

# Better Living at Terrace Communities

EQUINOX TERRACE

July - October 2020

*Dear Residents, Families and Friends of Equinox Terrace*

We have been living in strange and exacting times in recent months where the virus pandemic has thrown our world off-kilter. I suspect it may one day be remembered as the 'Age of Covid'. In spite of the hardship and dreadful toll it has taken, our global society appears ever more connected; making momentous decisions for the collective health of citizens around the world. We have had to make the hardest of lifestyle changes for the sake of all who live and work at Equinox Terrace by following the advice of government leaders and health officials. The challenges have been extraordinary to say the least and we feel that everything we have implemented thus far, has had an impact in preventing an outbreak. The more we learned about Coronavirus, the more nuanced our adaptations became. Our team had to make swift and calculated changes that were not easy to adjust to at first, but thankfully, we have thus far emerged unscathed. Masks and 6-foot spacing have become routine and although adhering to strict regulations has been difficult, they have not been insurmountable. We also discovered ways to present safe activities and outings without lessening the enjoyment for everyone.

While the globe was on lockdown, Elon Musk's SpaceX rocket launched a successful manned mission to the International Space Center at the beginning of June. It was a modicum of positive distraction. We are very proud to have an engineer in our midst with a background in space rockets. Robert Beaber is featured in this letter as having worked on the Apollo 11 mission.



While man was off to space, Equinox Terrace harnessed the sun and launched solar electricity to power our community! We are pleased to add yet another layer of green energy to our portfolio of initiatives.

Our grounds had a makeover this summer and I do hope you have had an opportunity to enjoy the new deck; it has been transformed into a delightful space to sit and relax. The small, enclosed courtyard adjacent to our Garden wing has been redesigned to include a putting green for a few of our golfing enthusiasts and is a safe place to enjoy nature and commune with friends.

We look forward to welcoming you.

Best wishes, Ann Bouza





## Retired Engineer for Apollo and Space Shuttle Programs Now Crafts Lamps as His Legacy of Love

MANCHESTER CENTER, Vt. May xx, 2020 – Walk into the apartment of 90-year-old Robert Beaber, who lives at Equinox Terrace Assisted Living, and you’ve entered the workshop where he crafts beautiful lamps that he gives to family, friends and caregivers. Beaber calls himself an “engineer and poet,” but a plaque on the wall reveals a hint of his amazing 28-year career, which included important roles on the Apollo and Space Shuttle programs as well as the advent of the personal computer.

“At 39 years old, I was still young in my career and couldn’t have imagined all of the responsibility I had at the time,” said Beaber, reflecting on the Apollo 11 mission, the spaceflight that first landed humans on the Moon. “I was very involved and responsible for the instruments that guided the Saturn V rocket into orbit and the command module to the moon and back. The Apollo 11 mission occurred late at night, and I was watching it at home on my black-and-white television with a small round screen. I took photographs of the screen with my camera. It was an amazing moment.”

It was in 1964 when Beaber went to work for IBM at NASA’s George C. Marshall Space Flight Center in Huntsville in Huntsville, Ala., where he was assigned responsibilities for development of the Instrument Unit (IU), the nerve center for the rocket’s inertial guidance system, which determined when to fire the Saturn’s three rockets, when to jettison them and where to point them. Included in the IU’s were devices to sense altitude, acceleration, velocity and position, as well as the computer to lay out the desired course and give control signals to the engines to steer the Saturn on that course. The IU also guided the command module and lunar module to the Moon and back to Earth. Beaber was a test coordinator with responsibility for Apollo 11 as well as two later missions. Later in his career with IBM, Beaber worked on the Space Shuttle program until another new, emerging technology captured his interest: the personal computer. He retired from IBM in 1992.

Today, Beaber enjoys creating personalized lamps as gifts for important people in his life, each one with a personal message and design befitting for the recipient. A daughter brings him the materials he needs, then he thoughtfully and meticulously constructs each one. Beaber, who also enjoys writing poetry, often includes a message or verse on his lamps. On one, he has mounted a ceramic angel and a short verse: For your kind, sweet, loving endeavor you’ll be remembered now and forever. We who received your motherly love salute you as our angel from above. Beaber estimates he has made about 35 lamps, including pieces for his children, grandchildren, and the six members of his poker group.

“I make lamps for people in my life to thank them for their contributions to me and my life. I’ve always had a hobby, and it keeps me going. Right now, I’m making lamps for people here at Equinox Terrace who are going through a challenging time taking care of us during this virus pandemic,” said Beaber. “I want to give them something meaningful and yet practical that they will want to keep and always be reminded of this time and my appreciation for them.”

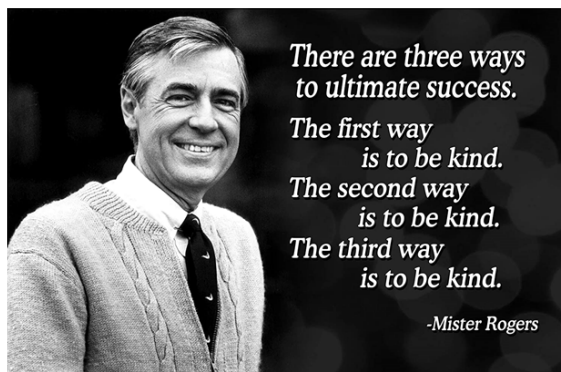
Beaber was born in Toledo, Ohio, and raised in nearby Maumee. After graduating from high school in 1947, he worked at an ordinance depot before serving in the U.S. Navy during the Korean War. After the war, he studied electrical engineering at the University of Detroit. In 1957, he and the late Joyce Hurley married. Beaber’s first career job began in 1960 with General Dynamics Astronautics in San Diego, Calif., where he learned about and tested launch vehicle inertial guidance systems. He and Joyce also started a family, having daughters Judi in 1962 and Mary Jo in 1963. He joined IBM four years later to work on the space program, retiring 28 years later. Their third daughter, Debbie, was born in Huntsville, Alabama, in 1969, the time our first men landed on the Moon.

## Equinox Terrace Activities News

Be assured, we are busy looking forward to some fun entertainment in the near future! Our regular entertainers are anxious to be back in the building, and we have plans for several new performers as well! "All in good time" as they say. Here is a look at what is coming up! As soon as we are able to determine when we can allow performers back in the building we will hand out schedules to let you know specific dates and times. For now though, here is a sneak peek as to what you can look forward to!

Sam O'Sax – on the saxophone!  
Andy Avery – Well-known local musician  
Josh W. on piano  
Bob Horan – singer, musician & story teller  
Music by Jack  
Derek Boothby – Current Events  
Ida Mae Specker - original folk singer and old-time fiddler  
Taconic Chamber Players  
Moose Crossing – Jazz musicians  
Woody Strobeck and Friends Band – Dixieland Jazz  
Southern Vermont Natural History Museum – Bird Demonstration  
Brett Grigsby – Classical Guitarist  
Wayside Session Band –multiple musicians and instruments  
Dave Q. – Stories of Vermont  
Tom Salmon – Chorus  
Lisa May – Yoga  
John Voehl – Living Lincoln Experience  
Manchester Historical Society Presentation with Shawn Harrington  
Musical Memories with Karen Gallagher  
Bible Reading with Brad and Nancy  
Garden Club – arrange some flowers with us!  
Musical Medley with Jacquelyn  
Worship Services  
Music with Cathy Martin  
Sing-along with Gail  
Anja Daniel – Music and Movement  
Mary Andersen – Creative Movement  
Live Music with Mark Harding  
Poetry readings with local poets  
Carol Berry Art Presentation  
Author presentation with Jane Klonsky and her beloved dogs  
Brent Buswell on Accordion  
Doggy Demonstration with Bennington Kennel Club

**And much more. WE WILL GET THERE!!!**  
**Stay tuned! ! Better days are coming.**



Greetings from the Activities Department here at Equinox Terrace! Times have certainly changed in these past several months. In the midst of a pandemic, activities have been a bit challenging but we are making the most of our current situation. These are times that none of us have ever seen but we are getting through it. We are thrilled to have restrictions loosening up a bit so now we are able to gather in small groups while still social distancing as much as possible.

Although it has been a difficult time, there are some positive things that have come from all of this. We have received so much support and love from the community, it is truly amazing! Our staff have enjoyed many treats that family and friends have dropped off just to say "thank you" to our employees for all of their hard work. It's really heartfelt to know that we are being thought of and appreciated during this stressful time. It is very much appreciated!

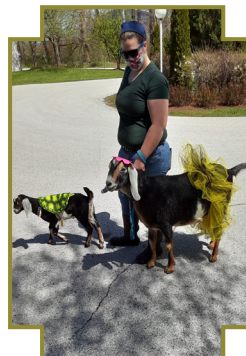
Because of the limitations in activities we have been doing many more one on one visits in rooms with residents. We have also been doing lots of individual walks outside in the fresh air. **Because of this we feel we have developed much closer relationships with many of you, and for that we feel blessed. This is, in our opinion, the best thing that has come from all of this!**



Angora  
Rabbit



Edie &  
Sweet Pea



Goat  
Parade



Sticker  
Art

Distanced  
Bingo

Pat &  
Horse

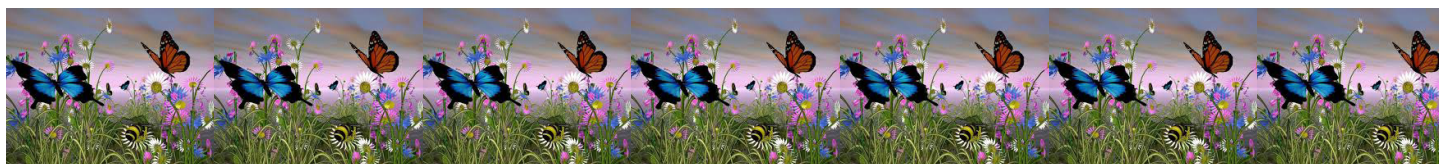




Interested in seeing your families or friends face to face? Set up a Skype or Zoom appointment via our new tablets! Contact Tracy at 802-768-0055 to set up an appointment, or stop by my office just across from the Activities Room! You can also reach me via email at [tdavies@terracecommunitites.com](mailto:tdavies@terracecommunitites.com). I am always happy to help...and you don't need to do anything other than ask 😊

**Riddles for the mind! Turn in your answers for a chance to win a prize!!!**

- 1 What fruit has seeds on the outside? \_\_\_\_\_
- 2 What loses its head in the morning but gets it back at night? \_\_\_\_\_
- 3 People buy me to eat, but never eat me. What am I? \_\_\_\_\_
- 4 What's orange and sounds like a parrot? \_\_\_\_\_
- 5 Peter is a butcher. He is 5'10 tall. What does he weigh? \_\_\_\_\_
- 6 What can be seen once in a minute, twice in a moment, and never in a thousand years? \_\_\_\_\_
- 7 Which tyre doesn't move when a car turns right? \_\_\_\_\_
- 8 What flies when it's born, lies when it's alive, and runs when it's dead? \_\_\_\_\_
- 9 What kind of cheese is made backwards? \_\_\_\_\_
- 10 Why did the cat join the Red Cross? \_\_\_\_\_
- 11 What kind of insects live on the moon? \_\_\_\_\_
- 12 Why does the Statue of Liberty stand? \_\_\_\_\_
- 13 How can you make varnish disappear? \_\_\_\_\_
- 14 What kind of bell doesn't ring? \_\_\_\_\_
- 15 Why are birds poor? \_\_\_\_\_
- 16 What kind of Lottery did the broom win? \_\_\_\_\_
- 17 The alphabet goes from A to Z. What goes from Z to A? \_\_\_\_\_
- 18 Dogs have fleas and sheep have \_\_\_\_\_
- 19 What can you break without touching it? \_\_\_\_\_
- 20 How many animals did Moses take on the Ark? \_\_\_\_\_



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[EquinoxTerrace.com](http://EquinoxTerrace.com) | [TerraceCommunities.com](http://TerraceCommunities.com)

