

# the Pinnacle

*Welcome to the Pinnacle!*

Fall 2018: a quarterly newsletter from the  
Kensington Park Senior Living Community



## November

### Garden of Lights

@Brookside Gardens

November 16 thru January 1, 2019  
1800 Glenallen Ave – Silver Spring, MD

[www.brooksidegardens.org](http://www.brooksidegardens.org)

Free

### The Trains

@ US Botanic Gardens

Great Train Stations

November 22 thru January 1, 2019  
100 Maryland Ave, DC SW

[www.usbg.gov/exhibits](http://www.usbg.gov/exhibits)

Free

### Churchill's Shakespeare

@the Folger Library

Oct 6, 2018 – Jan 6, 2019

Mon–Sat: 10 AM–5 PM | Sun: NOON–5PM  
201 East Capitol St, NE

[www.folger.edu](http://www.folger.edu)

Free



## December

### Annual Holiday Open House

Old Town Kensington

Friday December 7 7–9 PM

Antique Row - Howard Avenue

[www.kensingtonantiquerow.com](http://www.kensingtonantiquerow.com)

Free

### Bethesda's Winter Wonderland

Saturday December 1 1 – 4 PM

Veteran's Park - 7800 Block Woodmont Ave

[www.bethesda.org](http://www.bethesda.org)

Free

## PULSE

@The Hirshhorn Museum

November 1 thru April 28, 2019

Independence Ave and 7th St, SE

[www.hirshhorn.si.edu](http://www.hirshhorn.si.edu)

Free



## Food Drive

Drop off non-perishable items

November 16 thru December 14

9 AM – 5 PM

The Highlands at Kensington Park Senior Living  
3620 Littledale Road, Kensington, MD 20895

All donations will be used to support  
Mid-County United Ministries Captain Joseph A.  
Mattingly Jr. Memorial Food Bank & Mobile MUM

For more info contact Betsy Davis at 301-946-7700

*Help us support those in need during this  
season of giving*

KENSINGTON PARK  
A Senior Living Community





**The fondest memories  
are made when gathered  
around the table**

**Fall Menu**

**Entree**

Pan Roasted Beef Tenderloin  
Shaved Brussel Sprouts and Pomegranate Salad

**Dessert**

Peanut Butter Pie

**MORISSA HARRIS**

*Director of Dining Services  
Kensington Park Senior Living*



**Shaved Brussel Sprouts and Pomegranate Salad**

**Ingredients:**

- 3 lbs. Brussel sprouts
- 4 kale leaves
- 3 oranges
- 1 pomegranate
- ½ c. crushed walnuts

**Dressing:**

- 1 T. Dijon
- 1 T. honey
- 2 T. tahini
- 2 T. orange juice
- 6 T. EVOO
- Salt and pepper to taste

Dressing: Whisk all ingredients in small bowl except for the EVOO. Slowly whisk in the EVOO until dressing has emulsified, add salt and pepper to taste. Use knife and shred brussel sprouts and kale leaves. Put in a large bowl. Massage the greens with the salad dressing and put aside for 10 minutes. Toast the nuts in a dry frying pan until golden. Peel and cut oranges into small wedges, cut pomegranate in half and use hand to bang out seeds. Place nuts, oranges and pomegranate seeds in a bowl toss and serve.

**Pan Roasted Beef Tenderloin Ingredients**

- 1 beef tenderloin, trimmed
- Salt and Pepper to taste
- 1 t. canola oil
- 2 T. of butter
- 2 T. of EVOO
- 1 pound shitake mushrooms, trimmed and sliced
- 1/3 c. shallots, minced
- 3 garlic gloves, minced
- 1/3 c. sherry wine
- 2 t. fresh thyme, chopped

Preheat oven to 425 degrees. Dry beef and let stand at room temperature for

30 minutes. Season beef with s&p. Heat canola oil in cast iron skillet on high heat. Sear on all sides for 8 minutes. Transfer to oven. Roast until internal temperature reaches 135 degrees. Transfer beef to platter. Add 1 tbsp. butter and olive oil to skillet, add mushrooms and garlic. Stir occasionally, add shallots and garlic. Season with s&p. Add Sherry wine and reduce, 1 minute, add remaining butter and fresh thyme. Serve on top of beef.

**Pair It Up!**

for Morissa's Fall Menu

Suggestions by Tom Deets, Oenophile

**Main Course:**

*Suggested Wine Pairing - Rioja*

Filet, the king of steak meet the king of Spanish wines, Rioja. The richness of the filet will pair nicely with the soft tannin structure of the Rioja. Look for a Reserva which is the mid-level classification for Rioja. Entry level is Crianza, then Reserva, finally Gran Reserva.

Suggestions:

Marques de Riscal, Bodegas Montecillo, and Campo Viejo

**Salad:**

Packed with vegetables, fruits, and nutty flavors, pairing it with an equally full flavored wine leads us to a dry Riesling. Its flavors of apple and lime are crisp and generous.

Suggestions:

Chateaux Ste. Michelle, Dr. Loosen, and Cupcake

**Peanut Butter Pie**

**Ingredients:**

- 1-9 inch prepared graham cracker crust (chocolate preferred)
- 1-8oz. package of cream cheese
- ½ c. creamy peanut butter
- ½ c. confectioner's sugar
- Frozen whipped topping-16oz.
- Shaved Chocolate

Mix cream cheese, confectioner's sugar and peanut butter together until smooth. Fold in ½ of whipped topping and spoon mixture into crust. Place the remainder whipped topping over the peanut butter mixture and garnish with shaved chocolate. Chill for 2 hours and serve.

**Dessert:**

So often dessert wines are ignored; however, try an ounce or two with your desserts and discover their place at the table. For this wonderfully nutty sweet try a Tawny Port. Its rich aroma of ripe plum is complex in flavors of cherry and chocolate. The nice part of purchasing a port is having some left over for those cold wintry evenings to come.

Suggestions:

Taylor, Grahams, and Offley brands



# Being Brainy



## Exercise that Gray Matter



### Fall Is Here!

- |            |            |
|------------|------------|
| SCHOOL     | CHRISTMAS  |
| FOOTBALL   | TRAVEL     |
| LEAVES     | EXAMS      |
| SNOW       | HOCKEY     |
| HARVEST    | WORLD SE-  |
| FULL MOON  | RIES       |
| THANKSGIV- | HALLOWEEN  |
| ING        | HOLIDAYS   |
| FAMILY     | BLUE JEANS |
| FIREPLACE  | BOOTS      |
| COATS      | HOMECOM-   |

A	D	G	J	L	P	F	U	L	L	M	O	O	N	I
E	B	C	S	C	H	O	O	L	T	T	W	G	G	Y
M	X	N	F	O	B	O	N	F	I	R	E	N	V	W
F	H	A	A	A	H	T	F	S	X	A	I	S	H	O
I	O	K	M	T	O	B	U	T	E	V	Q	N	O	R
R	M	V	I	S	M	A	J	F	I	E	A	A	L	L
E	E	Z	L	A	W	L	E	G	R	L	T	E	I	D
P	C	L	Y	P	O	L	S	I	U	Y	T	J	D	S
L	O	K	H	O	C	K	E	Y	J	S	H	E	A	E
A	M	B	C	A	N	S	D	F	E	G	G	U	Y	R
C	I	L	E	A	V	E	S	V	S	N	L	L	S	I
E	N	L	H	L	P	O	R	N	T	Y	O	B	M	E
D	G	T	T	E	P	A	I	U	O	T	V	R	E	S
I	O	E	H	L	H	A	L	L	O	W	E	E	N	C
C	H	R	I	S	T	M	A	S	B	A	S	T	I	N

## Boz's Books Great Reads



### *Little Fires Everywhere* by Celeste Ng

This engaging novel begins at the end. A house is on fire, and the mysterious story that unfolds goes back in time to explain who set the fire and why. At first, all the reader knows is that, “The fireman said there were little fires everywhere . . . Multiple points of origin . . . Not an accident.”

“Little fires” permeate the story. As the author explains the little fires are “about race, and class and privilege.”

The house that burns down belongs to a wealthy couple (the Richardsons) with privileged teenage children. The children befriend a less privileged newcomer, Pearl. Each Richardson child has a different relationship

with Pearl, from best friend to love interest – each relationship creating its own little fire. Pearl’s mother, Mia, with her artistic Bohemian lifestyle, also plays an important role in creating little fires.

The complex and interesting story successfully portrays the characters’ hopes and endeavors to do the right thing, be successful, and simply survive the little fires.

### *Crazy Rich Asians* by Kevin Kwan

*Crazy Rich Asians* is a humorous and gossip-filled novel about three outrageously wealthy Chinese families. The main character, Rachel, through whom the reader experiences the opulent life, is an “ABC” (American Born

Chinese). She is in Singapore with her boyfriend for the wedding of the season. Before coming to Singapore, Rachel did not know that her boyfriend is one of Asia’s richest and most sought after bachelors.

Rachel’s discovery of her boyfriend’s family wealth is the vehicle used to take the reader on the journey of riches and celebrity sightings. Names are dropped, high-end brand names are bandied about, and the author uses footnotes to share hilarious explanations of Asian culture and language.



# Pinnacle of Health

## Positive Change for Positive Change



### Family Mottos

“Passing down important life lessons to our children starts with saying the same few phrases over and over and over again,” says Erin Zammett Ruddy, author of *Why You Need Family Mottos*, from *Real Simple Magazine*, June 2018. The goal is to remain a voice in your child’s head, even when you are not around to say it. Success is in the repetition and message. Ruddy says, “[r]epetition speeds learning – just think back to all those flash cards you used (or, perhaps, should have used) in high school.” “The words we hear repeated as children become our internalized voice as adults. . . . Eventually the things we say to our children become second nature to them,” says Suzi Lula, author of *The Motherhood Evolution: How Thriving Mothers Raise Thriving Children*. Moreover, Lula explains that creating mottos that are positive is essential to a child’s success. The mottos should focus on behaviors and values you want rather than things you don’t want. The family mottos that I still hear are, “Treat others as you want to be

treated” and “Even if you are digging a ditch, make it the best ditch you can.”

### Attitude Is Powerful

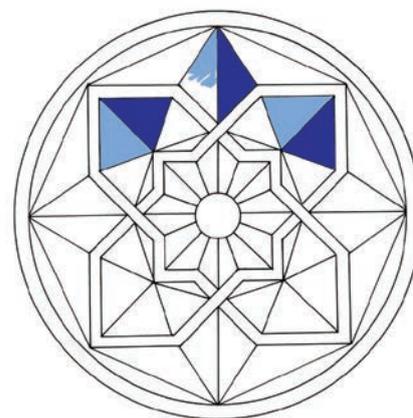
According to Johns Hopkins Health Review (Winter 2017), “researchers found that people with a family history of heart disease who also have a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within five to twenty-five years than those with a more negative outlook.” They suggest socializing with positive friends and positive, happy co-workers. “Research hints that these kinds of relationships with bright-side types can make you feel better, too.”

### Adult Coloring Books Help Conquer Anxiety!

Anyone walking into a bookstore will notice adult coloring books. Neda Gould, a clinical psychologist and associate director of the Johns Hopkins Bayview Medical Center Anxiety Disorders Clinic explains that, “[a]dult coloring is a meditative practice because you’re bringing your focused attention to a particular anchor – in this case coloring.” Among the most popular coloring books are the ones that contain “mandalas.” Mandala is the Sanskrit word for “circle,” and is used as an object of visual meditation in Eastern culture. Tim Phelps, professor and medical illustrator in the Department of Art as Applied to Medicine at the Johns Hopkins University School of Medicine published a number of mandala adult

coloring books. He explains that, “[t]he mandala is a symbol of one’s own center, providing a path for understanding oneself, feeling comfortable with oneself, and completing life with oneself.” Moreover, coloring mandalas in particular induces the kind of meditative state that helps individuals who suffer from anxiety. In a 2005 report published in the journal *Art Therapy*, researchers Nancy Curry and Tim Kasser at Knox College studied the effects of coloring on participants’ anxiety levels. They studied three groups: one coloring mandalas, one coloring a plaid pattern, and one doing free-form coloring. The mandalas and plaid colorers’ anxiety levels were lowered, whereas the free form colorers’ anxiety levels remained unchanged. The researchers posit that, “the mandala and plaid patterns were effective in alleviating anxiety because they were both complex enough to require heightened attention, while providing structure and direction.”

### Plus, coloring a mandala is fun!





# Artful Living



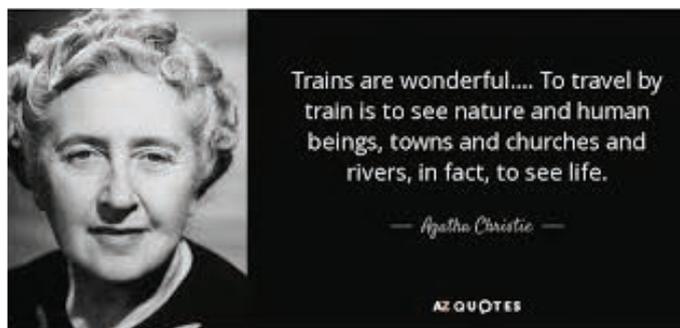
## So what's with our affinity to model trains? *Know your: Scales and Gauges*

The words gauge and scale seem at first interchangeable but their meanings are different. Scale is the model's measurement as a proportion to the original, while gauge is the measurement between the rails... the rest is viewing glory. Let's take a peek at the history.



### Make New Acquaintances

- Norwegian Christmas Train Display at Union Station
- National Christmas Tree and the Pageant of Peace
- Zoolights at the National Zoo Visitor Center, and entries in the themed gingerbread contest
- National Capital Trolley Museum - Holly Trolleyfest, trains and a chance to ride a trolley with Santa!
- Fairfax Station Railroad Museum - Holiday Train Show
- Winter Wonderland Train Show - Center for the Arts at the Candy Factory, Manassas, Va
- B&O's Magical Holiday Express B&O Railroad Museum



**Model trains are more popular than ever**, especially among Baby Boomers. There are about 500,000 model railroaders and toy train hobbyists in the U.S. and Canada. Model trains are especially popular in England, Germany, Australia, and Japan. The World's Greatest Hobby campaign is launched to promote all aspects of model railroading.

### Timeline of Model Trains

1860s: Wooden and metal floor toys that resemble trains are first made.

1891: Pioneering toy company Marklin of Germany establishes a series of standard track gauges for its clockwork (wind-up) trains.

1896: Carlisle and Finch in the United States develops electric-powered trains that run on metal track.

1901: Lionel produces its first electric train, built as a store-window display. Shoppers are more interested in the display than the store's products.

1920s: Toy electric trains blossom in popularity in what today is known as the "Golden Age" (big expensive, and associated with rich kids).

1930s: Accurate model trains in O scale and later HO scale, more realistic in proportion and detail than "toy" trains, come into existence.

1934: First issue of Model Railroader magazine.

1942-45: World War II halts toy production, including production of electric train sets.

Early 1950s: Toy trains are the #1 toy for boys, as pervasive in American culture as video games are today. Lionel becomes the biggest toy maker in the U.S. There is not a single boy who doesn't have train access.

Mid-1950s: There is a clear split between scale model railroading for adults and toy trains sold to children. Plastic takes over as the primary material used to produce model trains.

1965: Improved electric motor and manufacturing technology lead to the introduction of N scale trains, about half the size of HO trains.

1968: On the opposite end of the spectrum, LGB of Germany introduces large scale or "G" scale trains, which today predominate in the hobby of garden railroading.

1970s: Z scale, half again as small as N scale, is introduced by Marklin. Developments in the field of electronics begin to influence how electric trains designed and are controlled on the track.

1980s: Digital control systems and realistic sound-producing systems are developed.

<http://wgb.trains.com/get-started/timeline-of-model-trains>



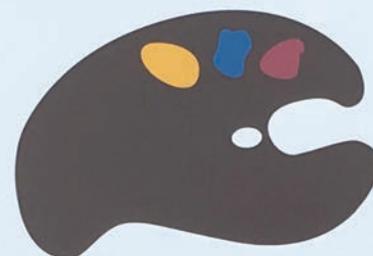


# Spotlight on the Community

## Justine Wimsatt and Associates, Art Preservation



# WIMSATT ART CONSERVATION



With a degree in biology and a love of art, Justine completed her masters in Art History and Restoration at University of Michigan and came to work in Kensington for the Washington Conservation Studio. When the owners retired in 1984 she took over. It became Wimsatt Art Preservation, and Justine has been at it ever since. Her business of preserving and restoring paintings and related painted sculpture, furniture and murals is highly regarded by Washington's most knowledgeable collectors, galleries and museums.

Since the beginning she's seen a steady mix of family portraits and American and European paintings from the 15th throughout the 20th century. At times she has had a number of apprentices and experts working alongside cleaning and restoring art that is equal parts fine art and sheer detective work. Justine is well connected to the art community and can refer clients to experts in other areas of visual arts as well.

Justine's studio on Howard Avenue is a brightly lit, welcoming place that's both a research library and a working studio with many timeless treasures in various stages of re-birth. Her special lighting and magnifying tools help determine the validity of the work and determine an approach to bringing the painting back to the way the artist intended. The value of a painting may not be realized without examination because the material has a life cycle and it deteriorates over time and in certain conditions it has absorbed all the dirt, soot and residue that floats in our air. The



varnish on a painting casts a brown tint to everything that lands on it.

The thing that Justine enjoys most about her work is the opportunity to engage with people and hear their stories. Because of her convenient location on Howard Avenue and a sign on the door, often times, people will just pop their head in and strike up a conversation. She takes the time in a free initial consultation to examine the piece of art and learn of its history and what it might mean to its owner as well as determining a course of action. The location of Justine's store affords her proximity to other artists and experts in the fields of decorative arts, design and photography. There is a community among the Kensington business owners that encourages referrals and collaboration.

Being in business in the same place for 40 years, Justine has seen a lot of change in

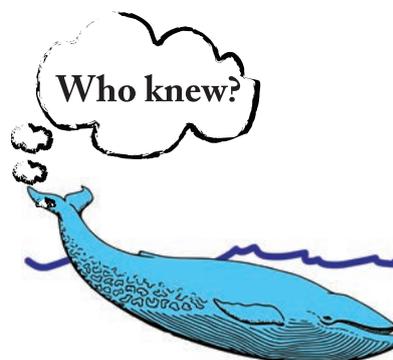
Kensington. She's been in good company though, and of some of her favorite haunts have also been around a good long time and include: The Society for The Prevention of Blindness (thrift store), Continental Pizza, Bergman's Cleaners, American Self Storage and Chesapeake Framers.



Winnie Holbrooke  
RLAH Real Estate  
Kensington, MD  
[winnieholbrooke.com](http://winnieholbrooke.com)



Marilyn Emery  
RLAH Real Estate  
Kensington, MD  
[marilynemeryhomes.com](http://marilynemeryhomes.com)





# Mary's Picks



**Mary Mell, MHSA, LNHA, CDAL ~**

Executive Director of Kensington Park Senior Living has more than 20 years of experience in the senior living field. "Stay fit, stay healthy, stay safe and thrive in the setting of your choice," it is Mary's Mantra.

## For the Caregivers in the Community

Lots of great support groups and resources out there in the form of newsletters or e-info. Here are just a few I refer to quite often.

<https://www.montgomerycountymd.gov>

<http://www.holycrosshealth.org>

<https://www.jssa.org>

<https://www.iona.org/>

<https://www.seaburyresources.org/>

## Caregiver Support Group

**(Every 2nd Monday of the Month – 6:30 to 8 pm)**

At Kensington Park Senior Living.

Call Kimkitta Cariah-Butler at 301-946-7700 for more information.

For those home caregivers who are supporting a parent, a spouse, a partner, or a friend. Caregiver Connect offers the opportunity to connect with other caregivers and discuss common challenges in a welcoming private setting. It also features educational topics, such as Juggling Caregiving, Advanced Care Planning, and Coping with Loss.

## Don't forget your Flu Shot & Pneumonia Updates for the 2018 and 2019 Winter Season.

Montgomery County Department of Health and Human Services will offer the following Flu Vaccine Clinics in 2018.

<https://www.montgomerycountymd.gov/resident/flu.html>

Refer to the CDC for Pneumococcal Vaccines Guideline

## BlackKkKlansman



**Parley Ann Boswell** is Professor Emerita of English at Eastern Illinois University in Charleston, Illinois, where she taught Film Studies and American

Literature for 30 years. Her most recent book is *Pregnancy in Literature and Film* (McFarland, 2014).

We might think we are in the wrong theater when *BlackKkKlansman* begins. If we are familiar with Spike Lee movies—or with Hollywood classics—we will catch on. The opening scene is a famous crane shot of Scarlett O'Hara (Vivien Leigh) negotiating her way through a sea of wounded soldiers, a battered Confederate flag in the foreground, from 1939's *Gone with the Wind*. Next, we see a white supremacist (Alec Baldwin) complaining about integration, in grainy black and white. By the time we finally meet our main character Ron (John David Washington), we get it: This is a story not just about race in America, but about race in American movies.

Based on Ron Stallworth's 2014 memoir *Black Klansman*, the movie seems conventional. Stallworth, a young African American detective in early 1970s Colorado Springs, infiltrates the local KKK first by telephone, then by proxy, sending his white

(and—not incidentally—Jewish) colleague Flip Zimmerman (Adam Driver) to join the local KKK chapter, as Ron Stallworth. We get to know the other cops; we meet the other Klansmen and their wives, and we spend time with Ron and his activist girlfriend Patrice (the lovely Laura Harrier). Ron/Flip successfully joins the KKK, even—in the pre-cellphone days of the 1970s—calling The Man himself, David Duke (a chilling Topher Grace). The plot resolves like all good detective films: with screeching vehicles, blazing guns, and car bombs.

*BlackKkKlansman* is a Spike Lee joint, which means we're in for more than a plot. We are inundated with disparate icons: posters of blaxploitation films; Pam Greer and *Cleopatra Jones*; a screening of *Birth of a Nation*. We hear The Temptations; Emerson, Lake and Palmer; and Prince. Ron and Flip discuss James Brown lyrics, and Jackie Robinson's accent. Bookended by the nostalgia of Scarlett O'Hara's celluloid Confederacy at the beginning, and footage of the Charlottesville riot of 2017 at the end, *BlackKkKlansman* stuns us with an unrelenting focus on race in America. Lee's remarkable vision suggests that movies have always influenced the way we read skin color, and that we're nowhere near a resolution of this black and white picture.

## PHOTO CONTEST WINNERS

Send us your photos. Top 3 win a prize & placement for the Q1-2019 Pinnacle  
Send to: [bduncan@kensingtonsl.com](mailto:bduncan@kensingtonsl.com)  
by **December 12, 2018**

**"Ahh Sweet Nectar"**  
by  
**Sandy Mayer**



**"Elegant Notes"**  
by  
**Mae Beuchert**





**KENSINGTON PARK**  
*A Senior Living Community*

301-946-7700

[www.kensingtonparkseniorliving.com](http://www.kensingtonparkseniorliving.com)

3620 Littledale Road  
Kensington, MD 20895



**“Je monte la garde”**  
by Betsy Davis

**At what threshold  
does this lovely lady  
stand tall ?**

1st correct answer  
wins \$25 from  
Frankly Pizza

**Email:**  
**bduncan@**  
**kensingtonsl.com**

the **Pinnacle** Vol. II No. 4



Graphic Design: Laura-Leigh Palmer, [asap.graphics](http://asap.graphics) • Editor: Barbara Duncan • Published by [Kensington Park Senior Living](http://Kensington Park Senior Living), 301-946-7700

