



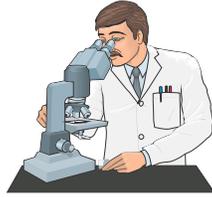
The

# Lodger

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NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

## Disease-free in older age?



A medical researcher at the University of Arizona thinks it may be possible for aging persons to live in full health, free from chronic diseases. The university's gerontologist Janko Nikolich-Zugich won a five-year, \$10 million research grant from the National Institutes of Health to pursue his quest for extending the time aging people spend in good health.

Nikolich-Zugich says the secret lies in rejuvenating the complete immune system. The infection fighting T-cells produced by the thymus so prevalent in young persons are drastically reduced as people age. Past research to stimulate this cell production has been ineffective, according to Nikolich-Zugich, because scientists limited their work to rejuvenating only part of the immune system.

Lymph nodes are where T-cells do the work of infection fighting, but because of aging, they cannot effectively absorb increased cells. The new research is aimed at rejuvenating both the thymus and the lymph system so they can once again work together.

The research will consist of a series of projects overseen by Nikolich-Zugich at the University of Georgia, Memorial Sloan Kettering Cancer Center, Fred Hutchinson Cancer Center, MD Anderson Cancer Center, Duke University, and the University of Texas, Austin as well as at the University of Arizona.

By bolstering the entire immune system, the collaborators believe they can find the way to increased, long-lasting immunity.

"The holy grail of gerontology is that we can live in full health until about the last year of life," says Nikolich-Zugich. "Our lifespan has been extended, but the problem is that for a sizable number of people, they're dealing with chronic diseases lasting 15 or 20 years of life, and that is the part I'd like to get rid of."

## RESIDENT FOCUS

"Are you sure you want to do this," asked the cigar-chomping boatyard owner. Lodge resident Bill Parsons was recalling the time when he and his wife Frances were looking for a boat to go on their dreamed-about world-wide voyage. Standing in front of sea-going sailboats, he remembers Frances lifting her head to see the top of the tall masts. "You've got another thing coming if you think I am pulling on one of those ropes in a storm," she exclaimed. So be it for their around-the-world fantasy. Their attraction to boating did not subside altogether, however, in that they ended up owning three different power boats.

Bill was no stranger to the sea. He had enlisted in the U.S. Navy while attending Atlantic Christian College in Wilson, North Carolina (now Barton College) and was stationed in the Philippines at the end of World War II. It was in Manilla where Bill and Frances met on a Navy landing craft. She was an Army nurse on a tour that Bill and his crew were conducting.

They ended up "going steady and liking each other more and more," says Bill. When Bill heard he was being sent home for discharge (he mustered out with the rank of Lieutenant), separation anxiety stepped in until Frances learned she, too, would be sent home in three months if she got married. The married couple reunited in Frances's hometown of Hartford, Connecticut. Their 56-year marriage ended in 2002 when Frances died of Alzheimer's disease.

Returning to North Carolina, Bill graduated from Atlantic Christian College with a degree in chemistry and biology and then

**Cont'd next page**



## Resident Focus (cont'd)

relocated to New Haven, Connecticut where he earned a degree in public health at Yale University.

His first job in his long career of public health was with the state of Connecticut helping to administer the mass radiographic tuberculosis screening of civilian populations that was prevalent at the time. Bill visited communities throughout the state preparing them for the x-ray program.

After the birth of their son, Frances quit working as a visiting nurse and Bill, becoming the single bread winner, found a better paying job with an opinion research firm, traveling house to house for people's opinions in Connecticut cities and Boston.

Much to the dismay of the research firm's owner, Bill turned in his resignation eighteen months later when the U.S. Public Health Service (PHS) came calling and offered him a commission in the uniformed agency. The PHS is one of seven uniformed services of the United States and is headed by the Surgeon General. Uniforms in the PHS are the same as worn by U.S. Navy officers except, of course, for the insignias.

Working in the Washington, D.C. headquarters office, he was in charge of the planning and awarding of grant programs for all schools of public health in the country. He retired in 1974 after 30 years of service with a rank equivalent to colonel in the U.S. Army. During this period, Frances obtained her degree in nursing and worked for the Arlington Health Department as visiting nurse.

In their spare time, the Parsons turned to motor boating up and down the Potomac River for their recreation beginning with a 28-foot cabin cruiser and graduating later to a larger twin cabin yacht, both moored in a harbor

on the Potomac near the Pentagon. Their favorite was a 43-foot Gulfstar that was moored in the Chesapeake Bay. The Gulfstar enabled them to see the largest

fireworks display in American history, but not before a mishap almost ruined the trip.

"I guess I was little closer than I should have been," says Bill, who remembers feeling the effects of a concussion after crossing the wake of a large freighter. The ship had churned up some underwater timber that the Gulfstar hit, knocking out one of its two propellers. They limped to a nearby Coast Guard station where divers replaced the broken key that held the propellor in place. Why the VIP treatment? Bill was a member of the volunteer Coast Guard Auxiliary, rising to be a National Rear Commodore.

With the Gulfstar shipshape, Bill continued to New York Harbor and the four-day centennial celebration of the Statue of Liberty in 1986 where he patrolled restricted areas with a Coast Guardsman aboard who had enforcement authority. The celebration included "the most fantastic fireworks I have ever seen," says Bill—22,000 fireworks displays launched from 30 barges over a 30-minute period.

The Parsons transitioned from boating to motorhoming as Frances's Alzheimer's became more severe. Traveling in a 36-foot Class A Executive motorhome, Bill and Frances went cross country several times and spent three months on an 11,000 mile trip to Alaska.

Always eager to join volunteer organizations, Bill served as president of both a regional and national motorhome association.

After Frances died, Bill remarried and lived in Glenmore outside of Charlottesville with his second wife, Jeanne, until her death in 2013. He moved to The Lodge in 2014.

Bill's son Bryan and his wife, Leslee, live in Crozet. Bryan, a former planner and health fitness specialist, is now a professional photographer and owner of a photo store in Charlottesville. Bill is the grandfather of three step-children.

Bill became the first and only president of the Ridges Residents Association at The Lodge. He says the association aids management in identifying the smaller items that need attention. He is retiring from the association due to his failing eyesight. Knowing of his propensity for volunteering his talents, we are sure he will be quick to find another interest.

*When he was a kid, Bill Parsons lived in coastal North Carolina. He had 11 sisters and brothers. He drove the school bus for two years when he was in high school for nine dollars a month. His tenant farming parents raised tobacco, cotton, and corn. His most vivid memory of farm life is the annual cane harvest when a mule powered cane mill was used to crush the "juice" out of the cane. He marveled at how a mule walking in a circle and attached to a long pole would follow the orders they were given to start or stop pulling on the pole. Transferred to large pans over a firebox, the juice was boiled into syrup, a process lasting a whole day and requiring the constant testing of its viscosity. This traditional process has long since passed from use, but it is hard for Bill to forget the excitement it brought each year just before the hard frosts of autumn.*



*Ensign  
Parsons*



*Frances  
Parsons  
circa 1970*



*Jeanne  
and Bill  
2003*

**The Lodger**  
Issued every other month  
for residents and friends  
of The Lodge at Old Trail.

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See color edition at  
[lodgearoldtrail.com](http://lodgearoldtrail.com) →  
about →  
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# Lodge backyard to get a facelift

*But timing is unknown*

Much of the news these days is described as breaking, and now even Old Trail appears poised for making its own breaking news. Albemarle Parks and Recreation will announce in several months the long-awaited plans for what will happen in the area behind The Lodge. The Lodge borders on 36 acres of parkland contributed to the county by the Old Trail developer in 2005 as trade-off for the higher housing density it had sought.

While a playing field, a community garden area, and trails occupy the area, a final plan was never implemented. But now the county has engaged a planning contractor and is developing several park design concepts that are scheduled for release in the spring of 2018.

What will happen to the area immediately behind The Lodge? County officials say it is still too early to say, but several indications are that passive recreation will dominate the open space area that has been

named Western Park.

In the first place, only a mere 15 percent of the parkland is considered buildable. Most of the area is in floodplain, wetlands, critical slopes, or storm water facilities. The five acres of buildable land would accommodate a playing field, a pavilion, or shelters. Devoting the buildable areas to parking would preclude the construction of any recreation facilities.

Attendees at a public planning session in October were mostly in favor of maintaining the existing natural and quiet nature of the park and limiting park features to trails, a soccer field, picnic areas, and rest rooms. There was concern expressed for any activities attracting large crowds because parking would need to be handled on adjoining narrow streets.

Enhancing the natural areas with a trail system and board walks appears to be in the cards, but how that might require alteration of the retention ponds behind The Lodge is an open question. The original plan had included a centrally located pond surrounded by nature walks.

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*Most of Western Park consists of floodplain, wetlands, constraining slopes, and storm water facilities as shown in brown. The five acres of buildable areas shown in green include a strip adjacent to The Lodge.*



## The Knitting Group

When Polly Sheets and Jean Cuthbert first settled down in the Lobby for needlework and conversation, people couldn't resist stopping by to investigate. Now, some three years later, they are routinely joined in the Lobby by three to ten residents each Thursday at 3 p.m. to knit or crochet. Everyone is welcome to join them and bring needlework of any kind. Polly said some of the regulars would love to teach anyone who wants to learn to knit or crochet.

In addition to the usual sweaters, caps, and scarves, the members currently contribute their skills to making much needed and appreciated items for the sick or infirm. Their projects include shawls to warm patients as they undergo chemotherapy; caps for premature infants in isolators; muffs with buttons and other small items sewn inside to comfort Alzheimer's patients, and children's sweaters for distribution by World Vision, a Christian relief and development organization. "We started knitting for ourselves," Polly observed, "but now we're all knitting for others."

From the beginning the Thursday stitchery group has been popularly known as The Knitting Group. However, recently they began to consider other descriptive designations. Currently, but not exclusively, and with zero assurance of being adopted, is "The Knit Wits." Other, more generic ideas may be suggested in due course.

—Jean Sellers

### Western Park (cont'd)

What does appear certain, however, is the prospect of a professionally maintained landscape that The Lodge overlooks. Nearby Mint Springs Park is ample testament to the excellent care that Parks and Recreation provides to its holdings.

When can we expect to see development to occur? Not for some time. A final plan must be developed and OK'd by approving authorities before any funding can be requested and appropriations are approved.

We will be on the lookout for further announcements.

## Computer backup becomes essential

If your desktop or laptop computer were hacked or were to crash, have you thought about the dread of permanently losing all the electronic data you have collected? We use an external drive to backup files for just such an occurrence. But beware, they are not foolproof. We discovered that years of weather records were lost because they were filed in a folder identified by the external drive as a program. Program files are not backed up inasmuch as they are usually recoverable from discs or online service provided by software manufacturers.

We turned to a trusted friend for suggestions on how to avoid such calamities, a person with a compulsion for backups. She uses an external drive as well as an online backup service otherwise known as "storage in the cloud." Cloud storage is really storage on a host company computer and is available from a variety of vendors. Many experts are saying that if you don't use cloud storage, you ought to.

After extensive research, our friend chose Carbonite (carbonite.com), a domestic company devoted to only data storage. It works with both Windows and Mac based computers. (There are other services available

for tablet and cell phone users, some of which are free.)

We subscribed to Carbonite. Here is what we like.

- All document, photo, and email files are continuously backed up when they are created or updated. Backup is automatic and reminders to backup manually are unnecessary.
- Backed-up files are clearly marked. Any unmarked file can be manually added for backup. (Our weather data files can be marked for backup even though they exist in the same folder containing a program execution file.)
- Files accidentally deleted and scheduled for backup removal are still retrievable for up to 30 days.
- Backed-up files can be accessed with any computer, tablet, or cell phone.
- Customer service is available daytime, seven days a week until 9 pm EST. Representatives are fluent.

The annual subscription fee of \$60 gives not just peace of mind. It gives the all-important promise to preserve irreplaceable files.

