

The Senior Voice

Life Projected

THE TOMATO LADY

A Glorious Troublemaker

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The Neighborhood Memory Café

There are places to go for those who've been recently diagnosed with Alzheimer's or other types of dementia

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POETRY AND MORE POETRY



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VNA to Celebrate Dallas' Greatest Legends & Leaders Fundraising Gala Benefits VNA Hospice Care & Meals On Wheels

On March 26, 2014 VNA will celebrate Dallas' greatest Legends & Leaders at the Hilton Anatole. This spring event benefits VNA Hospice Care and Meals on Wheels, programs that allow our elderly, ill and disabled neighbors to age with dignity at home.

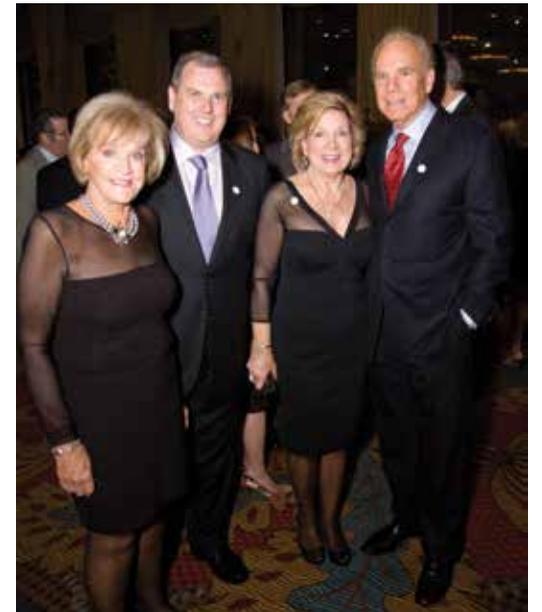
This year's Legends & Leaders Honorary Event Chairs are long-time VNA supporters: The Roger Horchow Family. Lynn McBee – who has been involved with VNA for years, serving on various committees including VNA's Board of Directors – is VNA's 2014 Legend & Leaders' Event Chair.

This fun gala is NOT black tie and there will be no long speeches, no silent or live auction and no loud music or dancing. It is designed to be an evening of conversation about Dallas and leadership. More than 60 distinguished individuals, including Ruth Altshuler, Colleen Barrett, Brent Christopher, Kent Rathbun, and Marianne and Roger Staubach, will mingle with guests during a reception, and lead conversation during a reserved seat gourmet dinner.

Last year's inaugural Legends & Leaders event raised over \$600,000. Limited underwriting opportunities and event tickets are available now. For more information, please contact VNA's Annual Giving and Special Events Manager Laura Muniz at 214-689-3484 or MunizL@vnatexas.org.



VNA Legends & Leaders — Bess Enloe, Caren Prothro, Ruth Altshuler



VNA Legends and Leaders — Jim and Nancy Strong, Roger and Marianne Staubach



About VNA
Established in 1934, VNA is a nonprofit 501(c)(3) organization that helps older adults live with dignity and independence at home. VNA offers Meals on Wheels in Dallas County, and VNA Hospice and Private Care in Collin, Cooke, Dallas, Denton, Ellis, Grayson, Henderson, Hunt, Kaufman, Navarro, Rockwall, Tarrant and Van Zandt Counties. Visit www.vnatexas.org or call (800) CALL-VNA for more information.

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Dearest Community,

Editor, Carol Butler

I continue to meet person after person, all choosing to redefine themselves, all questioning where they are going once they've crossed that golden line: the 50-year mark.

We can all agree that age does not define us. However, it does play a pivotal role in where we are in life, and the choices we make.

The term "senior" creates for us a loose border describing a specific age group. What it does not do is define the "how" or the "what" of each of us within that age group. So in truth, being a "senior" doesn't mean anything more than the definition we individuals give it. These pivotal years are unexplored territory; the "what" and "how" are up to us.

There's no denying the fact that we're living longer, so there is really no single "right" way to age. Our universal desire is for good health and the financial means to enjoy it, but how we want to play out our extra time is up to each of us.

Back in 2004, I first met local poet Margie Lipman, who passed away eight years later. I consider myself privileged to own her collected writings, a book called "*Hi'Nei'Ni: Here I Am.*" As I turn to its pages over and over, that poetic voice reaches out, sharing her life philosophy and experiences.

"Somehow," she wrote, "once I reached the age of 80, my whole attitude changed. I felt liberated. Admitting that I'm really OLD removed some of the constraints I felt before. I think, I feel, I talk, I act. I am free to express myself more. I'm now willing to share myself, the 'ME' I kept apart before. No longer do I wonder if my words, my acts will seem bizarre. People say, 'Just think, my dear: after all, she's 81!' And still I keep a little space that no one knows, that no one owns, the core of all I have become, the self I share with God alone."

In this issue, we have a diverse, grand smorgasbord of talent and opportunities to explore different avenues. Beginning with our cover is the talented and longtime Lakewood resident, Jeanette Crumpler, a.k.a., *The Tomato Lady*. Jeanette is affectionately known as *The Tomato Lady* due to her lifelong interest in gardening, and her years of research as a tomato seed tester. Jeanette began reading seed catalogs at the age of four. Her inquisitive mind and defiant nature led her to become the first female sports reporter at SMU. Please turn to page 12 to read more about Jeanette's vibrant life, as gardener, community activist and author.

Sprinkled throughout these pages are what I call "mini-spotlights": award-winning local artists, poets and events, all personal expressions of individual passions. For example, *Texas Winds Musical Outreach* is sponsoring a special concert on Sunday, April 27, at Christ Lutheran Church in Dallas (no charge, but donations to support the group's mission will be welcomed). What you may not know is that the core of this non-profit is Executive Director Catherine Barr, who for over 30 years has spearheaded bringing exceptional music to our local nursing homes, assisted living facilities, schools, and many other venues. Please visit www.txwinds.org for more information on Catherine and her exceptional group.

Also, don't miss *Nell's Benefit Ball!* Nell Phillips Coleman has been serving our community for more than 26 years, a senior life exemplifying exceptional service to others. What you may not know is that Nell has never received a dime for all her volunteer work since that long-ago retirement – some 3000 accumulated hours! This year, Nell's Ball, benefiting Metrocrest Food Bank, will be held on Saturday, March 8, at Temple Emanu-El, northwest corner of Northwest Highway and Hillcrest. Our events section has full details.

And there is our very own Bo Carter, who has been writing Senior Voice's sports section for more than three years. What you may not know is that he's been a sports media professional for 44 years (and his wife Joanne is the Lion Hospice chaplin). Bo began as a student assistant at Vanderbilt University, and later was inducted into the College Sports Information Directors Hall of Fame! He now passes on what he knows as student media advisor/instructor in mass communications at Texas Wesleyan University, Fort Worth.

So often we attend an event or read an article without knowing the deeper commitment at its cores. But all the time, we're experiencing and benefiting from the fruits of someone else's passion.

If you have questions for our contributing journalists or business partners about their services or events, just call or email us. We'll be more than happy to connect you to their passionate cores! And please have a glorious Spring!

Respectfully and in JOY,

Carol

The Senior Voice

Life Projected

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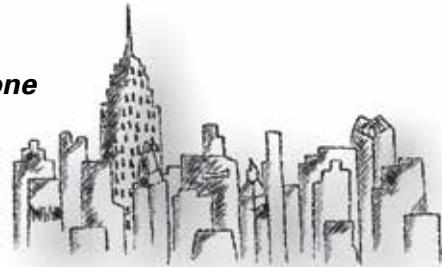
Ropes & Stone

By Dallas Playwright Arnold Shelby

Directed by: Susan Sargeant

Featuring Nancy Munger as Judy Stone

Mark Oristano as Derek Ropes



April 11th & April 12th,
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There will be Post Show "Talk Backs" on both evenings with playwright, director and cast.

Derek Ropes and Judy Stone are both successful New York City artists in their mid-60s. They have shared a progressive relationship for over 40 years. Judy was a musical icon until she retired to paint, but is considering the possibility of resurrecting her musical career. On the brink of this marked change, a mammoth storm is rolling into New York City. Derek and Judy are isolated in their loft apartment and forced to face the tempest head-on and grapple with the next chapter of their lives.

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Maurice Leatherbury

Visual Art League of Lewisville photographer Maurice Leatherbury recently won first place in photography at the 125 Mile Visual Arts Exhibition sponsored by the Visual Arts Society of Texas. The title of the photograph is *San Miguel de Allende Doors Triptych*. Visit the Visual Art League of Lewisville Art Center at Medical Center of Lewisville, Grand Theatre 100 North Charles St. Classroom C, Lewisville, Texas. Members meet every second Tuesday of the month. Monthly meetings are always open to the public. For more information call 469-444-0825 or visit www.visualartleague.org



San Miguel de Allende Doors Triptych

Texas Winds To Present Country Fiddlin'



Tom and Paul Demer

Texas Winds Musical Outreach, a non-profit dedicated to bringing professional music performances to audiences who could not otherwise attend such events, is sponsoring a special concert on Sunday, April 27, at Christ Lutheran Church, 3001 Lovers Lane in Dallas.

Performing at the 3 p.m. concert will be the father-and-son duo of Tom Demer and Paul Demer. There is no charge for the event, but donations to support the mission of Texas Winds will be welcomed.

Tom Demer has been a renowned country fiddler since his teen years. At the age of 16, when he won his first old-time fiddlers' contest, he was already the youngest member of the Tucson Symphony. He went on to become that group's principal violist while he was earning a music performance degree from the University of Arizona. Tom is presently a member of the Dallas Symphony.

A founding member of the Durango, Colorado "Music in the Mountains" festival, Tom has presented his pops fiddle show with the Dallas, Fort Worth, Tucson, Florida and Santa Barbara Symphony Orchestras. For over 20 years he has performed his "Fiddlin' Man" show for Texas Winds audiences.

Paul Demer is a 20-year-old student at the University of Texas at Arlington but spends most weekends touring throughout the nation. The singer-songwriter fronted the indie rock band Second Story Feedback while still in high school. He released his debut solo project, "Barks of Yore," which features introspective lyrics and folk-styled arrangements, in late 2011.

Texas Winds Musical Outreach will celebrate its 30th anniversary next year. This year the non-profit will present more than 1,300 concerts for 55,000 individuals—isolated seniors, hospital patients, veterans and at-risk children. It supports its mission of enriching lives through donations from individuals and businesses and through grants from foundations, cities and the Texas Commission on the Arts.

For additional information about the April 27 concert or Texas Winds Musical Outreach, call 972-386-8380 or visit www.texaswinds.org.

Karin Michele Anderson was awarded the Juror's Prize of \$150 in the Society of Watercolor Artists Art Show in Fort Worth for her piece entitled, *African Mask*. The Society of Watercolor Artists is the only watercolor organization in Tarrant County. They meet the third Monday of each month (not the summer) at the Osteopathic College in Fort Worth and have demos by excellent local artists. They have two shows a year; a membership show and an International Show. For more information about the Society of Watercolor Artists, please visit www.swawatercolor.com.



Karin Anderson



Serenity Rides Provides Transportation With Ease And Personal Touch

By Minnie Payne

If you are looking for a safe ride with a personal touch, Dallas-based Serenity Rides can fill your needs.

Leon Jacobson, owner of Serenity Rides, says that female and male drivers (whichever you prefer) can drive you, Monday through Saturday, to almost anywhere you want to go. Extended hours are available on request.

Jacobson started Serenity Rides because he saw his parents struggling to get transportation for his aging grandparents.

“My parents led busy lives, and it was difficult for them to get their parents to the various places they needed to go,” notes Jacobson. “Serenity Rides utilizes two 2013 Buick LaCrosse sedans and two 2013 Lexus RX SUVs, able to support walkers, fold-down wheelchairs, and other support materials in transporting seniors, so that individuals don’t have to experience what my parents did.

“There is a basic pay rate for passengers between Dallas, Plano, and Richardson. Anything beyond that, we quote our clients on the mileage factor.”

Credit cards, as well as cash, are accepted. The driver delivers you to your destination 15 minutes before appointment time and asks the receptionist to call him/her 15 minutes before the client is done. In that way, the client doesn’t have to wait for their ride. After the visit is completed, Leon



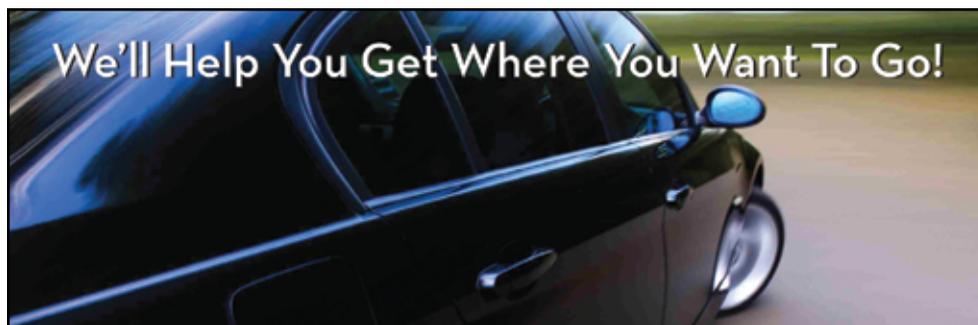
Leon Jacobson of Serenity Rides

in the Serenity Rides office phones the client to determine if the ride went smoothly.

“Our drivers are polite and often indulge in pleasant conversation such as sports, news, etc.,” comments Jacobson.

Dallasite Marcy Weil says that Serenity Rides is saving her and her husband Kenneth’s lives, in that Kenneth was recently diagnosed with leukemia, and Serenity Rides takes them to and from chemo appointments at the Baylor Sammons Cancer Center in Dallas.

“I go to Baylor once a week for wound care treatment,” she shares. “Leon and his father are thoughtful, kind and just absolutely terrific, more like family. I don’t know how we would have made it without them.”



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April Is...National Poetry Month

What is National Poetry Month?

National Poetry Month is a month-long, national celebration of poetry established by the Academy of American Poets.

When is National Poetry Month?

April. Every year since 1996.

The Denton Poets' Assembly monthly meeting is free and open to the public. Third Saturday, 10 a.m. to noon
Emily Fowler Central Library: 502 Oakland Street, Denton, Texas.
Contact Richard Weatherly, weatherlyr@sbcglobal.net. There's no charge to join!

The Mockingbird Poetry Society

First Saturday of each month, 1:30 p.m.
Heard-Craig house @ 205 West Hunt St.
In downtown McKinney, Texas.
For information call:
David Knappe 214-601-7503 or email: dknappe1969@yahoo.com

CULINARY QUEEN

*Her sauces are smooth and
Her soufflés are light,
And her batters are properly beaten.
Does her family approve?
Oh! Yes! They proclaim
She's the queen of their Garden of Eatin'.*

Pat Randolph
A Galaxy of Verse, 2004 Fall – Winter



PREVAILING WINDS

*When I visit her these days
I search for word or deed
to help her remember
who I am and who she is,
to offer a song or story,
an image that connects her
to this world,
memories of a life forgotten
in the tangled threads of a mind
old age has snarled.*

*I've struggled to keep her with us
but my heart says I must let go my need
to anchor her here
when her sails are filled already
with the winds of a distant shore.
The tide's pull is strong
as I release her
for a luminous journey
toward home.*

Marilyn Stacy-
A Galaxy of Verse, 2004 Fall - Winter

THE MASON JAR

*Grandma always made
mouth-watering strawberry jam
and filled a mason jar
with red sugary sweetness.
We devoured it like hungry bears
gobbling up a honey-comb.
As a child, I saved
one of those blue glasses
with the twist-on metal lid
and it became my wishing jar.
It held my dreams
on little paper notes
that I stuffed inside
my see-through diary.*

*It was better than a book
with lock and key, hidden away
in some dark, secret place.
I could look inside the glass
and think about all the desires
of my heart.*

*Today, the same mason jar
sits on the nightstand
by my bed.*

*The paper notes inside remind me
even though I'm growing old,
I need to keep my dreams alive
with delicious thoughts
that bring a sweet taste to life,
like Grandma's strawberry jam.*

Claire Ottenstein-Ross
A Book of the Year, 2010
Beaumont Chapter Award



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SPLASHING IN THE RAIN

*Is that my mother's voice
calling through the thundrous clouds?
"Listen here, young lady,
don't you dare get
your school shoes wet.
What if lightning strikes?
What if you catch a cold?"*

*I roll up my jeans,
take off my shoes and off I go
splishing, splashing,
splashing, splishing,
down the river
rising on my walk.
And now I'm wishing I had done this a long,
long time ago.
But what if I catch a cold?*

*What if the neighbors are saying,
"What is wrong with that old fool?"
What if my clothes get wet?
Yet, I am having the time of my life
splishing, splashing,
splashing, splishing.
And all along the river
rising on my walk,
I keep wishing I had done this a long,
long time ago.
So what if I catch a cold.*

~ Carol Ann Ravert

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Getting Reel

Our Time in March and April

By Larry Ratliff



Even though the lines dividing distinct movie release seasons are gradually fading into a one-season-does-all blur, finding something worth the price of admission and our time in March and April continues to be exceptionally problematic.

We can still count on the major Hollywood movie studios to roll out what they consider to be the big prestige releases during the holiday season, of course. And don't expect the summer blitz of mega-budget action flicks to ease anytime soon.

But here we are, back in what traditionally can be considered the March-April nether zone of 2013 leftovers and not-ready-for-prime-movie-time players.

There's good news, though. This year could be different. Woody Allen takes an acting gig in a movie he didn't direct, Kevin Costner gets back into cinematic professional sports and Russell Crowe goes all Biblical on us.

Allen, honored for his excellent piercing drama *Blue Jasmine* during the 2013-14 movie awards season, has been facing the harsh truth that everything old really is new again. As of early March, the Academy Award-winning filmmaker was, once again, battling 20-year-old allegations that he sexually abused his adopted daughter Dylan Farrow.

Nothing appears to keep the prolific Allen from his work, however. The sometimes director, sometimes actor and sometimes both re-teams with John Turturro in the upcoming comedy *Fading Gigolo*, set to open in selected markets April 18. Turturro, who shared the screen with Allen in *Hannah and Her Sisters* in 1986 and *Company Man* in 2000, turns the tables on Allen in this one.

Turturro wrote the script, directs and stars as a man determined to become an aging gigolo to help his friend (Allen) out of a financial corner.

On March 28, look for the marquee to light up and the seas to part as Russell Crowe takes on the title role in the Biblical adventure-drama *Noah*. Don't expect a Cecil B. DeMille-like Biblical tale, though.

Noah is directed and co-written by Darren Aronofsky, the free-wheeling director of *Black Swan* and *The Wrestler*. Crowe, a best actor Oscar winner in 2000 for his title-role performance in *The Gladiator*, is likely to be up to his usual quirky, fidgety screen persona. He's Noah, a troubled man fighting visions of impending doom in the form of some serious rainfall. Co-stars include Jennifer Connelly and Anthony Hopkins.

Kevin Costner gets back into pro sports with *Draft Day*, opening on April 11. This is not baseball like Costner's starring roles in *Bull Durham* (1988) and *For Love of the Game* (1999), or even golf as in *Tin Cup* (1996).

The name of the game is football in *Draft Day*. Costner portrays the general manager of the Cleveland Browns with high hopes of grabbing the No. 1 draft pick. Jennifer Garner and Sam Elliott co-star.

Here's hoping March and April deliver some quality cinematic entertainment this year.



Write Around the Corner

New Netherland, New York

By Barbara Glass

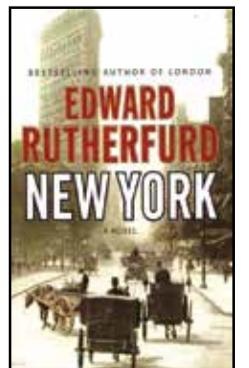


A visit to New York City is an exhilarating experience. New York is always "larger-than-life" by comparison to any other American city: bigger, busier, more diverse and more exciting. It is the mecca of the financial industry. New York's harbor has been the gateway for trade and diverse cultures entering this country since 1609. It's as if a cosmic arrow points to Manhattan Island, saying "it all starts right here".

Shortly after Henry Hudson, an Englishman sailing under the Dutch flag, navigated the waterways around Manhattan Island, the Dutch formed a colony at its southern tip. A natural harbor with two wide waterways surrounding the island, and high ground with excellent visibility — in short, a perfect strategic spot for a settlement.

The West India Company was formed to finance and govern the colony and would control the fur trade with native inhabitants. Peter Minuit 'bought' the island from the natives for 60 guilders (about 24 dollars). The natives, however, regarded the deal as a security and sharing arrangement — not an outright secession of the land — so they didn't leave the area. The New Netherlanders absorbed the local natives into the fabric of settlement life.

Like the Holland that the settlers left behind, New Netherland was a melting pot of cultures. Within five years of settlement, a Jesuit priest stepped ashore and counted 18 different languages within the tiny colony. Whereas other North American settlements were culturally homogeneous (i.e. the English Puritan and Pilgrim colonies), the Dutch were tolerant of different nationalities and religions — as Russell Shorto says in *The Island at the Center of the World*, it was not a celebration of diverse cultures so much as 'putting up with' others. Why? — because it is good for business. And business is what New Netherland was always all about.



New Netherland was a crucial point of the Atlantic trading cycle that handled the shipping of furs, Virginia tobacco, and other cargo bound for the Caribbean, Holland and Africa. The burgeoning entrepreneurship is described in Edward Rutherfurd's fictional New York: Thomas Master and Dirk van Dyck were early fur traders who made their fortunes by financing privateers that raided Spanish galleons. Once the West India Company gave up their fur trade monopoly, New Netherland grew rapidly and many smart entrepreneurs became very wealthy. New Netherland was a free trade zone in a key location with lax governmental oversight — a perfect setting for making money.

The English assumed control in the early 1660s, renamed the city 'New York' and the rest is history. Many of the old Dutch names remain: Manhattan (from the natives), the Battery, Wall Street, Broadway, Yonkers, Harlem, Brooklyn, the Bronx, the Bowery, Bloomingdales, and Knickerbockers. The North River became the Hudson River (remember, Henry was an Englishman), but the East River kept its name.

The primary language may have changed, but the character of the city did not. The cultural melting pot that defines New York has multiplied many times over; the waterways have given way to air travel and the internet, but Manhattan is still the nexus of the American entrepreneurial spirit.

MUSEUMS

March 8 – August 10

Fort Worth Museum of Science and History, Indiana Jones™ and the Adventure of Archaeology: The Exhibition. *Indiana Jones and the Adventure of Archaeology*, opening March 8, uses the *Indiana Jones™* film series as both a starting point and a backdrop for an exciting and entertaining introduction to the real science of field archaeology. Purchase tickets in advance. 817-255-9540
www.fortworthmuseum.org.

MUSIC

Sunday, March 16

City of Richardson presents, The United States Navy Band Sea Chanters Chorus. Tickets are free and may be requested online or by telephone – limit four (4). 3 p.m. General admission and a ticket does not guarantee a seat. **Eisemann Center, 2351 Performance Drive, Richardson.** 972-744-4650.
www.navyband.navy.mil/roster_sea_chanters.shtml

Saturday, March 22

Fine Arts Chamber Players' March Bancroft Family Concert. Dallas. Features two major masterpieces of Johannes Brahms: the *Cello Sonata No. 2 in F major*, Op. 99 and *Trio in A minor*, Op. 114 for *Clarinet*. Free admission. 2:30 p.m. **Dallas Museum of Art, 1717 North Harwood, Dallas.** 214.520.2219.
www.fineartschamberplayers.org.

Sunday, March 30

Dallas Jazz Era Sunday Social. Dallas Heritage Village and the Art Deco Society of Dallas proudly present the inaugural Dallas Jazz Era Sunday Social! Dress in your finest whites and enjoy an afternoon of live music at the recently restored Van Cleave Bandstand. Costume contest at 2:30 for best "Lawn Party attire"—think vintage bathing beauties, walking whites and parasols. Bring a picnic but save room for dessert at Carnival Barker's Ice Creams. An array of Model A Fords will be on display from Vintage Coach. Blankets and lawn chairs welcome. The Blum Brothers store will be open for young shopkeepers, shoppers, and postal workers. Nip and Tuck will also be busy giving their ever-popular rides around the Village for 25 cents a person. Noon- 4 p.m. Kids 12 and under free. All others: \$10. **Dallas Heritage Village, 1515 S. Harwood St., Dallas.** Unless otherwise noted, tickets can be purchased for all of these events online (www.dallasheritagevillage.org).

ON STAGE

March 1 - March 9

CATS. Fort Worth.
Music by: Andrew Lloyd Webber. Casa Manana, Fort Worth.
CATS has become a phenomenon unparalleled by any other show. Based on T.S. Elliot's collection of stories, Old Possum's Book for Practical Cats, this Andrew Lloyd Webber classic has been charming audiences for almost 30 years. **Casa Manana 3101 West Lancaster Avenue, Fort Worth.** 817-332-2272

March 21-29

Admission is Free
Theatre: New Visions, New Voices. A spring playwriting festival in its 20th season, New Visions, New Voices will present one performance each of a variety of full-length plays written by students graduating from the Division of Theatre. Each performance will be followed by an audience discussion session with the playwright, director and actors. **Greer Garson Theatre in the Owen Arts Center, 6101 Bishop Blvd. on SMU campus, Dallas (75205)** Call 214-768-2787.

The plays are as follows:

- **March 21, 8 p.m.: "Implications of a Mix CD"** – "It's about this girl, and these boys, and the feelings of love, and mix-CDs, and how things can exist before we ever have words to describe them."

- **March 22, 2 p.m.: "2020"** – A fast-paced political drama laced with comedy, about an accomplished congresswoman who falls into scandal after winning the 2020 presidential election.

- **March 22, 8 p.m.: "La Lluvia"** – Two lovers search for each other and along the way discover la belleza, the limitations and meaning of magic.

- **March 23, 2 p.m.: "How To Cook For One Person"** – A heartwarming Southern comedy about a pastor's wife struggling to redefine her life and faith after the sudden death of her husband.

- **March 23, 7:30 p.m.: "Westman Holloway"** – Westman is commissioned by Bigfoot to head west and enslave the people there; it's about the doom of destiny, American history, and, maybe, love.

- **March 28, 8 p.m.: "Mutations"** – A high school valedictorian living in the shadow of a successful father, burned-out brother and a stepmother just 10 years older than himself, discovers that the nuclear family has a half-life.

- **March 29, 2 p.m.: "Chrysalis Blue"** – A dark poetic fairy tale about three siblings that explores limitations of love, causation and new uses for chairs.

- **March 29, 8 p.m.: "The Glass House"** – The Glass family members fight for their lives and autonomy in the midst of delirium, disillusionment and vanity, as the world around them and the lives they've known shatter and dissolve.

FESTIVALS, TRAVELS AND TRAILS

Thursday – Sunday, March 6 – 9

Texas Storytelling Festival. Texas's premiere storytelling festival hosts nationally loved storytellers as well as popular local raconteurs for four days and three nights of story concerts for all ages. Includes ghost stories, tall tales, family stories, sacred stories, personal experience stories and folktales from around the world. **Civic Center, 321 E. McKinney Street, Denton.** 940-380-9320
www.tejasstorytelling.com

Friday – Sunday, March 7 - 9

Dallas Quilt Show. Includes more than 400 quilts on display, lectures, demonstrations, appraisals, vendors, special exhibits, a mini quilt auction and tours. **Dallas Market Hall, 2200 N Stemmons Freeway, Dallas.**
www.quiltersguildofdallas.org

SUPPORT GROUP

Monday, March 24 – 10 to 12 p.m.

Ladies 1st: Women Only Job Seeking Support Group. Women job seekers looking for a safe and welcoming environment are invited to this peer-driven meeting led by trained staff where they can share topics and issues related to searching for employment. This free event will be held at **The Senior Source, 3910 Harry Hines, in Dallas.** It is open to women age 50 and older. RSVP is required to 214 -823-5700.

HEALTH AND WELLNESS

Fridays, March 7, 14 & 21

Meadows Museum Access Program: Connections – Friday Series. This three-day program for individuals with early stage dementia and their care partners Participants explore the galleries through interactive exercises and puzzles, experiment with different materials to create individual and group projects, and discover works of art through music, dance, literature, storytelling and role-play. 10:30 a.m. – 12:30 p.m. Admission: FREE, but pre-registration is required. **Meadows Museum, 5900 Bishop Blvd. on SMU campus, Dallas.** 214-768-4677.

COMMUNITY FUNDRAISERS

Saturday, March 8

"Nell's Benefit Ball" Benefitting "Metrocrest Food Bank" Serving Carrollton, Farmers Branch, Coppell, Addison, North Dallas. 7 – 10 p.m. "Vicho's Orchastra" Formal/Semi-Formal BYOB and Snacks are OK. Admission: \$18.00 plus 5 to 10 grocery items – All tickets will be sold at the door. No reserved seats for less than one full table. **Temple Emanuel, 8500 Hillcrest Ave, Dallas.** 972-239-3342
nellofdallas@hotmail.com

Tuesday, March 18

Metrocrest Social Services 9th Annual Keyholder Breakfast. 7:15 – 9 a.m.
Master of Ceremonies – Mike Doocy – Fox4 Sport Anchor and Longtime Carrollton resident.
DoubleTree Hotel, 4099 Valley View Lane, Dallas. 972-446-2101

SENIOR AND RECREATION CENTERS

Every Thursday

Creative Writing Circle on Thursday evenings. It is designed to be informal, and enjoyable. There is no fee for the group, but you must be a member of Heritage Senior Center to participate. **Irving Heritage Senior Center 200 S. Jefferson Street, Irving.** 972 721-2496.

Wednesday, March 5

Choctaw Casino Trip! Dallas. \$10 members and \$20 non-members. 8:30 a.m. - 5:15 p.m. **Jewish Community Center, 7900 Northhaven Road, Dallas.** 214-739-2737
info@jccdallas.org, www.jccdallas.org.

Saturday, March 8

Visit McKinney Farmer's Market. Shop the Old-Fashioned Way at The Historic McKinney Farmers Market! \$6 resident or \$7 non-resident. 8 – Noon. Bus leaves The Robert and Lee DuVall Center at 7:30 a.m. **Highland Village Senior All-Stars.** (Senior Group from Highland Village) 948 Highland Village Road, Highland Village. 972-317-7430, www.hvparks.com.

Thursday, March 20

Let's Make a Deal – To Be Healthy! FREE. 10 - Noon. Lunch provided by Olive Garden. Come dressed in costume; bring strange items in purse or pocket- a fun morning of mystery and trading. **Garland Senior Center, 600 W. Avenue A, Garland.** 972-205-2769

MUSIC

Saturday, April 5 and 19

Old Time Music Jam. Tap your toes, clap your hands and join in the Old Time Music Jam. Folks gather 'round to play old time tunes, a sort of acoustic, fiddle-infused precursor to bluegrass and country as we know it. Come join in the fun. 2 – 4:30 p.m. Free with Admission. **Dallas Heritage Village** 1515 S. Harwood St., Dallas. 214-413-3674.

Tuesday, April 22, July 15, October 14

The Light Crust Doughboys, Enduring Legend Concert Series. The quintessential Texas band, est. 1931, and now starring Doughboy veterans **Art Greenhaw, Jim Baker, Teresa Anderson, Dion Pride (son of Charley) & Randy Wills (cousin of Bob)!** 7:30 p.m. showtime. Spreading the joy of Texas-style country music from the quintessential Texas band performing in a fabulous stage show for all ages. Call 2-6pm daily for reservations, box office 214-821-1860. **Dallas' Pocket Sandwich Theatre**, the last of the Dallas supper theaters. 5400 E Mockingbird Ln #119, Dallas. 214 -821-1860 www.lightcrustdoughboys.org

Saturday, April 26

Fine Arts Chamber Players' April Bancroft Family Concert. Dallas. The Verlaine Trio performs music of Beethoven, Shostakovich, and Mendelssohn.. Free admission. 2:30pm. **Dallas**

Museum of Art. 1717 North Harwood, Dallas, TX 75201. 214.520.2219 www.fineartschamberplayers.org.

FESTIVALS, TRAVELS AND TRAILS

Apr 3 – 6

First Monday Trade Days at City of Canton. From antiques and collectibles, fine arts to home furnishings and everything in-between. Over 450 acres of shopping haven, up to 7,000 vendors. 800 First Monday Lane, Canton. 903-567-6556

April 12-13

Ennis Bluebonnet Trails Festival. Arts/Crafts, trail maps, children's area, great food, bluebonnet souvenirs, live music, and more. 972-878-4748. www.visitennis.org

April 10, 2014 - April 13, 2014

2014 MAIN ST. Fort Worth Arts Festival. The largest arts festival in Texas and one of the finest in the U.S. is returning to Downtown Fort Worth for its 29th year. The four-day MAIN ST. Fort Worth Arts Festival (MAIN ST.) spans more than 27 blocks from the Tarrant County Courthouse to the Fort Worth Convention Center while showcasing 213 hand-selected juried artists. www.MainStreetArtsFest.org

LECTURES

Saturday, April 12

The Alzheimer's Association Greater Dallas presents MindShare 2014. Texas Health Resources University, 2014 MindShare Lecture Series. In this lecture learn about the physiological impact of Alzheimer's disease on the brain and the effect it has on communication. Dr. Gloria Olness, UNT and Dr. Amlani, UNT Speech and Hearing. Addressing the Structure of the Disease. 10:30 a.m. – 12:30 p.m. 8194 Walnut Hill Lane, Dallas. 214.540.2400

TALK TUESDAY at The Garland Senior Center.

What do you need or want to know? Where the experts can provide you with everything you need to know. Refreshments and door prizes at every meeting. **Tuesday, April 9:** 2 p.m. Power Foods, Sponsored by Churchill Estates. **Tuesday, April 23:** 10:30 a.m. - Do You Qualify for a Free Phone with Emergency Alert Devises? Sponsored by Department of Assistive and Rehabilitative Services. 600 West Avenue A. Garland. 972-205-2769

HEALTH AND WELLNESS

Tuesday, April 8

Rowlett Community Centre Annual Health Fair. 9 – 1 p.m. Join the Rowlett Senior Advisory Board for the 4th Annual Senior Health Fair. There will be more than 40 vendors on hand to give guest insight into the products and services available to Seniors in Rowlett and surrounding communities. **Rowlett Community Centre, 5300 Main Street, Rowlett.** (972) 412-6170.

Tuesday, April 8

Widowed Persons Support Group, Dinner at Brookhaven Country Club. Buffet dinner and entertainment. \$21. For reservations, contact Alice Conway. 469-323-5331.5 p.m. social and 6:30 p.m. dinner and entertainment. Reservations must be received by April 1. If you are newly widowed inquire about free grief support sessions and newsletter. 214-358-5331 **Brookhaven Country Club, 3333 Golfing Green Dr, Farmers Branch.** 469-323-5331

Saturday and Sunday, April 12-13

Wellness Expo. Over 100 exhibitors featuring products and services for mind, body and spirit. Shop for energized jewelry & stones, experience bodywork, Reiki, reflexology & intuitive readings. Lecture series includes talks on "Healing with Sound," "Regenerative Medicine Through Stem Cells & Platelet-Rich Plasma," and "How Applied Neurology Can Help You." 11 – 6 p.m. Admission: Seniors over 65 FREE, adults, \$7. **Addison Conference Centre, 1560 Addison Road.** Details 972-378-3770. www.WellnessExpo.net.

COMMUNITY FUNDRAISERS

Saturday, April 5

Helping Restore Ability's "Game Changer" Casino Fundraiser. Includes food, beverages (including beer and wine), and thousands in casino "funny money" to win incredible prizes. All proceeds contribute to caring for people with disabilities. Cost: \$75. Time: 7 – 11 p.m. RSVP: Call 817-469-1977 or visit www.hragamechanger.eventbrite.com. **Arlington Museum of Art.** 2013 West Main Street, Arlington. 817-469-1977

Friday, April 4

2nd Time Around, Senior Prom, The Silver Screen. Supporting Metroport Meals on Wheels. 6 – 8 p.m. Tickets available throughout North Texas at your local senior center. **Trietsch United Memorial Methodist Church, 6101 Morris Road, Flower Mound.** For information, call Home Helpers at 972-318-5054.

SENIOR AND RECREATION CENTERS

TALK TUESDAY at The Garland Senior Center.

What do you need or want to know? Where the experts can provide you with everything you need to know. Refreshments and door prizes at every meeting. **Tuesday, April 9:** 2 p.m. Power Foods, Sponsored by Churchill Estates. **Tuesday, April 23:** 10:30 a.m. - Do You Qualify for a Free Phone with Emergency Alert Devises? Sponsored by Department of Assistive and Rehabilitative Services. 600 West Avenue A. Garland. 972-205-2769

Monday, April 7

Trip to Dallas Blooms at The Dallas Arboretum. 2014 marks the 30th anniversary of the "Dallas Booms" \$5 (transportation only) 9:30 a.m. – 2 p.m. **Fretz Park Recreation Center, 6950 Belt Line Road, Dallas.** 214.670.6203

Thursday, April 10

Trip to Lonestar Park. Place your bets and have a great time with friends on opening day at the races! Bus leaves **The Robert & Lee DuVall Center, Highland Village** - at 4:00 p.m. (gates open at 5:00 p.m.) \$34 resident \$40 non-resident (includes bus ride, admission and buffet dinner) *For more information and registration please visit: www.hyparks.com*



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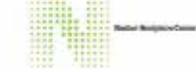












JEANETTE CRUMPLER: THE TOMATO LADY

By MIKE McGEE

Lakewood resident Jeanette Crumpler, 80, may not have the same name recognition as an Ann Richards, a Janis Joplin, or even a Bonnie Parker, but she is certainly one of those glorious ‘troublemaker’ Texas women that residents of the Lone Star State love to praise, or curse — sometimes in the same breath.

As a home-grown horticulturist — affectionately called “The Tomato Lady” from her days as a lecturer on gardening — Crumpler was a seed tester who helped seed companies attempt to improve their fruit and vegetable yields through the use of her data. As an author, the Tomato Lady became the first female sports reporter at SMU in 1950. Over the years she’s written more than 100 articles.

Relaxed in her padded easy chair and clad in a sweater bedecked with bright sunflowers, Crumpler explained that her troublemaking started when she was a child. She began reading at four, reciting sentences out of seed catalogs she found around her Wichita Falls home.

“I had long passed the Dick and Jane thing,” she remarked.

As a youngster she also sketched and knew the constellations. Her father signed her up for kindergarten but failed to inform the teacher how advanced his daughter already was in her skills. Once the school year began the young pupil was soon trying to instruct the instructor.

“She didn’t like me and I didn’t like her,” Crumpler asserted with a laugh. The teacher would send her outside to keep the intelligent but vexing child occupied. Crumpler acknowledged that the outdoor banishment honed her interest in soil and plant life.

“She had a garden. So I talked to her yard man...” she revealed.

To this day Crumpler has an affinity for container gardening and has gained quite a following for her work with tomatoes. She admitted to having a favorite: the Giant Belgium.

“Dark pink and usually fist sized, very juicy,” she wrote about her beloved plant. It’s an heirloom tomato, she stated, one that her family grew in Tennessee during the mid-1800s.

“My Dad started them from seed in our little greenhouse in Wichita Falls, and I grew six plants....” She was three years old at the time.



Crumpler mentioned that she named her first plant pairs after Disney characters — Mickey Mouse, Peg Leg Pete, and Clarabelle Cow. Pete was the only survivor.

“I proudly picked two huge ripe ones, brought them in and my Dad, grandmother and I sliced them and ate them along with our breakfast,” she remembered fondly.

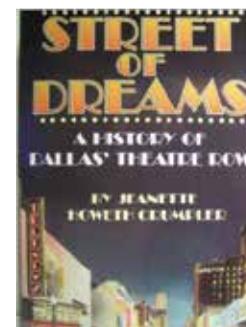
When pressed about writing — another love of hers — Crumpler acknowledged that her third grade teacher ordered her to pen a story for her classmates as a way to keep her busy.

“...And that’s when I got into writing.”

Since then, Crumpler has published multiple times. Her book *The Theatre Organ Murders* is a thriller about “obsession”, said Crumpler, placing the action within the vaudeville era of Dallas’s ‘Theater Row’. Other books she’s authored, namely *Tales of Jewels and Precious Metals* and her most recent, *Cumberton’s Gold*, explore fictional worlds within an accurate historical context.

“I know about Dallas history, and a lot about Texas history. It was really neat. I love history,” she stated.

Crumpler’s nonfiction works also reflect her fondness for the past. *The Lakewood Star Walk as Seen Through the Eyes of DOT*, *Street of Dreams: A History of Dallas’ Theatre Row*, and her co-authorship on *Lakewood — Memoirs and Spirit* helped to preserve a record of days past for future generations. Through the decades Crumpler’s writing, gardening, and stint as a volunteer sign language interpreter were the practical extension of her “troublemaking” spirit. Crumpler added to the lives





“And so later when I became a community activist to try to get deaf people and other handicapped people to have their rights.... it was a help to understand the law,” Crumpler continued.

As an activist Crumpler joined with several others who insisted that the way special needs children were treated within the public school system had to change. She and a group of 15 others appealed to the Texas legislature to approve a bill that allowed handicapped people to have a voice in their education. Crumpler spoke with pride about their accomplishment. “It was successful,” she said. “The house bill passed in the local, state, and in the federal (governments), eventually.”

According to the U.S. Government Printing Office website the Education for All Handicapped Children Act was passed in 1975 (www.gpo.gov/fdsys/pkg/STATUTE-89/pdf/STATUTE-89-Pg773.pdf).

When pointed out that she was not one to sit still for very long, Crumpler agreed. “Well, I get bored easily,” she chuckled. “But I think it stimulates you mentally.... I would say if your body fails, at least keep the brain going.”

of those around her simply by following her own interests. However, even with all of that under her belt she believed there was still more for her to do.

In the early 1970s Crumpler, whose youngest son was born deaf, was troubled that schools were not using sign language to educate hearing-impaired students. She lamented about one local elementary school.

“At Stonewall Jackson they wouldn’t allow any signs, punished the kids, then they would call me to come up and interpret.”

She emphasized that what helped her in the battle for change was a lesson that she learned in the racially segregated society of her youth. “You have to respect the law, but you don’t have to agree with the law,” she said.

76th ANNUAL DOGWOOD TRAILS FESTIVAL

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March 21-23 • March 28-30 • April 4-6
9 a.m. – 4 p.m.



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Bo Knows Sports

UT-Dallas Athletics Goes Steps Beyond in American Southwest Conference Competition

By Bo Carter



Another college athletics program with loads of success and sometimes little recognition in the Dallas-Fort Worth area is UT-Dallas.

The Comets started the ball rolling in the 1980s as a junior-senior university with numerous club teams, part-time coaches and a will to move into intercollegiate athletics on a full-scale basis.

When the university added freshmen and sophomores (it had been a school fed by the Dallas Community College District and transfers) in 1991-92, athletics matters shifted into full gear. First, UTD gained full National Association of Intercollegiate Athletics' affiliation in 1994-95 and later, with the assistance of UT-Dallas Athletics Hall of Fame member and commissioner of the American Southwest Conference the late Fred Jacoby, the Comets moved into full ASC and NCAA Division III membership in 1998-99.

That now-16-year association with the ASC and NCAA has been nothing but beneficial for a program which has been gaining fan support and team and individual accolades for close to two decades.

In 2012-13, for example, the Comets posted their fifth consecutive 20-win season (20-7 overall) in men's basketball, hosted the ASC postseason tourney, and captured the ASC East Division title for the fifth year in a row. Coach Robert Butterfield's 213 victories in his first 13 years at basketball helm pushed the Comets to a 17-2 start in 2013-14 and Top 25 national ranking – a common occurrence in this program.

The women's hoops' teams also had four 20-win campaigns from 2008-13 under coach Polly Thomason and capped those years with their first ASC title in 2012-13, a 20-9 mark and first-ever NCAA DIII postseason bid. That success has been followed by a 16-3 beginning in 2013-14 and hoped-for run to back-to-back ASC crowns and more postseason play. All this happened after Thomason took over a program with 21 total victories over three seasons from 2002-05.

Add in ASC title success in sports such as men's and women's soccer, which broke the ASC "ice" with the school's inaugural crowns in fall 2002, and even distant observers can gauge how UT-Dallas has gone from a university with no varsity sports in 1991 to a Division III national powerhouse.

"We play a very competitive schedule in a tough conference," said interim director of athletics Bill Pettit. "We have had a good bit of academic success in

addition to the competitive success, and this is gratifying to the administration, players and coaches. We also try to have a little fun along the way."

While winning and losing are the bottom lines to every college program, longtime and popular UTD associate AD Bruce Unrue, assistant AD Dave Wester and Pettit interject home contests with catchy public address messages and in-game promotions.

After all, that may be the reason why UT-Dallas plays the varsity games and offers a festive atmosphere for student-athletes, coaches and fans alike.

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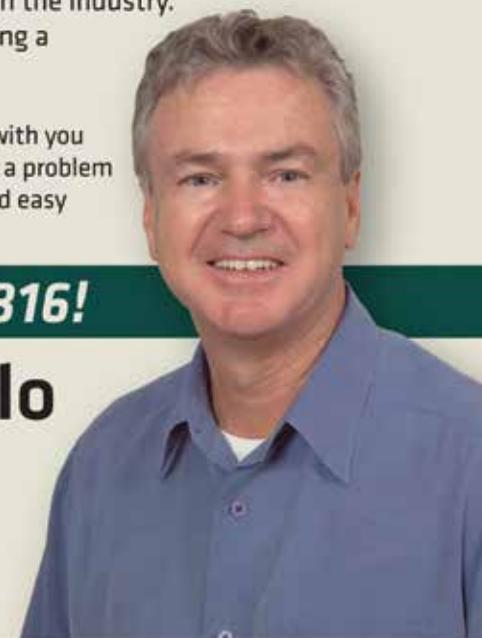
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Eisemann Center Presents “They Call Me Mister Fry” For Five Performances

April 3-6, 2014

Eisemann Center Presents closes the **Theatre Comedy Series** with *They Call Me Mister Fry* with five performances April 3-6, 2014. **Jack Fry** is an award-winning playwright, actor and fully credentialed teacher, who lives in Los Angeles, California. As a full time educator, Jack has been inspiring the next generation in the Los Angeles Unified School District since 1990. The play is a funny, yet poignant true story of a first year teacher teaching 5th grade in South Central Los Angeles. *They Call Me Mister Fry* was recently selected as a Best of the Fest Winner and the Outstanding Artist of 2013 Calgary Fringe Festival with a sold out run, adding to other honors and recognition for this unique production.

Performances of **Theatre Comedy Series** show *They Call Me Mister Fry* are April 3-5, 2014 at 8:00 pm with matinées on April 5 and 6, 2014 at 2:00 pm in the Bank of America Theatre. Tickets are \$35-\$40 and are available online at www.eisemanncenter.com or by calling the Eisemann Center Ticket Office at 972-744-4650. Group discounts are available by calling Group Sales at 972-744-4657.



The Charles W. Eisemann Center is located at 2351 Performance Drive in Richardson, Texas. **The Eisemann Center** is accessible from Highway 75 North taking the Galatyn Parkway/ Renner Road exit going north and the Galatyn Parkway/ Campbell Road exit going south, or from the DART light rail station at Galatyn Park. **Eisemann Center Presents** 2013-2014 sponsors include *The Dallas Morning News*, *WFAA-TV*, Methodist Richardson Medical Center, UT Dallas School of Arts & Humanities, Target, Richardson Woman's Club and Altrusa International of Richardson, Inc.

New Name And Visual Identity Announced For Metrocrest Social Services

Local nonprofit agency Metrocrest Social Services unveiled its updated Metrocrest Services brand on February 27th at a reception for seventy key supporters. The Metrocrest Services name is the result of a strategic planning and branding effort completed in connection with a redefined mission and values for the agency.

“We kept three vital components of our former visual identity,” explained CEO Tracy Eubanks. “We kept Metrocrest, because this is the community we’ve served for over forty years, and also Services, which represents our multi-faceted aid and support efforts. We also knew it was important to keep the heart image to reinforce our continued compassion and ‘big heart’ when assisting those in crisis.”

The tagline “building a stronger community together” is a vital part of the visual brand. “We feel these words convey the spirit of interconnection and community involvement that is a hallmark of the agency,” stated Eubanks.

The name and logo are expected to provide opportunities to reintroduce the agency since a 2013 merger with the former Senior Adult Services which resulted in expanded services for seniors. The new look will increase visibility to those in need and those desiring to help, and provide clarification by removing the word ‘social’ since the agency is not a government entity



Compassionate Care and Partners

By Harriet P. Gross

Apple Care and Companion, a non-medical home care agency headquartered in Carrollton, is best known for its compassionate, non-medical caregiving for seniors aging in place. But it also offers an important service for the larger community: it identifies needs, creates programs to help fill them, and welcomes as partners appropriate community resources who can get important messages out where they belong, and therefore can do the most good.

Case in point: the LGBT Senior Awareness Program, reported on in the last issue of *Senior Voice*. It brought together area professionals who deal with aging lesbians, gays, bisexuals and transgender individuals to Resource Center Dallas for an evening of learning. There they viewed the film “GenSilent,” then participated in follow-up discussion with experienced panelists about how to handle the sensitive problems it deals with.

Sharyn Fein, marketing manager, explains how Apple Care and Companion’s efforts resulted in this important program: “With a partnership agreement between us and the Resource Center in place, we helped it promote this film and the training that comes with it. Apple found the sponsorship, did the inviting, and created the panel of professionals experienced in working with the LGBT population. The Center hosted the program evening in its space, and provided its own professional to screen the film and discuss its content.”

The aim of this program is to forge a coalition of change in an area of growing importance: the special needs for welcome and acceptance of LGBTs as they age and require the services of assisted living, memory care, and other facilities dedicated to improving the lives of all people in their senior years.

For full information on this program, those interested may call Forest Sommerlad at Resource Center Dallas, 214-528-0144, or Sharyn Fein at Apple Care and Companion, 469-619-5474.



A Smile . . .

The other day I watched “Remember Sunday,” and it made me remember my mom.

The story tells of a brilliant young scientist who suffered a brain aneurysm and lost his short-term memory. Every morning he would wake up with no memory of the previous day. His sister and his best friend called him daily so that he wouldn’t forget important appointments and other need-to-know matters, and each day he would put up sticky notes to help him remember the day before.

What struck me was that one sticky note said the same thing every day: Smile at strangers. Because, you see, every person he met after his aneurysm was a not-to-be-remembered stranger, but that smile kept him connected to people, even in a small way.

My mom was a big SMILE person. She used to tell us over and over again that a smile is contagious in a good way, so “Smile away, every day, as often as you can.” And so we did! It always made us feel especially good when a smile was returned: A SMILE Reward!

More words of wisdom from my mother: “A frown is an upside-down smile. When you frown, you frown alone; when you smile, the whole world smiles back! Which would you rather be – alone, or with the whole world?”

A frown lets gravity take charge. When you’re my age, gravity is not your friend. That was something I didn’t understand then, but I sure get it now! So when I started my company, Aqua-Fit Swim & Fitness Family Wellness in January 2008, I made sure that a SMILE was part of the job description: “Must have smiles to share!”

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Who Needs An Elder Law Attorney?

By Lori A. Leu & Erin W. Peirce

Many people make it through most of their lives without the need for an attorney. However, as we age and begin to rely on assistance from others, it can be very helpful to engage the services of an elder law attorney. And, if you are in the position of helping loved ones as they age, then you need to ensure that you are obtaining advice from attorneys with experience in the area of serving seniors.

These days, it is very difficult for an attorney to be a “jack of all trades.” The laws have become too complex. Over the past 20 years, “elder law” has developed as a separate area of the law due to the unique and complex issues faced by older persons and persons with disabilities. Elder law attorneys help seniors

and their families plan for and react to issues involved with aging and the need for long-term care, including understanding Medicare, Medicaid, VA benefits and other public benefits programs, health and long-term care insurance, health

care decision-making, the drafting of special needs and other trusts, the drafting of estate planning documents (including wills, powers of attorney, and other ancillary documents, and, when appropriate, revocable and irrevocable trusts), selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, and fiduciary services and representation.

Understanding the levels of cognitive impairment and mental incapacity, such as those caused by the various forms of dementia, is critical to effectively planning for our aging population. Elder law attorneys who comply with the aspirational standards of the National Academy of Elder Law Attorneys understand and empathize with the physical and mental difficulties that accompany the aging process. Elder law attorneys also have a broad understanding of the various laws that impact a situation with the goal of preventing future problems and maximizing the quality of life for seniors.

Seniors make up the fastest growing segment of the population, with more than 10,000 people turning 65 every day. Unfortunately, that means seniors are now the target population for those who are looking for an easy profit, marketing one-size-fits-all solutions without the expertise to determine the effects of those “solutions.” It also means that more and more individuals will have had some sort of experience with parts of these issues and will have gained what may seem like an “expert opinion” based on that limited experience. Often nothing can be more damaging than an opinion based on limited experience with a limited understanding of the ramifications of an action.

For a better understanding of the importance of elder law, and to find an elder law attorney in your area, go to www.naela.org.

Lori Leu and Erin Peirce are Elder Law attorneys with Lori A. Leu & Associates in Plano, Texas. They can be reached at 972-996-2540.

These days, it is very difficult to an attorney to be a “jack of all trades.” The laws have become too complex.



Lori Leu is an Elder Law attorney with the right blend of compassion and experience to help you and your family with all of your advance planning needs.

Secure Your Future Today

Long-term care planning involves some of the most important choices and decisions you will ever make. When you or a loved one are ready to plan for the future, Lori Leu will guide you through the process to make sure your needs will be met and your wishes will be honored.

Lori Leu is a graduate of Harvard Law School with more than twenty years of legal experience. She provides legal guidance and representation to seniors and their families, and is a devoted advocate for her clients. She has a genuine passion for helping people who are facing incapacity and long-term care needs.

Your future is in your hands today. Contact Lori Leu at Lori A. Leu & Associates for a consultation to learn more about your options.

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Dr. Bill Flint A True Renaissance Man

By Carole Brandon

A man with a doctorate in physics is now spending his golden years dressed up in a funny suit and playing the calliope in a circus parade. How can this be?

According to Dr. Bill Flynt, physics and music are quite closely related. “Both use logical thinking,” he explains. And music is more mathematical than most people realize.

A young-looking 82, Bill is a man of many musical talents: he’s a pianist and organist, restorer of old keyboard instruments, and music arranger. He’s also nationally known as a maker of piano rolls; the group that supports restoration of player pianos has inducted him into its Hall of Fame. In his own house, one entire wall is covered with these scrolls, many of which he has laboriously created himself.

Bill began playing the piano at age six, and music has remained a life-long interest, paralleling the physics that is his profession. For more than 50 years he’s been the organist of Garland’s Axe

Memorial United Methodist Church, and he plays his 1923 calliope for local holiday parades. In the Shrine Circus parade, with a clown riding along on the float, the smiling faces of children lining the route show that Bill’s calliope is a real crowd-pleaser.

Instrument restoration is another Bill Flynt hobby. In 1968, after a year and a half’s work, he installed a pipe organ at his church. Then he turned a nine-foot grand piano that had once been in the Metropolitan Opera House into a player piano that’s now in his own living room, giving pleasure to many party-goers. He’s also built both an electronic organ and a Nickelodeon piano.

Before retirement, Dr. Flynt was best known for his work at Varo Industries in Garland, where he was instrumental in designing night-vision equipment for the U.S. Defense Department. Now he directs and arranges music for two popular groups, The Sorta Sisters and Blue Diamond Trio, both of which entertain frequently at area churches and retirement homes. Also part of his



Bill Flint is in front. Back, left to right — John Weeks, Linda Young, and Bill Chamberlain.

busy schedule is writing special arrangements for the Richardson and Mesquite Community Bands, the Heritage Swing Band, and a vocal group, the Songbirds.

Bill says. “When I get tired of one thing, I can go to work on another project. That’s what makes life interesting!” This true Renaissance Man has found the secret to a happy and productive retirement – and nobody can ever be sure what he might come up with next!

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3rd Annual Compassion Fatigue Symposium

A free, day-long event where those engaged in the work of caregiving can receive some care for themselves.

Every dedicated caregiver knows that this important work can be as satisfying as it is necessary. But it's also exhausting. Those who give care often find that, after a time, they themselves need the same kind of compassionate care their charges require and receive from them.

Helping to fill this important need is "Your Path to a Balanced Life," the third annual Compassion Fatigue Symposium of Apple Care and Companion, on March 21.

The symposium is directed by Sharyn Fein, who's been a personal caregiver for her own mother as well as a management professional with Apple Care and Companion of Carrollton, Texas.

"I've learned that caregivers don't care enough for themselves," Sharyn says. So in addition to education for help with their work, the day will include food for the body and self-healing experiences for mind and spirit. It's scheduled for 8 a.m. to 4:45 p.m. in First United Methodist Church of Richardson, Texas.



Dr. Kristin Neff



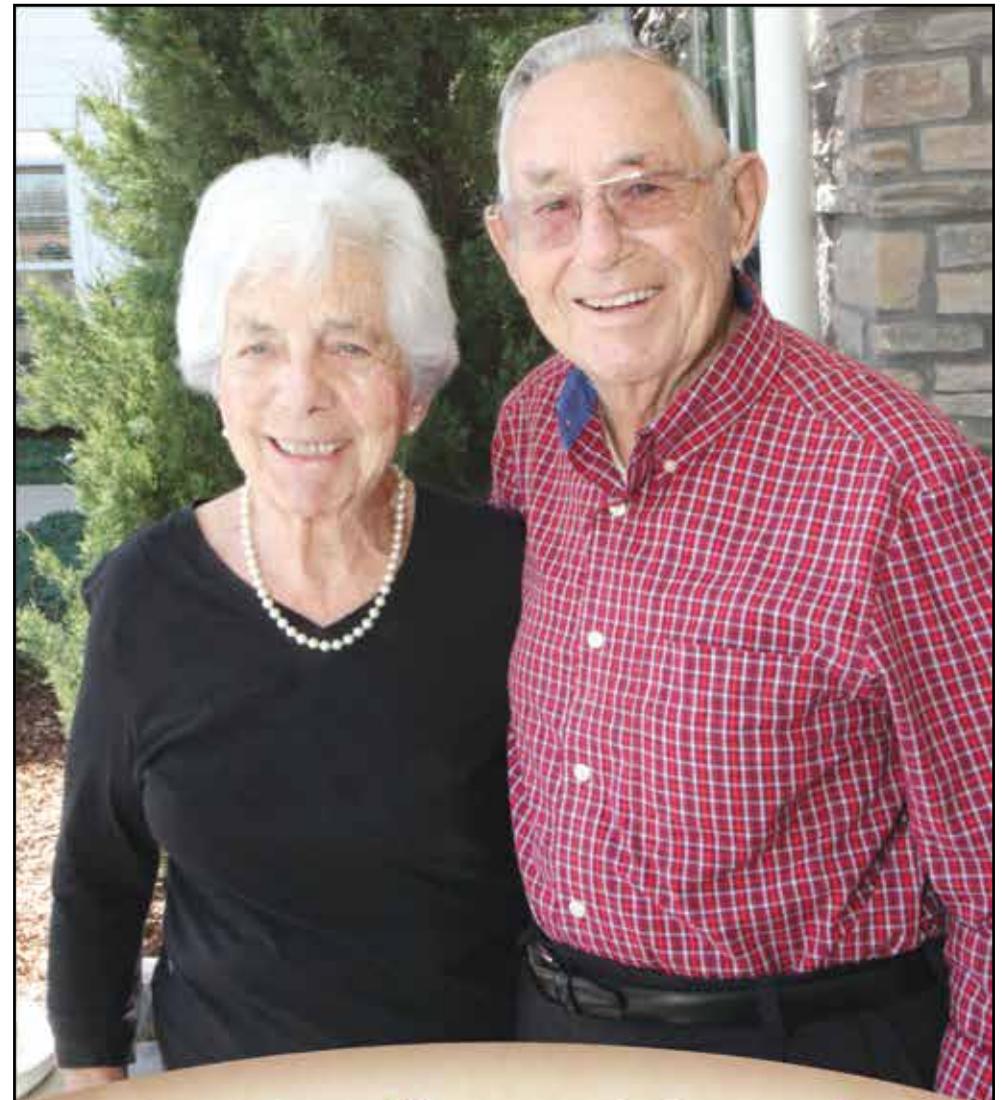
Robert E. Krout

The morning will feature keynoters Dr. Kristin Neff, associate professor of human development and culture at the University of Texas-Austin, and Robert E. Krout, professor and chair of music therapy at Southern Methodist University. Breakout sessions following lunch will include discussion of Post Traumatic Stress Disorder's "triggers" that awaken disturbing memories, and "meditations" in physical movement, music and dance.

These "Healing Flowers," as Sharyn calls them, are offered for both personal and professional caregivers, including doctors and clergy. Various continuing education credits as appropriate for nurses, social workers, and other professionals will be available.

Apple Care and Compassion, headquartered in Suite 112, 2201 Midway Road, Carrollton, is an eight-year-old private agency dedicated to helping seniors age in place. It provides kind and compassionate non-medical, non-nursing home care; marketing manager Sharyn Fein is also in charge of hiring Apple's caregivers.

For further information on the Compassion Fatigue Symposium, caregivers are invited to contact Sharyn at 469-619-5474.



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The Power of Music Therapy and Exercise for Individuals with Parkinson's

One of the most challenging aspects of Parkinson's disease (PD) is the loss of control over one's body and movements. While there is no cure for Parkinson's, researchers and therapists agree that music therapy and exercise can provide significant benefits in managing the symptoms of the disease.

Carolyn Dobson, a board certified music therapist and Fellow with the Academy for Neurologic Music Therapy, facilitates a twice-monthly Parkinson's exercise and music class at Belmont Village Turtle Creek.

"We offer PD exercise classes at several of our communities," says Tara Arancibia, executive director, Belmont Village Senior Living. "We know firsthand the benefits that our residents experience from these activities, but this is the first time we've incorporated the music therapy and we're very excited about that aspect."

"In my experience facilitating Parkinson's specific music therapy groups, I have watched participants improve their level of motor coordination and overall functioning. Some have gained the ability to walk without assistive devices and others have increased their endurance to participate in long walks or hikes. We do a lot of seated exercises to specific music and rhythms that facilitate stretching, pre-gait movements and core strength," notes Carolyn Dobson. "Care givers/spouses are strongly encouraged to attend in order to provide more opportunities for carry-over at home. The benefits can lead to an enhanced quality of life for both the person with PD and the caregiver."

The four primary symptoms of PD are tremor or trembling, slowed motion (bradykinesia), rigid muscles, and impaired posture and balance; however, symptoms vary from person to person and usually develop gradually. Exercises that target flexibility, lower-extremity strength, and cardiovascular conditioning can help with balance, gait and overall function. Large movements are best as they encourage the firing of muscle neurons versus misfiring.

Many individuals with Parkinson's have problems with initiation and consecutive movement. Music, particularly rhythm, can become a template for organizing a series of movements. Neuroscience studies have shown that certain types of music stimulate the production of dopamine and serotonin — two neurotransmitters (chemicals produced by brain cells) that are diminished in PD patients. These chemicals play a role in feelings of well-being, happiness, motor control, motivation, cognition and rewards.



Pictured left to right: Carolyn Dobson, Board Certified Music Therapist, BV resident Janie Dixon, and BV Executive Director Tara Arancibia

Stimulating music with percussive sounds and fairly quick tempos tends to promote movement, such as toe taps. Participants report that by focusing on the rhythm and trying to feel its pulse, they can walk better or perform consecutive tasks where previously they froze.

In addition to movement, patients with PD may have problems with articulation where their speech becomes slurred and unclear. Sometimes this is due to poor breath support and sometimes it is a result of difficulties with the motor aspects of speech. Participants are encouraged to "sing" and sustain single syllables to promote greater breath support. This is also helpful for impaired swallowing. Music stirs long-term memories and best results are obtained from music popular during patients' youth. They are also encouraged to tap their hand while they speak as this aids in the coordination and clarity of their speech.

The classes at Belmont Village are free and open to the public. "We recognize that Belmont Village is a community within a community and that the best thing we can bring to our neighborhood is the benefit of our expertise," said Arancibia. "Where we can, we like to share the services and support that we provide for our residents and families with our larger community — these classes are a terrific opportunity to do that."

For more information about Belmont Village, their Parkinson's exercise classes, or upcoming educational events, please contact Tara Arancibia at 214-559-7015. turtlecreek.belmontvillage.com

Neighborhood Memory Café

By Harriet P. Gross

A special place in the North Dallas area for those who've been recently diagnosed with Alzheimer's or other types of dementia is the Neighborhood Memory Café now meeting monthly in the headquarters of Jewish Family Service, 5402 Arapaho Road. If you're a caregiver for someone local who fits this simple profile, it should be a welcome asset for you.

From 10 to 11:30 a.m. on the third Tuesday of every month, caregivers and their charges come together to enjoy a time of relaxed, supportive socialization. This ongoing, informal program is under the aegis of Carrollton's Apple Care and Companion, an agency dedicated to providing the best in non-medical, non-nursing home care for seniors aging in place.

The Memory Café idea originated in Europe in the 1990s; Neighborhood Memory Cafes began in the Dallas area in June of 2012 with one meeting at the Richardson Senior Center. Sharyn Fein, marketing and hiring manager of Apple Care and Companion, has spearheaded the Café at JFS. It's intended for, and attended by, those who have already been diagnosed with the early onset of any and all in the array of memory-stealing, life-changing diseases that huddle under the dementia umbrella.

Important: Each participant must be accompanied by a caregiver! Whether he or she is a professional or a member of that person's family doesn't matter; what does matter is that both come to take part together. This is not a respite facility where caretakers drop off their charges in order to have some time by themselves; it is a place of social activity for everyone.

The primary aims of this Neighborhood Memory Café are simply to kick back and have fun while building new friendships. Activities, all very informal, include conversation, music and a variety of art projects. There's no charge, but goodies and snacks for everyone to enjoy are always welcome. This program is young, growing program. Attendance so far has varied from four to 16 participants, plus their caregivers (weather, of course, is always a factor); newcomers are always welcome. You certainly don't have to be Jewish to take part in the Neighborhood Memory Café at JFS, and there's no need to sign up in advance — just come and enjoy. This is a young, growing program.

For further information on this North Dallas Neighborhood Memory Café, call Sharyn Fein at Apple Care and Companion, 469-619-5474, or Jewish Family Service, 972-437-9950. To locate other Memory Cafes, contact the Greater Dallas Alzheimer's Association, 214-540-2400, or any senior living facility.

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EnGROSSing Experiences

By Harriet P. Gross

One day several months ago, I sat down at my computer and saw the line marking the left margin of its inbox screen was not straight, as usual. I called my husband to take a look, and asked, "Does the left-hand line seem wavy to you?" When he answered a most definite "No," I was immediately on the phone to my primary care physician.

The very next day I was in the office of a local retina specialist, whose diagnosis was also swift: Age Related Macular Degeneration, left eye.

ARMD punishes the eye with loss of center field vision. It's a major cause of visual impairment in people over 50, and may lead the way to ultimate blindness.

What to do? First: don't panic! If you're like me, someone dependent upon your eyes for work, or "just" need them for the sure and true pleasure of reading, much can now be done to stabilize your vision and stave off further loss. I've accepted the newest treatment, which for my "wet" form of ARMD helps dry up the unwanted pool of liquid that's making straight lines into wavy ones. This involves shots directly into my left eye.

Please don't panic at this, either! Eye anesthesia is so good today that you feel virtually nothing when the shot is administered; the only discomfort afterward is sensitivity to light until the numbing medication wears off. The shots (I've had nine already) are slowly drying up that liquid pool, and they will continue until there is total dryness, or no further progress. But even now, the lines that once were so bent are almost arrow-straight. My brother-in-law has gone blind from this condition, so I consider my progress a very modern miracle.



The book, "Macular Disease: Practical Strategies for Living with Vision Loss," by Peggy R. Wolfe, is helpful for strengthening, sustaining and nurturing one's mind, body and spirit in the days, weeks, months, even years that follow diagnosis. But Ms. Wolfe was told flat-out by her physician that she could anticipate having no central vision at all in two years. I hope for better. I continue to read without difficulty, and also passed my recent driver's license renewal test with no problems.

Modern medicine learns more every day. Please join me in hoping that the field of macular degeneration is one in which new learning has quick and lasting payoffs!

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