

## Feb 2021 Client Corner: Books, Movies, and Cooking, Oh My!

Kathy Dunn has been part of the Kempville Family for eight years, although it feels like it's been longer. We had the pleasure of working with her parents, Chuck and Lois for almost 20 years. Kathy retired from the San Diego VA Medical Center as Spinal Cord Injury Clinical Nurse Specialist several years ago and has not slowed down! Kathy's love of travel has brought her all over the country with several international trips planned in the near future. Fingers crossed!

While so many things have changed in the past ten months, some things have remained the same. Thankfully! Kathy Dunn has been a member of several book clubs, two of which have still been going strong amidst the pandemic. One is through her local branch library with an average of 7-8 people through their Zoom discussions. This club takes its recommendations from the librarian and they read a variety of books from fiction, non-fiction, to the classics. For her second group, they pick their books based on the consensus of the women participating. Anyone can suggest a book and they try to look for ones that have a lot of discussion questions available online. A couple of her favorites have been "The Island of the Sea Women" by Lisa Sea, and "The Space Between Us" by Thrity Umrigar.



Kathy's love of classic cinema continues despite the San Diego Cinema society being put on hold. She has weekly Zoom discussions with a group of women after watching a movie of the week. Usually a comedy or rom-com found on Netflix or Amazon. To date, they have watched and discussed 35 films ranging from classics like "It's a Wonderful Life" to new streaming movies such as "The Trial of the Chicago 7." Often the discussions of one movie leads to the other films they end up adding to the list.



One of Kathy's greatest joys is travel. Like so many of us, her travel plans were cancelled and/or postponed. However, she has been experimenting with new recipes inspired by her most recent trip to Asia in early 2020. She has been cooking a lot of Vietnamese, Chinese, and Thai food. She had never made her own Pad Thai before, but has tried several different recipes now! Her favorites so far have been Vietnamese Grilled Pork Meatballs (Bun Cha) and Stir-fried pork with Bamboo Shoots, as well as her mother's sukiyaki recipe. A favorite ingredient discovery has been Chinese black vinegar which is similar to balsamic vinegar.

Thank you Kathy for sharing what you have been up to for the past year. Hopefully it will inspire others to read some books, watch some movies, or try a new recipe!