



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

The Board has decided to cancel the in person meeting scheduled to be held in October of this year. It was a difficult decision to make, marking over a year of canceled meetings. We hope that the necessity for canceling our meetings will be behind us by our next scheduled meeting in April 2022. We are fortunate that our speaker for the October meeting that has been canceled, has agreed to speak to us at the spring meeting in 2022 regarding the work of the International Red Cross. We will keep you informed about our plans for a very special celebration of this anticipated return to in person meetings. In the mean time Kathy Glackin is going to continue to publishing the newsletter— Heart Beat.

The organization needs your help. Volunteers for key positions are needed to ensure that our organization can continue to host in person meetings. The Nominating Committee is looking to fill 3 positions on our Board and 3 other key leadership positions. The time commitment is small. The Board meets twice a year to plan our membership meetings and then there is the twice a year membership meeting and luncheon. Please consider volunteering for one of these positions. Contact Rosemary Leyland rleyland@comcast.net for more specific information on these opportunities. We really need you to seriously consider volunteering.

I hope you will have a healthy and happy holiday season. I look forward to greeting you in person at our spring 2022 meeting

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 or contact our very talented KIT editor Michael Baumann at michael4241f@gmail.com

Irv Alper is in great health and not having taken a vacation yet son and daughter fine spare time spend money and looking for a girlfriend thanks for asking I hope everything is well with you.

Michael Baumann is doing well after a hospital stay in May. He was happy to celebrate his 65th birthday at the start of the summer. He

keeps busy lunching with friends and watching Phillies games.

Bob Benninger and wife Nancy recently visited their daughter and grandchildren in Atlanta Georgia where the early fall weather was ideal for a fun time. Now back in Virginia they are catching up with the 9 month old puppy and two other adult dogs. It's that strong-willed puppy that has encouraged them to give the pup private lessons which will soon start. Their stays in New Jersey are less frequent, just several days a month. All is well for the Benninger family

Kathi Borden's husband Ralph had quadruple bypass surgery on 9/24 and was recovering well, but some difficulty with his compromised kidney function dropped way down and is messing things up a bit. Since Kathi has chronic illness and Ralph is her caregiver, she is feeling tired and exhausted. Both of their children are with her as much as possible. Her great grandson is now 17 months old and adorable.

Harriet Browne and her husband have enjoyed a pleasant but toned down schedule always careful

to wear their masks and take their 14 year old Springer Spaniel with them on errands. "Tillie" their sixth Springer named "Tillie" is devoted to her schedule and rides in Harriet's scooter. When Tillie has had enough she lets them know that she is ready for a nap. Luckily they family had no Ida storm damage coming from that September storm. Millville was a safe place to live. Remember Harriet with Birthday Wishes on December 13th when she celebrates her 91st.

Kerry Bryant is basically okay. She says "I tripped over a large dog on August 6 and incurred a fracture in my right tibial plateau. Having then been advised by an orthopedic specialist to be non-weightbearing on the right side, I scooted around in an old wheelchair for six weeks or so. Then, on my way to a follow-up appointment at Rothman Institute on September 21, I managed to catch my left shoe on something, inverting the whole foot, which resulted in a painful sprain. Like orthopedic "Perils of Pauline"! Hopefully, by the time the newsletter is printed I will be a vertical biped again without any braces or bandages!"

Hyatha Butler has been lonely since her husband died in February, but she is happy spending time at the senior center and playing bingo. She says hello to all.

Cheryl Collins and family have been blessed with good health as 2021 moves into the autumn season. Enjoyed a wonderful week this summer in the Outer Banks N.C. with family, and now getting busy finishing up the final arrangements for our son's November wedding (postponed from last year) like everything else. My husband and I have decided to relocate to upstate PA. to a little town called Mifflinville, PA. to be closer to our son. Waiting for our house to be built, move probably in early 2022.

MEMBER UPDATE



Arlene and Tony Urbanski

Arlene Urbanski

“...Just call, we’ll help you”

By Rick Lee

Arlene Urbanski’s 21-year career as District Director of Donor Resources for the Red Cross blood program in Philadelphia was just a punctuation to a broader 47-year commitment of service to others. Before, during, and after her Red Cross career, she and husband Tony have personally lived their belief that “Everybody should have something to eat.”

“We’ve come away from being our neighbors’ keeper,” Arlene said. “We’re not out on the stoops anymore, helping our friends in need. The world has changed”

In 1975, Arlene founded one of the largest community gardens in the United States; The Benjamin Rush State Park Gardens in Philadelphia, some 900 plots over 25 acres. What began providing fresh food to homeless, addicted and others in need has evolved to become “Caring For Friends,” an agency which provides packaged and prepared foods to shelters and individuals across the five counties of Greater Philadelphia. Eight staff and more than 15,000 volunteers power the effort. Today, a 2,000 square foot commercial kitchen prepares meals, a warehouse stocks dry and canned goods while 10 walk-in freezers and five fifty-one-foot refrigerated trailers hold frozen and fresh food and prepared meals.

Post COVID, agencies and individuals drive-up to be loaded with food for their shelters or personal homes. Two years ago the agency concentrated on elderly shut-ins. Today, Arlene says, “Just call. You don’t have to be sick or old, just in need of food. We’ll help you.”



Last year their family didn’t exchange holiday gifts and instead donated to programs feeding others. “We’re in our 80’s now,” she said. “What do we need compared to those who don’t have food to eat?”

Joan Colti has become an active member of the YMCA Pickle Ball group in her community and now plays three times a week. Pickle Ball is not a game of tossing pickles to an opponent. I've learned that the court itself is about half the size of a tennis court. The game uses paddles similar to ping pong. She is a real fan and would sign you up very quickly with her enthusiasm for the game. Joan and her husband flew to North Carolina to visit with her daughter and family. It was so good for them all to gather again after the virus caused possible rethinking of plane travel plans then a go ahead using all of the safety/health protocols were followed

Geri Coughlin reports that her beloved husband Jack passed away recently. She and the family are devastated.

Nancy Culling has traveled locally to enjoy a little birding, visit friends and outdoor dining. No big travel planned for now.

Miriam Dahlke, M.D says hello to all. Her adult son who live in Delaware and New Jersey and a daughter in Portland, Oregon recently hosted her celebratory 92nd Birthday in June. Thinking you might like to send birthday greeting to Dr. Dahlke, here is her postal address: White Horse Village, 535 Gradyville Road, Newtown Square, Pa. 19073. One of her seasonal passions is gardening, introducing new plants into the beds and learning the intrinsic of each plant. Recently on the advice of her doctor she has had to "give-up" her long time hobby due to nerve issues in both legs which have complicated her ability to garden. This correspondent has offered to plant tropical

Yellow Canna's from my garden next spring. Canna's are striking bright yellow and no maintenance. ...perfect. She still enjoys the Discovery Channel on TV and recommends it to all who tire of traditional cable networks.

Joyette Daniels celebrated a 41st wedding anniversary with her husband in Cancun, Mexico in July 2021.

Janet Demcoe is currently in Maine checking off a few quirky bucket list items. One is reaching the northern end of US Rt 1 having stood under the sign at the southern end in Key West years ago. Another I'll complete is standing on the northeasternmost point in the contiguous United States at the West Quoddy lighthouse near Lubec, Maine. I've one more geographic point in the southwest to complete my goal of "four corners" of the USA.

I'm staying well and enjoying each day as it comes.

I hope we all get to meet in the spring.

Kathy Denton sends best regards from Harrisburg. She reports on a 5 -Star vacation this summer to New York State: 1000 Islands and the Finger Lakes; besides boats rides, castles and wine, the highlights of her trip was her downhill-hike of beautiful Watkins Glen State Park with its magnificent water falls. Kathy continues to be busy with library adventures, art group, book club and amusing times spent with "Meadow" the pup and her sidekick "Emily" the cat.

EDITOR'S NOTE

On page 3 of this newsletter there is a profile of Arlene Urbanski. It is reprinted with permission from the ARC retiree newsletter June 2021. We would like to continue this feature in the newsletter so if you know of retirees with stories that would interest our membership please send a short email with your suggestions to ARCreirees@gmail.com.

MEMBER UPDATE

STAN ROBERTS, retired Jan 2008 as VP of Business Strategy at HQ

1. What activities are you enjoying in retirement? **Hiking and Kayaking**
2. What do you miss the most from your ARC career? **The intellectual challenges of the work and my coworkers**
3. What was the last book you read? **Helgoland: Making sense of the quantum revolution**
4. Tell us a suprising fact about yourself. **I was a Captain in the US Army**
5. What is your favorite guilty pleasure in retirement? **Sleeping late every day**
6. Anything else you would like to share? **I volunteer for the Red Cross as a Blood Ambassador**



Jan and Stan Roberts kayaking in Maine, 2021

Emma Enoch is a delightful 97 year old who appears to be doing well. She has escaped the virus so far and is cared for by her niece. Her niece is working on getting her a hearing aid. Her family went to WV for vacation, but she was unable. They sent pictures. Her church people are also very helpful and pick her up for church.

Cheryl Ellsworth is doing well. Adjusting to retirement with working 1-2 days a week which is just enough. She spent time in Cape May with great weather. Happy it is football season. And she is wishing Eagle fans a great season and everyone a healthy fall and winter season.

Dave Evans says finally no restrictions after his shoulder surgery a year ago. He is back in the scrap metal business and he is now a fire policeman. He was sworn in by a judge in May. Gave blood on rapid pass.

Kathleen Glackin says this summer has been all about friends and family. Staying close to home with all of those that I have not seen in the last year and having fun. I'm optimistic we will get back to pre-Covid good times.

Liz Guido says it was a quiet year for traveling. She did spend a few days at the Jersey shore with family. Liz and husband took a short trip to Asheville, NC with a stop at Polymath Park (Frank Lloyd Wright) homes in western PA.

She has started back with her library volunteer activities.

Joyce Hamilton finally made it to LA to see her newest great grand child. had to cancel trip last year. Can't wait for booster shot All is well.

Joanne Hammond went to Reno for high school graduation. Still gardening and love to be home in the summer. I'm volunteering at the SPCA '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. We hosted 2 granddaughters this summer. They were both doing internships in Baltimore and Wilmington. They both go to Notre Dame.

Anna Cosgrove Harrison is keeping busy with the community and church and keeping in contact with friends. Traveled to Gatlinburg Memorial Day weekend for Gaitherfest (Southern gospel) after which they traveled to Nashville, Branson, MO, The Arch in St Louis, The Ark Encounter in Kentucky, then Rock and Roll Hall of Fame in Cleveland, OH, along with some side attractions. In October wthey are heading to Shipshewana, IN for a Booth Brother's Retreat (another gospel group). They keep busy with sons and families and of course the great grandsons!!

Greetings from Peaches!

It gives me great pleasure to share with my American Red Cross family a few of the many fond memories that have warmed my heart over the years. I often think of how happy and blessed I was to have the opportunity to greet my fellow employees, guests and donors each day. I was privileged to learn from each department the importance of giving to those in need no matter how big or small. We did a mighty work that had a great impact on humanity. Most importantly, God blessed me with life-long friends who will always have a special place in my heart.

Fondly,
Elna Thomas

Margot Hillman has been very busy with her current volunteer project, the Red Cross “Restoring Family Links” virtual casework course. It is an instructor-led Power Point presentation. Red Cross is hoping to kick it off in November. Early in September, Margot and her husband went on a raft trip in Cataract Canyon at the Cataract Canyonland National Park in Utah. Margot said it was great being out of the ‘real’ world – no electronic, except for a phone to take pictures.

Pearl Kuo is doing well. No travel yet but enjoys frequent visits with family and outdoor activities. Still very cautious about pandemic issues and can't wait for vaccines to become available for younger kids.

Rosemary Leyland reports that “Dazzle” their



dalmatian, and the mascot for the PenJerDel Retiree group was given a Dalmatian Birthday party on September 4th her 3rd birthday. The party was complete with friends, Dalmatian stuffed animals, gifts and a made to order dalmatian cake from Wegman's. It was the highlight of her young career. Despite the flooding rains in August the flower garden thrived with many of the AA sized dahlias delivering blooms of 11" across. It was a bountiful season with flowers still in bloom in October.

Linda Lopatin sadly lost her second husband in April 2020.

Lane Liebman is feeling well and keeping occupied. Since the last report, Lane and 1 son spent 6 weeks in Israel visiting another of her sons. It was a very memorable trip!

Cathy Mainardi is still working on getting my house built before winter. Have been living in my camper on my land all summer with a new puppy and it has been great. I was in NJ for my high school 50 plus reunion. Enjoying my family up here and going to lots of my grandsons soccer games.

Marge Mannigly is new to our retiree group and jumped in with her customary enthusiasm. She is already a KIT leader and looks forward to a group meeting in the spring.

Marge Miller says this time around for Keep In Touch, I have to admit to being a bit "nicked up"! After months of pain and swelling of my right knee, x-rays & an MRI confirmed the need for knee replacement surgery which was scheduled. However, during the pre-op exams, a blocked coronary artery was discovered which resulted in a cardiac catheterization, installing a stent, blood thinning medication, and postponed surgery. To top it off, Art tripped in a parking lot, resulting in two wounds on his hands, one requiring several stitches. So with his bandaged hands and my limited mobility, we are quite a pair. However, Healing is Happening and we are busy taking care of each other and know we will both be fine. So sorry our Fall meeting had to be postponed, but look forward to seeing everyone next time around.

Freda Mockenhaupt is hanging in like all of us but Covid has interrupted a number of her get togethers. She enjoyed lunches with her RN friends and visiting her daughter in Florida. It's too difficult to fly. She still sees her grandkids at ages 11 and 14. They help her do her shopping which is fun. Although she doesn't drive at night she's still as active as she can be. Freda says, "Hello" to any friends who still remember her.

WE NEED YOUR HELP

The Problem

The Nominating Committee, Rosemary Leyland (Chair), Frank Stearns and Liz Guido has worked hard to recruit new board members but so far has not been successful. There are significant vacant leadership positions that must be filled. These positions are invaluable to our mission as an organization. We must have a full complement of board members to effectively serve our members. Our PenJerDel Retiree Group has long been regarded as a leader among ARC Retiree Groups throughout the country and that's thanks to the commitment of our 150 members and the leadership that they bring to our efforts. To continue as a vibrant, collegial group we must recruit some new board members

The Ask

These are the positions for which we are recruiting candidates

Chair
Vice Chair
Hospitality Chair
At Large Board
Members

The term for each position is two years-2022-2024 with candidates elected in the spring 2022.

The Answer

Please consider volunteering for one of these positions yourself or

Recommend a candidate you think would be suitable for these positions

If you are reluctant to take a leadership position join the board as an at Large member.

Contact Rosemary via email RLeyland@comcast.net or at 215-542-7851. Thanks for your thoughtful recommendations.

Mary Mullen misses seeing her ARC friends. Keeping busy accompanying her grandson to his sailing competitions. Her oldest daughter moved in with her after graduating PSU and job hunting. That helped ease the sting of her husband passing in March. Stay well and see you in the spring.

Janice Nixon says hi to everyone. Hope all are doing well and are healthy.

Iris Paige is happy to report all is good with family at this time. She did travel to Florida (Miami and Orlando areas), but needed to head home a little early because of Hurricane Isaias. Saddened that fall lunch had to be postponed.

Stan Roberts his wife have enjoyed the past several months in Maine, now welcoming the seasonal changes in October. They have been entertaining friends from out of town enjoying walks on the beach and more. In early summer they acquired a new kayak replacing one worthy of retirement. Their summers have included frequent kayak excursions oars in hand, along the coastline of Maine. They will return to Philadelphia in a few short weeks.

Virginia Robichaw: One year later, Virginia is still suffering the effects of a Shingles infection. She has incurred nerve damage as a result. Virginia keeps up with friends on the phone and maintains her upbeat disposition.

Carole Rykaczewski reports all is well and is hoping she can get back to traveling soon!

Leigh Ann Schafer reported that she has been keeping close to home. She is, however, planning to visit her grandchildren in Colorado at the end of December.

Gail Seeley said the highlight of her summer was the wedding of one of her granddaughters in Clearwater, FL, which had been postponed from last year due to the pandemic. Fortunately, the date was early June, which was just before the Delta variant became such a problem. She was impressed with the safety at airports, which had been a prior concern to her regarding traveling. Anyway, it was a lovely wedding in which two other granddaughters and her two great grandchildren were included in the wedding party.

Marilyn Smith is doing OK. She's had allergies all her life and she's looking for a gardener to take care of her back yard. Taking care of mowing and trimming is too much for her. Marilyn's fun for the day is sitting on her steps while all the neighbors' dogs walk by. They know she is the lady that lives in "the house of treats". She has a number of buckets with different treats and the dogs pick out what they like.

Arthur Sweisfurth has had a busy summer just 'puttering around,' as he calls it. This includes day trips by car, reading and spending time at the library. Art enjoys history; so one thing he enjoys is visiting local cemeteries to read headstones. He has been healthy and looks forward to seeing everyone in person at the spring lunch meeting.

Gary Talley is keeping well and busy with his grandchildren. Sadly, his mother passed away earlier this year at 90 years old. Gary keeps in touch with a few of his fellow BCSS retirees

Mary Anne Schnell is readying for an active butterfly season in the garden that she and other neighboring community members enjoy tending. What luck she is to have fluttering color from monarchs and swallowtails as we in the north prepare for the cold of the winter months. It's a world of color in Fort Myers. She notes that despite all of the press writing about Florida, folks in her area wear masks routinely and honor the standard protocols. She and her husband George came north this summer for a family wedding in New Hope, loved the atmosphere and enjoyed being part of the bride & groom send-off.

Frank Stearns says all good here, a quiet summer at the shore trying to stay cool.

Arlene Urbanski says - Well, 2021 isn't the year I thought it would be but Tony and I are still moving along. Maybe just a bit slower. We lost family and friends this year and attended many funerals. But I believe in funerals, since it's one thing that brings family in from every state in the country. We did get a chance to visit our son in Massachusetts and spent a little time in Cape Cod.

October 21, 2021

HEARTBEAT Newsletter

Editor Kathy Glackin

Photo Credits Rosemary Leyland

Associate Editor Michael Baumann

Kit Leaders

Cheryl Collins, Joyce Hamilton, Anna Crossgrive
Harrison, Rosemary Leyland, Marge Mannigly,
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