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TRAVEL



**NOW FULLY VACCINATED, OLDER ADULTS LOOK FORWARD TO VACATIONING AT THEIR 'HAPPY PLACES'**

By Peg DeGrassa  
pdegrassa@21st-centurymedia.com

Mounting evidence shows that older adults who are fully vaccinated are eagerly making summer and fall travel plans. The New York Times was one of the first to report that seniors over 65 were not only among the first to be vaccinated, but also among the first to cause a surge in the pandemic-weary travel industry.

**EDGMONT** » According to The New York Times, hotels and resorts in places like Hawaii, the Florida Keys and Asheville, N.C., are seeing big increases in reservations made by seniors or bookings at senior rates.

"The 65-plus demographic is losing out on their golden years and they're understandably eager to get back out there," Conor Goodwin, corporate marketing manager for Charlestowne Hotels, told The New York Times.

Residents of White Horse Village, a nonprofit active senior living community in Delaware County that offers a full range of living options and healthcare services, are no exception. With well over 95% of its residents fully vaccinated, the vibrant, diverse community has noticed the enthusiasm and excitement in residents, as they gear up for their summer travel plans.

Nancy Eales and her husband Dick, who have lived at White Horse Village for five years, are avid world travelers. They have traveled the globe, exploring 107 different countries in their travels, as well as 49 of the 50 states in the U.S. One year, Nancy recounted, the Eales traveled overseas five times. The couple also visits their children in Texas and Washington State about twice a year. Like countless other travelers, the pandemic forced their overseas traveling to take a brief hiatus.

Eales said that she and her husband were in Poland when the world came to a grinding slowdown last March. All air and train travel temporarily ceased operation in Poland, so the couple had to take a bus to Berlin, Germany and from there, hop a plane home.

**HAPPY PLACES** » PAGE C2



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ADOBESTOCK

# Happy places

FROM PAGE 1

The Eales arrived back at White Horse Village on March 17, 2020, and they “stayed put” until they received their vaccinations earlier this year.

Both Nancy and Dick, who is retired from the gas

and oil industry, are enthusiastic birders and most of their trips include birdwatching. Being grounded this past year, the couple continued birdwatching on White Horse Village’s 96 acres, as well as nearby states like Delaware and New Jersey.

“During the pandemic, we missed traveling a lot, but we took on local projects to keep busy,” Nancy said. “We did a lot of local

birding, which really is just as much fun, and we took on a wildflower planting project.”

After getting vaccinated in early 2021, they took their first trip to Texas in April. Next week, they will jet off to Seattle. In August, they will go to a fish camp in Canada with friends, if Canada opens back up to visitors, and then they hope to get a green light to

**HAPPY PLACES » PAGE 3**



White Horse Village residents Carol Weiss and Bob Bruce talk about their separate experiences in Maine, where they both travel each summer. Both hope to go again this summer.



White Horse Village resident Carol Weiss talks about her vacation last summer to Maine and how even a COVID-19 pandemic didn't keep her away from her “happy place.”

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**At left:** Alice Runiewicz is all smiles as she talks about her "happy place" on Lake George in the Adirondack Mountains in New York State. This year will mark the White Horse Village resident's 59th trip to the vacation spot.

**At right:** Bob Bruce, the retired president of Widener University, talks about his upcoming travel plans to Maine and the Bahamas.



# Happy places

FROM PAGE 2

go back to Germany.

"I was always fascinated by different parts of the world," Nancy said. "While I was in college, I saved up for my first trip to Europe in 1959 and I've never stopped traveling since. Dick and I have been to all seven continents over the years. I am really happy that we are free to travel again."

Carol Weiss, who has been a resident of White Horse Village with her husband Ray Orzechowski for half of a decade, shook her head in agreement.

"The past year has been kind of a blur," Weiss said. "I had to postpone a trip to France, but I am hopeful that may change now if France allows travelers from outside of their country to visit. I am vaccinated and ready!"

Weiss has visited Peru, Morocco, Alaska and

Greece, among other worldwide destinations. After a mission trip to Peru in 2018, Weiss, who usually travels solo or with a small group, decided her next trip would "involve lots of pampering." She made reservations for a trip to France in 2019 for five days at a Bed and Breakfast, followed by a week aboard a luxury river barge. Naturally, when the pandemic hit, her plans came to a halt. Weiss is now hoping as more and more people get vaccinated worldwide, France will open back up to visitors and her plans will be jump-started again by the end of September.

Retired after 15 years as the Director of Villanova University Institute for Teaching and Learning, Weiss didn't allow the pandemic to alter all of her travel plans. Although she wasn't able to go to France in 2020, she wasn't going to nix her annual trip to the coast of Maine, despite the risk of leaving home. She said that she donned a face mask, face shield, and

gloves, carried lots of sanitizer, boarded a plane and went to Spruce Head, Maine last August for her annual three week stay. When August arrives this year, she will repeat the same trip that she has happily taken for 52 years.

"The view from my cottage is just beautiful, overlooking Penobscot Bay," Weiss described. "I like just getting away from here to just sit and read with a glass of wine, visit museums and restaurants and go into town to shop. It's totally relaxing to me!"

The allure of Maine didn't stop another five-year resident of White Horse Village to alter his travel plans during the pandemic either. Bob Bruce has been going to his summer home in Castine, Maine, for 25 years. During the pandemic, he left White Horse Village and spent two months at his summer home. This year, he will likely head up to Castine at the end of June and stay until September. He can't wait.

HAPPY PLACES » PAGE 4

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ADOBESTOCK

# Happy places

FROM PAGE 3

"I've been going to Maine ever since I was at Colby College there as a young man," Bruce said. "There's lots to do in Maine and it's a nice way of life."

In 2020, he drove to his northern "home away from home" and remembers entering the state and seeing a large sign that read, "Welcome to Maine, Now Quarantine."

He took a COVID test before going and recalls traveling with the papers to prove that he tested negative. Bruce said that many of the others in his town who own vacation homes were unable to get there due to restrictions in Maine or in their own states, or they were just being extremely COVID-cautious.

With most restrictions

lifted, Bruce, who is the former president of Widener University, hopes this year to enjoy more time with his two children, seven grandchildren and six great-grandchildren. Although his wife Judith passed away two years ago, Bruce continues the tradition that they began together many years ago.

"I really look forward to going and getting away from here," Bruce said. "It's a nice change of scenery. I have a lot of friends up there —it's just a beautiful part of the country. I golf, read, take walks and eat lobster!"

Bruce, who also owns a timeshare in Paradise Island in the Bahamas, said he was unable to fly there this past winter, because of pandemic restrictions, but looks forward to going there in January or February 2022, now that widespread vaccinations are bringing some things back to normalcy.

"I like to escape the winter here and sit on the beach some," Bruce said. "I go out to eat, read tons of books and just enjoy the sun and relaxed way of life there."

Alice Runiewicz, who has been a resident of White Horse Village for slightly over a year, looks forward to vacationing at her "happy place" this summer, as well. The retired elementary school teacher has been visiting the Adirondack Mountains of New York since 1962 when she and her late husband Walter were driving home from a trip to Canada and passed by the mountains and decided to try vacationing there the following summer. Runiewicz's cottage is in Bolton Landing, on Lake George.

"I really can't think of a more peaceful place in the world," she said.

In 2020, when she sent in her rental deposit in February, Runiewicz, like most others, never imagined that

**HAPPY PLACES » PAGE 5**



Barbara Caso, center, Manager of Life Enrichment at White Horse Village in Edgmont Township, Delaware County, is surrounded by White Horse Village residents, from left, Nancy Eales, Carol Weiss, Bob Bruce and Alice Runiewicz. Caso is busy planning some bus trips for those who are staycationing at home this summer. Now that most residents are vaccinated, and many venues are open, Caso hopes to expand the day trip options and outings for residents.

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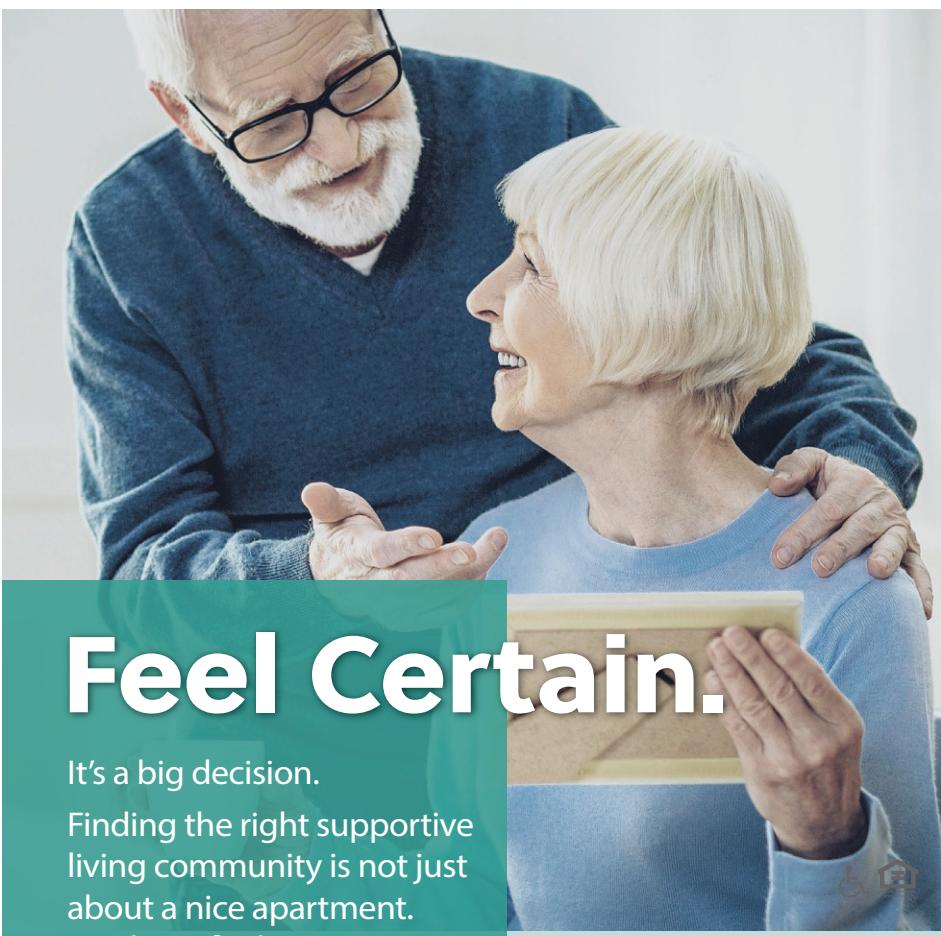
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When they aren't traveling to locations around the world, Dick and Nancy Eales enjoy their favorite pastime, birdwatching, in the White Horse Village meadow.



Situated on 96 acres in southeastern Pennsylvania, White Horse Village is an active senior living community offering a full range of living options and healthcare services.

## Happy places

FROM PAGE 4

a pandemic would change the world a month later. She decided last summer that, despite having to do things a little differently, she would

still go ahead with the annual summer vacation.

In 2020, her rental agent sent a long list of regulations to follow, with most requirements already the norm in other places, such as wearing masks when leaving the cottage, staying six feet apart from other vacationers, and cleaning and wiping down everything

when leaving. Although all the other vacationing families kept to themselves, which was unusual since it is normally a very friendly spot, and the seven hour car ride there was done with only one stop to eat a packed lunch at a roadside picnic table, most other aspects of the vacation were

HAPPY PLACES » PAGE 6



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ADOBESTOCK



## Among Friends

with Faith C. Woodward  
Director of Admission and Marketing

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Quilting involves choosing patterns, fabrics, and colors you like. And because it's tactile and hands-on, it helps crafters maintain hand-eye coordination, finger strength, and dexterity. Additionally, crafting has been proven to reduce depression and chronic pain. Programs and activities at BARCLAY FRIENDS include creative arts, floral arranging, and holiday celebrations. To learn more, please call 610-696-5211 or visit us at 700 N. Franklin St. in Chester County.

With Faith Woodward, Director of Admissions and Marketing at Barclay Friends—to learn more, please call 610-696-5211 or visit our website, <http://bf.kendal.org/>.

## Happy places

FROM PAGE 5

the same as they always were and will be this coming year.

Now fully vaccinated, Runiewicz cannot wait for the first two weeks of August when she will return to the Adirondacks for her 59th consecutive year. Her three children take turns coming up during the two weeks that she is there every year.

"I am assuming there won't be as many restric-

tions this year," Runiewicz said. "I yearn for the peace and tranquility of my mountain retreat—it's just nice to get away from everything."

According to Barbara Caso, White Horse Village Manager of Life Enrichment, now that most of its residents are vaccinated, the adult community will also restart some bus trips for the staycationing residents. She already chartered a luxury bus for June 8 to bring residents to the outdoor Philadelphia Flower Show, held this year at FDR Park in South Philadelphia. With most residents vaccinated and local and regional venues slowly opening

back up, Caso hopes to soon return to her previous calendar of three to four trips per month to such places as Phillies games, mystery lunches, museums, Philadelphia Orchestra concerts, historic towns, and more.

With many pandemic restrictions gradually lifting, Caso is as excited as the residents to venture to new places, near and far.

"Our TV system really saved us during the past year of isolation," Caso said. "Before the pandemic, we never used it, but when things began to shut down, we immediately tapped into it. Now, we have at least

25 virtual programs, running seven days a week. Programs include virtual travel, popular movie classics, environmental programs, speakers on a variety of subjects, wellness programs and much more."

"All of these things are wonderful while we are here, and for those who cannot travel for one reason or another," added Eales, "But I want to go places. With more and more people getting vaccinated each and every day, I hope that we all can return to traveling sooner than later. I'm not as adventurous as I once was, but I still enjoy seeing the world!"



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SPOT OF T

# Visualize handing over a package to clear a cluttered mind

By Terry Alburger

Did you ever notice that when you are on vacation, you are appreciative and cognizant of the tiniest of details - perhaps a small sand crab on the beach near where you have staked your claim; tiny wildflowers growing on a path on which you are hiking; the sound of the birds as you sit outside, enjoying the warmth of the sun's rays. For me, my senses are heightened when I'm in a relaxed atmosphere. The stresses of the outside world temporarily do not exist. No ringing office phones, no bombardment of bad news cascading from the television, no traffic jams in which to get tangled. It's all gone.

I got to thinking about this phenomenon. Why is it that when we are relaxed, we are so attuned to the tiniest of details, the minutia that perhaps escapes us in the "real world"? The answer is clutter, or lack thereof. I don't know about you, but my brain gets cluttered. It gets backlogged. It gets overwhelmed. We are trapped in the hustle and bustle of the lives we live, through no fault of our own. Speaking for myself, I visualize that my brain has a capacity, a limit. When

there is too much going on, the red warning light goes off, capacity is nearing and soon I can no longer think clearly. Too much clutter. But what can we do about it?

Case in point. I woke up a few nights ago, awakened by a dream. Yes, a DREAM about something that was stressing me out at work. It was not something I could control, but yet, I was SURE that I'd have to handle the repercussions that next day. After tossing and turning for a bit, it occurred to me that, while lying in bed trying to rest, I could do absolutely nothing to change the situation. So, I did the only logical thing I could... I turned it over to a higher authority. I literally visualized myself handing a package over, releasing it from my hands and watching it float slowly away from me. As it floated away, I began to relax and in no time, was asleep. It was such a minor thing, an easy fix, but it just never occurred to me. I de-cluttered my brain. And the interesting thing - the next day, the situation resolved itself. I had stressed for nothing.

On vacation, my brain is relaxed, there is plenty of room in there for the wonder of my surroundings, to

enjoy the people around me and to make some great new memories. But before that can happen, I have to do some sweeping, disposing of the "stuff" that has accumulated in there, some of it hiding in the recesses of my brain, waiting to spring out when I least expect it. But not this time! Not on vacation! I sweep it clean and once in my car heading south, I leave it all behind.

But what of those days when you are NOT on vacation? What of those tough days when you feel overwhelmed and cannot change your situation, your surroundings, your paradigm? You can still de-clutter. Close your eyes. Sweep those troublesome thoughts away. Or let them float away slowly, out of your reach, further and further from you. Depending on your faith, you can turn all those worries over to a higher authority, in my case, it's God. No matter to whom you release them, they are GONE. See it. Feel it. Go outside and listen to the sounds of the spring season. Soon you will undoubtedly hear cicadas singing their song! Close your eyes. Relax. In the immortal words of Elsa from Disney's "Frozen," "Let it go!"



To clear a cluttered mind, visualize handing off a package.

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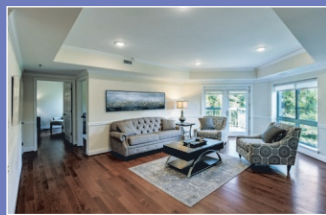
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EDUCATION



# RSVP ramps up to prepare students for a return to classrooms in Fall

ADOBESTOCK

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From the Notifications center you can also open **Camera** by swiping left, see **Today View** by swiping right, and return to where you left off by swiping up from the bottom edge of the screen or by pressing the **Home** button.

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36



COURTESY OF RSVP

Students will be on summer break soon and this year of virtual learning has not been easy or productive for many of them. Working parents, limited technology and the lack of interaction with teachers and other students has left families scrambling to prepare their children for classes to resume in September.

RSVP's literacy and tutoring programs, staffed by trained and screened volunteers, shifted to virtual at the onset of the pandemic and will continue with summer reading and tutoring sessions to keep students on track with learning to avoid the summer-slide.

**PROGRAMS FOR CHILDREN INCLUDE:**

- Reading and literacy tutoring for children Pre-K through 5th grade.
- Math tutoring and support for students in grades 4 through 12.

RSVP » PAGE 1

A technology training session.



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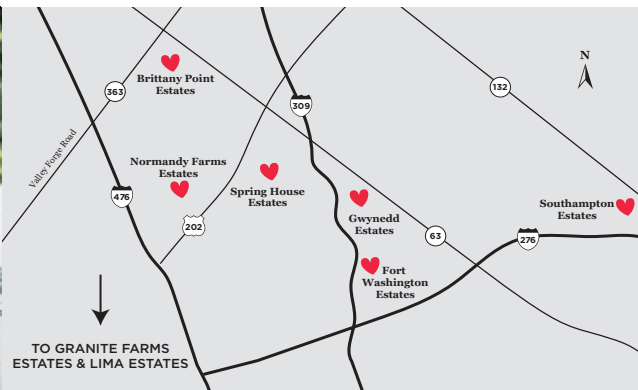
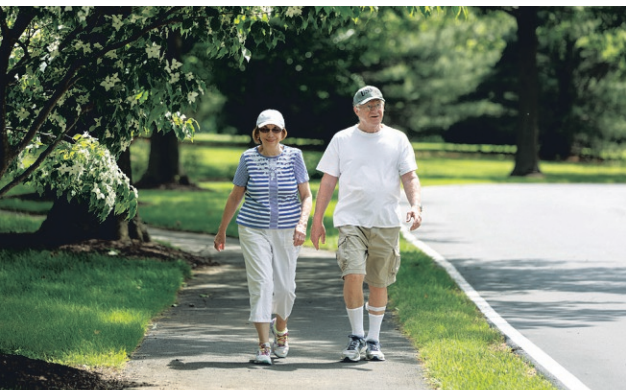
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# RSVP

FROM PAGE 8

- Youth mentoring for students in grades 3 through 8.
- Free summer sessions will begin on July 7 and end on Aug. 19 and consist of 30 to 40-minute on-line sessions twice a week. Additionally, programs that help adults, seniors and regional nonprofit organizations have been adapted to safety protocols while continuing to provide support. A new technology training program was created to offer guided, step-by-step lessons for parents who want to be more proficient on their computers or on email and for isolated seniors who desperately need to connect to family or their communities.

**PROGRAMS FOR ADULTS AND SENIORS:**

- Parents needing technology or email training to better communicate with their child's teacher.
  - Seniors seeking technology training on computers or mobile devices to access tele-health, and locate community resources.
  - Seniors needing help with grocery shopping or friendly phone calls.
  - Seniors in need of Medicare advice and counseling
- Counseling services for nonprofits:
- The Volunteer Executive Consultants program continues to provide free managerial assistance through counseling and educational services.

To learn more about these free programs or to register, visit <https://www.rsvpmc.org/community-resources>.



A student reads aloud with his volunteer during an online session.

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MILITARY

# 'We knew something was wrong'

Former USS Nimitz crew member recalls tragedy 40 years ago on carrier

By Ron Devlin  
rdevlin@readingeagle.com  
@rondevlinre on Twitter

Machinist Mate 2 Timothy R. King was several decks down in the USS Nimitz when he felt a jolt around 11:15 p.m. on May 26, 1981.

Jolts are not unusual when war planes land on the deck of the Nimitz, a nuclear-powered aircraft carrier.

What made this one different was the thick black smoke that poured out of the air vents soon after the jolt.

"We knew something was wrong," recalls King, 61, of Reading.

Any doubt in his mind quickly evaporated when, moments later, a general quarters call was announced over the ship's intercom.

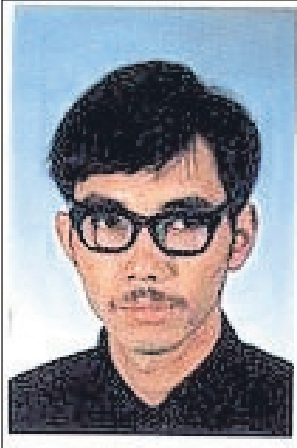
That meant that the ship went into lockdown, with all compartments sealed.

The 21-year-old King and his shipmates wouldn't know for certain what happened until the next morning, but an EA-6B Prowler surveillance plane crashed on landing, rammed F-14 fighters on deck and triggered an intense fire that set off Sidewinder and other missiles.

The incident cost the lives of 14 crewmen and injured about 45 others, according to news reports and unclassified Navy documents.

On its 40th anniversary, less than a week before Memorial Day, King reflected on the tragic loss of lives and the inherent danger of operating one of the largest warships in the world.

Named after Adm. Chester Nimitz, commander-in-



MM2 T.R. King  
COURTESY OF USS NIMITZ CRUISE BOOK 1981

Timothy R. King as he appeared in 1981 when he served aboard the USS Nimitz supercarrier. King, now 61, of Reading says he was aboard the ship on May 26, 1981, when a plane crashed into the deck and ignited a fire that claimed the lives of 14 servicemen.

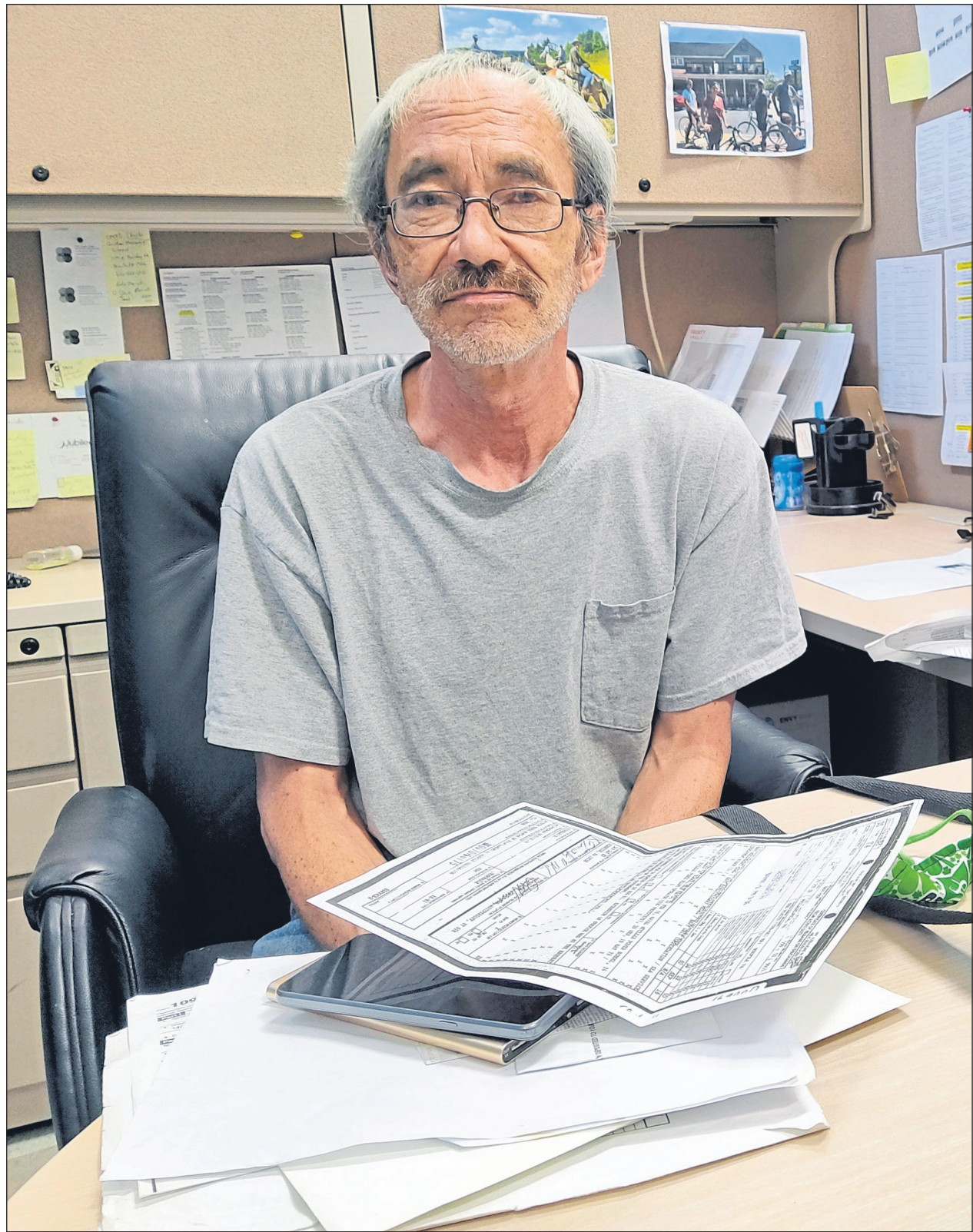
chief of the Pacific Fleet during World War II, the Nimitz was on a routine mission off the coast of Fort Lauderdale on that fateful day.

"I wanted to remember the crew members who died and were injured," said King. "It goes to show that servicemen die in peace time, too."

King, who had been a resident of Glenside, Montgomery County, enlisted in the Navy when he was 17 in August 1977 and was discharged in August 1983, according to Navy discharge papers.

A nuclear machinist mate, King's photo appears among the crew of the reactor department in the USS Nimitz Cruise Book 1981.

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Timothy R. King, shown in May 2021 in Reading, was aboard the USS Nimitz supercarrier when a plane crashed into its deck on May 26, 1981.

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THE ASSOCIATED PRESS

The nuclear-powered aircraft carrier USS Nimitz in 2013. The carrier returned earlier this year to its base in Washington state after a lengthy deployment. Personnel are conducting maintenance and refurbishment of shipboard systems.

# Nimitz

FROM PAGE 2

King says he was aboard the Nimitz when it was ordered to the Indian Ocean after Iran seized American hostages on Nov. 4, 1979. Aircraft involved in Operation Eagle Claw, the ill-fated attempt to rescue the hostages, took off from the Nimitz.

King was on watch in the reactor area when the plane crashed on the flight deck on May 26, 1981. He did not see the resulting fire, fed by aviation fuel leaking from damaged planes, and only knew one of the victims.

He and other sailors on duty couldn't leave their posts during the incident, but could hear some transmissions on the intercom, or squawk box in Navy parlance.

Throughout the tense night, sealed in a compartment well below the water line, rumors began circulating among the crew. One involved fear that the fire could burn its way, deck by deck, until it went out the bottom of the ship.

"You didn't know for sure what was going on," he recalls. "You started to think that maybe this was it."

All night, there were periodic announcements of

the need for blood donors among the 5,000-member crew.

In morning, when the all-clear was given, the crew cheered. Then, with only water during the night, they were fed cheese sandwiches.

King, a resident of Hope Rescue Mission, works in the mission outlet store.

Diane Schenk, director of the outlet, said King is in the process of transition-

ing to a employment with an outside agency.

"Tim is a very responsible person and a hard worker," Schenk said.

King confided that he's not haunted by lingering images of the tragedy that befell the Nimitz.

But every year around May 26, it comes back to him.

"It's not something you easily forget," he says. "But more than anything, I want

to make sure the crew members who lost their lives and those who were injured in service to their country are not forgotten."

The Nimitz was commissioned in 1975. The ship is in its home port in Washington state undergoing upgrades after a lengthy deployment. The ship might be decommissioned in 2025 at its 50th anniversary, but its service might also be continued.



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