

WILSHIRE ESTATES

Gracious Retirement Living

13716 New Hampshire Ave • Silver Spring, MD 20904 • Phone 240-257-3601 • www.seniorlivinginstyle.com

OCTOBER 2020

WILSHIRE ESTATES

ManagersDEBRA
SHONKA-BARTA & RICH BARTA

Executive ChefSETH CONNOLLY

Sous ChefLARRY LITTLEFORD

Activity Coordinator..... LEORA RASKAS

Bus Driver..... ERIK ROBERTS

TRANSPORTATION

Monday, 10 a.m.: CVS Outing

Tuesday, 9:30 a.m.-5:30 p.m.: Appointments

**Wednesday, Times vary week
to week:** Outings

Thursday, 9:30 a.m.-5:30 p.m.: Appointments

Friday, 10 a.m.: Target Outing

HAWTHORN
SENIOR LIVING

A message from Debra & Rich

What is quality of life for senior citizens?

According to the World Health Organization, quality of life (QOL) includes physical and mental health, emotional well-being and social functioning.

Health

It's important that seniors receive consistent, high-quality healthcare from attentive staff.

Relationships

It's crucial that senior citizens build and maintain relationships with family members and friends. These people provide companionship, which is invaluable at any age.

Community

As well as companionship, seniors need to build relationships with others in their communities. They can do this by participating in group activities and themed events or going on outings. The opportunity to socialize improves well-being, as well as mental health. It also instills a sense of belonging. Without these things, there is a stronger likelihood of experiencing depression.

Physical Activity

Staying active can be difficult for senior citizens, but it's more important than ever. Whether you are playing sports, going for walks or doing simple exercises from your chair, physical activity is hugely beneficial. It releases feel-good hormones and keeps health problems at bay, taking care of physical and mental health.



(Continued on page 3.)



Live and Learn: Fall 2020 Term Recap

As students across the country were busy returning to their in-person and virtual classrooms, the residents of Wilshire Estates were excited to hit the books as well. Their “senior year” consisted of four weeks of learning, each week focused on a topic pertaining to health and well-being. The theme of the first week was Social Wellness. Highlights included senior pictures (shown), a back-to-school snack cart featuring juice boxes, apples and granola bars, a “How to Use Facebook to Spy on Your Grandchildren” tutorial, a Roll Call and Reminiscing activity and a Zoom tutorial. In this time of isolation, our seniors enjoyed learning about technologies that foster community and enjoyed telling one another about friends and family that they have found on the internet. The second week focused on cognitive well-being. Knowing that several of our residents are former teachers and professors, we took on the challenge of educating some of the most educated, inviting speakers from the Montgomery History Speakers Bureau and the University of Maryland, College Park to speak with residents. Even though our lecturers could not physically enter the building, their presence was felt over Zoom. Historian Ralph Buglass wowed us with his knowledge of Sugarloaf Mountain, a small mountain with gorgeous views located in Frederick County that some of the residents had the fortune of visiting on an outing this past summer. University of Maryland professor Dr. Michelle Gelfand explained the differences between tight and loose cultures. Residents enjoyed reflecting on their own travels and asking questions about her latest book: “Rule Makers, Rule Breakers: How Tight and Loose Cultures Wire Our World” (2018). With their heads already stuffed with knowledge from the second week, our residents were ready to exercise their bodies as well. The third week of our Live and Learn program focused on physical fitness. Residents were excited to see balloon tennis, a longtime favorite, back on the calendar, and were also excited to see Laughter Yoga and other new activities on the calendar. During the fourth and final week of the live and learn program, residents engaged in activities promoting self care. This week’s activities, Meditation and a Viruses and Vaccines Presentation with resident Mary Kennedy, empowered residents to take charge of their physical and mental well-being during the pandemic.



***Graduates of the fall 2020 Live and Learn program (anyone who attended six or more Live and Learn activities) will celebrate their accomplishments at the Graduation Brunch scheduled for 10:30 a.m. on October 11th.



A message from Debra & Rich (Continued)

Comfort

There's no place like home, and wherever senior citizens stay, their comfort should always be a top priority. As seniors start to spend more time indoors than they used to, physical comfort becomes more and more important.

The supportive and caring staff at Wilshire Estates believes wholeheartedly that we support senior quality of life on a daily basis. Please join us for the daily activities that are offered. Try something new! Who knows, it may just be what you were looking for to stay healthy.

Until next month,

Debra, Rich and our good girl Keely



A Message From Leora

As the temperature drops and the days get shorter, our hearts are filled with gratitude and our stomachs will soon be filled with pumpkin soup, pumpkin lattes, and pumpkin bread. We are excited to launch the WE Give (Wilshire Estates Gives) Fall 2020 Canned Food Drive. For each WE Give activity attended, residents will receive a can of food to donate to their floor's canned food bin. All goods collected will be

donated to Manna Food Center in Gaithersburg and the floor that collects the most cans in the weeks leading up to Thanksgiving will be rewarded with a floor dinner party on Tuesday, November 24th. It is my hope that in these uncertain times, we can take a little money out of our pockets and a little time out of our days, to give back to our community, and that in the process we can find moments to savor: moments when we are fully immersed in a new yoga posture or a multi-step craft project, moments when we are all consumed by the smell of the chef's latest pumpkin creation or the sweet musical notes entering the building from the flutist playing outside, and moments of pure joy, such as Halloween, when residents of all ages emerge in costume for a night of (socially distanced) trick or treating.



OCT 2020

Birthdays

Jeannee Triplett, 10th
Yavella Ingram,
15th (Employee)
Geneva Harrod, 17th
Wayne Butler,
23rd (Employee)
Gene Wiggins, 26th

Locations

Activities Room, AR
Atrium, AT
Chapel, CH
Dining Room, DR
Fitness Room, FR
Game Room, GR
Library, LI
Lobby, LO
Movie Theater, MT

“Autumn’s the
mellow time.”
—William
Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>10:00 Balance Training with Legacy, AR</div> <div>11:30 Crafting Club, AR</div> <div>2:00 Ambassador Program Meeting, AR</div> <div>4:00 Black Women’s Ongoing Quest for Rights (Virtual), AR</div>	<div>10:00 Target Outing, LO</div> <div>11:30 Yoga, AR</div> <div>2:00 Cooking Demo: Matzah Ball Soup, AR</div> <div>3:30 Improv Games, AR</div> <div>5:30 Shabbat Dinner, AR</div>	<div>9:15 Congregation Beth El Service (Online), AR</div> <div>10:00 Word Searches, DR</div> <div>2:00 Serial Saturday, MT</div>
<div>10:00 Cedar Ridge Community Church (Online), AR</div> <div>10:00 19th Street Baptist Church (Online), MT</div> <div>11:00 Church of the Redeemer Service (Online), AR</div> <div>11:15 Washington National Cathedral (Online), MT</div>	<div>9:00 Range of Motion Exercise (Virtual), AR</div> <div>10:00 CVS Outing, LO</div> <div>10:00 Blood Pressure Readings (By Appointment)</div> <div>11:30 Dyna band resistance band exercise class, AR</div> <div>2:00 Article of the Month Club, AR</div> <div>7:00 Supreme Court at a Crossroads (Virtual), AR</div>	<div>11:30 Yoga, AR</div> <div>1:45 Musical Performance by Flutist Art Thompson, DR</div> <div>3:30 Retail Store</div> <div>7:00 The Origins of Antifa Lecture (Virtual), AR</div>	<div>10:00 Outing, LO</div> <div>2:00 Bingo, AR</div> <div>3:30 Trader Joe’s Outing, LO</div> <div>4:00 Seated Cardio, AR</div> <div>9:00 Vice Presidential Debate, AR</div>	<div>10:00 Balance Training with Legacy, AR</div> <div>11:30 Crafting Club: Knitting and Crocheting</div> <div>1:45 Vice Presidential Debate (Recorded), MT</div> <div>2:00 Cooking Demo: Pumpkin Soup</div> <div>3:30 Pumpkin Bocce, AR</div>	<div>10:00 Target Outing, LO</div> <div>11:30 Yoga, AR</div> <div>1:45 Musical Performance by Pete Looney, DR</div> <div>3:00 Oklahoma (1955), MT</div>	<div>9:15 Congregation Beth El Service (Online), AR</div> <div>10:00 Word Searches, DR</div> <div>2:00 Serial Saturday, MT</div> <div></div>
<div>10:00 Cedar Ridge Community Church (Online), AR</div> <div>10:00 19th Street Baptist Church (Online), MT</div> <div>10:30 Live & Learn Graduation Brunch, AR</div> <div>11:00 Church of the Redeemer Service (Online), AR</div> <div>11:15 Washington National Cathedral (Online), MT</div>	<div>COLUMBUS DAY</div> <div>10:00 CVS Outing, LO</div> <div>10:00 Blood Pressure Readings (By Appointment)</div> <div>11:30 Dyna band resistance band exercise class, AR</div> <div>2:00 Match Game (Live), AR</div> <div>3:00 42: The Jackie Robinson Story (2013)</div>	<div>10:00 Resident Meeting, AR</div> <div>11:30 Yoga, AR</div> <div>2:30 Bean Bag Baseball, AR</div> <div>3:30 Retail Store</div> <div>4:00 Hamilton and Washington Lecture (Virtual), AR</div>	<div>10:00 Outing, LO</div> <div>2:00 Bingo, AR</div> <div>4:30 Happy Hour</div> <div>6:45 Hamilton (2020), MT</div>	<div>10:00 Balance Training with Legacy, AR</div> <div>11:30 Crafting Club, AR</div> <div>4:30 Musical Performance by Antonio, DR</div> <div>9:00 Second Presidential Debate, AR</div> <div></div>	<div>10:00 Target Outing, LO</div> <div>11:30 Yoga, AR</div> <div>2:00 Second Presidential Debate (Recorded), AR</div> <div>3:30 Chess Club</div>	<div>9:15 Congregation Beth El Service (Online), AR</div> <div>10:00 Word Searches, DR</div> <div>2:00 Serial Saturday, MT</div> <div></div>
<div>10:00 Cedar Ridge Community Church (Online), AR</div> <div>10:00 19th Street Baptist Church (Online), MT</div> <div>11:00 Church of the Redeemer Service (Online), AR</div> <div>11:15 Washington National Cathedral (Online), MT</div>	<div>10:00 CVS Outing, LO</div> <div>10:00 Blood Pressure Readings (By Appointment)</div> <div>11:30 Dyna band resistance band exercise class, AR</div> <div>12:00 A Stain on An All American Brand: Brooks Brothers, AR</div> <div>2:00 Hamilton and Washington Lecture (Virtual), AR, AR</div>	<div>11:30 Yoga, AR</div> <div>2:30 Bean Bag Baseball, AR</div> <div>3:30 Retail Store</div> <div>6:45 Hamilton (2020), MT</div>	<div>10:00 Outing, LO</div> <div>2:00 Lost at Sea with Rich, AR</div> <div>4:00 Seated Cardio, AR</div> <div>6:45 Gladiator, MT</div>	<div>10:00 Balance Training with Legacy, AR</div> <div>11:30 Crafting Club, AR</div> <div>2:00 Cooking Demo: Shredded Chicken Sliders, AR</div> <div>3:30 Kahoot</div> <div>9:00 Third Presidential Debate, AR</div> <div></div>	<div>10:00 Target Outing, LO</div> <div>11:30 Yoga, AR</div> <div>2:00 Gratitude Workshop, AR</div> <div>3:00 Third Presidential Debate (Recorded)</div>	<div>9:15 Congregation Beth El Service (Online), AR</div> <div>10:00 Word Searches, DR</div> <div>2:00 Serial Saturday, MT</div>
<div>10:00 Cedar Ridge Community Church (Online), AR</div> <div>10:00 19th Street Baptist Church (Online), MT</div> <div>11:00 Church of the Redeemer Service (Online), AR</div> <div>11:15 Washington National Cathedral (Online), MT</div>	<div>10:00 CVS Outing, LO</div> <div>10:00 Blood Pressure Readings (By Appointment)</div> <div>11:30 Dyna band resistance band exercise class, AR</div> <div>1:45 Monster Mash, AR</div> <div>3:30 Balloon Tennis, AR</div> <div></div>	<div>10:00 Resident Meeting, AR</div> <div>11:30 Yoga, AR</div> <div>2:30 Bean Bag Baseball, AR</div> <div>3:30 Retail Store</div>	<div>10:00 Outing, LO</div> <div>2:00 Bingo, AR</div> <div>4:30 Happy Hour</div> <div>6:45 Labyrinth (1986), MT</div>	<div>10:00 Balance Training with Legacy, AR</div> <div>11:30 Crafting Club: Halloween Oreo Pops, AR</div> <div>2:00 Election Day Reminiscing, AR</div> <div>3:30 Karaoke, AR</div>	<div>10:00 Target Outing, LO</div> <div>11:30 Yoga, AR</div> <div>2:00 Fireside Chat, DR</div> <div>3:30 Halloween Exercise Stations, AR</div>	<div>9:15 Congregation Beth El Service (Online), AR</div> <div>10:00 Word Searches, DR</div> <div>2:00 Serial Saturday, MT</div> <div>6:45 Masquerade Happy Hour</div>



Spotlight on Teri Boyne

One of the premier postscripts to World War II emerged in Hungary when, in 1945, the country was invaded and occupied by Russian dominated Soviet Union forces during which a totalitarian communist party was launched, and the impact of Soviet occupation became deeply rooted in Hungary's governing structure. A little more than a decade later, on October 23, 1956, a revolution of thousands of Hungarian activists — including college students, evolved, determined to rid the Soviets from their country. On November 4th Soviet forces viciously suppressed the revolution and in the aftermath, thousands of Hungarians lost their lives. Their uprising came to be known, historically, as the Hungarian Revolution of 1956, an insurgence that lasted 12 days.



Although she claims she is not as good as she used to be, Teri's artistic talents are apparent from the moment she picks up a pencil.

One of those student protestors actively involved in Hungary's resistance to Soviet oppression in 1956 was Terezia Boyne ("Teri") who was, then, enrolled in the Hungarian University of Fine Arts. According to Teri, she was two months shy of earning her degree when she, alongside her fiancé, Paul Takacs, an arts painting major, became actively involved in the conflict. Teri said that at her university one the students' immediate targets centered on removing from their academic studies the mangling of fine arts courses in which Russian history with its all-embracing communist dogmas became the prime academic focus. When Russian forces charged against them with their weaponries, Teri and Paul rushed into hiding and later joined the thousands of refugees who fled Hungary en route to Austria — Vienna, specifically — as thousands more fled to Yugoslavia.

Austria became the epicenter of Hungarian immigrants. Teri and Paul found a haven of warmth and care in a sanctum provided by an elderly Austrian woman who afforded them refuge in her private dwelling. Recognizing that returning to their homeland was not an option, Terri and Paul longed to join the thousands of Hungarians who were destined to flee Hungary and immigrate to America. Their host informed them that moving to America would be less challenging if they were married. And so, Teri said, under the elderly Austrian woman's attentive guidance she and Paul married in Vienna.

Soon thereafter, in 1957, the couple immigrated to America — Washington, D.C., specifically — which became a first-time venture that embraced huge challenges, among which, Teri noted, was learning to



communicate in English. She was auditorily familiar with English from the American movies she saw as a child growing up in Hungary, but did not speak it. She also noted that to her surprise, life in America was not quite what she envisioned it to be — that is, not always like the steady scenes of sheer ecstasy and happiness as depicted in those American movies.

Within a year after arriving in Washington, D.C., Teri said she and Paul became American citizens. During that period, they enrolled in night classes with the firm resolve to become fluent in English. Later, Teri was able to pursue her interest in the fine arts when she was hired by the Smithsonian Institution in Washington, DC as an exhibit designer — a profession in which, she said, she artistically created public display features that depicted forthcoming and current events. She would go on to pursue her career in two Smithsonian museums, namely, the American History Museum, and later, the Air and Space Museum. Teri said Paul was a highly enthused artist who fashioned his creative paintings inside their home.

In the interim, Teri said she and Paul became the parents of two daughters: Jenny and Terezia.

Teri loved her work as an exhibit designer, a profession that she pursued with great passion, and distinction. And, she stated further that she thoroughly enjoyed the people with whom she worked across the years. During her early years in America, Teri said she returned to Hungary once yearly for a month-long visit with her parents who also came to America to visit her, although, Teri said, laughing softly, her mother always became homesick after one week and wanted to return immediately to her homeland.

Teri lost her husband, Paul — after more than 48 years together — when he passed at the age of 68. Years later, on January 10, 2008, she married Colonel Walter James Boyne, a bomber and nuclear test pilot, a historian and, Teri said, the author of numerous books. Walter also served for several years as Director of the Air and Space Museum. He passed in January of this year, 2020, at the age of 90. Several months later, Teri moved into Wilshire Estates, where she enjoys living among supportive staff in a convenient location: her daughters, Jenny and Terezia, live nearby.



Teri enjoying the scenery at Downs Park, located in Pasadena, Maryland, not far from Annapolis.

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13716 New Hampshire Ave
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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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