Introducing Deborah Karmozyn, RWD’s Representative on the Continuing Care Retirement Communities Board of Trustees

The CCRC Board of Trustees is the newly-formed Board, which governs the operations of all three RiverWoods CCRCs – Exeter, Durham, and Manchester. Deborah Karmozyn, the first Trustee representing RWD residents on the CCRC Board, was appointed to a 3-year term subsequent to a multi-step process that included a solicitation to all RWD residents for nominations, Resident Council candidate review of the candidates, and interviews by The RiverWoods Group’s (TRWG) governance committee. The appointment is eligible for a second 3-year term. As a resident trustee, Deborah is a member of RWD’s resident council. The CCRC Board is responsible for budget oversight, and for fulfilling the charitable intent and mission of TRWG.

Deborah was raised in North Conway, NH, where she continues to maintain a home. As a Mount Washington Valley girl, Deb climbed all 48 of New Hampshire’s 4,000 footers. She graduated from Plymouth State University, and earned an MS in advanced early childhood education from Wheelock College. Deborah’s career has been spent in education. After serving as the principal of the Madison Elementary School here in New Hampshire until 1992, she accepted a position as the principal at a not-for-profit, English-speaking international school in Milan, Italy. Success in the principal’s role in Milan, opened the door to similar positions in Copenhagen, Denmark; Shanghai, China; and Doha, Qatar. The schools served as many as 80 different nationalities.

In 2001, Deborah switched gears, and began consulting in the Middle East, for Harcourt, an American publishing company. In 2002, she returned to the United States, to work at the United Nations International School, a private, non-profit school created by UN parents to provide an international education for their children. While living in New York City, Deborah met her partner, UNH graduate Michael Gordon. Deborah and Michael returned to North Conway in 2010, where they cared for Deborah’s father until the end of his life.

Deborah describes herself as curious. We would add accomplished, brave and adventurous.

Contributors: Vicky Barrette, Judy Boedecker, Nan E. B. Burns, Catherine Feeney, Mary Elizabeth Fitzgerald, Joan Glazer, Mary Harada, Charlotte Hitchcock, Nancy Johnson, Robin McLane, Brenda Murray, Sandy Nicolazzi, Judith Parks, Emily Smith, Jen Steer, Nancy Webb, Kathy & George Wilson, Sharyn Zunz, with assistance from RWD staff Natalee, Valerie, and Jenn.
What is in your hand, Nan E. B.?

At any given moment here at RWD, Nancy Burns (Nan E.B.) probably has an origami crane in her hand, ready to give to some lucky person. Nan E.B. learned to do origami as a Recreation/Physical Education major at UNH, and she has been making origami cranes ever since.

In addition to origami, Nan E.B. knits. Every day that RWD was under Covid-19 restrictions, she added a knitted piece to the scarf that’s displayed on the full banister above the lobby. She says that busy hands are happy hands, and if so, she must have very happy hands.

Nan E.B. was born in Eaton, NH, population about 400. Her father owned and operated a summer camp, and she followed his example in her life’s work. She worked in many camps for children, most notably Waukeela Camp for Girls in Eaton, which she not only ran, but co-owned for over ten years. Nan E.B. described working at one camp, Holiday House on Long Island, as the “best learning experience of my whole life,” because of the multicultural make-up of the campers. All these experiences were supported by her loving husband, Bill, who passed away in 1997.

Nan E.B. has lived in Florida, and in all the New England states except Vermont, but Eaton, NH was always home. Nan E.B. can be seen proudly describing Eaton’s glories on a 2015 WMUR “Chronicle” segment on Eaton and Snowville, NH at: https://www.wmur.com/article/thursday-november-26th-eaton-snowville-new-hampshire/5206300. Her four children have followed her example of staying close to home, with one residing in Eaton, and the others all in New England states.

When asked why she gives origami creations and warm fuzzies (tiny pom poms made of yarn) to people? Nan E.B. replied, “Giving them away connects me with people on a level that promotes a question – a way to get to know people. People can be cold and prickly, or warm and fuzzy, full of laughter and smiles. These things I give away bring laughter and smiles!”

Ode to Springtime

Trees and grasses begrudgingly greening ...  
Birds reluctantly tweeting.  
Spring at its minimum  
In RiverWoodsDurham!

Anonymous RWD Granny

New Residents — welcome to Raymond David (Dave) Collins, new resident in Apartment 336 and Fred Ohly in Apartment 205.
Come Join the Journey!

Some of our own RWD residents are offering a multi-faceted educational program, and they encourage us all to join them. The program, “A Journey: New England’s Native Americans,” focuses on Native Americans in this area, with an emphasis on the Abenaki of New Hampshire. Discussion topics will include indigenous peoples’ history in New Hampshire and Maine; their culture here before Europeans settled; and their present-day legal and socio-economic statuses. The program will also address how native peoples and RWD residents might interact to improve one another’s wellbeing.

The program promises to be interesting, with a series of talks on Abenaki life and history, movies, field trips this summer and suggested readings. Already the ongoing subject of enlightening discussion is the book *Braiding Sweetgrass – Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer, a professor of plant ecology and member of the Citizen Potawotamee Nation.

On Thursday, June 3 in Tremont Place, three local women: Vohnny Weyrick, her daughter Kris, and Mary Bencks, who make native American flutes, will treat us to a program of music and talk about the craft of flute making, and the spiritual significance for native peoples, of making and playing Native American-Style flutes.

You are welcome to join the journey. For information contact Barbara or Dwight Baldwin, Robin McLane, Emmy Smith, or Nancy Webb.

A group of quilters worked with Jenn Merriam to make lap quilts as gifts to residents in Newfound Lodge. Their beautiful work was displayed in the RWD gallery.

Pat Ley and Pam Mueller have both studied and practiced decorative painting techniques and styles from the early decades of this country. In the years after the American Revolution, women learned decorative painting and some worked for tinware or furniture companies. In the mid-twentieth century, interest grew in preserving and reproducing the Early American decorative arts. Pat and Pam each took up the tradition. Here at RWD they shared their work in the gallery.
Did You Know?

Buzz Shiely is a hero for immediately and effectively applying the Heimlich Maneuver in Bistro dining.

The Water Street Book Store in Exeter offers RWD residents a twenty percent discount and free delivery. https://www.waterstreetbooks.com

On April 12, Jenn Merriman, Director of Wellness, completed the Green Stride (Cheap) Marathon, run on the Derry & Windham Rail Trail.

Lennie Jones helped create one of the first publicly operated independent living site for seniors in the Captain Clarence Eldridge House in Hyannis, MA. The eighteen-unit facility operated by the Barnstable Housing Authority has been serving seniors for over forty years.

RWD has Book Clubs and Interest Groups from birding, passing over ping pong, to walking/hiking. Examples of the book clubs are:
- Last Monday Evening of the Month Book Club – Charlotte Hitchcock / Catherine Kyle
- Non-Fiction Book Club – Allen Sweet
- River Readers Book Club – Vicky Barrette
- Tea Partiers Book Club – Kathy McLeod / Judy Parks

Ask around for additional information, check Viibrant under Digital Calendar to sign up, and search Community Documents, Committees.

Residents who identify new prospective residents to Marketing will receive a $1,000 credit if and when the persons move into RWD.

The New Hampshire DOT has begun to install new traffic signals at the US Route 4 and NH Route 108 intersection. The Town of Durham, RWD, and DOT will install a sidewalk on the eastern side of Route 108 into Durham. The Town will maintain the sidewalk. Both projects should be completed before the end of 2021.

For more details, see this link: https://www.nh.gov/dot/projects/durham16254/index.htm

DOT project plan showing the work area (yellow) and the sidewalk (lavender); north is to the right. A pedestrian crossing of Route 108 will connect with a path into the Merrick Property.
A Few Local Recommendations

– Dining –

Ciao Trattoria & Wine Bar, 56 Main St., Durham, Tel. 603-868-2426. https://www.ciaodurham.com
Located in a newly constructed building, the menu includes much-loved Italian specialties such as Chicken Parmigiana and Margherita pizza, as well as creative takes on Italian staples like porchetta and ravioli. Dine in, Takeout, or Delivery.

Clark’s American Bistro (former Young’s Restaurant site), 48 Main St., Durham, Tel. 603-397-5053. https://www.clarksamericanbistro.com Serving lunch and dinner daily, and big breakfasts Thursday-Sunday. Generous portions of good food, reasonably priced. Small bar with locals and visitors. Dine in or Takeout. Delivery for dinner only is a third option.

Tulsi Indian Restaurant, 20 Walker Street, Kittery, ME, Tel. 207-451-9511. https://www.tulsiindianrestaurant.com Indian favorites, such as chicken tikka masala, saag paneer and garlic naan. Also, Mango Lassi, the perfect Indian drink. Dine in (Limited seating) or Takeout.

Cafe Nostimo, 72 Mirona Rd., Portsmouth, Tel. 603-436-3100. https://www.cafenostimo.com
Classic Greek food, such as fried calamari, baked lamb shanks, spanakopita, and moussaka. Desserts are recommended, too. Dine in, or curbside pickup.

Fun Fact: Ciao Trattoria & Wine Bar is owned by Newfound Lodge Resident Marjorie Clark’s son Doug, as is Clark’s American Bistro, along with his wife Kim, and another local couple.

– Fresh Produce & Plants –

Note: BEST TO CHECK WEBSITES OR CALL FOR HOURS OF SERVICE

Barker's Farm Fresh Vegetables, 216 Portsmouth Ave., Stratham, Tel. 603-778-1039, https://www://barkersfarm.com Barker’s, which is operated by RWD resident M.J. Keenan’s family, offers greens, tomatoes, fruit and much more.

Butternut Farm, a friendly, family-run pick your own fruit farm, 95 Meaderboro Road, Farmington, NH, Tel. 603-335-4705. https://butternutfarm.net

The Card Farm, on the right-hand side of Route 108 going towards Dover, is within walking distance of RWD. The roadside stand operates on the honor system. It quickly sells out of cucumbers, beans, lettuce, eggs, and flowers. Hint: Watch for the flag on the right in a short pull-off.

Emery Farm, on US Route 4 east towards Portsmouth, 147 Piscataqua Road, Durham, NH, is open every day from 9:00 am to 5:00 pm, Tel. 603-742-8495. https://www.emeryfarm.com

The Portsmouth Farmers Market, Little Harbour School at 50 Clough Drive, open starting on Saturday May 1, from 8:00 am to noon & is wheelchair accessible. https://www.seacoasteatlocal.org

Rawson’s Farm, 5 College Road, Stratham, Tel. 603 686 0304, is known for its eggs, honey and cut flowers. https://www.rawsonsfarm.com

Seacoast Eat Local - Farmers’ Markets holds produce selling events at various locations. Best to check the website: https://www.seacoasteatlocal.org/calendar/

The Tecce Farm, 240 Mast Road, Durham, has 300 acres dedicated to vegetables and fruit. It opens for fresh corn, picked while you watch, at the end of July or early August. https://www.teceefarm.com

Tendercrop Farm Farmers Market, 123 Dover Point Road, Dover, is open every day from 9:00 am to 7:00 pm. https://www.tendercropfarm.com

Wentworth Greenhouses, 141 Rollins Rd., Rollinsford NH, Tel. 603-743-4919, is a family-owned garden center. https://wentworthgreenhouses.com
Dining Committee — George Wilson
Susan Poludniak, TRWG’s registered dietician, will visit RWD in the near future, and hold a meeting open to all residents. Ms. Poludniak will describe her duties and answer questions to be submitted in advance of the meeting. Outside the meeting, the Registered Dietician is available for independent consultations on fee-for-service basis.

Events Committee Plans! — Karen Brinker
After more than five months off, the Events Committee is back at work planning events for the RWD community. And WE’D LIKE YOUR HELP! Let us know what musicians, artists, speakers, authors, events you’d like to have at RWD .... and what excursions you’d like to go on. Write your ideas on the green cards in the Piscataqua Room and put them in the Events Box!

Finance Committee: Tom McCann, Karen Brinker, Curt Ley, James Jacobs, Leonard Jones, Chet Riley, and Hartley Silverwood
Since it was formally established on January 1, 2021, the Finance Committee has been focused on understanding the budgeting process and the financial statements. The committee will soon review the “high level” numbers in next year’s budget, July 1, 2021, through June 30, 2022. The committee believes it will be better positioned to provide an overview after it completes this year’s process.

Games Group – Giovanna Filippone
Cornhole will continue to be played in Tremont Place until the end of May. In June, it will be played outside, and the Games Group will be asking for teams to be formed from each Wing for a little game fun in preparation for the second Cornhole tournament in September. Board Games and Hand & Foot Card Games are back, check the schedule on Viibrant under Events for time and place.

Trails Committee – Vicky Barrette
Our Trails are in great shape following the winter. Thanks to Bill Chaput for the new picnic table on the north trails. Ellie Lonske has begun to clear the “poor farm” burial site north of the Chesley Burial Ground and Charlotte Hitchcock has started to uproot buckthorn below the Pine Trail. If you are out following strong winds, please practice your squats and sit-to-stands to pick up branches and toss them aside. Also, tossing pinecones away will help prevent seedlings growing in the trail.