

CDAА CHATTERBOX August 2021

Many thanks for the contributions to this edition of **CDAА Chatterbox**...we've gotten much positive feedback on **Chatterbox**, but remember we rely on you for submissions for future editions. If you'd like to share any events, activities, travel or family updates for our next edition, submit your item to cdaachatterbox@gmail.com or mail to Kathryn Golden 259 Westhill Ave, Somerset MA 02726. Items can be brief or detailed and we now include photos (.jpeg format).

Jeannie Folk:



Jeannie took advantage of an early retirement buyout at COD back in 2013 and never looked back. Professionally, Jeannie heads up the accounting certificate program at Northwestern University and teaches forensic and financial accounting at Northwestern. After authoring over 50 study guides and co-authoring a managerial accounting textbook, she also freelances as a developer of online, interactive content to accompany college accounting textbooks.

On a personal note, Jeannie reconnected with and is now engaged to Dave, a delightful friend from her past. With family in the Midwest and on the East Coast, they live part-time in the Chicago area and the rest of the time in Newport, RI. Between them, they have six children and five grandchildren. Jeannie took up scuba-diving, volunteered for quite a few years as one of divers in the main tank in the rotunda of the Shedd Aquarium, and has enjoyed diving all over the world. After taking classes at

Second City to get herself out of comfort zone, she has performed there on-stage as an amateur improv performer and comedy writer.

Jeannie thought that getting through that long-term phase of her life as a single mother of three was the hard part ... then, she became an empty nester. To kick start this new phase of her life, she started taking classes at the Second City Training Center. Appreciating the fact that she could use her life experiences to help others, she also completed the 104-hour coaching curriculum of Co-Active Training. As a personal/professional life coach, she sometimes worked with people who felt challenged or stuck in. She helped those clients discover the answers within and then step forward into the lives they have wanted to be living all along. As an aside, coaching also enabled her to do just that. As a result, she has been exploring her artistic-side and recently joined Ohanga Newport as one of its creatives. She designs and makes wreaths and is available for custom orders!

Mary Gayle Floden-Selfridge:

Mary Gayle submitted this item in September 2020:

My husband Richard and I are living in Sarasota , Florida. The COVID numbers here have been very high. Richard was diagnosed with Parkinson's disease this year and had a stroke eight years ago so he is at high risk. We have spent the last six months socially distancing. He has started gardening for the first time, composting and planting and really enjoying it for the first time. I did raised gardens when we lived in Glen Ellyn so it is his project.

I taught a Caregivers group and Mindful Aging group here in our senior park but that ended with the pandemic so the breathing and meditation skills practiced were a big help during this stress filled time. I do FaceTime with my 6 yo grandson everyday for two hours, we play games and videos, it has been a gift this COVID has given me since he is in California. I continue to do my watercolor art and enjoy that as well. Blessings to all, wear your masks and stay safe,

Mary Gayle added this update recently:

July,2021: Both Richard and I made it through the pandemic and so did our families bur we did lose friends to Covid. We are vaccinated and looking forward to meeting two new grandchildren that we have not met yet due to the pandemic. Sending blessings to all, get vaccinated and stay safe as things open up.

Bob Sobie:

Grandchild Number Five for the Sobies



Martha and I are proud to announce the birth of our fifth grandchild Adelie. Adelie Elizabeth Sobie was born on April 12, 2021 at St. Vincent Hospital in Kokomo, Indiana. She weighed in at 6 pounds 8 ounces. Parents Roger and Jessica, big brothers Elliott (5) and Reid (2) are very excited to welcome Adelie to their home in Kokomo. Uncle Carl, Aunt Kayla, Cousins Anistyn (6) and Lawson (3) can't wait to visit them from their new home in Wesley Chapel, Florida.

Grandparents Martha and Bob Sobie are over the moon thrilled with the growing family.