with presenting to The Village Council at its October meeting a slate of nominees for the coming year for the positions of President, Vice-President, Secretary and Treasurer. The Committee also functions during the year to recommend candidates to fill any vacancy that occurs among Council officers or the PVN Board of Trustees. The Chairperson of the Nominating Committee is a member of the Executive Committee.

The members of the Nominating Committee for 2018 are:
Area 1000...............................Chester Bentley
Area 1100...............................Molly Stewart
Area 1200...............................Craig Millis
2000 Building..........................Ellen Shambaugh
4000 Building.........................Laura Schwarzburg
Martins Landing.....................Christi Thompson
The Villas..............................Ed Edgren

Christi Thompson has been elected as chairperson.

Gary Carson

In Memoriam
Charles Baker 12/28
Edward Williams 12/28
Lionel Winans 12/29
Charles Smith 1/02
Paul Johnson 1/03
Johnetta Mitchell 1/09
Carmella Brockett 1/16
Daniel Foster 1/18
Frank Cornell 1/22

Bugle February 2018
NEW YEARS EVE FUN AT PVN!

Happy Birthday!

'Pat Pittman 02/02
'Bill Austin 02/03
'Masako Mills 02/04
'Carol Burrow 02/04
~Adlyn Smith 02/05
'Thelma Nelson 02/05
~Charles Baker 02/06
'Marietta Langford 02/06
'Susan Spivey 02/07
~Patricia Robuck 02/08
'Sam Riley 02/09
'Deborah Kvasnicka 02/10
~Francisco Coronado 02/12
'Kathy Rotto 02/12
'George Dolph 02/12
'Tom Wilbanks 02/13
'Chester Bentley 02/14
'Charles Johnson 02/15
'Betty Ramey 02/15
~Madelon Mosier 02/17
'Kyle Hobin 02/18
~Wynne Miller 02/19
'Donna Mijares 02/20
'Gerry Unsell 02/22
'Grayce Herring 02/23
~Kitty Wilson 02/23
'Merle Wratislaw 02/24
'JoAnn Angiel 02/25
'Larry Miller 02/25
'Reese (Mat) Mathieu 02/26
'Alethea Backensto 02/26
'Jean Vohtz 02/28

~Assisted Living
`Independent Living

Heart Health Month

February is
\[\text{Heart Health Month}\]