

July 2025



# The Bugle

Dick Wexelblat, Editor

A News Monthly For FVB Residents



## FVB's 27th Anniversary Party Thursday, July 17, All Over the Place

**It's time to party like it's... well, every  
decade from the '50s to the '90s!**

Freedom Village is turning 27, and we're celebrating with classic style and a whole lot of dancing. Dress for your decade. Dig through your closet, check your storage boxes, or borrow from your neighbor and get ready to show your vintage vibes!

### What to Do Before the Party

You already got your dazzling, hand-delivered invitation. Fill out the RSVP card with your meal selection and drop it off at the dining area Hostess Desk *by July 8*.

What? You can't make it to the Party? (Oh dear!) On the RSVP card are boxes to check if you will not attend and if you'd like to place a takeout order. (You shouldn't miss this great meal. Taker-outers can pick up their meals in the Bistro at 2:00 pm.)

## Make Your Dining Reservation in the Chester County Dining Room

*Dinner seatings are at 4:00 and 6:00 pm, and reservations begin at 9:00 am on Monday, July 7. They will be filled on a first-come, first-served basis.*

Look for a sign-in sheet to appear at around 6:30 am. Add your name. Then sit and chat or go home and nap, but remember to return by 9 am when they start calling names... in sign-in order. Just one person per party should reserve for your entire group. You must bring your complete group's list of names with you.

Want a table of five or more or perhaps a private dining room? *You'll need to be earlier than early.* Ask a veteran resident for their best strategy. There may be secrets.

If you're new to FVB and would like to have Dining Services find you a table, just show up on July 7 and they will help you out.

Psst: This celebration is just for Village residents. We're sorry, no guests

### Start the Party in the Atrium

Get the good times rolling an hour before your seating time with drinks, nibbles, and general fabulousness!

- If you have a 4:00 pm reservation, make your way to the Atrium by 3.
- For 6:00 pm reservations, head to the Atrium by 5.

We can't wait to kick things off with you!

Start with some appetizers and your choice of beverages. (Yes, we'll have both regular and "high-test").

Then exercise your dancing shoes as Johnny "Bones" Cipparoni fills the space with toe-tapping, memory-making tunes. A samba line may break out. Don't say we didn't warn you!

You'll find more snacks, more drinks, and more reasons to smile on the Atrium's second floor. Strike a pose in the Library photo booth, get your caricature drawn near the Salon (flattery not guaranteed), or step into the Wii Room or the Game Room for bonus rounds of joy!

### The Improved Seating Process

By the time the party arrives, your dining room assignment will have already been placed in your in-house mailbox. (So, there's no need to check in... but if you forgot your assignment, don't be embarrassed. We'll have a list handy!).

- Those with 4:00 pm reservations should begin making their way to their assigned tables when the doors open at 3:45.
- For 6:00 PM reservations, please begin heading to your assigned table when the doors open at 5:45.

### Next: Dessert, Music, & Dancing

The fun doesn't stop at dinner! Finish the evening with a sweet finale. Join us in the Greg Weich Memorial Auditorium.

- If you have a 4 o'clock dinner reservation, make your way to the Auditorium by 5:30.
- And the 6:00 o'clock-ers should head to the Auditorium by 7:30

## SALAD

Arugula, Shaved Fennel,  
Raspberries, Pecans, and Panko-Crusted  
Fried Goat Cheese

## ENTRÉES

### Shrimp, Crab, and Lobster Mac & Cheese

Topped with Lobster Medallions  
Served with a Medley of Julienned Carrots,  
Zucchini, and Squash

### Sliced Filet Mignon

With Béarnaise Sauce and Demi-Glace  
Served with Duchess Potatoes and a Medley  
of Julienned Carrots, Zucchini, and Squash

### Ricotta and Mushroom Ravioli

With Pesto and Roasted Red Pepper Sauce,  
Served with a Medley of Julienned  
Carrots, Zucchini, & Squash

Desserts? Yes, already at your table!  
Drinks? You bet! Music? Well, of course!  
Dancing? Oh! Please do!

Grab a seat as Lights Out takes us through *Decades of Music* with a show that just might keep you dancing on the dance floor or in your chair... and probably singing all the way back to your condo. It'll be the perfect wrap for a fun, good food, and friendly nostalgia night.

For more information about the party, or if (heaven forbid!) you never got an invitation, see Kim or Shana in the Activities Office. See Shannon or Paradise in the Dining Area for reservation or dining info.



## Events & Things to Do

### Celebrate the Glorious 4th! Friday, July 4, 10:30 am, Auditorium



Come join your friends and neighbors as we celebrate our nation's birthday!

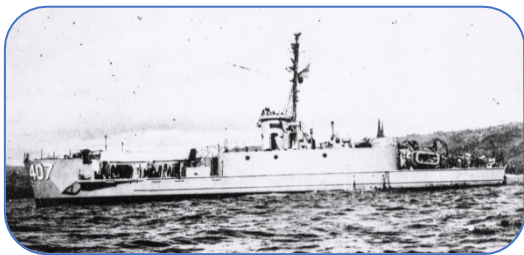
Our joyful 4th of July program will include a stirring reading of portions of the Declaration of Independence, along with a heartfelt appreciation of the men and women of the armed forces, past and present, who have defended our freedoms.

Through the voices of our community, we will remember that liberty was hard-won and must always be cherished. Reflect on our country's rich history and enduring spirit. Let's fill the Auditorium with pride and gratitude this Independence Day!

### Happy 100<sup>th</sup> Birthday World War II Veteran Warren Strawsnyder

Monday, July 7, 2 pm, Auditorium

Our good neighbor, Warren Strawsnyder, is turning 100 years old, which is a milestone birthday for anyone, but even more remarkable as Warren is a World War II veteran who served his country with honor.



Here's Warren's ship, USS LCI-1014.

## The Frozen North

Friday, July 11, 2 pm, Auditorium

Our favorite traveling photographer, Bob Kuhn, will present photos from his and his wife's trip to Alaska and the Yukon.



## Puttin' on the Ritz (Rescheduled Edition!)

Join us at the putting green at 3 pm on Monday, July 14, for the FVB Putting Tournament Championship!

The weather had other plans for us the first time, but now the forecast looks clear. The putters are polished, and the bragging rights are back on the line.

Come cheer on your friends and neighbors as they go for glory. Expect dazzling skill, dramatic misses, and maybe a hole-in-one (or at least a good story about a near miss).

Refreshments will be served, so even if your short game's a little rusty, your snack game will be on point.

We hope to see you there. Prepare to applaud the glorious winner. ✨

[That little "sparkle" symbol identifies an item partly or fully created by AI.]





## Wine tasting is back!

This July, raise a glass to summer with two Spanish-themed wine tastings in the Chesapeake Room!

At 2:30 pm on Wednesday, July 9, enjoy the bold flavors of Garnacha, a classic Spanish red. Then, two weeks later, on Wednesday, July 23, we'll switch to a sparkling wine with a refreshing Spanish Cava tasting.

Each event is just \$5 at the door. No sign-up is needed. Just bring your curiosity and your palate. 🍷

## Residents Lunching Together

Remember to sign up! Book 1 for the trips and Book 2 for the in-house luncheon.

- **Single Mingle:** This time, it's Pomodoro on Tuesday, July 8, leaving at Noon.
- **Juliets:** Thursday, July 24. The convivial in-house lunch, as usual.
- **Romeos:** The Chophouse Grille on Thursday, July 24, depart at 11:40 am.
- **Red Hatters:** Chophouse, too. But a day later, leaving at 11:15 am.

## Amish History

Speaker: Paul G. Schenck, Jr.

Friday, July 18, 2 pm, Auditorium

From the Swiss Brethren to the City of Brotherly Love and The Land of Contentment!

Join us for an engaging talk on the fascinating story of the Amish. Paul is an educator and speaker who has traveled widely, sharing his knowledge of the Amish, especially the "Foundational Period" between 1525 and 1775.



## A Note on Trip Transportation

Medicare will no longer cover expenses due to unicycle accidents on public roads.

## Something else to do

### A Scary Fun Summer Weekend: Blob and Beyond!

Did you know? The iconic 1958 horror film *The Blob*, starring Steve McQueen, was filmed right here in Chester County and featured the iconic Colonial Theatre in downtown Phoenixville!

To celebrate the town's cinematic heritage, the Colonial puts on their annual Blobfest, a quirky, eccentric weekend-long festival during the second weekend in July. On Friday and Sunday, catch special screenings of classic horror films and their Friday night Run-Out. A Saturday street fair will feature a parade, local artisans, and live music from 11 am to 4 pm.

For complete information, including the event schedule, visit <https://thecolonial-theatre.com/events/blobfest>

## News & Information

### Jacki Pitcher's Friendly Reminders

#### Shopping Carts

Only grocery carts labeled "Front Desk" can be borrowed from the side room near the entrance. If a cart has a resident's name, it's their personal property. Please resist the temptation.

Sign out borrowed carts at the front desk so we know who's rolling what. And let them know when you've returned it.

You will remember to return it, won't you?



### Parking

Just a gentle nudge: Please read and observe the rules in your Parking Agreement.

The top parking deck has two entrances and two exits. Arrows help you go the right way. Follow them, and don't take shortcuts.


Be kind: Parking within your lines means your neighbors can park within theirs. Line dancing should happen in the Auditorium, not the parking areas.

### Senior Driving Tips

Want to sharpen your driving savvy? Get a copy of *Older, Wiser, Safer: A Senior Driver's Guide and Self-Test* from Jacki. Paper & digital copies are available.

Thanks for helping to keep things safe and neighborly!

Jacqueline Pitcher, LPN  
Director of Resident Services  
Health and Wellness Navigator

 484-288-2673

 [pitcherjacqueline@fvbrandywine.com](mailto:pitcherjacqueline@fvbrandywine.com)

### A Note from Linda Johnson Hear Ye, Hear Ye! Grab those tabs!

Calling all **aluminum can tabs** from sodas, beer, pet food, soup, energy drinks, and probably many more. Get them from your children, grandchildren, and friends. One of the best places is at our parties.

Why? The funds from recycling these tabs will support the Ronald McDonald House, which provides housing for families with children in the hospital.

- About 1128 tabs weigh one pound, and they receive 40¢ to 50¢ per pound. Last year, 13 million tabs were donated.



- \$140 will house a family for one night.
- This program brings in \$6000 per year for the Ronald McDonald House.

Collect them tabs! Drop 'em in the metal milk can in the in-house mailroom. Outreach will do the rest and make sure they reach the Ronald McDonald House.

Thank you for your help in supporting this worthwhile cause.

### Freedom Village Residents Collect 1,500 Items for Veterans in Need



You probably already know this, but now so do a lot of other folks due to an article in the *Vista Today* newsletter. It begins:

“The residents of Freedom Village at Brandywine pulled together to support veterans facing food insecurity. What began as a modest goal of collecting 300 non-perishable food items turned into an overwhelming show of support, culminating in 1,548 donated items.”

[vista.today/2025/05/freedom-village-veteran-collection/](https://vista.today/2025/05/freedom-village-veteran-collection/)

### Still Using a Paper Shopping List? Good for You!

Some folks tap away at their phones to make grocery lists. But if you still jot yours down on paper, psychology suggests you may have some admirable qualities:

- You're organized. A written list keeps you focused.



- You remember better. Even if you leave the list on the kitchen counter.
- You won't get distracted. Paper doesn't ping or buzz.
- You plan ahead. You've likely got your bags ready, too.
- You enjoy the feel of writing. Crossing off "Fattening Flakes" just feels good.
- You lighten your mental load. Save brain space for grandkids' names.
- And yes, maybe you've had some practice. If it works, it works. 🌟

## Health, Wellness & Safety

### Hydration

Staying hydrated, particularly for older folks, is essential for maintaining health, especially during hot weather.

In the heat, the body loses fluids through sweat. Dehydration will increase the risk of life-threatening illnesses such as heat exhaustion and heatstroke.

- Don't wait until you're thirsty. Drink water consistently throughout the day.
- Water is best. Beverages high in sugar or caffeine can add to dehydration.
- Eat fruits and vegetables with high water content: watermelon, cucumbers, and strawberries, for example.

Older adults are at increased risk for dehydration due to several factors,

- Aging can diminish the sense of thirst.
- Conditions such as diabetes or kidney disease can affect fluid balance.
- Some drugs, including diuretics and blood pressure medications, can increase fluid loss.

Early detection of dehydration can prevent more severe heat-related conditions like:

- Dry mouth and lips
- Fatigue or weakness
- Dizziness or lightheadedness
- Decreased or dark-colored urine
- Confusion or irritability

Persistent or worsening symptoms will often require medical attention.

### No, You Probably **Don't** Owe Money For Tolls

A recent article highlights a resurgence of toll fee scams. Motor vehicle departments have issued warnings about messages that claim recipients owe toll fees and urge them to click on malicious links, leading to websites that steal personal information.

*"In April 2025 alone, Americans received approximately **19.2 billion spam texts** accounting for 16% of reported cases and resulting in \$470 million in losses."*

- Verify the sender's phone number and be cautious of messages from international numbers.
- Inspect the domain name of any website for oddness or slight discrepancies.
- Avoid interacting with suspicious messages to prevent revealing active phone numbers.
- If uncertain about a toll fee, consult the official toll service's website or customer service.
- Use computer security apps or add-ons to detect and filter fraudulent messages.
- Report suspicious messages to the FBI's Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov)

Many of these spam messages ask for only a few dollars. One might be tempted: "Just a couple of dollars? I'll send it."

Unh. Unh. It's not the money. They really want your financial information.



## Spam Messages Are Sometimes Beautifully Worded

Here's an email we received recently:

Beloved One,  
Please get back to me as my mind tells me you are a good person and also have a heart to do charity. I will wait to hear from you to see if you can handle this task with honesty and in good faith. Warm wishes.  
Mrs. Elizabeth Patton

The message might have been more convincing had it not come from someone in Zimbabwe named R. Mushosho.

## Even The AI Knows That You Should *Never, Ever* Respond To a Spam Phone Call

*We asked ChatGPT:*

Why should you not respond to a spam phone call?

*ChatGPT said:*

Even just answering a spam call lets scammers know your number is active, making you a target for more calls.

Speaking, pressing buttons, or calling back can lead to more scams or even unauthorized charges.

It's safest just to let unknown numbers go to voicemail. 🌟

## About the Fourth

A lesser-known fact about the Fourth of July is that while the Declaration of Independence was adopted on July 4, the independence vote took place on a very steamy day two days earlier.

Only two people, John Hancock and Charles Thompson, signed it then. Most others added their signatures on August 2.



Another interesting fact: Presidents John Adams, Thomas Jefferson, and James Monroe died on the Fourth of July.

Adams and Jefferson passed away within hours of each other on July 4, 1826, precisely 50 years after July 4, 1776!

## A Clarion Call

During the Spring of 2019, we issued the first (and, sigh, the only) issue of the **Freedom Village Clarion**, “an occasional literary journal by and for the residents of Freedom Village.” It contained poems, an essay, a play, & photographs by residents.

We had hoped to publish annually, but Covid and a lack of volunteers squelched that idea.

Now, we want to try again.

Contributions will be needed, of course, but more importantly, we need people to work on the journal. We have a volunteer for the computer work of getting it ready to print. Still, we need a literary editor and a few members of an editorial board.

Let us know your interest by signing up in Activities Book 2 to learn more. If enough people sign up, we'll schedule a no-obligation planning meeting.





## AI - Truth in packaging

We use AI now and then when working on the Bugle. Most often, it's to summarize a lengthy published article. We will use this summary as the basis for an item we write. Infrequently, we ask the AI to write a first draft for us, as with the wine-tasting item above. We sometimes ask it to create images for us, too.

As mentioned, we include the sparkle symbol to ensure you know when we do. ✨

Your editor is working on a document entitled "How to use AI apps safely." If you would like a copy, please send him an email request. (Not phone, text, or face-to-face.)

*The deadline for the August issue of The Bugle is July 17.*

## ✨ Focus on the Dream Team ✨

### 📢 Editors

- The Bugle – Dick Wexelblat.
- The Toot – Marilyn Greist.

### 🎨 Contributors

- Birthday List – Phyllis Patukas.
- Monthly Calendar – Judy Nicolaysen
- Monthly Movies List – Activities Staff.
- Photos – Bill Fifer and Bob Kuhn
- Weekly Calendar – Activities Staff

### 🔧 Helpers

- Production – Kim Ranck, Shana Kelly, and the Resident Folding Crew.
- Proofreading – Joan Anderson, Rob Jung, Barbara Steidler, and Carol Walsh



## Be In the Know

☀️ *July is here with sunshine and even more great FVB events.* ☀️

Remember to make time for the meetings that help keep our Village running smoothly. All are held in the Gregory J. Welch Memorial Auditorium. (With plenty of time for Q&A.)



### RAC Meeting

Thursday, July 3 at 10:30 am

Join Executive Director Danielle Geyer and the Resident Advisory Council for updates and news. It's the go-to place for info-gathering and idea-sharing.



### Village Meeting

Thursday, July 24 at 10:30 am

Who's new? Learn what's coming up and get the inside scoop on all things Village.



### Activities Meeting

Friday, July 25 at 10:00 am

Summer fun is in full swing! Hear about trips, parties, and entertainment. While you're at it, maybe you can suggest an outing. Be prepared to make August memorable. Handouts for all!

## A short poem by Edna St. Vincent Millay

*My candle burns at both ends;  
It will not last the night;  
But ah, my foes, and oh, my friends—  
It gives a lovely light!*





***The Freedom Village  
Scholarship Fund***  
Investing in Futures Since 2006

**This year, we raised \$85,000 and awarded 24 scholarships.**

In 2006, a family with a loved one residing at Freedom Village made a generous donation of \$5,000 in gratitude for the compassionate care their ailing grandmother had received. Their wish was to support caregivers pursuing studies to become registered nurses. That gift laid the foundation for the Freedom Village Scholarship Fund, Inc.

That same year, Brookdale, then the owners of Freedom Village, helped establish the Fund. The IRS has granted it tax-exempt status, making contributions tax-deductible.

The Scholarship Fund is resident-owned and operated, managed by a volunteer Board of Directors from the independent living community. Initially, the Board included one ownership representative and four resident members. It has grown to include nine resident directors and a Registered Agent.

In 2021, the Board refined the eligibility rules to exclude applicants in senior management positions.

**The Winners**

Emma Auker  
Laura Auker  
Warran Betzel  
Corrina Colmenares Bittar  
Gavin Boyer  
Nolan Boyer  
Chelsea Campos  
Andrew Gonzalez  
Zayla Hyden  
Kai'Con Jackson-Mack  
Jack Johnson  
Saaleha Johnson  
Logan LaGarde  
Caleb Lyman  
Zoe McGovern  
Camryn Morley  
Samantha Pitcher  
RaShae Poole  
Joshua Ramsey  
Abigail Reynolds  
Nathan Reynolds  
Sophia Reynolds  
Brianna Ross  
Joleny Villagrana

Board members serve four-year terms and must take a one-year break before applying to serve again.

Notable past Board members include founding member Marion McCreary, who served for over a decade, Walt Kottmeyer, John Hall, Marilyn Hurlbutt, Dave Reinert, Judy Nicolaysen, and Maggie Doyle.

Although the first scholarships were reserved for nursing students, the Fund now supports a broad range of academic and professional goals. Recent recipients have studied nursing, social work, psychology, engineering, business, pre-law, pre-med, cosmetology, and more.

Applicants must submit transcripts, letters of recommendation (including one from a Freedom Village supervisor), and an essay describing their goals and how their studies will help achieve them.

Scholarships are available for two- and four-year college programs and accredited trade schools. They may be renewed annually through the completion of an undergraduate degree.

Since its founding, the Scholarship Fund has awarded 205 scholarships totaling \$619,895. Funding comes from resident donations, bequests, and honorary gifts.

The Board reviews applications, interviews candidates, and selects recipients each year.



Photo by Matteo Wanner



## Regarding the May 26 *Toot* Article,— An Update from Norman Long

Cindy and I read this article and felt compelled to update it and share the purpose of the painted stones on our nature trail.

First, we want to thank the caretakers of the trail and let them know how much we appreciate the time and effort spent maintaining and improving the trail. They are constantly adding plants and weeding the area. *Thank You!*

During the Christmas week of 2024, we had family visitors from Germany: our son, daughter-in-law, and granddaughter. They customarily stroll through the woods near their home. Cindy always joins our daughter-in-law and granddaughter on their walks when they visit. As they strolled down the nature trail, they found this decorated stone:



### **A Lovely Surprise to Find Along the Nature Trail!**

Someone in the Village is painting rocks and leaving them for us to find. Finding them guarantees a smile upon inspection. We're not certain, but they may have been placed by talented and sweet fairies. Leave them where you find them. The garden trolls are watching!



These stones are known as Kindness Stones, painted rocks with positive messages. Their primary purpose is to spread joy, hope, and kindness to strangers. They can be taken. Our German family took it home to place on a trail near their home. Maybe it will travel further around the world.

After the three returned to our condo, they painted nine stones and placed them near the nature trail, hoping to spread joy to those who find them. We hope the finder will do the same.

