



American  
Red Cross

Retiree

# HEARTBEAT

PENJERDEL Retiree Group

## Mission Statement

The PenJerDel ARC Retiree Association seeks to encourage and promote friendship and camaraderie among retirees. We hope to accomplish this by expanding our membership by reaching out to new retirees, hosting bi-yearly meetings and publishing a newsletter to keep our members in-touch with one another. We will strengthen our meetings and programs and will always be responsive and focused on the American Red Cross and its outreach to our local communities.

## Message from the Chair

Fellow Members,

An early spring is welcome to all of us. Also welcome is the reduction in the need to restrict our activities to prevent transmission of Covid. However, it is not so easy to return to normal pre-covid activities. We have become accustomed to certain isolation and preventative procedures including vaccination which is the best defense. So we have not yet returned to full normal activities. One result is the PenJerDel Board has decided not to hold an April meeting. This is a disappointment for all. We have not seen each other for more than two years. However if all goes well, we look forward to a meeting in the fall.

A meeting in the fall will largely depend on having a member to volunteer to take the lead for that meeting. It will be difficult to organize a meeting with a luncheon without someone leading the effort. So if you will be in the Philadelphia area next September or October and are willing to take the lead please let me know. I can be reached at 215 546-4975. You will have help from Board members and me. We have the financial resources available and Red Cross Chapter's support but now we need you. Please consider stepping up to plan the fall meeting.

In the mean time have an enjoyable summer and stay healthy.

Best wishes,

Stan Roberts



## Keep In Touch Program

Throughout the year our faithful KIT leaders reach out to retirees to find out how they are doing and what they have been up to. If you haven't heard from a KIT leader let us know by email at [arcretirees@gmail.com](mailto:arcretirees@gmail.com)

**Irv Alper** is packing to move to a Senior Living apartment. His divorce is final. His kids are doing good. His son is getting married in August. His health is great, but still not traveling because of his concerns about the pandemic. He goes to the

movies a lot and hopes we can get together soon.

**Michael Baumann** is thrilled to have gone twice to movie theaters this year. In between dialysis treatments and physical therapy appointments, he enjoys having lunch with other RC retirees and many other friends.

**Bob Benninger** and Nancy have been enjoying their home in the Old Dominion State of Virginia. Virginia has rich American history including nine Presidents highlighted by George Washington, T. Jefferson, J. Madison, W. Wilson who at one time lived in the state. Their home and surroundings make for a wonderful location for their dogs and puppy to play and wear themselves out in the yard. When other family members visit and bring their four-legged friends it's party time. Bob and Nancy are thinking about a more routine schedule of visits to New Jersey and Virginia.

**Kathy Borden** has been fighting her health again and trying to figure out why her lungs are misbehaving. Pretty sure it's from a previous bout with mold exposure in 2014. It was remediated, but the damage had already been done. Good

news is that they will finally be meeting their great grandson, who will be 2 in mid-April. The new family will be coming here from MS. She is beyond thrilled!

**Kerry Bryan** says that "like a lot of other folks, Santa brought me a taste of COVID for Christmas, no doubt the omicron variety. I dutifully quarantined and recovered quickly. Overall, I have been feeling hale. I have resumed going to the gym several times a week and get in a minimum of 3 miles of steps every day. With Covid case numbers abating, I have returned to serving as a docent/guide at several museums and historical sites in Philadelphia. Also, while grateful to be able to continue to participate in various theme-driven courses, book talks, and other lectures via Zoom. And best of all, to spend time with friends again!"

**Hyatha Butler** keeps herself busy. Monday, food shopping, Tuesday, bingo at a local senior living facility, Wednesday, bingo at the senior center and Friday, bingo at the senior center. Her son visits her every Friday. No aches or pains and she can walk everywhere. Hyatha says, "Hello" to everyone.

**Cheryl Collins** says "In the fall of 2021 update I stated we were excited as we prepared for our son's November 2021 wedding. COVID decided to show up as an uninvited guest the day before the wedding (the groom in this case), April 2, 2022 is the new date, fingers crossed. My husband and I also had the opportunity to drive down to St. Augustine Florida in February for another family wedding, really loved the sunshine and warm temperatures. We are still hoping to relocate to Mifflinville PA. in 2022, but supply issues have slowed the progress, but things are showing signs of improvement. Patience continues to be a virtue."

**Joan Colti** and her husband, married over 60 years, have had a happy life in the Philadelphia area. She is an ARC RN and he is a building contractor. He passed away this past December and it has been a great loss for Joan and her family. Recently she sold her home in Roxborough and on March 16th moved with the help of her daughter to a condo in the Plymouth Meeting area. Joan meets monthly with a retiree group of ARC nurses who enjoy staying connected. She has enjoyed playing Pickle Ball for some time but has now taken a leave of absence after a fall on the court. She happily reported that she is on the mend and will be courtside within a month.

**Nancy Culling** is happy to get out and slowly return to normal life. She is out walking most days. She is lucky to live close to the Philadelphia Zoo and visits often to walk with friends and enjoy the animals. She has done a little birding over the winter as well as volunteering for her local feline shelter.

**Miriam Dahlke:** This correspondent spoke to Dr. Dahlke on the first day of spring. We had a grand chat remembering our summers in Ocean City, NJ, never knowing one another at that time. She reported the sad news that she has become blind in her left eye and now has glaucoma in the other eye. As a result, she is no longer able to enjoy her lifelong interest in herb and flower gardening. She has a great memory of past gardens and favorite flowers. Her son and daughter live close by and take superb care of her. She says hello to all of the retirees.

**Joy Daniels** is doing well. She lost her sister earlier in the year. Her husband will be retiring soon. They are planning on some family vacations.

**Janet Demcoe** says "In November my husband and I drove to Florida to visit family. We stopped at the USS Yorktown in Charleston, SC and wandered through the historic district in St Augustine FL. We

managed to catch the Air Force F-16 and F-10 Demonstration teams in the airshow in Stewart from our hotel! On the drive home we found a museum off I-95 in Pooler, GA, The National Museum of the Mighty Eighth Air Force. I'd recommend a stop there for anyone interested in the history of the Air Force, particularly WWII. With that trip I managed to drive from New Jersey to Maine, then New Jersey to Florida in the same year! I've stayed happy and healthy."

**Kathy Denton** reports that all is well in Harrisburg this spring, with her traditional St. Patty's Day party kicking off the season. Travel plans include a short trip to Sea Isle City in March, and an April week to Florida's Gulf Coast to visit her sister Kim, a May trip to NYC and a June getaway to Savannah and Charleston. Kathy, her Harrisburg sister Robyn and pet are well; library activities, book sales, yoga, art group and gathering with good friends (including Rosemary Leyland) make for a happy life.

**Cheryl Ellsworth** has retired from her full-time business manager position, but she still works part time at her church, filling in as needed and also fulfilling her pastoral associate duties. Looks like a full-time stint is coming up since a key person has resigned, but it keeps her sharp (or so she likes to think!). She says hello to all.

**Dave Evans** has a herniated disk in his neck. Can't lift more than 3 pounds. He is still a policeman for the fire department. He had to give up his scrap metal business. Still interested in antique fire trucks. Drove to Ohio for 2 weeks to visit a flea market for fire trucks. Then on to Canton for the car flea market.

**Marcia Gross** and her daughter were just getting ready to visit Lane Liebman [remember her?], when I called. Also, Marcia said she recently moved from the Philadelphia area.

**Liz Guido** says it has been another quiet year although she did have the opportunity to spend a week on Gasparilla Island in Florida with her best friend from Maine. Girl time is always fun!

**Joyce Hamilton** says "My son-in-law was in the hospital for 6 weeks. Started with shortness of breath. He had heart surgery, then a vent to a trach plus feeding tube. Rehab for 2 weeks. Finally home and progressing slowly. My prayers were finally answered. I have a new great grand baby. Hanna lives in MS. Hope to see her this spring."

**Joann Hammond** went to Reno for a high school graduation. She's still gardening and loves to be home in the summer. "I'm volunteering at the SPCA' and we found and adopted a stray dog. She was a stray with eye injuries. Her eyes had to be removed. She makes out fine in the house and walks fine on a lease. She is sweet and brings us much joy. We hosted 2 granddaughters this summer. They were both doing internships in Baltimore and Wilmington. They both go to Notre Dame."

**Anna Harrison** says "we keep busy between family, church and community. My oldest granddaughter bought a house in Charleston, SC and will be getting married in October, so we already have that trip planned. We were supposed to travel to the Holy Lands from 2/20-3/4/22, but Bill developed Covid 13 days before and tested positive 72 hours before leaving and the

Israeli Govt said "No Way! You are Ineligible" My son (who is a pastor) still went and texted daily activities, so we traveled along via YouTube videos and it was much less exhausting!! I have been in excellent health and did not get covid from my hubby.

**Rose Marie Hart** is praying for the Ukrainian people and the Russian people who protested the war. Things are good with the Harts. Matthew visited from France. It was great to see him after restrictions were lifted. Lisa moved to Delaware. Such a blessing. Brian moved to a different location. Pat and I are going to the gym after our bout with COVID , so life is good for all the Harts!

**Margot Hillman** completed instructor training for the Restoring Family Links course, which is now available for authorized instructors to teach. So far there are only a small number of instructors trained nationwide. However, she and another local Red Cross instructor have recently co-taught the course virtually. Margot was excited and honored to have been chosen as a volunteer for the Clara Barton Humanitarian Law Competition, which took place at Red Cross Square in Washington, DC. It was a simulative-based course, held for law students from the three military academies. Margot and her husband are looking forward to visiting their son in San Francisco, CA, later in April.



### IN MEMORIAM

**Jean Berry** ARC nurse died Oct. 10, 2021 at the age of 91. Jean a HUP nursing graduate had a 41 year nursing career.

**John McQuillen** died in February 2022.

*Editors note - We no longer receive death notices from NHQ, so if you know of colleagues who have died recently please email [arc retirees@gmail.com](mailto:arc retirees@gmail.com). so we can note their passing*

## Response by the International Red Cross and Red Crescent Movement to the Crisis in Ukraine

By Margot Hillman

I need to start with two disclaimers. First, I am writing as a private individual, not as a representative of the ARC. Second, this article is based on information collected on April 7, 2022. Details will have changed by the time you read these words.

As you may know, there are three components to the International Red Cross and Red Crescent Movement: the International Committee of the Red Cross (ICRC), the International Federation of Red Cross and Red Crescent Societies (the Federation), and the National Societies. These organizations work under the same fundamental principles: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity, and Universality. All three components are responding to events related to Ukraine.

The **Ukrainian Red Cross and National Societies** in neighboring countries and around the world, including the American Red Cross, are providing humanitarian assistance. An April 4 post from the American Red Cross includes photos of a Ukrainian Red Cross volunteer playing with a 3-year-old child at a clothing distribution site, a Romanian Red Cross volunteer giving gloves to a child in a town on the border of Ukraine and Romania, and Slovak Red Cross volunteers assisting refugee families at the Kosice train station. Food, water, hygiene supplies, and medication are being provided in addition to warm clothing. Red Cross volunteers are also offering mobile phone charging and SIM cards to help families stay in touch with their loved ones. <https://www.redcross.org/about-us/news-and-events/news/2022/ukraine-red-cross-delivers-aid-to-families.html>

The **American Red Cross** has donated \$10 million to the Federation to support work in Ukraine and surrounding countries. They have deployed international crisis responders to Poland, Moldova, Hungary and Romania to support relief efforts alongside local teams. These highly-trained responders are skilled in information management, cash assistance programming, GIS systems, communications and leadership. Finally, as part of its work supporting military families, the American Red Cross has moved staff to Europe to support emergency communication needs of U.S. military members.

The **ICRC** is supporting hospitals and ambulance services and providing medical supplies and personnel to help deal with trauma as well as chronic conditions in Ukraine. They are providing food, water, and essential items like blankets across Ukraine, including in shelters and train stations. The ICRC has not been able to reach Mariupol to assist the thousands of civilians trapped there, but they were successful in leading a convoy of buses and cars carrying more than 1,000 people from Berdiansk to Zaporizhzhia. And they are reminding all sides of the conflict of their obligations under International Humanitarian Law.

The **Federation** is collaborating with National Societies and the ICRC to respond outside of the conflict zone. They are providing emergency surge personnel in a number of technical areas and supporting three logistics pipelines. And they are investing in capacity building to bolster the National Societies in Ukraine and neighboring countries. Both the ICRC and the Federation are providing financial support to the National Societies involved in the crisis. For more information and updates to the response to the crisis in Ukraine, please visit these web sites: [ICRC.org](https://www.icrc.org), [IFRC.org](https://www.ifrc.org), [redcross.org](https://www.redcross.org)



Ukrainian RC volunteer Sasha Krisova plays with 3 year old Timur. The Red Cross distributed donated clothing as well as toys in front of the Red Cross branch office in Uzhorod. Photo by Marko Kokic, IFRC



**Paula Yong Hong**— nothing new to report.

**Susan Hsu** says after so many years working long, hard days, she is thoroughly enjoying her retirement, especially the unstructured days

**Betty Karver** is doing much better than last year this time. She fell off a ladder and broke her femur and elbow. She had extensive therapy and is fine now. Betty is happy to be driving once more. What one might ask is what a 96 year old was doing up on a ladder!! All kidding aside, she is amazing!

**Pearl Kuo** says all is well. No major travel to report since the pandemic. They have made many enjoyable trips to visit family and granddaughters in Virginia. She is looking forward to Spring and hoping that all returns to normal very soon.

**Rosemary Leyland:** An unexpected fall in December left Rosemary with a broken ankle, the daily wearing of an unbearable ankle brace, ouch! The Doctor ordered no walking with enthusiastic Dazzle the puppy. 12 weeks later Rosemary is on the mend, now walking "The Dazzle" five miles a day, aiming for six a day by April. Her husband Jerry was the at home Coach paying attention to her Dr. ordered game plan and therapy. Rosemary now reports that the Christmas tree up since October was finally undecorated and disassembled in mid-March. Bravo. Now she says it's time for planting Dahlia Tubers which arrive in another week.

**Becky Lowe** is fine but has been very busy. Her mom passed on Dec. 24th and she's been quite occupied sifting through her papers for info required by lawyers to settle the estate. Also, going through all her "stuff" that she had accumulated in 101 years of life. The 2 rooms that she used here at my home in Levittown and a whole house at the shore. On a happy note her 3 daughters, SILs, and 8 grands are doing great. "It will be so nice when we can all get back together again for the retirees luncheon and

catch up. It seems like forever since the last one!"

**Cathy Mainardi** is in NJ for the winter. She says "My house was not finished by winter so I had to move out of the RV I was living in. I am staying at my dad's house down near Ocean City where I grew up, He just turned 91 so it was nice spending time with him. My puppy turned a year old in Dec so she is pretty big and a lot of fun. Just grateful to be pretty healthy and still able to get around I turn 70 in July."

**Margaret Manigly** is doing well. She belongs to two Senior groups. Recently she hosted a luncheon for two former ARC reference lab staff (Mary Rubino and Sandy Naugler) and Becky Calkins who works in the Manufacturing Lab. They had a wonderful time.

**Marge Miller** says her biggest news is that on day 18 of her recovery from a right knee replacement surgery that she is doing fine, according to all the doctors, therapists, nurses, family and friends that have been her strong support team. "The pain is much less, the range of motion is better, and the strength is improving. But I have had to pause my activities and interests to let the healing come first. Art and I are doing well, enjoying life at Shannondell. We pray for peace in Ukraine.

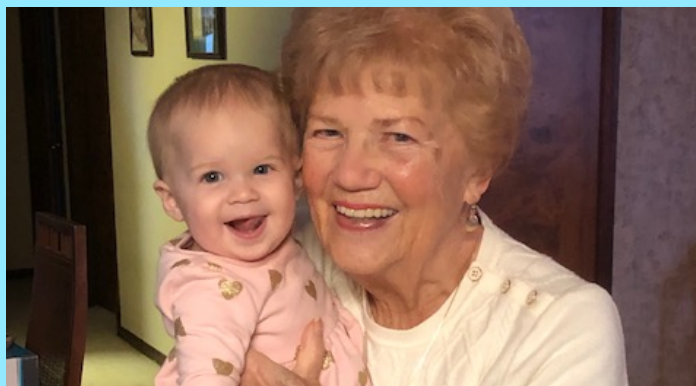
**Freda Mockenhaupt** has the most exciting news!!! She has a new baby in the family, a granddaughter, Olivia. Her son has 2 boys and now she will be traveling with her son, daughter in law, and 2 grandsons on a flight to Florida to meet the beautiful Olivia. Her oldest grandson has received a scholarship and will be attending Holy Ghost Prep in Bucks County. She wants everyone to know that she is still kicking, but just not as high. Life is good.

## MEMBER UPDATE

**GAIL SEELEY**, retired 2001 after 22 years as paid staff (even more as a volunteer!), her last position was Executive Director, Berks Co.

### Chapter ARC

1. What activities are you enjoying in retirement? **Spending time with my 4 children, 7 grandchildren and 2 great grandchildren has always been a joy. Gardening is probably foremost in actual activities but I've stayed involved with Girl Scouts, church volunteering and a new interest in genealogy**
2. What do you miss the most from your ARC career? **I miss people the most, both staff and volunteers; however, I also miss the interactions with those in other community organizations.**
3. What was the last book you read? **The Dictionary of Lost Words by Pip Williams, which was based on true events that took place in developing what is now the Oxford Dictionary**
4. Tell us a surprising fact about yourself. **I climbed the upper part of the mountain located in Angangueo, Mexico, to see where the Monarch butterflies winter over. The first half of the trip was in an open truck with canvas flaps - very dusty and bumpy.**
5. What is your favorite guilty pleasure in retirement? **Always having chocolates on hand to nibble on each day. To heck with watching calories at my age!**



Gail Seeley with great granddaughter Harper.

**Mary Mullen** had a difficult 2021. She survived COVID but her husband of many years passed away last March. Her girls were more than helpful and supportive. She's spending lots of time shepherding her grandkids to sailing regattas here in FL. She's going to the Galapagos Islands with her sister. It will feel good to venture out.

**Janice Nixon** is doing well. She will be having knee surgery in April.

**Michael Parks** is keeping in touch with a few of our fellow retirees, e.g., Gary Talley. Michael had an operation recently and has recovered well.

**Stan Roberts** and his wife Jan enjoyed a December Christmas visit with his wife's relatives who have now moved to Sweden from the US. The wife accepted a position as a Microbiologist in a highly regarded facility there. Stan and his wife leave for Maine on May 1st and will return to Philadelphia in October, a splendid get away.

**Andy Schneider:** from Andy's KIT caller "I heard from Andy just before the holidays but was not able to get in touch with him for a recent update. He sent greetings to all and is happy in his new surroundings but misses attending the meetings and seeing everyone in person. I send him a copy of Heart Beat as it is published so that he can keep up with retiree activities."

**Mary Ann Schnell** and her husband George have been enjoying Florida weather. It's sunny and in the 80s...not too hot, just right. We Should all envy their decision to live below the Mason Dixon Line when they retired. In the weeks ahead, they will travel to Miami to see the VanGogh 360-degree digital art experience. She continues to enjoy the butterfly garden that she and friends in her community love and nurture. The only dilemma is controlling the bunnies who feast on the eatables.

**Dave Seamon** says "June is busting out all over" ... a bit early but a friend and he were sitting on a park bench looking up at the beautiful, white branches of the Sycamore tree. They seemed to be kissing the sky-blue heavens above. Enjoy spring you all !!!

**Gail Seeley** was happy to have her oldest son and family visit over the holidays from VA. It was the first time in two years. She visited them in late March, while in VA on personal business. Also during Christmas week, she met her oldest granddaughter's husband. The only family she didn't see were those living in TX, but she hopes to see them in summer. Gail continues to be active in the local herb society, for which she does publicity and runs a botany/horticulture study group.

**Marilyn Smith** has bladder cancer and wanted all of us to know the signs. She had no pain and no symptoms. All she had was a pale pink color in her urine. She had tests that showed she had a mass in her bladder tissues. She is doing well at this time.

**Doris Smith** and Jerry just came back from two weeks in Florida. Jerry collapsed at the West Palm airport and spent a couple days in the hospital. He is doing OK now but very weak. Doris is looking forward to spring.

**Arthur Sweisfurth** said he usually has a lawn service, but he will mow the grass himself this year! He has a large property but it will be less costly and good exercise. He enjoys going to auctions and church thrift shops to pick up odds and ends. Arthur always read newspapers at the library, but since the pandemic began they have been unavailable. Arthur is a member of an American Legion Post and he helps to put small American flags on the graves of veterans.



## Retiree Connection is here to help

The **Retiree Connection**, ARCRA's helpline, is staffed by fellow retirees called "Links" including **Lois Barker, Michael Carroll, Joanne Kosanke, Bill O'Callahan, Chris Saeger** and **Mimi Sawyer**. Last year, the Links helped **239 retirees** with questions related to benefits, ARCRA membership and other concerns. In many cases, Links refer retirees to the **Red Cross Benefits Service Center, 877-860-7526**, and are able to coach callers on how to prepare for a call or how to log on to the BSC portal. In other cases, Links are able to help to clarify information the retiree receives from the BSC and, if the matter is not resolved, suggest additional steps. The **Retiree Connection** can be reached at **202-303-8779**. Callers will be prompted to leave their name, phone number, email address and a short indication



**Elna (Peaches) Thomas** is happy to report that she continues to be in stable health; under the watchful eye of her health care team. Looking forward to having her family with her in August as she celebrates her 88th birthday. Peaches extends her love and prayers to her Red Cross family.

**Arlene Urbanski** and Tony and have not been travelling for a couple of years because of COVID and now because of the war in Ukraine. She and Tony did go to the Sistine exhibit in Philly and have tickets for the Opera in April. Too many funerals in the past 6 months, but on the bright side we have 5 family weddings coming up in the next 6 months. Hello to all.

**Mary Lou Walchak** has no complaints, enjoying retirement. She is spending time at their home in the mountains in Pennsylvania and is still active in breeding German Shepherds. Her female Shepherd recently had her first pup.

**Linda Williams** was out of commission for quite some time after having Covid late in December 2019. She was in the hospital for 5 weeks and had therapy for 5 months. Her pulmonologist said she was a miracle! Linda has now moved to an apartment in an independent living facility. She has no feeling in her hands as a lingering Covid effect. She does play shuffleboard at the facility, which is good therapy for her hands. Linda is back to teaching her bible study classes at church. Her daughter and great-grandchildren are only 10 minutes away, which is wonderful. Thank the one above for miracles.

**Otis Wilson** is doing well. He is looking forward to making a permanent move to his home in Florida by this summer. He will be happy to leave the snow behind and will be living closer to family and friends.

April 13, 2022

**HEARTBEAT Newsletter**

Editor Kathy Glackin

Photo Credits Rosemary Leyland

Associate Editor Michael Baumann

Kit Leaders

Cheryl Collins, Joyce Hamilton, Anna Harrison,  
Rosemary Leyland, Marge Maningly, Maryanne  
Schnell, Gail Seeley, Dave Seamon, Arlene Urbanski

**Penjerdel Retiree Group**

Stanley Roberts Chair,

Frank Stearns Vice Chair

Kathleen Glackin Secretary

Robert Benninger Treasurer

Carole Rykaczewski Membership

Michael Bauman Keep In Touch,

Arlene Urbanski Programs

At Large,  
Liz Guido, Rosemary Leyland, Marge Miller  
Virginia Robinchaw



**700 Spring Garden St.**

**Philadelphia, PA 19106**