

To: **Dunwoody Village Residents, Families and Staff**

From: **Kathy Barton, Director of Operations**
Brandon Jolly, Director of Health Services

Re: **CONTINUED UPDATE RE: COVID-19**



July 31, 2020

General Update:

I meant to have this in the last Memo. We are very sorry about the issues with the AV Equipment that made us cancel your programs and exercise classes. We had a piece of equipment go bad and it took a day or 2 to locate the part. It was delivered Tuesday afternoon and replaced. Thanks to Scott Hill for all his work to get the AV Equipment back up and running!

Care Center Update:

Residential Updates:

With so many changes to the COVID restrictions, I came up with a 3-page guide (with the help of Marketing) so that you have all of the information in one place. It is attached. As things change, we will be sure to update the sheet and send it out.

Kathy Barton will be away for at least 2 weeks taking care of family. While she is away, the following people should be contacted for specific things she has been handling:

Cloth Face Masks – contact Josie Singer at 610-359-4424 or jsinger@dunwoody.org and she will get a face mask to you (Kathy made a bunch for while she is away). Face masks are also available for purchase in the gift shop.

Newtown Square Library Books – contact any member in Marketing and they will be able to help you. Call 610-359-4425 for assistance.

Memos – if you have any information that needs to go out in the memo, please send it to jsinger@dunwoody.org and Smyth@dunwoody.org. They will be taking over the memos while Kathy is away.

Kathy will be answering e-mails when she can. If you need immediate assistance please contact Josie Singer at 610-359-4424 or Jsinger@dunwoody.org and she will get your call redirected to the right person!

Masks

We are happy to see people out and about, but please be sure your mask covers your nose and mouth. If it does not cover, then it does not work. I know I sound like a broken record, but we really need them worn properly- especially in common areas. Thank you!

GARDEN NOTES: AVGO LEMONO KALE (Greek style sauce) by Delores Broberg

1 cup TIGHTLY PACKED DICED KALE LEAVES (keep diced stems for soup)
1/2 cup DICED COMPANION VEGGIES (i.e. onions, leeks garlic, celery, asparagus)
2 tbsp OLIVE OIL
1 LARGE EGG
1/2 LARGE LEMON
1 1/2 cup WATER (room temp)
Spices to taste (I use a bouquet of green herbs from the garden + a bit of salt and black pepper)

DIRECTIONS:

1. Heat oil in small pan
2. Add companion veggies and sauté
3. Add kale, mix together with other veggies
4. Put heat on low, cover pan and allow kale to steam
5. Break egg into cup (I use 2 cup measure)
6. Squeeze half lemon juice into egg and mix thoroughly
7. Fill cup with either 1 1/2 cups broth or bouillon +water (I use a dollop of Better Than Bullion)
8. Stir well
9. Pour while stirring, into seeming veggies
10. Keep stirring till well combined and water is warmed
11. Turn off heat and allow to rest while plating other parts of the meal (I like to eat this sauce either over a grain, pasta, sopped up by a good bread, or sprinkled with pine nuts or sunflower seeds)

Friday, July 31, 2020

To: All Residents
From: Connie Stuckert, President, DVRA
Re: Upcoming Channel 1970 Programs, etc.

I'm sure everyone is aware that Channel 1970 was on the blink for a few days late last week and early this week. We could broadcast the usual announcements, but no programs that had to originate in the auditorium, whether they were live, such as the exercises, or recorded, such as the movies.

The problem was caused by the failure of a part. However, because the system is complex, with many different parts both small and large, it wasn't easy to figure out exactly what had gone wrong. Scott Hill did a heroic job of diagnosing the problem, but it took a couple of days. Then we had to get the part, and get it installed. The outside vendor was in no hurry to accommodate us. Enter Kathy Barton. Donning her armor and mounting her white horse, she charged into the fray. Voila! The vendor capitulated in the face of superior forces, and on Tuesday the system was fixed. We hope the technology gods will smile upon us from this point forward.

We don't want people to miss anything, so the programs originally scheduled for last week but cancelled will be shown this week. The movies include "The Royal Tenenbaums" on Sunday afternoon, "Lion" next Saturday, and the musical, "Gentlemen Prefer Blondes" Tuesday evening. "Baseball", "The West Wing", and "Alaska" all continue, as does the Kingston Chamber Music Festival on Wednesday evening. This week features Concert 3: Schubert Adds a Bass (and a Trout). In the afternoons, the John Adams documentary will be shown on Monday and Wednesday. "Keeping Up Appearances" and "Downton Abbey" continue in their usual slots, while "Life" with David Attenborough features Primates this week. Exercise classes continue in the morning, with the very welcome addition of another outdoor yoga class. Thus there will be outdoor chair yoga both Tuesday and Wednesday—yea!

Slowly, slowly we're beginning to creep toward normal. Enjoy the added freedom, but keep your masks over your noses!

PLEASE TURN OVER TO SEE THE 1970 SCHEDULE FOR NEXT WEEK

CHANNEL 1970

August 2 – August 8, 2020

8/2-8/8	Morning	Afternoon	Evening
Sunday 8/2		2 pm - Movie: "The Royal Tenenbaums" 2001 R / Comedy	
Monday 8/3	Exercise: Jo 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 Yoga♥ (♥Similar to one in Fitness Class before Covid)	2 pm – <i>John Adams</i> #2: "Independence", 1774-1776	7 pm - Documentary: Ken Burns, Baseball, Ep. 6: "The National Pastime"
Tuesday 8/4	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength♥ 11:15 Outdoor Chair Yoga*	2 pm – British comedy: "Keeping Up Appearances" #11 & 12	7 pm – Movie: "Gentlemen Prefer Blondes" 1953
Wednesday 8/5	Exercise: Pat 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Pilates♥ 11:15 Outdoor Chair Yoga*	2 pm – <i>John Adams</i> #3: "Don't Tread on Me", 1777-1781	7 pm – Kingston Chamber Music Festival Concert 3: Schubert Adds a Bass (And a Trout)
Thursday 8/6	Exercise: Marc 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength♥	2 pm - "Downton Abbey", #7	7 p.m. "The West Wing" Episode 18: "Six Meetings Before Lunch"
Friday 8/7	Exercise: Marc 9:00 Stationary Tai Chi 9:45 Modified Arthritis Foundation 10:30 Strength♥	2 pm – "Life: Primates", David Attenborough, #10	7 pm – Documentary: Alaska—Episode 4, "Alaska's Kenai Fjords"
Saturday 8/8			7 pm - Movie: "Lion" 2016 G/Drama

*Outdoor Chair Yoga – Sign up Sheet due to limited seats; call the Fitness Center to sign up 610-359-4514.