

## Harmonious Living Task Force



First Row left to right: Valerie Ponsini, Betsy Blades, Ann MacKay, Rosemary Erdman, Phyllis Yingling.  
Second Row left to right: Pat Kasuda, Bonnie Kawecki, Jackie Graham, Charlie Eichenlaub, Margaret Serp, Suzanne Levitt, Jean Corley.  
Not present: Rev. Gary Hajek, Fr. Leo Larrivee, Sherry Parrish, Sherry Stewart, David Pollitt, Dot Wehland, Bert Clegern, Steve Harders.

The Harmonious Living Task Force concluded their work at the March 13 meeting. We answered the questions:

- How do we foster a community where we all feel welcomed, safe, and respected?
- How do we live harmoniously in a community of people of many faiths and beliefs, given our values of diversity and inclusion?

The nineteen-member group representing differing viewpoints and different belief systems accomplished the following to answer the questions.

- Produced a *Residents and the Erickson Way*, a resident-focused version of the Erickson Way
- Developed *Guidelines for Religious Expression* inspired by the Political Guidelines from 2016.
- Designed a framework for discussion and problem solving using Post-It note brainstorming and Six Thinking Hats techniques.
- Prioritized issues that reflect different viewpoints impacting the Charlestown community.

- Discovered what other Erickson Living communities offer in the way of religious programming through a request to administration.
- Finally, we suggested the need for a purpose statement for Channel 972, which was completed.

We heard the results of that effort at the March 21, 2017 Town Hall when the new *Religious Programming Guidelines* were introduced. Although the large group work is complete, some of the issues we identified would benefit from some smaller workgroup problem solving. That will continue after a break.

As the convener, I want to thank the task force members and our recording secretary, Sherry Stewart, who took minutes for the five task force meetings. Also, a big thank you to the organizing group of the two past presidents and the current president and vice president who met additional times to shape the meetings.

*Ann MacKay, Convener HLTF*



### “ONE TEAM – BUILT FOR SUCCESS”

Every year, Erickson Living hosts an Annual Meeting to bring together the community executive teams and top leaders of the management company for a few days of reflection, inspiration and leadership development.

Celebrates Life!” In the post-meeting debrief with the Senior Leadership Team of the company, the facilitator asked person after person what the most memorable part of the meeting was for them, and person after person responded “Charlestown’s Resident Mission Moment”!! Our star was shining bright and I send a special “thank you” to everyone who helped make it happen especially Kathy Crouse, Dean Crawford and the Dunn’s River Band!!

This year, over 360 leaders in the company gathered in Baltimore for the three-day conference focused on “One Team – Built for Success.” The meeting was highly motivational and focused on the benefits of collaboration, alignment and accountability. Mixed in throughout the meeting were stories and mission moments. It was a moment of extreme pride and, honestly, the best part of the meeting, when our very own Medical Center Practice Administrator, Dean Crawford, and resident Kathy Crouse performed live for the crowd with a riveting rendition of their song “Charlestown Star.” It was certainly a shining moment for Charlestown and one that left a lasting impression on everyone in the crowd in terms of what it really means to “Share our Gifts to Create a Community that

Another poignant message in this meeting was focused on the importance of effective teamwork and collaboration. One particular message was this – “If you want to go fast, go alone. If you want to go far, go together.” This message resonates with me on many levels, and I believe it is a pillar for effective leadership in a community such as ours. The truth of that bears out in the successful work efforts of the Harmonious Living Task Force, which you will read about in this edition of *The Sunburst*. I thank all the members of this task force for taking on a challenging and divisive topic and moving us far forward as one harmonious community.

*Clara Parker, Executive Director*

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## NEWS FROM THE CHARLESTOWN BOARD OF DIRECTORS



Richard Grove

### Welcome to the Board Corner!

We started the Board Corner articles for The Sunburst a couple of years ago to address a Resident Satisfaction Survey comment that we could improve our communication with, and exposure to, the residents. Based on some of the good feedback we've gotten, it seems like we are on the right track. Our approach has been to focus on the work of each of our Committees, an occasional article on current events, but more recently, we have provided detailed introductions to our many talented Board Members.

Now that we've exhausted the majority of that content, we've decided to take a different approach. Going forward, we would like to address specific questions the residents have of the Board. As some of you may be aware, we currently do just that in our meetings with the Residents' Council each quarter. The Council brings the Board specific matters of interest and the Board provides a detailed response along with time for Q&A during these face-to-face meetings. Since that approach has been well received by the Council, we thought it might work well for our communication to the broader audience in The Sunburst.

Now this will be a bit more of a challenge to facilitate, so we are going to ask the help of the Council and Management to solicit questions and forward the recommended ones for the Board to address. The Board will then need to determine who is best able to respond and give him or her time to draft an article. Obviously, this will need to be done in a timely manner so the topic doesn't become "old news" while working its way through this process. Given the Board's perception of the solid working relationship between the Council and Management, we have no doubt they can accomplish this, and we will do our best to respond in time to meet The Sunburst deadlines.

Be watching for upcoming communication from Management and the Residents' Council regarding how to submit your questions.

As always, the Board looks forward to "Sharing our Gifts to Create a Community that Celebrates Life."

Richard Grove

Residents' Council E-MAIL Address  
CCIResidentsCouncil@gmail.com

Charlestown Residents' Council Website.  
ccicharlestown.org



## "We're Here For You"

### Building Community – Support The 2017 Scholars' Fund And Recognize The Efforts Of The Harmonious Living Task Force

As we welcome spring and finally the arrival of warmer weather, I would like to focus on two of the important ways we can continue to build community life at Charlestown: First, by supporting the 2017 Scholars' Fund, which kicked off on March 20 and will continue through the end of April, and second, by recognizing the results of the outstanding efforts of the Harmonious Living Task Force, which essentially concluded on March 13 and were highlighted at a Town Hall meeting on March 21.

First, the Scholars' Fund – Education is one of the most important building blocks for a successful future. As members of our Charlestown Community, we have been helping our student workers make higher education possible through the annual Scholars' Program for the past 29 years. As part of the Scholars' Program, eligible students who have worked a minimum of 1,000 hours at Charlestown qualify to earn up to \$2,000 per year for accredited universities and vocational schools. In 2017, we have 24 students qualified for the Program. To assist you in identifying the eligible 2017 Scholars, students are wearing "Scholar Candidate" aprons during their shifts. You will learn more about them by seeing their photographs and biographies displayed throughout Charlestown. In that way, you will get to know about the students who work behind the scenes in the kitchens as well as those who serve. They all help us with the meals and related community social life that make Charlestown so enjoyable.

This is your opportunity to help our Scholar Candidates tackle that next big building block for their future. Together we can help them reach their goals. Please give as generously as you can to support this most worthwhile cause.

Second, the Harmonious Living Task Force – The Task Force, as a group of 19 residents, completed its current efforts with a wrap-up meeting on March 13, successfully addressing, in the larger context of harmonious living in our community, the issue of religious broadcasting which arose last year. The Task Force produced, and the Residents' Council approved, two documents – "Residents and the Erickson Way" and "Guidelines for Religious Expression at Charlestown." In addition, at the request of the Task Force, the Administration produced the document "Charlestown Religious Programming Guidelines for Community TV Channel 972." The two documents concerning religion will be addressed in other articles in this Sunburst issue, and I will briefly discuss the Erickson Way document.

You are all likely familiar with the document "The Erickson Way at Charlestown," which appears on the first inside page of your Resident Handbook and is focused on Erickson staff and employees. The Task Force decided early

this year that it would be very supportive of harmonious living to revise that document so as to make it more resident-focused.

The result, and the first output from the Task Force, was "Residents and the Erickson Way." The document speaks for itself and is included in the following article.

Take care, and continue to enjoy Living Harmoniously at Charlestown!

Dave Douds, President



### GUIDELINES FOR RELIGIOUS EXPRESSION AT CHARLESTOWN

All residents have a right to pursue religious expression or not to be involved in religious activity. Since residents do not all share the same faith group, the following guidelines are suggested for harmonious living at Charlestown Retirement Community.

1. Residents interested in religious activities may gather with like-minded persons in their apartment, private dining areas or a reserved activity room on campus.
2. Residents may announce their activity via literature by campus mail or emails with the caveat that individuals may opt out of receiving such emails.
3. Residents have the right to wear religious apparel or jewelry in public areas.
4. Meeting announcements (what, where and when) of religious interest may be posted on bulletin boards and on channel 972 following the existing policies outlined in the Resident Handbook.
5. Other than traditional holiday displays, no resident sponsored religious signs or literature may be posted or distributed in public places, hallways, laundry rooms, elevators, and dining rooms.
6. Residents may decorate their doors and shelves with religious content with consideration of harmonious living. Any decoration should stay within the doorframe and the shelf to the side of the door.
7. Residents wishing to develop religious programs should adhere to the "Charlestown Religious Programming Guidelines for Community TV Channel 972," dated March 13, 2017.

Adopted by Charlestown Residents' Council  
March 13, 2017

### RESIDENTS' ASSOCIATION ANNUAL DUES

This year, the annual campaign for collecting the voluntary dues of \$2.00 per resident will run from Monday, April 3, through Tuesday, May 2.

So, what does the Residents' Council do for you?

1. A public meeting is held the first Tuesday of each month.
2. The Executive Committee meets the following morning to address concerns of the residents.
3. A work group session for planning purposes is held the second Monday of each month.



“We’re Here For You”

4. Council Committees meet monthly with appropriate Administrative counterparts to monitor work to be done in their areas of responsibility.
5. President and Vice President meet monthly with Administration to discuss resident concerns.
6. Quarterly, the Council meets with the Board of Directors.

*Other Council activities include:*

7. Keeps residents informed through website, Council Chats, Voices of the Council on 972, articles in The Sunburst, and Council Binders at each front desk.
8. Promotes a pleasant dining experience and opportunity to communicate with dining managers to share concerns and menu ideas.
9. Meets with medical services to provide top-notch health care.
10. Sponsors candidate forums in election years, as well as opportunities to hear from our District 12 state legislators.
11. Offers creative fundraising activities through Benevolent Care to support residents with financial difficulties.
12. Works with Housekeeping to maintain a clean, pleasant living space.
13. Helps residents understand and resolve the conflict of wanting 5-star services and amenities for 2-star prices.

These are a few highlights about your Council and also what it does for you.

Hopefully, you will agree that your voluntary \$2.00 dues payment is worth the money, and we can beat last year’s 77% participation.

Watch for your Residents’ Association Dues packet in April.

It is our pleasure to work on your behalf with the Administration and the Board of Directors.

*Leigh Anne Cooper, Residents’ Council Treasurer*

**THE GROUNDS COMMITTEE**

The Grounds Committee of the Residents’ Council is very strong, knowledgeable, experienced, and committed to the Charlestown Campus. We try to be the eyes that see needs, and we respond to needs the residents see as they walk the campus, and we are in regular contact with the Grounds Department.

For a long time, we have been aware of a number of feral cats (we only have two now, and one resident feeder over by the cemetery). Feeding these cats, or any outside animal, is inappropriate and potentially harmful.

We had a gentleman from the University of Maryland inspect our campus to see how the rain run-off is being handled, and he reported that we have a very effective system in place, which pleased all of us.

One of the on-going concerns we have is field mice getting into our buildings. I’ve had them in my apartment, which is annoying. So, how do we keep them out? The primary answer is to keep the outside doors shut! They should not be left open or left propped open with a rock. The problem often is that with frequent occasions to move furniture in or out of our buildings the workers need easy access through the entrance, and many outside doors lock automatically when they are closed. The issue is further complicated because several buildings will shortly be demolished for new structures, and this disrupts the field-mice habitats, putting more mice on the loose looking for new places to settle. The area near the Medical Center and Refectory Restaurant is most affected, and will be for several years. So, what to do? Maybe, if a resident or family knows that furniture is being delivered or removed, someone can be posted at the door to open it when that moment is needed. (Or, maybe the resident could secure an outside key). Additional mice traps have already been installed.

Also, we have been concerned about bird-feeders too close to a building. Birds, as beautiful and fun to watch as they are, are notoriously sloppy. Our Resident Handbook has, on page 37, the line “Bird feeders are permitted, as long as they are thirty (30) feet from the building, as they tend to attract mice and other rodents.” This is being enforced by the Grounds Department. But it is best handled voluntarily by the residents themselves, whom we ask to move their feeders at least 30 feet away from their buildings, which will likely keep the mice (and other small creatures) where they belong. There is plenty of food in the woods for wild animals. Through the outstanding interest of one of our members (Bert Clegern), there are efforts to place tree-identification markers along the bridge connections; and also an effort to monitor our trees’ health and conditions in the many tree areas. He has also developed a long paper on environmental information regarding our campus that is in the process of being approved for wider readership.

The Grounds Department is working on a priority list of important issues needing attention, such as road damage due to the on-going construction in the medical building area.

The Grounds Department deserves frequent applause from our residents. The working crew is small, and much of the major work is contracted out. But think for a moment about all the Christmas decorations and tree lights that must go up each year, and then be taken down and packed away; or the winter safety precautions. You get the idea of the magnitude of its tasks.

This committee meets on the fourth Tuesday morning, 10 a.m., in the General Services Conference Room (T level of Herbert’s Run). Your interest would be welcomed, and you would learn a great deal.

*Al Davies, Chairperson*

**Are You Abusing Your Garbage Disposal?**

Because of continuing problems that occur from the misuse of garbage disposals, it was felt that rerunning a previous Sunburst article on the topic is warranted. Our maintenance staff would really appreciate your cooperation, as well as your neighbors on the floors around you!

Although replacing burned out light bulbs tops the list of calls for maintenance, a too frequent and more time-consuming problem concerns our garbage disposals. Living in an apartment and utilizing a garbage disposal is quite different from living in a home and utilizing a garbage disposal. If a garbage disposal is not used correctly, a backup can occur in an apartment above or below yours. To keep our neighbors happy, as well as our maintenance people, we need to follow a few simple rules for the care and feeding of our disposals. First let’s review the steps for successful operation.

- Remove the stopper and run a strong flow of COLD water.
- Turn on the wall switch to start the disposal.
- SLOWLY insert food waste into the disposal and position the stopper to minimize possible ejection of material while grinding.
- After grinding is complete, when all you hear is the sound of the motor and the water, turn off the grinder and let the water run for at least 15 seconds to flush.

Next, consider what you are putting into the disposal. Obviously we all know that we shouldn’t be grinding oyster shells or old flower bouquets, but we may not be aware that there are other items that present problems. Grease and fat will cause build-up in the pipes, and these should be put into a jar or other container and put into the trash collection. The same thing is true for foods that expand when moisture is added, such as rice, oatmeal, or pasta. Coffee grounds are another no-no. Fibrous materials, such as corn husks, artichokes, and vegetable or fruit peels are also contributors to blockage. Large volumes of material that you have if the casserole you made is burned, or if the pot of stew is overly seasoned, should go into the trash, not your disposal.

Finally, there are some nice things you can do for your disposal. Grinding a handful of ice cubes while running cold water will help keep the blades sharp. Cleaning the disposal with a couple of tablespoons of baking soda and a cup of vinegar that is allowed to sit in the disposal for 15 minutes will minimize any unpleasant odors. If there are questions you have regarding this topic, you can call General Services at 601-8190.

*Ed Piechowiak,  
Maintenance & Engineering Committee*

### Tips for New Residents:

- **Resident's Council Meeting:** First Tuesday of every month at 7:30 p.m. in the Auditorium, open to all residents to observe. This information is fully explained under Residents' Council in the Resident Handbook on page 19 (March 2016 edition). There is a management report before the meeting adjourns as well as a 15-minute Open Forum for residents to ask questions or give comments after the meeting adjourns.
- **Conversations with Clara (and Executive Team):** Monthly, at a designated public space; it is an informal setting where topics are discussed between residents and Clara's team and questions may be presented.
- **Resident Town Hall Meeting:** Periodic, in the Conference Center (beneath the Chesapeake Restaurant); a more formal presentation by the Executive Team reporting new projects and updates on continuing ones, along with existing or perceived problems among us. A question and answer period follows the presentation.
- **Council Chats:** Periodic, in designated areas with one or two Council members at a small table with a few chairs for individual residents to bring up concerns or get clarification on any subject within the Charlestown community.
- **Coffee with the Dining Managers:** Monthly, on a regular schedule, at each dining room. Join the dining room managers once a month to learn about what's happening in your dining room as well as talk about your issues and concerns.
- **Dining Services Town Hall:** Last Friday of the month at 11:00 a.m. and 2:00 p.m. in the Auditorium to report what is happening with Dining Services.
- **General Services Town Hall:** Periodic (upon announcement), in the Auditorium.
- **Security and EMS Services Open Forum:** Quarterly (upon announcement) at a designated public space; it is an informal setting where topics are discussed between Keith Feen, the Asst. Security and Emergency Services Manager and residents.
- **Financial Issues Addressed by Neal Gantert on 972:** Periodic, submit your questions or suggested financial topics to Lavina Dukes in Finance at [lavina.dukes@erickson.com](mailto:lavina.dukes@erickson.com) or 410-737-8838, ext. 601.8375 by the second Friday of the month.

Charlie Eichenlaub  
Communications Committee



### "Around Town Tour"

Make your reservation  
for the March tour.

**Tuesday, April 4**  
**9:30 - 11:00 a.m.**

Doris Cooney, 410-737-1556



### "CONVERSATIONS WITH CLARA AND THE EXECUTIVE TEAM"

Notes from March 13  
Conversations with  
Clara and the Executive  
Team. Thank you to the

64 residents who attended. Below are some  
highlights from the meeting.

1. **Resident Question/Answer:** "Does Swift Reach work when the power is out?" *"If you have a landline (cordless phone) and the power goes out, the phone will not work since it requires electricity. If you have a corded phone that plugs into a (phone) jack in the wall, it will work."*
2. **Resident Question/Answer:** "What warrants having 2 AED's (Assistant Executive Director) for Charlestown?" *"Having 2 AED's available at Charlestown gives benchmarking strength and also frees up some of Clara's time for other responsibilities. Jangar's current responsibilities include overseeing General Services and Communication around Strategic planning."*
3. **Resident Comment:** "We will truly miss Vinson and wish him the very best in his new endeavor."
4. **Resident Question/Answer:** "When will the directional signs in Edgewood be hung?" *"They are being reviewed for approval and will be installed the weekend of June 3."*



### BCPL's Library On The Go Bookmobile Fridays

10:00 - 10:45 a.m.

**Cross Creek**  
**April 7 and 21**

**Lobby 7**  
**April 14 and 28**

Phone: 410-887-7586

### Harmonious Living Task Force and Charlestown Religious TV Programming Guidelines



I am pleased to report that the Harmonious Community Living Task Force has completed its work on the following questions it were charged with answering:

- How do we foster a community where we all feel welcomed, safe, and respected?
- How do we live harmoniously in a community of people of many faiths and beliefs given our values of diversity and inclusion?

Under the leadership of Ann MacKay, the work of the Harmonious Living Task Force has broken ground and established a model for dealing with significant differences of opinion. Its work created an enhanced perspective for understanding reasons for differences and brought people together for fruitful discussions with resident leadership. Most importantly, it enabled the creation of common ground.

As part of the work of the Task Force, Administration was asked to develop guidelines for the airing of religious programming on our community TV, Channel 972. We have done so and it follows:

#### Charlestown Religious Programming Guidelines Effective March 2017

In the spirit of Harmonious Community Living, expressions of religious faith, such as the reading of scripture, devotions and prayer are welcomed on Channel 972. This includes daily devotional shows or seasonal programs related to the celebration of religious holidays.

Religious programming will include positive and supportive messages to uplift the community with no divisive or judgmental language and will air in a time slot separate from the Charlestown Today program.

Charlestown Today, which airs at 10:00 am, Monday through Friday and at intervals throughout the day, is intended to inform, educate and entertain our audience with community news and activities related to life at Charlestown.

There were many benefits of these "guidelines," including:

- Establishes formats for delivery of religious programming.
- Represents the interests of many residents.
- Addresses complaints regarding the "interruptions" of the scroll.
- Sets aside devotional time on TV schedule which will be advertised.
- Provides equal access to any religious group "living at Charlestown": Christian, Jewish, Unitarian/Universalist, Muslim, Buddhist, etc.
- Establishes some "guidelines" for content to support Channel 972.

I am proud of the work of the Harmonious Community Living Task Force and grateful for the energy and perspective taking of all members of the Task Force. It has helped us open our eyes and hearts to living with an ever increasingly diverse community of residents.

**Although there will always be challenges related to personal preferences, with these guidelines we make our stand for tolerance, inclusion, and a respect for diversity.**

Sherry Parrish, LCSW-C, Director of Resident Life



**General Services**  
**Tony Kuzawinski, Director**

**Do Not Resuscitate Guidelines for Residents, Families and Caregivers**



DNR stands for “Do Not Resuscitate.” A DNR order means that if cardiac arrest occurs— if your heart stops beating and you stop breathing— cardiopulmonary resuscitation (CPR) will not be performed to revive you. A consent to a DNR order, whether in a hospital or nonhospital setting, is a type of advance instruction you may give about your treatment.



**Maryland EMS DNR Orders**

In order to minimize the time it takes for EMS personnel to make the resuscitate/do not resuscitate decision, a standardized document has been developed that is readily recognizable throughout the state— Originally this was the blue form called the “Maryland Emergency Medical Services (EMS) Do Not Resuscitate (DNR) Order.” This form has been replaced by the Medical Orders for Life Sustaining Treatment (MOLST) form. These forms allow rapid identification of those patients who have chosen, either directly or through their legally authorized representatives, NOT to be resuscitated in the event of cardiac or respiratory arrest.

These forms must be obtained from and signed by your primary care physician to become effective orders. Once you have a DNR/MOLST order, it should be placed in a readily accessible location in your residence— We recommend you place it with your Vial of Life, attached to the refrigerator with a magnet, or taped to the back of the front door to your apt.

In the absence of a valid EMS DNR/MOLST Order, we are legally obligated to initiate life-saving measures.



**Medic Alert ®**

We strongly encourage you to contact the Medic Alert Foundation to register your EMS DNR Order and obtain a piece of jewelry (bracelet

or necklace). This jewelry serves as your DNR when the paper version is genuinely unavailable (i.e. when you’re away from home). It is readily recognizable by EMS providers and legally authorizes us to honor your wishes in place of the paper form. Social Workers are able to assist you with this process.



1-800-432-5378 -or-  
 www.medicalert.org

*Joshua Jones SES/EMT*

**DISPOSAL OF TRASH SHARPS AND SOILED PROTECTIVE UNDERGARMENTS**

**Trash Pickup:**

Just a reminder that residents at Charlestown should place their trash outside their door no earlier than 8:00 p.m. the night before and no later than 7:00 a.m. on the day of pickup. Pickup days for trash are Mondays and Thursdays.

**Sharps Disposal:**

Hypodermic needles, lancets, and other sharp objects used by residents in the course of self-care become potentially hazardous at the time of disposal. Please dispose of them in a properly sealed container. Residents can call the Housekeeping Department at 443-297-3783 (443-29-SERVE) to sign up for monthly, professional Sharps Containers Service or residents can use a hard, plastic container with a securing twist top, such as an empty laundry detergent bottle. Please do not use plastic soda bottles, plastic milk containers, plastic coffee containers, or metal coffee containers.

**Soiled Protective Undergarments Disposal:**

When disposing of soiled protective undergarments, please consider the following options:

- Saturate the soiled item with corn starch or baby powder; this will help to absorb the odor until it is disposed of properly.
- Don’t mix soiled items with regular household trash; use a heavier plastic bag (GLAD sells thicker plastic bags as well as ones with Febreze Odorshield); also consider using the heavier plastic bags in addition to using a hard plastic trashcan with a sealable lid (Rubbermaid sells trash cans designed for the disposal of soiled items – that have a sealable lid).
- Please do not flush soiled protective undergarments/pads down the toilet as this can cause the toilet to get clogged and overflow.
- Please do not dispose of trash and soiled items in trash cans located in the hallways, stairwells, laundry rooms, storage rooms, or common areas.
- If residents need an emergency pickup of trash and soiled items, please call the Housekeeping Department at 443-297-3783 (443-29-SERVE) to request an Emergency Trash Removal; there will be a \$16.00 charge for this service.



**Erickson Advantage®**

**Did you know Erickson Advantage® H5652 Received Medicare’s Highest Rating: 5 out of 5 stars**

What does this mean to you? This gives you the opportunity to explore the benefits of joining one of the highest rated health plans in the country.

**You can switch to an Erickson Advantage Plan H5652 once from December 8, 2016, through November 30, 2017.**

See how you can enroll today, and become a member next month. Learn more today, Call Robbie Furman, your Charlestown licensed sales agent, at 443-297-3110 TTY:711 8:30 a.m. - 5:00 p.m.

**You can switch to a 5-star Medicare Advantage Plan, Medicare Cost Plan, or Medicare Prescription Drug Plan once from December 8, 2016 – November 30, 2017.**

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan’s contract renewal with Medicare. UnitedHealthcare Insurance Company complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

*Medicare evaluates plans based on a 5-Star rating system. Star ratings are calculated each year and may change from one year to the next.*

**Do you need your mattress flipped? If yes, then we have a special for you!**

**HOUSEKEEPING SPECIAL**

**Mattress flipped for only \$11.00 (a set)  
 Regular price was \$16.50,  
 you will save \$5.50!**



**“Flipping your mattress will help it last longer, and prevents it from sagging.”**

Please call the General Services call center at 443-297-3783 to schedule your appointment.

**Special ends May 5, 2017**



## Continuing Care

Phoebe Graham, Director

### CONTINUING CARE AND CATON WOODS LEADERSHIP TEAM AND OTHERS

#### FRONT DESKS

410-247-9700 (RGN/S)  
410-536-4743 (CATON WOODS)

#### ADMINISTRATOR

Phoebe Loyer-Graham, ext. 601.8875

#### ASSISTANT ADMINISTRATOR

David Gearing, ext. 601.3111

#### DIRECTOR OF NURSING

Caroline Wagara, ext. 601.8003

#### ASSISTANT DIRECTOR OF NURSING

Shawn Lavin, ext. 601.3125

#### OFFICE MANAGER

Andrew Davis, ext. 601.8359

#### MEDICAL DIRECTOR

Myla Carpenter, M.D., ext. 601.8590

#### BUSINESS OFFICE MANAGER

Doris Mills, ext. 8347

#### HEALTH CARE COUNSELOR

Alexandra Herbst, ext. 301.8578

#### REHABILITATION MANAGER

Cathy Pelletier, ext. 601.3136

#### ASSISTANT DIRECTOR OF DINING SERVICES

Robin Moore, ext. 601.8037

#### HOUSEKEEPING SUPERVISOR

Kim Early, ext. 601.8557

#### MAINTENANCE SUPERVISOR

Donald Hoffman, ext. 601.8363

#### ASSISTANT LIVING MANAGER-CATON WOODS

Amy Sarro, ext. 601.3725

#### WELLNESS MANAGERS

Funmilayo Opadina, ext. 601.8926  
Kristie Baldwin, ext. 601.3127

#### SOCIAL WORK MANAGER

Lisa Roeder, ext. 8057

#### PROGRAM MANAGER

Rob Hunter, ext. 601.8974

#### CW AND RG ASSISTANT PROGRAM MANAGER

Denise Puckett, ext. 601.8575

#### VOLUNTEER PROGRAM COORDINATOR

Kathleen Hart, ext. 601.8133

#### FACILITIES COORDINATOR

Steve Hall, ext. 601.8924

#### ACUTE CARE COORDINATOR

Shannon Loudermilk, ext. 601.8045

#### PERFORMANCE IMPROVEMENT MANAGER

Sharon Piemonte, ext. 601.8013

#### QUALITY CARE COORDINATORS

DORSEY: SHANEILD West, ext. 601.8071  
EVERGREEN PLACE: Peace Nwokorie, ext. 601.8389  
AZALEA LANE: Ojehomon Omoikhefe, ext. 601.8592  
CALLA LILY GARDENS: Barry Uzoечи, ext..601.8012  
DOGWOOD COURT: Maryann Ingram, ext. 601.8072

#### MEMORY CARE MANAGER

BUTTERFLY FIELDS: Lauren Price, ext. 601.8181



### CHARLESTOWN CONTINUING CARE PHASE 2 TIMELINE\*

#### Building 6

- Substantial completion end of June, 2017
- Staff relocated by end of August, 2017

#### Phase 1

- RGT Building Demo completed mid-April
- Install Temporary RG Entrance completed end of May
- Construction, July, 2017 through October, 2018
- Licensing complete end of December, 2018
- Occupancy end of January, 2019

#### Phase 2

- RG South Building Demo completed end of April, 2019
- Construction, May, 2019 through June, 2020
- Licensing complete end of August, 2020
- Occupancy end of September, 2020
- Final sitework/landscaping end of February, 2021

#### Keep updated weekly and monthly on construction activities via:

- Resident Town Hall meetings – March 21 (10:00 a.m. and 1:00 p.m.)
- Sunburst – Construction Catchup Corner
- Resident website – biweekly updates
- Channel 972 and digital TV
- Channel 970 – construction notices Erickson Now



\*Dates are subject to change.

Jangar Richards, AED

### Gluten - It's Not Just The Bread Part 1

by Stephen C Schimpff, MD

Gluten is a mixture of proteins found in wheat, rye, barley, spelt, kamut, and a few other grains. Gluten, which means glue in Latin, is the substance that gives bread its texture and elasticity. It's what gives bread that sticky pull which is so nice when you break a good French baguette; it's what gives a muffin its spongy characteristic, and it helps form those little cells in warm bread that soak up butter. But gluten also causes serious illnesses among many people.

Gluten is not found in rice, corn, quinoa, amaranth, or tiff. Despite its name, buckwheat does not contain gluten. Oats are gluten free but often raised near wheat or processed in

mills that also grind wheat so they can be, and often are, cross-contaminated.

There are three (possibly more) illnesses caused by gluten - celiac disease, gluten allergy and gluten sensitivity. Celiac disease is a serious life-modifying and often life-threatening disease. It is an autoimmune disease, meaning that gluten sets up a reaction in a predisposed individual such that the body attacks its own cells. Not only can it cause gastrointestinal damage leading to malabsorption but it can lead to problems in multiple other organs in the body. Previously rather uncommon with no more than one person in 300 having the disease, today about 1% of Americans have celiac disease, and the incidence appears to be rising still. It occurs in people who have a genetic predisposition, these being about one third of the population. But within that group of predisposed individuals, only some will develop celiac disease for reasons that remain unclear.

Gluten allergy is uncommon, affecting less than 1% of the population. It's an allergy similar to how some people develop G.I. symptoms from, say, shellfish. Usually the reaction comes on quickly after eating and can be quite severe, often with abdominal pain, nausea, vomiting, and diarrhea. The reaction stops once the offending allergen (gluten) has passed out of the body.

Gluten sensitivity (or gluten intolerance) affects perhaps 10%, and possibly more, of the population. It ranges from rather mild to quite severe. The most common symptom is abdominal discomfort ("bellyache," nausea, bloating) in two thirds of affected individuals. The next most common symptoms do not relate to the GI tract – eczema, "foggy mind," headache and fatigue, all occurring in about a third of individuals. One third develop diarrhea when they eat gluten. Other less common symptoms are depression (20%), anemia (20%), numbness in hands or feet (20%), acid reflux, and joint pains in about 10%. The severity of the symptoms seems to depend upon how much gluten is ingested at one time. The more one eats, the worse the symptoms. For some people the symptoms dissipate within just a few hours, but for others, problems such as diarrhea, reflux or even abdominal discomfort can persist for days or even weeks.

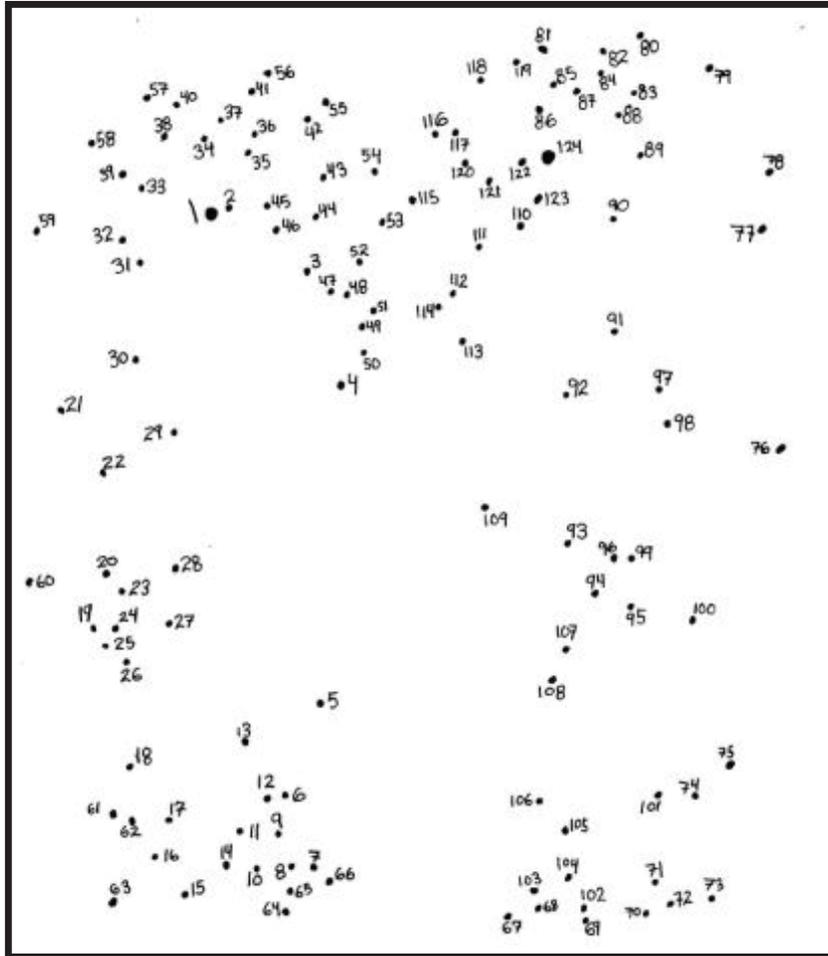
With about 2000 residents, Charlestown probably has about 20 with celiac disease, a few with gluten allergy and 200 or so with gluten intolerance/sensitivity. Many will not be aware of the connection between their symptoms and gluten ingestion. The diagnosis is often missed by physicians because the symptoms can be vague. Many problems cause abdominal discomfort and many of the symptoms of gluten associated disease are not related to the GI tract, such as headaches or rash.

#### Next month – Managing gluten related diseases.

Stephen C Schimpff, MD is a Charlestown resident, retired physician, professor of medicine and former University of Maryland Medical Center CEO. His comments are for general information only and are not to be construed as individual medical advice.



# Take A Break



### An Early Environmental Scientist

One of the early developers of environmental science education is now a resident of Charlestown. For the April 11 meeting of Pollination in the auditorium at 7:00 p.m., Bernie Nebel (professionally Bernard J. Nebel, Ph.D.) will present a talk titled: *The Role of the EPA in Environmental Protection*.

Bernie came to teach at Catonsville Community College (now CCBC) in 1970, a time when open burning of refuse, dumping untreated waste into streams and rivers, and discharging volatile wastes into the air were still common practice. Consequent pollution problems were becoming unbearable and public outrage was mounting. Bernie saw the need for a science course, giving students the basics of the problems, their sources, and what needed to be done to alleviate them. No such course (much less a text) existed at the time. CCC gave Bernie the opportunity to develop such a course; he did and went on to write a text book for the course (“The Way the World Works”, Prentice Hall 1980). Similar efforts by people at other colleges and universities have evolved into the field known as Environmental Science.

The Clean Air Act (1970) and The Clean Water Act (1972) and (most importantly) creation of the Environmental Protection Agency have resulted in greatly improved air, water and habitat quality. Much, however, remains to be done for the sake of our children, grandchildren, and the whole Earth.

Bernie will share insights from early days of the environmental movement and bring us up to date on new challenges and the critical role of the EPA in meeting them. Bernie is also doing a related series on Channel 972 with Tom Moore. There will be time, as usual, for Q and A.

*Ted Durr on behalf of the Charlestown-Sandtown group.*

### PET LOVERS LOVE THE MDSPCA



There are over 175 pets here at Charlestown: cats, dogs, birds, and even a bunny. Many of our animal friends were adopted from the Maryland Society for the Prevention of Cruelty to Animals shelter. Pet Lovers is focusing our attention on this worthy organization during the week of April 3 -7.

On Monday, April 3, Katie Flory, Director of Volunteers for the MDSPCA, will speak at 1:00 p.m. in Brookside Classroom 1 on volunteer opportunities and the services MDSPCA provides.

On Wednesday, April 5, volunteers will man collection boxes at each dining room. Residents are asked to bring old towels, unopened pet food, leashes, pet bowls, pet toys, and other pet-related equipment. Cash donations are also welcome. Make checks payable to MDSPCA. A small dog in need of a home will be visiting each collection site. It takes a lot to run a

shelter. They use over 400 towels every day so please support our helpless homeless animals.

Our final event of the week is a free showing of the heart-warming movie “Marley and Me” in the auditorium at 1:00 p.m., Thursday, April 6. Collection boxes will be available there for donations.

Come out and support the MDSPCA.

*Mat Merker and Francine Ashby*

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or Phone?**

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**NEED A NEW BATTERY  
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WILL BE HERE TO REPLACE WATCH  
BATTERIES DURING THE  
K & J \$6 SALE.*

**Wednesday, April 12, 2017**  
**(NEW DATE)**  
**10:00 a.m. to 3:00 p.m.**  
**in the Conference Center**



### CHARLESTOWN'S RUTH HOUCK LIBRARY

Maple Terrace (Bldg. 2) – Main Street  
Open 10:00 a.m. to 4:00 p.m.  
Monday – Friday

Do come into our Library on newly renovated Main Street. Look at the bookshelf just to the left of the circulation desk, and you'll find a treasure trove of new books. Here's just a sample of what you may see:

#### REGULAR PRINT

*Portrait of an Unknown Woman* by Vanora Bennett  
*Cold Choices* by Larry Bond  
*A Torch Kept Lit* by William F. Buckley  
*Odessa Sea* by Clive Cussler  
*The Day Before Yesterday* by Michael Elliott  
*Eve* by Iris Johansen  
*Rasputin's Shadow* by Raymond Khoury  
*When All the Girls Have Gone* by Jayne Ann Krentz  
*Witch and Wizard* by James Patterson  
*A Judgment in Stone* by Ruth Rendell  
*No Man's Land* by David Baldacci

#### LARGE PRINT

*Little Beach Street Bakery* by Jenny Colgan  
*Odessa Sea* by Clive Cussler  
*Turbo Twenty-Three* by Janet Evanovich  
*Sleeping Beauty Killer* by Mary Higgins Clark  
*Wilde Lake* by Laura Lippman  
*Killing the Rising Sun* by Bill O'Reilly and Martin Dugard

There's one more plus to using our Library. If the book you want is not on the shelves for some reason, one of our super-efficient volunteers will enter your name on our Reserve List, and will notify you when the book has been returned or purchased.

Myrna Retsky

Contact Person:  
Faye Redding, 410-242-7443  
Library Direct Line, 410-737-8838, ext. 3118

## Book Review

**BOOK OF JOY, LASTING HAPPINESS IN  
A CHANGING WORLD**  
By the DALAI LAMA and  
ARCHBISHOP DESMOND TUTU  
With editorial assistance from Douglas Abrams

Reviewed by Eleanor Lewis

The book contains the reflections of the two world-renowned peace and justice advocates on a perennial question perhaps never more relevant than now: How to find joy in the face of personal misfortunes and the violence and chaos of a world in continuous upheaval.

The Archbishop and the Lama met in 2015 at the latter's Indian residence-in-exile to celebrate the Lama's eightieth birthday. Their conversations during their week together centered on the nature of joy, obstacles to it and what are called the "eight pillars of joy."

This is not a "how to" book but rather an invitation to hear from these two veterans of much suffering, their secrets of maintaining the composure and happiness so evident in their lives. It provides, as well, some delightful insights into their personalities, their compassion for others and their humor. Despite its three hundred plus pages, the book is an easy and most enjoyable read.

Join us in the Auditorium, April 18, 7:00 – 8:00 p.m.

Jane Backstrom and Narka Ryan, co-chairs



### CHARLESTOWN FILM LIBRARY NEW DOCUMENTARIES

The Film Library has purchased three new outstanding documentaries, which may be of interest to many residents. These are described below.

*Third Reich: The Rise and Fall:* Running 3 hours, this History Channel series tells the story of Hitler's Germany from his first appearance in the 1920s till his death in 1945. The story is told through the use of rare and never-before-seen home movies and Nazi propaganda films, as well as German diaries, journals and letters.

*The Story of the Jews:* This epic series, presented by British historian Simon Schama, explores the extraordinary story of the Jewish experience from ancient times to the present day. The 5-hour series contains five episodes titled: *In the Beginning, Among Believers, A Leap of Faith, Over the Rainbow, and Return.*

*Shakespeare Uncovered, Series 1 and 2:* Each series contains six 1-hour episodes, hosted by celebrated actors to tell the story behind the stories of Shakespeare's greatest plays. Series 1: *Macbeth* with Ethan Hawke; *Richard II* with Derek Jacobi; the Comedies *Twelfth Night* and *As You Like It* with Joely Richardson; *Henry IV* and *Henry V* with Jeremy Irons; *Hamlet* with David Tennant; and *The Tempest* with Trevor Nunn. Series 2: *A Midsummer Night's Dream* with Hugh Bonneville; *King Lear* with Christopher Plummer; *The Taming of the Shrew* with Morgan Freeman; *Othello* with David Harewood; *Antony and Cleopatra* with Kim Cattrall; and *Romeo and Juliet* with Joseph Fiennes.

Charlestown Film Library  
Main Street next to the Book Library  
Hours: 11:00 a.m. - 1:00 p.m.  
Monday, Wednesday and Friday

Jim Thompson: 443-543-0178 (PV-212)  
Eleanor Richwine: 410-247-2880 (ST-304)  
Library Direct Telephone: 443-297-3117 or  
410-247-3400, ext. 3117

#### Sunburst Staff

Editor-In-Chief, Sherry Parrish, LCSW-C  
Resident Life Director

Publisher . . . Linda Radford,  
Administrative Assistant, Resident Life

Editors . . . Gif Intlekofer,  
Myrna and Herb Retsky,

Deadline for May issue is  
**April 15**

You can submit your article by email:

[linda.radford@erickson.com](mailto:linda.radford@erickson.com)

or

send it to the Resident Life Office  
located in Cross Creek lobby

PLEASE, NO HANDWRITTEN ARTICLES

LIGHTHOUSES OF PRAYER  
INVITES YOU TO A  
NATIONAL DAY OF PRAYER  
SERVICE IN THE CHAPEL

Thursday, April 27th at 11:00 a.m.

#### THEME:

"For Your Great Name's Sake!  
Hear Us...Forgive Us...Heal Us!"

"O Lord, Listen! O Lord, Forgive!  
O Lord, Hear and Act!  
For Your Sake, O My God"  
Daniel 9:19

Come join us for a  
Service in Praying for our country.

If you are unable to attend please  
tune in channel 971



**APRIL OFFERINGS**

*Spring is here and with it the beauty of Nature’s blossoms. Please enjoy the beauty of these spectacular human creations.*

**175-32 The Sistine Chapel**  
Instructor: Marsha Golob

One of the most famous works in all of art history is Michelangelo’s masterpiece ceiling frescoes of the Sistine Chapel. An historical background will be provided by Marsha Golob, a docent at the Walter’s Art Museum since 1999.

**Monday, April 17, 1:00 – 2:30 p.m., Auditorium**

\*\*\*

**175-34 The Chapel, Our Pride and Joy**  
Instructor: Fr. Leo L’Arrivee

Steeped in Maryland history and rich in amazing detail, Our Lady of the Angels Chapel is a magnificent example of Italian Renaissance architecture. Come and listen to Fr. Leo describe its creation and learn all about its secrets.

**Thursday, April 20, 1:00 – 2:30 p.m., Chapel**  
*Free to All*

\*\*\*

**Coming in May**

**175-36 The War of 1812 in the Chesapeake**  
Instructor: Christopher George

Christopher T. George is the author of Terror on the Chesapeake: *The War of 1812 on the Bay*. British born and now a U.S. citizen, Mr. George admits to divided loyalties about the War of 1812.

**Monday, May 1, 1:00 – 3:00 p.m., Auditorium**

\*\*\*

**175-37 May Day Musical Madness**

Instructor: Richard McCready & Jared Denhard

In this special **May Day** concert created for Charlestown, Jared and Richard will present a lively concert celebrating the spirit of spring with a wide variety of instruments, including classical guitar, banjo, harp, bagpipes, and recorders.

**Monday, May 1, 7:00 – 8:30 p.m., Auditorium**

**Members - Present Class Cards at the Door.**

**Non-member fee for auditorium events is \$5.00. The spring membership fee is only \$15.00.**

**REMINDER:** If you cannot attend a class of 40 or less, call your Registrar:

**Cross Creek;**  
Charlotte Valentine, 410-247-1925

**St. Charles;**  
Judy Neumyer, 410-242-5648

**Lobbies 1 and 7;**  
Judy Brown, 410-247-2233

**Charlestown Square;**  
Bill Espey, 410-299-9282

*Jude Socher, ELLIC Communications*



**THE GALLERY NEWS**

April brings spring to the flowering campus of Charlestown. Fireside Artists will greet the season with an opening reception of new work by its members on Saturday, April 22, from 3-5 p.m. Refreshments will be served, door prizes given, and the artists themselves will be present to talk about their work. It’s an occasion not to be missed.

This exhibit is also dedicated to the memory of Jo Collins. She had many friends, but her loss is especially devastating to those of us who belong to Fireside Artists. She was not only a fine artist but, as co-leader of the group, held us together with her strong personality, her vibrant ideas of who we were and where we were going, and her sense of how our organization should proceed.

To commemorate Jo, and to give residents and guests a last chance to enjoy Jo’s work, a small show of her paintings has been arranged. It will hang in the Gallery for the month of April, and will, of course, be on display during the Reception on April 22.

Fireside Artists are also celebrating the renovation of the art studio in Maple Terrace. Although you don’t have to be a member of Fireside Artists to use the art studio ... it is open to all residents ... we are especially pleased to have such a space, one tailored to our different needs, and available when we feel the urge to work.

We are an inclusive group, ready to welcome those interested in different mediums, from charcoal drawing to pottery making, stained glass to oil painting, and on any level, from beginner to expert. Our regular meetings are held the second Tuesday of the month at 10:00 a.m., in the card room at Charlestown Square. Join us!

*Jody Primoff*

**The Medical Center Update**

The Medical Center Providers and Staff would like to thank everyone for your patience and understanding as we navigate through our new Electronic Medical Records transition. February and March, to some extent, have been quite challenging for us in that we had to learn an entirely new system while continuing to care for all our patients and residents across the community. There were times when we had to call you in order to reschedule your upcoming appointments due to the fact that we just couldn’t operate at our regular pace. We made sure that folks who were in need of immediate care got the attention they needed, and at no time did we turn anyone away as that would have run counter to our commitment and philosophy.

Along with learning a new medical records system, we also dealt with the retirement of Dr. Evans, who has graciously agreed to stay on part time until we are able to make final decisions on his potential replacement. We are currently working on a contractual basis with Dr. Martin Linker, who is now seeing the bulk of Dr. Evans’ patients, and we have been getting positive feedback from everyone that has come in contact with him. Before we make a final decision, it is important that he sees us as a great fit for him and vice versa, and we are very heartened by his progress to date.

Pretty soon, the medical center will also join the rest of Main Street in the Life Cycle renewal process and get ready to undergo major renovations. This will also pose a great deal of challenge on our operational abilities but, as always, we will remain open to serve you.

As you can see, we have quite a lot on our plate, but we are fully up to the tasks at hand and once we cross all these hurdles, we will end up with a better and stronger medical center.

We apologize sincerely for any inconvenience caused during this transitional period, and we humbly ask for your continued understanding and patience.

*Dean Crawford, Medical Center Administrator*



**Free Blood Pressure Clinic**  
**Wednesdays**  
**1:00 p.m. to 2:00 p.m.**  
**April 5 - Cross Creek**  
**April 19 - Fireside CTS**  
**Home Support**  
**410-247-3400, ext. 8801**

**Parkinson’s Disease Caregivers’  
Group Meeting**

**Wednesday, April 12, 2017**

**1:30 p.m.**

**Charlestown Square  
Meeting Room 216**

**For more information call:**

**Lillian Ossorio  
Resident Service Coordinator at  
410-737-8838, ext. 601.8459**



## COMMUNITY RESOURCES

*Reach out to us when you are in need of a helping hand!*

### ABOUT COMMUNITY RESOURCES

Community Resources is your primary contact for groups and clubs, special events, monthly activities, and volunteer opportunities. We connect residents with on- and off-campus organizations that provide services to Charlestown. Residents and employees of Charlestown are encouraged to use the services and programming support of Community Resources. Families and friends of Charlestown may also take advantage of our services.

### DISPLAY CASES

During April, the community display case in the Shortline Dining Room will be presented to you by the Charlestown Volunteer Program. This display will feature Charlestown Super Hero Volunteers celebrating National Volunteer Month. The Cross Creek Lobby case will showcase the upcoming Wild Flower Day memorabilia by Carol Rexford. Wild Flower Day is held on Thursday, April 20, 2017 from 11:00 a.m. – 2:00 p.m. in Cross Creek.

There are many openings for display space in our community cases, so if you are interested in displaying your collectibles or handwork, please contact Community Resources at 410-737-8838, ext. 601.8570.

### VOLUNTEER PROGRAM

Volunteer Superheroes come from all walks of life, and range in age, backgrounds and talents. From high school students, to seasoned veterans – even the four-legged variety – Volunteers graciously give of their time and talents to enhance our Charlestown community. This is the first in a series of articles featuring inspiring stories of some of our Charlestown Volunteers.



Gene proudly wears the distinguished Medal of Honor from the Archdiocese of Baltimore, received for his service as a Permanent Deacon, as well as his leadership role in numerous volunteer activities for the community.

Charlotte's many years of volunteer service pins and dangles provide a unique "jewelry" sparkle to her daily attire, and a proud reminder of her immense passion for volunteering.

#### Meet Gene & Charlotte Langbehn: Long-Time Sweethearts, Lifelong Volunteers

It happened one evening in 1998 while she sat at the piano playing favorites for an audience of Charlestown residents. Music has been a lifelong

passion for Charlotte, and she is happiest when her hands are dancing over the keyboard. But on this night, as she played "I Believe," a man's voice joined in, singing right behind Charlotte – and a love story began. "It was like sparks flying when we first met and held hands," Charlotte Langbehn says of her husband, Gene Langbehn. "And two years later, we were married." It's apparent that these two are sweethearts, whenever you see them walking the campus.

Gene and Charlotte's is a true love story, but not just the love they feel for each other. They also share a lifelong love of volunteering, and their saga of sharing their time and talents is truly remarkable, one that spans over 50 years – enough experiences to write a book.

More and more medical research proves that volunteering can increase mental well-being, particularly in our later years. According to a British study reported in the Mayo Clinic Health Letter (January 2017), those who volunteered had better mental health scores than those who did not volunteer. Research suggests that a person who volunteers is likely to have added emotional and social resources, recognition, and a large social network, and a sense of purpose and accomplishment.\* When asked if they thought that volunteering created a bonding experience for the Langbehns, they enthusiastically answered, "Absolutely!! When we entertain, we do it for the audience. At Continuing Care, the audience relates to us and sings along with us, and you see the smiles – it's a great reward!"

These days you can experience Gene and Charlotte's incredible musical gifts, as they volunteer their performing talents across Charlestown's campus. These range from major auditorium showcase performances like their recent "Love Songs From The Heart," to weekly appearances at the Fireside lounge and Terrace Café piano, to starring roles in YouTube videos. Or, you might spot them quietly enjoying each other's company and holding hands, the way longtime sweethearts often do.

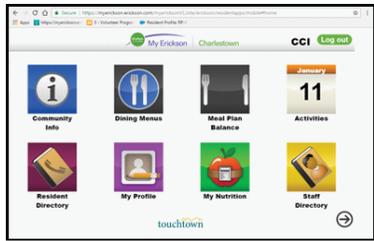


Just a few of the many cherished awards Gene and Charlotte have received for their volunteering activities (L to R): Gene's Governor's Leadership Award in Performing Arts; Charlotte's "Charley" awards for her participation in Charlestown resident theater productions; Gene's recognition as Baltimore County Senior Idol.



**My Erickson is an online computer app to get information about Charlestown such as:**

- Dining Menus
- Activities
- Meal Plan Balances
- Resident and Staff Directories
- Transportation Schedules
- And much more!



**My Erickson Resident Sign-up and Support Sessions**

**1st Wednesday of Every Month**  
10:00 a.m. – noon  
Cross Creek Lobby

*and*

**3rd Wednesday of Every Month**  
1:00 – 3:00 p.m.  
Charlestown Square Lobby

**Bring Your Device!**

Community Resources staff will be on-site during the above times. For more information, please contact Rose Sands at 410-737-8838, ext. 601.8172

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- Shawls
- Watches
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- Men's Ties
- & Much More!

PREMIER LINE  
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Wednesday, April 12, 2017 (New Date) |  
8:00 am - 5:00 pm

**JOHN ERICKSON CONFERENCE CENTER**

Cash & Credit Accepted



## PERFORMING ARTS

### Arts Alive! At Charlestown

Your guide to the Performing Arts at Charlestown!  
To find out what performances are happening:

- Arts Alive! in “The Sunburst” newspaper
- CCI Monthly Calendar of Events and Quarterly Performing Arts Flyer
- CH 972 Scroll
- CH 972 Charlestown Today Show - “Entertainment Minute”
- Local newspaper announcements, “Baltimore Sun” and “Catonsville Times”
- Flyers on campus bulletin boards
- Online Performing Arts Calendar at: [www.charlestownperformingarts.com](http://www.charlestownperformingarts.com)
- CCCharlestown.org

If you have questions regarding performing arts events at Charlestown, please contact:

**Jennifer Tillett**  
Concert Coordinator  
410-737-8838, ext. 8577  
[Jennifer.Tillett@Erickson.com](mailto:Jennifer.Tillett@Erickson.com)

## CHAPEL CONCERT SERIES

Members of the Chapel Concert Committee cordially invite you to join other music lovers for the concerts mentioned below. **Admission is free, but an offering to help cover concert expenses will be taken during intermission.** For more information, please call Gale Jenkins at 410-247-9066.

**TOWSON UNIVERSITY CHORALE**  
Sunday ~ April 30 ~ 3:00 p.m.  
Conference Center

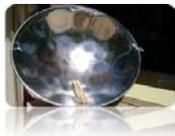
The Towson University (TU) Chorale is the flagship choral ensemble of the Center for the Arts and is comprised of students studying not only vocal music education and vocal performance, but a myriad of majors from across the university. TU Chorale has toured regionally, nationally, and has been invited to perform at Carnegie Hall, Meyerhoff Symphony Hall, and the Kennedy Center for the Performing Arts. Recently, the Chorale has completed performance tours in the Mid-Atlantic and Southern regions of the United States.

The Chorale engages in civic outreach, and collaborates with the regional ensembles and organizations, in addition to offering free public performances within Baltimore City. Members of the Chorale undergo rigorous ensemble training and are adept at performing music from across a wide spectrum of styles and genres including the western canon, world music, jazz, and popular music. Members of the Chorale have gone on to lead successful careers in music education and performance throughout the region. The Director is Arian Khaefi.

## COMMUNITY CONCERT SERIES

For more information on any Community Concert Series event, please call Jennifer Tillett, Concert Coordinator, at 410-737-8838, ext. 601.8577.

**CATONSVILLE HIGH SCHOOL STEEL BAND**  
Friday ~ April 21 ~ 7:00 p.m.  
Conference Center



FUN FRIDAY sails to the Caribbean as the Community Concert Series hosts Catonsville High School Steel Band. The Catonsville High School Steel Drum Band, directed by Jim Wharton, was founded in 1991, and for seven years was the only school steel drum program in the state of Maryland. Formed as a means for students to study and perform music from a culture other than their own, the band shares the music of Trinidad and Tobago with audiences throughout the Maryland region. Over 30 spirited performances are given each year in settings as diverse as school assemblies, the Inner Harbor Amphitheatre, university conferences, state and national conventions of music educators, community festivals, church and synagogue social events and services. Additionally, the band has performed with internationally known steel drum artists Andy Narell and Robert Greenidge at the Berks County Jazz Festival in Reading, Pennsylvania. **Admission will be \$5.00 per person at the door.**

## OLOA CONCERT SERIES



**BALTIMORE CHORAL ARTS SOCIETY**  
Sunday ~ April 2 ~ 3:00 p.m.  
Chapel

The Chamber Chorus of the Baltimore Choral Arts Society presents “Springtime Delights” - Leo Wanenchak conducts the

Choral Arts Chamber Chorus in a program of classical favorites.

Admission to any OLOA Concert Series program is free, but a freewill offering to cover concert expenses will be taken. Your support is greatly appreciated. For further information, please contact Brenda Doetzer at 410-737-8838, ext. 601-8298.

## Student Recital

Selected band and orchestra students from Arbutus Middle School will perform a recital of solo and small ensemble pieces they have polished for competition in **Baltimore County’s Solo and Ensemble Festival on Monday, April 3 at 7:00 p.m. in the Auditorium.** These young people have worked hard to perfect their competition pieces and are thrilled to have the opportunity to perform them in public for family, friends, and neighbors.

Please come support these talented musicians! **Admission is free.** For more information, please call 410-737-8838, ext. 601.8577

## GUITAR CONCERT



**BALTIMORE CLASSICAL GUITAR SOCIETY ORCHESTRA**  
Thursday ~ May 4 ~ 7:00 p.m.  
Chapel

This dedicated group of amateur and professional guitarists has been performing together since 2000, presenting concerts as an outreach arm of the Baltimore Classical Guitar Society. On May 4 they will present a special performance for Charlestown residents, neighbors, and friends as a “thank you” for allowing them to rehearse at Charlestown. Admission is free. A freewill offering will be taken and the public is welcome. Please contact 410-737-8838, ext. 601-8577 for more information.



**Charlestown’s Monthly Community Lecture Series**

*Medical Advance Directives and the MOLST: Making Your Wishes Known*

Presented By:  
**Lisa Roeder, LCSW-C**  
Senior Social Work Manager

**Wednesday, April 5, 2017 at 1:00 p.m.**  
Location: **The Auditorium**  
(Located on the 2nd floor in Edgewood)

For more information about the Community Lecture Series please contact:

**Judi Welsh, MS/CDP**  
Resident Services Coordinator  
410-737-8838, ext. 601.8311  
[judith.welsh@erickson.com](mailto:judith.welsh@erickson.com)





# Philanthropy

Patti Santoni, Director



Mark your Calendar for our May Treasure Sale!  
THURSDAY, MAY 4 – SATURDAY, MAY 6

**Thank you!**

The Philanthropy Team and the Treasure Sale Directors would like to extend their appreciation and gratitude to **Cecilia and Lou Murphy** who have been the Treasurers of the Treasure Sale for the past few years. Their commitment and vigilant counting could be seen every week between the sales and during each quarterly Treasure Sale event. Thank you!!

**Welcome!**

**Otto Greul** and **Peggy Reiber** have stepped up to be our next treasurers! Otto has many years' experience being a treasurer within different clubs and organizations, including working in the Comptrollers Department at Westinghouse and, since moving to Charlestown, he has been recruited to be the Treasurer of the Knights of Columbus and the Chapel Concert Committee. He has been a cashier in the Treasure Sale for the past two years. Peg was an educator for 31 years before retiring and now leads one of the counting teams for the Our Lady of Angels Chapel. Peg has been a Treasure Sale volunteer for the past eight years and has been a Captain of the Miscellaneous department for the past five years.

**Would you like to make a donation to the next Treasure Sale?** You can call the Treasure Sale Pickup Line at ext. 601.8124 to arrange a pick-up.

For larger donations, such as tables, chairs and lamps, please contact Emily Fowler at 410-737-8892, so that your donation can be approved prior to pickups from Housekeeping. This is to ensure that donations are in saleable condition.

**Please do not leave donations outside the Treasure Sale stores.**

**BE SURE TO VISIT**

**TREASURES UNLIMITED**

Open Every Tuesday  
10:00 a.m. – 1:30 p.m.  
**HERBERT'S RUN T-LEVEL**



**LADIES' BOUTIQUE**

Open Every Tuesday  
10:00 a.m. – 2:00 p.m.  
1st Thursday of the month  
6:00 – 8:00 p.m.  
**HERBERT'S RUN T-LEVEL**



**TREASURE CHEST**

Open Every Tuesday and Friday  
11:00 a.m. – 1:30 p.m.  
Every Monday  
6:00 – 8:00 p.m.  
**BROOKSIDE T-LEVEL**



**IN REMEMBRANCE**

Gifts were made during the month of February to Benevolent Care in memory of Jacqueline Amati, Walter Brandt, Lionel Burgess, Frank Clifton, Josephine Collins, Alonzo Franklin, Alfred Funk, Paul Koster, Louis Schwarzkopf, Frances Stave, Marina Swanner, Donald Van Dyke, and Paul Wareheim, Jr. Gifts were also made to the Staff Appreciation Fund in memory of Doris Messier and to the Scholars' Fund in memory of David Fink. These gifts serve as a tribute to their interests and accomplishments. Please join us in extending heartfelt sympathy to loved ones left behind.

**MEMORY WALK**

The Spring 2017 Memory Walk Dedication Ceremony has been cancelled. A date for the Fall Memory Walk Dedication Ceremony will be announced soon. If you are interested in more information, please contact Emily Fowler at 410-737-8892 or stop the Philanthropy Office in Cross Creek.

If you haven't already donated to the Scholar Fund...please do so Now!



Our Charlestown Scholar Fund Campaign has begun and continues through April 30. Unlike other charities where there are administrative costs, 100% of all monies donated go to the Scholars' Fund and is 100% tax deductible. We have twenty-four student scholar candidates for the 2017 Charlestown Scholarship and thirteen of those candidates are pursuing the special "Named Scholarships." All scholars can be identified in the dining rooms by their royal blue aprons.

The Charlestown individual scholarship for each student will increase this year from \$1,500 to \$2,000 per year. This is a commitment to each student for four years, as long as the students turn in their grades and class schedule each semester to Philanthropy. Additionally, we have 138 current scholars in the program and they also will receive the increase. Considering the number of student employees who are currently in the program and the 24 new students expected to join, we know we will need to raise at least \$150,000 to support the 2017 Scholars Program. In 2016 the campaign raised \$173,000!

Last year, only 50% of all resident households gave to the Scholars' Fund. Collectively, we have made this commitment to those who have served us well. Importantly, every resident can

help us meet this financial commitment through some contribution, great or small. Participation by all residents reduces the burden carried by only half. We are aiming for ALL residents to give this year. Some ideas to make it easy to contribute include: monthly deductions on your Resident Account, credit card donations (minimum \$20), checks, or cash to the Philanthropy Office in Cross Creek. Donations for the Scholars' Fund are accepted all year around. Please try to give; this is your chance to help change a young person's life for the better. Did you know your family and friends outside of Charlestown may also donate to the campaign?

Any further questions may be directed to our Scholar Committee members: Michelle Chenoweth, Pat Kasuda, Leigh Anne Cooper, Betty Ruff, Norma Goldberg, Roland Gray, Tony Hansen, and myself, or contact the Philanthropy Office at 410-737-8892.

Thank you for supporting our Scholars!

*Charlie Eichenlaub, Scholar Committee*



**WINTER PUTTERLAND PUTS THE 'FUN' IN FUNDRAISER!**

6th Annual Mini Golf Event Helps Beat the February Blahs — Riderwood Takes Home Intercommunity Trophy

Believe me, Winter Putterland is just too much fun to miss. And this year's event raised an amazing \$8,898!

If you've never ventured into the conference center to see Putterland for yourself, this unique annual event features a beautifully laid out, creative mini-golf course peppered with interesting special effects and several challenging holes. My in-house golfer says the course creator really knew what she was doing, and the play I witnessed throughout the week included a lot of laughter, good-natured ribbing, and cheers from an enthusiastic audience. The competitive events also featured a tasty-looking array of food and drink provided by Charlestown's own catering team.

On Tuesday, residents from Continuing Care ventured onto the course: wheelchairs, walkers and all! Assisted by staff and resident volunteers, they had a great time. The cheers for those getting holes in one were unbelievable.

Riderwood golfers beat the competition in the Intercommunity Tournament to earn bragging rights and the Traveling Trophy in their Wednesday morning face-off with teams from Charlestown, Oak Crest and Ashby Ponds. Phil Mickelson didn't show up, but the enthusiastic 88 golfers who did had a marvelous time. The Charlestown staff members and volunteers who kept things running smoothly also thoroughly enjoyed the day. Congratulations to Riderwood -- let's do it again in 2018!

A lively evening of Open Play for Charlestown residents was shared by 18 foursomes; a lot of cheering and laughter ensued, and several players shot holes in one. The evening was enlivened by the raffle of about a dozen fabulous gift baskets with items donated by local businesses, residents and several Employee Departments within Charlestown. At \$10.00 for 16, the tickets were a real bargain, and winners were greeted with enthusiastic applause and cheers. The lucky winner of the 50/50 drawing was our very own Ellie Butler, Special Trips Coordinator. She generously donated part of her \$780 winnings to the Benevolent Care Fund.

Friends and Family play on the event's last day was a fun-filled free-for-all, with about 150 children and adults sharing the course and having the time of their lives. Residents and staff members brought their kids and grandkids along, and a good time certainly seemed to be had by all. The small person in our party played the holes in pseudo-random order (and no-one cared), and after completing 18, went back to try some of her favorites again (and again). The mood was light, the golfers were casual, and I actually spotted several legitimate holes-in-one by visitors under 10! A really fun day!!

Saturday evening play was enjoyed by the Catonsville Rotary Club, who hired the venue and the course for an evening of fund-raising to benefit their own good causes. Rotary kept the evening's proceeds, but donated \$1,000.00 to the Benevolent Care Fund for use of the course and facility.

Thanks to Putterland creator Pat Kusada and the many, many Charlestown resident volunteers, catering and other staff members, and local sponsors and contributors who made it so special. Do come out for Putterland in 2018 -- there may be new events in the offing -- don't miss it!

Dayle Dawes

**Cookie of the Month Club!**

For each household that donates \$20 per month (or a lump sum donation of \$240) to Benevolent Care, they will receive a special package each month containing homemade cookies!

Please contact the Philanthropy office at 410- 737-8892 for more information.



**How Does Cars for Care Work?**

It's easy! We are asking residents and their families to consider donating no-longer-needed cars to Charlestown's Benevolent Care Fund. We will take care of the details, working with a wholesale buyer to ensure that your car receives the highest value possible. We will pick up the vehicle and take care of turning in vehicle tags at no cost to you! **100% Tax Deductible!**

For more information or to set up an appointment, contact the Philanthropy Office:

Brittany Owens, 410-737-8838,  
ext. 601.8397

**Maintaining Motivation**



Not everyone likes to exercise? Horrors! For as long as I've been into fitness and personal training, that has always been the case for quite a few people. As a personal trainer, I've had many clients over the years who have positively loathed

exercise. As a matter of fact, I had a client many years back who would utter at each session, "I hate exercise. I hate you. Let's get this over with." Now if you aren't the kind of person who enjoys a good workout, then it can be difficult to be consistent. So, when the New Year hits and people make resolutions, and they decide, "THIS is the year!," it quickly dies out. Sadly, It's only a matter of time before those plans become a memory. Having the motivation to work out year-round can be taxing; it can be even dull or as boring as reading a phone book cover to cover. How does one continue to stay motivated throughout the year?

While there are various things one can do to maintain motivation, why not try some of these ideas. Try changing the time of your workouts. Working out early in the morning once you rise can be eye opening! Get those feel-good endorphins flowing and be ready for your day. Try a quick 5-10 minute burst in the morning to get those creaky joints feeling good. When I say quick, I simply mean do a nice flowing workout to wake up the body. Some days all it takes is body-weight movements to feel alive. You can even do these while in bed! So just to name a few:

- Full body stretch
- Lie with your knees bent and give your butt and tummy a squeeze/relax- 10x
- Bring your knees to your chest then alternate knees to chest, release one leg at a time

- Press your shoulders into your mattress and tighten your butt and tummy at the same time
- Arm lifts
- Full body stretch

Sometimes all it takes is gentle movement to remind your body that it was designed to move.

If you are absolutely NOT a morning person (me), then you may try an afternoon workout or even an evening workout. Sometimes changing the time of day can shake things up and make them interesting. You'll feel more awake and you might even be more motivated! Changing the time of day you work out also enables one to make new friends or even try different classes that may be available.

Keeping a log of your workouts can be absolutely helpful. Seeing your progress weekly or monthly can be eye opening and exciting. This method also keeps you mindful of your progressions and can serve as a reminder to switch things up a bit. After a period of time, your body adapts to whatever exercises you are doing and, quite frankly, doing the same routine over and over gets old very quickly. The fact is your body will become accustomed to your routine. When this occurs, your body reaches a plateau or a comfortable place where changes aren't as noticeable, or they stop completely. Since the point is trying to maintain consistency, the best idea is to change something. That being said, making an appointment with one of our friendly certified Personal Trainers at our Fitness Center at Charlestown Square can make a difference. We can help you find a new program that works for you.

Goals. Remember those wonderful resolutions you made at the start of this wonderful year? Well, let's make them manageable. Let's make them doable. The point is to encourage yourself to do the things that make working out possible for you. If you're riding the Nustep for 10 minutes, try 11 minutes. If your work out took 30 minutes and you were bored to tears and just going through the motions, try to meet with a personal trainer and find new ways to work out. There are many ways to continue to challenge yourself. There are many ways to accomplish the smaller goals to reach your ultimate goal.

Find what feels good to you. Find what feels enjoyable to you. Before long, you'll start to see the results you've been wanting for so long. Remember, be kind to yourself and take baby steps. Rome was not built in a day. You can do this.

Sylvia Moore, Fitness Coordinator



**THE CHARLESTOWN NATURE TRAIL COMMITTEE**



Invites You to Our  
**ANNUAL WILD FLOWER DAY**  
Cross Creek Lobby



**FRIDAY, APRIL 22, 2016**  
11:00 a.m. – 2:00 p.m.

Wildflower Day celebrates the flora and fauna of Charlestown's Nature Trail. Join us for a guided tour to see the currently blooming wildflowers. For those unable to walk the Trail there is a video presentation.

See the nature exhibits, an art auction and, again this year, join the Campaign to Save the Monarch Butterfly by planting some milkweed.

**TRADITIONAL REFRESHMENTS!!!!**

For more information, call Mary Leder, 410-737-0823.



**National EMS Week**  
(Emergency Medical Services)  
**May 21-27, 2017**

Please take the time to thank all of our Security and Emergency Services Staff for a job well done.

# *Alzheimer's Association Caregiver's Support Group*

**When:** Friday, April 21, 2017

**Where:** Charlestown Square  
Classroom- 116  
(Located behind the CTS Beauty Salon)

**Time:** 10:00 to 11:00 a.m.

**Hope to see you on April 21**

**Next Meeting, Friday- May 19**

**alz.org** | **alzheimer's association**

The Charlestown Finance and Philanthropy Departments

Invite You and Your Family to a Special Information Session



*The path to your peace of mind*

**Thursday, April 6th at 11am in the Auditorium**

Join Neal Gantert & Colleen Stafford from Finance

and Patti Santoni from Philanthropy

as they explore the following topics:

- Charlestown's Financial Strategy
- The Benefits of our non-profit status
- Our "A" rating and what it means to you
- The Charlestown Residence and Care Agreement
- Benevolent Care— the real facts about what it is and how it helps residents keep a "home for life".

Space is limited. Please RSVP by

calling Emily Fowler in Philanthropy (x8892)

Please Check YOUR Speed!



**“Charlestown Security Is !”**



Please obey the 15 mph speed limit; it's for everyone's safety, including yours.

This message is brought to you by Charlestown Security and Emergency Services

# Bulletin Board



## WELCOME!



### Our Newest Residents

Mr. Al Aldave	ST-324
Mr. Greg Bagley	CC-215
Ms. Janet Bemkey	GC9-T10
Ms. Margaret Colburn	CR-308
Mr. William Donahue	FH1-203
Ms. Mary Ann Hallisey	CY7-202
Mr. & Mrs. Wayne & Nancy Hobbs	BR-314
Mr. Marvin Kapner	CY7-107
Ms. Lois Kimber	CR-605
Ms. Sarah Legere	CR-309
Mr. & Mrs. Wayne & Margaret McDonald	BR-T37
Mr. & Mrs. Paul & Lucy McKean	BR-301
Ms. Dorothy Mifsud	CC-318
Mr. & Mrs. Chuck & Joan Papa	BR-611
Mr. & Mrs. Henry & Margaret Prisbe	CR-208
Mr. & Mrs. Tom Schmitt & Jacqueline Lipsky	PV-220
Mr. & Mrs. Chet & Susan Tucker	MT2-202
Mr. & Mrs. Wink Wilkinson & Carol Davisson	ST-120
Mr. & Mrs. Rich & Pat Wozar	HR-133
Ms. Mary Wright	HR-606



### WANT TO PLAY SOFTBALL? JOIN THE SLUGGERS

Our Charlestown softball team likes to play ball, have a good time, and get some exercise. We have played tournaments with teams from the other area Erickson communities since 2005, and we are always looking for more players.

Experience is preferred, but not a necessity. Actually, most of us who have played wish that we were half as good as we used to be. Some of us don't run too well any more, but we still call ourselves the Sluggers (not the Slugs). The same goes for throwing, catching, and hitting, but we have learned to compensate. We all have various maladies, but that's just part of senior softball. We press on.

So no excuses! If you are interested, come on out to the Charlestown ball field and play. We have plenty of bats and balls and some extra gloves. Men and women are welcome. Practice starts at 10:00 a.m., April 3. Then, weather permitting, we will practice at 10:00 a.m. on Mondays and Fridays for just two months, until the 2017 tournament, which is scheduled for June 7.

For more information or to sign up, contact Bert Clegern, the Sluggers' coach, at BR 102, 410-242-6003, or clegernbl@gmail.com. We look forward to your joining the team!

*Bert Clegern*

### Have you heard about Intermissions?

Intermissions is a day program that provides structure and social stimulation for residents who are experiencing memory loss. Intermissions provides a break in the day for caregivers and stimulation for the residents participating in the program.



The Intermissions Program has been in operation at Charlestown since 2006 and through our many years of service, we have provided comfort and reassurance to our participants and their families. If you feel that you, a friend, or loved one may benefit from Intermissions, please contact Kayleigh Reese at 443-297-3500.

## Polovoy Custom Cleaners



**April Special**  
**20% Discount On**

# Coats

**Every Monday in Cross Creek Lobby**

**10:00 a.m. - 1:00 p.m.**

\*\*\*\*\*

**Every Wednesday**

**Pickup and Delivery Service right to your door.**

**9:00 a.m. - 1:00 p.m.**

**Call now and start your service! 410-653-1277**



# Resident Life

Sherry Parrish, LCSW-C, Director



## INTERMISSIONS CORNER

At Intermissions this month, we will be focusing on one of America’s favorite pastimes, baseball. It may be no surprise to learn that April is Baseball Month in America! We will talk about the history of baseball and reminisce about some of the greatest ball players in history. The group will get the opportunity to learn a little more about baseball history in America and discuss some of their favorite players and teams.

Other highlights include a special Easter program, complete with egg dyeing and music, some creative programs that celebrate and explain the holiday known as Arbor Day, and an informative slideshow identifying some of our favorite flowers.

If you have any questions about Intermissions or if you think you, a spouse or a friend could benefit from meaningful and structured activities that the Intermission Program has to offer, please call me at 443-297-3500.

Kayleigh Reese, Intermissions Coordinator

### April Challenge: Wacky Word Puzzles

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box? The answers will be in the next edition of The Sunburst

1. _____	2. _____	3. _____	4. _____
5. _____	6. _____	7. _____	8. _____
9. _____	10. _____	11. _____	12. _____

### Mind Your Memory

March Challenge: Mixed-Up Spring

Here are the answers to last month’s challenge:

- MSLOSBS (Blossoms)
- WOHRTG (Growth)
- RAIODNPRS (Raindrops)
- RLEABLUM (Umbrella)
- LOEWRSF (Flowers)
- ELATRPAICRL (Caterpillar)
- ANSLTP (Plants)
- ISNEHSUN (Sunshine)
- UTPRSO (Sprout)
- UERTTBYFL (Butterfly)
- NDARGE (Garden)
- AGNICENL (Cleaning)
- PLEDUD (Puddles)
- SITLPU (Tulips)
- SBLALBAE (Baseball)
- ERWSHOS (Showers)
- IAFDLDOF (Daffodil)
- IWNVD (Windy)

*I wish I’d said that . . .*

I am always more interested in what I am about to do than in what I have already done.

—Rachel Carson

**WORDS OF WISDOM TO LIGHTEN YOUR DAY**  
SHERRY PARRISH, DIRECTOR OF RESIDENT LIFE



### Maureen’s Moment

“Adult brains can decline even farther; getting healthier involves just keeping literate.”

What is unique about this sentence? The first letter of each word is in alphabetical order. Word games are commonplace in the Intermissions program. Always looking for new ways to exercise our brains, Kayleigh recently presented this activity to the group.

Working together, we created sentences, which often became poems of a sort, using words in alphabetical order. This challenging task got very creative and provided some laughter, too! While we all participated, the retired teacher in our group really excelled at this activity. Try it. How far can you go? Challenge your family members and friends.

Maureen Potter

### Caregiver Tip of the Month:

When talking to someone with diminished cognitive ability, try to remember these 4 things.

- Eliminate background noises and distractions.
- Maintain eye contact.
- Keep things simple by sticking to short, specific statements or yes or no answers.
- Avoid arguing, because no one will win.

Kayleigh Reese, Intermissions Coordinator

### In case of an Emergency

No matter where you are on campus, be it the Conference Center, Auditorium, Cross Creek Lobby or in one of the dining rooms, always identify the closest exit to your location.

Being prepared is your best defense in the event of an emergency.

Security

### Electric Wheelchairs and Scooters (EMVs) Registration

To register their Electric Motor Scooters, residents should call Alex Kareem at 410-737-8838, ext. 8290, if they have not already done so. Also, residents who use these EMVs should follow the rules of the road when operating the scooters. Rules of the Road can be found in the Resident Handbook starting on page 73.

If you have questions or concerns, please contact me.

Alex Kareem  
Communications Manager