

Charlestown Scholars 2017!



Twenty-three new Scholars were inducted into the Charlestown Scholar Program on Wednesday, May 17. They join the 138 current scholars, some of whom will graduate this summer. Thank you to everyone who contributed to the 2017

Scholars' Campaign and helped raise \$175,732 which was more than \$25,000 over the goal! See Charlie Eichenlaub's article for more information on the ceremony.

Patti Santoni, Director of Philanthropy



ANNUAL RESIDENT TOWN HALL MEETING WITH THE BOARD OF DIRECTORS

On May 23, several members of the Charlestown Board of Directors were here for the Annual Resident Town Hall meeting. This meeting takes place every May and provides the Board an opportunity to review their mission, vision, responsibilities, and priorities

with the resident body. The Board also reviews its committee structure including the audit committee which has responsibility for oversight of our accounting principles and practices, financial reporting integrity, internal controls, and compliance.

The Board has engaged Price Waterhouse Coopers as our external auditor, and we received an unqualified opinion for our financials for 2016. This is the highest and best opinion an organization can receive in an audit report.

In addition to the Board overview, we reviewed several other operational updates and accomplishments, a few of which are outlined below:

We ended 2016 with many feathers in our cap!!

- **Vibrant and engaged residents:**

- o Close to 300 resident clubs and groups contributing over 200,000 hours of volunteer service
- o More than \$1,035,000 in resident donations and contributions

- **High resident satisfaction:**

- o 88.5% of residents recommend Charlestown to family and friends
- o Year-end occupancy of 97.5%

- **Sound financial foundation:**

- o "A" rating from Fitch
- o \$103M in cash and investments including \$26M set aside for Wilton Overlook

- **Outstanding health care outcomes:**

- o 5-star skilled nursing facility quality rating
- o A great state survey with 3 low level deficiencies vs. the state average of 12
- o Awarded U.S. News & World Report's Top 100 Nursing Home Award
- o 9 out of 10 residents choose Charlestown's physicians as their primary provider

- **Engaged Workforce:**

- o 9 out of 10 employees are proud to work here
- o Employees received over 7,800 hours of on-the-job training
- o Annual employee retention exceeded 73%

In addition, we celebrated the Caton Woods Grand Opening and the Historic Main Street renovations. We successfully refinanced our 2010 Bonds, took a journey to create new and exciting Harmonious Community Living Agreements and launched the new My Erickson program for residents!

In 2017 we have started the new construction of Wilton Overlook, Signature Dining and planning for the Medical Center and Cross Creek renovations.

As a community, our key priorities will be as follows:

- *Improve the building infrastructure, cooling towers and common area HVAC systems
- *Improve the overall dining experience through Signature Dining
- *Enhance resident communication and overall resident satisfaction
- *Evolving our One-Team Leadership culture for employees

A copy of the 2016 Annual Report to residents provides much more detail on our accomplishments in 2016 and areas of focus going forward. A copy of this report is available at each building front desk.

If you would like to receive a copy of the 2016 Audited Financial Statements for Charlestown, please contact Administration or the Community Finance Department.

Clara Parker, Executive Director

NEWS FROM THE CHARLESTOWN BOARD OF DIRECTORS



Naomi McAfee

Welcome to the Board Corner!

A question that is frequently asked is “why doesn’t the Board of Directors (BOD) have an annual stockholders meeting”? The answer is that Charlestown is a “non-stock” corporation” so it doesn’t have stockholders. All residents are known as “stakeholders.” Each year the BOD prepares a year-end report and presents the results at the Annual Meeting, which is required by the CCI Bylaws. The Annual Meeting is the equivalent of a shareholders meeting and this year was held on May 23. We always hope to see every resident at the Annual Meeting so that everyone’s questions about our finances can be answered. The meeting is broadcast on Channel 972. After the Annual Meeting residents can meet with Board members.

The BOD meets at least four times a year: March, May, September, and November and calls special meetings as necessary. Minutes are taken at each meeting, and a summary of the minutes are on file in the Administration office.

Naomi McAfee

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

Charlestown Residents’ Council Website.
ccicharlestown.org



“We’re Here For You”

GOAL ACCOMPLISHED!

Congratulations Charlestown Residents! Due to your generous donations, we exceeded our goal of \$150,000 by raising \$175,732 with 51% household participation. On May 17, we awarded 23 new scholarships at our Scholars' Ceremony, and their \$2,000-per-year award will go directly to their universities for the student scholarships. The new Scholars are: Abigail Antoine, Briahna Talbott, Bryant Henry, Courtney Hancock, Danae Hebron, Emma Olszewski, Jamie Atkins, Jasmine Franklin, Kayla Berry, Kieran Van Zant, Olivia Judson, Zevroniqa Brogden, Ca'ron Bell, Esther Eze, Trashawna Hollingsworth, Tae'la Jones, Glen Griffin, Chadea Laws, Shelby Murphy, Justin Naylor, Kanyia Smith, Malik Townsend, and Jordin Watkins. These students join the current 138 Charlestown Scholars, some of whom will graduate this summer.

Along with the Charlestown scholarship, the students had an opportunity to apply for additional scholarships. During the Ceremony, the Special Named Awards were presented to Jamie Atkins, the Ruth Harden-Inglis Award (\$750); Emma Olszewski, the Virginia Niccolai Scholarship (\$1,000); Alwin Joy, the Dr. Carroll Yingling Jr. Award (\$1,500); Kieran Van Sant, the Andrew Murray Myers Scholarship (\$2,000); Abigail Antoine, the Treasure Sale Award (\$2,000); Courtney Hancock, the Committee Choice Award (\$500); and Jamie Atkins, in conjunction with the Charlestown Scholars’Committee and Towson University, the four-year Towson Scholarship (\$6,000).

We thank each of our residents who made a donation to the 2017 Scholar Campaign, which helps to alleviate some of the financial burden our scholars experience during their college years. We also applaud the Jim Davis Family Foundation for their continuous support of the Scholars program with a \$5,000 contribution this year.

We are grateful to this year's guest speaker, James McBride. James is a previous Charlestown Scholar and will be graduating from Morgan State University this December. James started working here at Charlestown in 2006 in Dining at the tender age of 15 and continued until this past year when he left to become CEO of his own Public Relations Firm. His speech content, directed to the Scholars and the residents, was exceptional!

A special note of appreciation to my fellow 2017 Scholar Committee members: Michelle Chenoweth, Leigh Anne Cooper, Norma Goldberg, Roland Gray, Tony Hansen, Pat Kasuda, and Betty Ruff; and to the Philanthropy Department team of Patti Santoni, Emily Fowler and Brittany Owens.

The 2017 Charlestown Scholar Ceremony will air June 3 and 4 on Channel 972! Tune in at 1:30 p.m. or 7:00 p.m. on each day to watch this year's terrific ceremony.

Charlie Eichenlaub
 Scholar Committee Chair

Campus Emergencies, Power Outages and Swift Reach

Recently, we have had several reasons for calls to our apartments to alert us of situations on campus through our Swift Reach Network. Not all alerts are campus-wide; they may be limited to the area of the circumstance. The campus-wide power outage earlier last month brought several important items to our attention.

For those who do not know, Swift Reach is our automated phone system that can send recorded phone messages to all residents whose phone numbers are on record in the Resident Directory. If you are not listed in the Resident Directory, you need to ask for a Change Form from any lobby desk, and specify on the form, that this is “for Swift Reach only,” then return it to the lobby desk. If you want to be listed in the Directory, add your apartment number and email address, if you have one, without stating “for Swift Reach only.”

Speakers, still present in buildings, will no longer be used. They are antiquated and are not reliable.

During power outages, if your phone requires electricity IT WILL NOT WORK. Phones which are connected to a phone jack in the wall (photo A), and do not require electricity to function, will work when the power is out. Keeping a standard, corded phone available can be a lifeline simply by hooking it up to a phone jack (photo B). This particular phone was recently being sold on-line at Walmart for under \$10 for those who may need one.

Photo example (A)
 Phone Jack



Photo example (B)
 Corded Phone



Wireless

phones are powered by electricity and connected to your phone outlet. They will not work during a power outage, since the unit that plugs into the phone socket (the base station) also needs power to operate and does not tend to have a battery backup (photo C).



“We’re Here For You”

Photo example (C)
Cordless (portable) Phone



**Our State Legislators Meet
Charlestown Residents**

On May 8, about 75 residents heard our legislators talk about the 2017 General Assembly session that ended April 10. Questions of the legislators focused on ecological issues, issues affecting Sandtown and policing, and health care. Members were pleased that the Legislature has established a group to organize contingency plans should the ACA be altogether repealed.

Senator Kasemeyer is Chairman of the Budget Committee and is reportedly the third most powerful person in the Legislature. In his position, he takes estimates of revenue from the Comptroller’s office. This is difficult to forecast because capital gains realized from stocks is based on when they are sold, which is an individual decision.

Unlike some districts that have only one delegate, we have three delegates in our district 12, and all three were active in introducing bills that passed into law. Delegate Eric Ebersole is a former high school math teacher. Delegate Terri Hill is a pediatrician. And Delegate Clarence Lam is a physician in preventive medicine.

Pat Kasuda raised the issue of memory care with our legislators, which is an issue that concerns us at Charlestown. The State currently has not set standards for Memory Care beyond the standards for Assisted Living. Therefore, Memory Care can be quite different from one facility to another. We are extremely fortunate to have an exemplary Memory Care Unit here at Charlestown. In addition to the lack of standards, most insurances and Medicaid do not pay for services. Pat will continue to work with the Virginia Jones Alzheimer’s and Dementia Council to seek assistance with offering recommendations for future legislative support to remedy these problems. Our legislators are well aware of her continued efforts.

*Legislative/Political Committee
Dee Schmitt, Chair*

“Residents and the Erickson Way”

Continuing on the journey toward a harmonious living community, the month of June promotes the **Erickson Living Value: Friendliness and Enthusiasm**. Through our commitment to each other, we create a positive and friendly community. We are reminded that residents and employees function as a family in a community where we share our gifts to create a community that celebrates life. The Erickson Living Values as demonstrated by our employees and residents will assure that celebrating life will be evident in a “harmonious living community.”

Friendliness and Enthusiasm is one aspect of the Erickson Way . . .

Friendliness is defined as: the quality of being friendly. Have you ever heard people say: “I was overwhelmed by the friendliness of people here?” Enthusiasm is defined as: intense and eager enjoyment, interest or approval. Have you ever described an individual as “having an enthusiasm for life”?

Ponder for a moment how body language and demeanor can impact relationships.

Ask yourself these questions.

- How do you feel when an employee or resident offers you a smile or friendly hello?
- What does it really mean to be friendly? How does that differ from being a “people pleaser”?
- Who do you consider to be very friendly and enthusiastic? How is that demonstrated?
- How do individuals continue to be friendly even in adverse conditions?
- How do you express friendliness and enthusiasm?
- How do you deal with difficult individuals?
- How do you foster involvement with others?

Imagine how powerful it could be if employees and residents focused on positive behaviors together! **What an impact would that have on Harmonious Community Living at Charlestown?**

Pat Kasuda

One important preparedness step is to put together an old-fashioned contact book so, when your cell phone is drained of power, you have phone numbers for loved ones available for you to call.

Now, in case you do not hear the Swift Reach message in its entirety or your voice mail message was cut off, call the Alert Line 410-314-7944 to hear the message. If you learn later that there was a Swift Reach Alert, and your phone records indicate you did not get the call, you may contact General Services to have them verify if the call was made and which phone number of yours was dialed.

*Charlie Eichenlaub
Communications Committee*

SPEND DOWN



Did you miss the presentation on Spend down, BCF and Medicaid on April 25? If you did and would like more information, please feel free to ask the receptionist at your front desk for a copy of the presentation.

Jangar Richards, Associate Executive Director

**BCPL’s Library
On The Go Bookmobile**

**Fridays
10:00 - 10:45 a.m.**

**Cross Creek
June 2, 16 and 30**

**Lobby 7
June 9 and 23**

Phone: 410-887-7586



“Around Town Tour”

Make your reservation for the June tour.

**Tuesday, June 6
9:30 - 11:00 a.m.**

Doris Cooney, 410-737-1556



**Free Blood Pressure Clinic
Wednesdays
1:00 p.m. to 2:00 p.m.**

**June 7 - Cross Creek
June 21 - Fireside CTS**

**Home Support
410-247-3400, ext. 8801**



"CONVERSATIONS WITH CLARA AND THE EXECUTIVE TEAM"

Notes from April 6, 2017
Conversations with Clara & the Executive Team. Thank you to the 32 residents who attended. Below are some highlights from that meeting.

- 1. Resident Question/Answer:** "There is RG and RGT, which one is being torn down?"
"We have an article in the Sunburst about the order of the buildings coming down. The process is going a bit slower due to challenges with utilities. RGT will come down first."
- 2. Resident Question/Answer:** "Will we blow up the building?" **"No, demolition will be done by tearing down."**
- 3. Resident Question/Answer:** "Will the materials be recycled?" **"We have salvaged everything we can use for existing buildings and Whiting Turner will salvage what they can."**
- 4. Comment:** "We held the naming survey and we had over 400 responses. Wilton Overlook was the winner and we will now send it to Corporate for approval."
- 5. Resident Comment/Answer:** "Soon Re-Occ process will be contracted out; I am concerned about the recycling of fixtures."
"Contracting out will take place at the end of the year. Part of the process has been to recycle usable materials or donate. We have not completed the contract and will work to put this into the wording. The goal of this is to try and either keep with company or locate to different companies/communities."

CHARLESTOWN-SANDTOWN CONNECTION

Come to hear good news about Sandtown
Thursday, June 22, Gallery, 10:00 a.m.

It has been a little over two years since we and the world watched the unrest following Freddie Gray's death. The Charlestown-Sandtown Connection formed to see what Charlestown residents could do to help. We listened to Sandtown leaders, learned and tried to understand what we could do. Come to the Charlestown-Sandtown Connection meeting on Thursday, June 22, in the Gallery at 10:00 a.m. to learn about good things that just don't get press coverage.

Here are just a few things you will learn about: two job-training programs, a program to teach youth bicycle maintenance as they work toward bike ownership, and the continuing interaction with the city for funds for the Baltimore Youth Organizing Project. You'll hear how the urban farm helps bring fresh food to the neighborhood. There may be future youth art projects.

You can be part of the good news by volunteering to support things like the After School Program at New Song Learning Center or with plans to clean up five selected blocks in Sandtown. For that they need bottled water, gloves, and trash bags. In the past, we helped beautify a block with flower pots, Thanksgiving baskets, and with tools and composter for the urban farm. Your time or your donations can help keep things moving forward. Make out checks to Charlestown Community, Inc. (or CCI) with Sandtown written in the memo line. Put your check in an envelope addressed to Sherry Parrish, Resident Life Director. Campus mail will take it to Sherry's office and from there it goes into the Sandtown fund.

*Phyl Lansing and David Pollitt
Co-chairs, Charlestown-Sandtown Connection*

NEW NAME: SUMMER FUN DAYS

Last month you read a Sunburst article about a **pilot** Mini-Summer Camp proposed for June through August. It is still a pilot project and still mini-, but the new name, Summer Fun Days, captures what we are proposing. There will be three local outings of about 2 hours each: to a park, for ice cream, and a nearby lunch. Destinations have been selected with accessibility (walkers or canes) and restrooms in mind. **The shuttle will hold 18 persons for each trip. We'll be using a shuttle which requires stepping up into the vehicle.** The planned events and dates are:

Wednesday, June 21 – Pack your lunch and something to drink for a trip to a picnic area at Patapsco Valley State Park. This is the first day of summer and a good time to enjoy the outdoors. A pavilion will protect us from rain and too much sun. The ground may be a little uneven, so take your mobility into consideration. 11:00 a.m. pickup. Register by June 15.

Thursday, July 13 – We'll go to the Arbutus Ice Cream Cottage for your selected ice cream treat. There are picnic tables outside if the weather cooperates. Otherwise, seating is available inside. 1:00 p.m. pickup. Register by July 6.

Tuesday, August 15 – We'll have lunch at the Grove, the restaurant on the grounds of Spring Grove Hospital. Sandwiches, soups, even meals are available. 11:00 a.m. pickup. Register by August 9.

Remember this is a pilot program. Each registrant will pay a \$5.00 shuttle fee per event (billed to your account) and will be responsible for any purchases. The shuttle will pick up at lobby desks.

Are you interested? Call **Cindy Jones at 410-314-9014** to reserve your place. She will need to know your name, apartment number, and phone number. Reservations are necessary for each event. You will receive a confirmation note in your cubby. Since shuttle space is limited, only Charlestown residents will be eligible. A waiting list will be maintained for each trip. Here's a quick summary:

- June 21. Pack your own lunch for a picnic in a park. 11:00 a.m. pickup. Register by June 15.
- July 13. Bring money to buy an ice cream treat. 1:00 p.m. pickup. Register by July 6.
- August 15. Bring money to buy your lunch at the Grove restaurant. 11:00 a.m. pickup. Register by August 9.

Come enjoy a brief summer outing with other Charlestown residents to nearby destinations.

If feedback is positive, the Resident Life Committee may expand the idea for 2018.

The Summer Fun Day Planners: Nan Amann, Mary Brubaker, Lee DeLong, Cindy Jones, Betsy Little, Maggie Nebel and Phyl Lansing.

Pollination is Discussing Silence

We've all been taught that Admiral Perry "opened up Japan" to America and the West in 1853. But that's wrong!

Actually, the Jesuits arrived there in the 17th century. Perry's mission was about trade. The Jesuit mission was about hearts and souls. A novel named *Silence*, by Shusaku Endo, is based on this historical event. After pondering it for about 15 years, the director, Martin Scorsese, has made an outstanding film of the same name. At Pollination we will discuss Scorsese's movie.

This picture will be screened on Saturday, June 10, at Charlestown in the auditorium at 7:00 p.m. As we all know, Christianity, for a number of reasons, involves itself in proclamation, worship, teaching, and various social services, like medicine. Throughout history, more than any other of the world's major religions, Christianity has done this. Culture clash is certain.

The 17th century leaders of Japan did not want their way of life (culture) to change, so they implemented several ways to stop the spread of Christianity. One of the methods involved an ingenious way of insulting the faith in Jesus. Some Jesuits went along with this in order to save the lives of others. Some did not. The story has twists and turns which the film makes very clear. In 17th and 21st century ways this film asks the same question: From your faith perspective: What would you do?

Because of the film's relevance and controversy "Pollination" and "Night at the Movies" have teamed up. The film will be screened on Saturday night at 7:00 p.m. And on the following Tuesday night (June 13), it will be discussed from 7:00 to 8:00 p.m. Jane Backstrom and Tony Kowalski will each comment and then the floor will be opened to all for discussion.

Ted Dürr for the Pollination Team



General Services

Mike Fischer, Director

*Important Notification
General Services*

**Update: General Services Call Center
Hours of Operation**

May 8, 2017

Dear Residents,

To better serve you, we have altered our office hours. Starting Monday, June 5, the General Services Call Center's hours of operation will be Monday through Friday, 8:00 a.m. to 4:00 p.m.

The business hours of the Call Center are always a primary concern to us as it is our goal to be available to the greatest number of residents and staff. We have conducted many different studies with our resident base, and the results show that the majority of our residents prefer doing their maintenance request in the early morning hours, rather than in the afternoon. We are constantly monitoring and evaluating the needs of our residents and will adjust our business practices and hours of operations as these needs change.

Please be aware, if you have an after-hour maintenance related emergency, you can contact Security Dispatch at 601.8806. For an after-hours non-emergency maintenance request, please call 443-29serve (443.297.3783) and leave a message. Your call will be returned, in the order in which it was received, on the following business day.

Please refrain from contacting security for routine maintenance related issues. As a reminder, the General Services Call Center supports the following departments: Maintenance, Housekeeping, Pest Control, Reserved Parking, Guest Rooms. Storage Bins, Carpet Cleaning, Customs, and Grounds.

Best Regards,

Michael Fischer, Director General Services

EMS Week 2017

In 1973, President Gerald Ford authorized EMS Week to celebrate EMS practitioners and the important work they do in our nation's communities. Back then, EMS was a new profession, and EMS practitioners had only just started to be recognized as a critical component of emergency medicine and the public health safety net.

A lot has changed since then. EMS is now firmly established as an essential public function and a vital component of the medical care continuum. On any given day, EMS practitioners help save lives by responding to medical emergencies, including heart attack, difficulty breathing, a fall or accident, drowning, cardiac arrest, stroke, drug overdose, or acute illness. EMS may provide both basic and advanced medical

care at the scene of an emergency and en route to a hospital. EMS practitioners care for their patients' medical needs and show caring and compassion to their patients in their most difficult moments.

EMS Week brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine's "front line." This year, we celebrated EMS Week May 21-27, 2017.

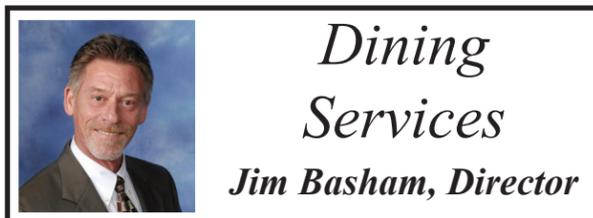
EMS Week is also an opportunity to publicize those contributions our first responders provide to our Charlestown Community. Given the challenges facing our nation's healthcare system and the rapid pace of change, making sure the public and other stakeholders understand what EMS has to offer has never been more important. You see their uniforms and faces throughout the Community, yet you never know the skills they possess and the dedication to their profession that they have until your time of need. Charlestown offers 24/7 Emergency Medical Services every day of the year.

In your time of need, we are here for you.

Please take a few moments during your daily routine to thank those who care so much for you.

This article provided to you by Charlestown Security and Emergency Services.

Portions of this article have been copied from an Association of EMS Providers on-line article.



Dining Services

Jim Basham, Director

HAPPY SPRING CHARLESTOWN

With summer right around the corner, things are heating up in Dining and we wanted to give you an update on where we are and things to come. With the successful rollouts of the new Signature program in Atrium and Fireside behind us and the enhancements to the programs in Refectory, Shortline and Terrace made, the big question on the minds of many is what is going on at the Chesapeake, and when are we getting Signature Dining back?! After a great first week of Signature, the unfortunate incident with the fire inside the wall bordering the kitchen has created a long pause in our progress. Plans for repairs and renovations are moving along and, hopefully by mid-July, we will be resuming full Signature Dining. Fingers crossed that we stay on schedule and the Grand Reopening under Signature will coincide with the first menu revisions in the Atrium and Fireside.

Among all the accolades surrounding the improvements that Signature has provided when it comes to better temperatures, more variety and better quality overall, there have also been an outpouring of questions and concerns about fresh cut fruit now missing from the programs at Atrium and Fireside. We recognize the importance of providing a healthy option to high calorie desserts and also the benefits of including fruits in your daily diet, so we are adding a fresh cut fruit option that will be available as a starter, side or dessert in both the Atrium and Fireside. By the time you read this, those programs should be in place. With the

menu changes in July, they will be officially listed in the printed menu, but ask your server for details in the meantime. For those of you who don't already know, we have made fresh fruit available in all three stores, as well, so you can enjoy the convenience of supplementing your purchase on trips to the local grocery store.

When we rolled out Signature in April, we followed the prescribed process of temporarily closing the Private Dining Rooms or PDRs until we had a chance to get everyone acclimated to the new program. With a very positive feeling about the Team's ability to deliver the program well, we are now reopening the PDRs effective June 1. Meeting to celebrate birthdays, anniversaries and other important milestones around a good meal has long been a tradition at Charlestown, and we want to preserve that part of our culture. To that end, we also realize that we have to marry this tradition with the new cook-to-order elements of Signature. That means we will be configuring those dining rooms with individual tables as opposed to a large single table. This will allow us to properly serve your guests while you celebrate in a private setting, and preserve the dining experience for our other diners, as well, in the main dining area.

One of the other areas that we have heard a lot of feedback about is, "When are the specials going to return?" As planned, we are going to begin offering specials in both the Atrium and Fireside, beginning the first full week in June. A little different from in the past, these will be weekly specials, 2-3 available at a time and rotating regularly. Those that prove to be the most popular will likely be included in subsequent menu revisions and become part of the regular menu.

Please keep the feedback coming. Coffee with the Managers and Dining Town Halls will continue and those are great resources to get updates on program enhancements and next steps. Comment cards are a great way to leave specific feedback in real time, and they now include a section on the back where you can rate your experiences on a regular basis. Thanks for all your support throughout our efforts to bring you a better dining experience and thanks for giving change a chance!

Jim Basham, Director

Sunburst Staff

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

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

Editors . . . Gif Intlekofer,
Mel Milio

Deadline for July issue is
June 15

You can submit your article by email:
linda.radford@erickson.com
or
**send it to the Resident Life Office
located in Cross Creek lobby**

PLEASE, NO HANDWRITTEN ARTICLES



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
Heather Uttenreither, ext. 601.3715

DIRECTOR OF NURSING

Caroline Wagara, ext. 601.8003

ASSISTANT DIRECTOR OF NURSING

Shawn Lavin, ext. 601.3125

ADMINISTRATIVE ASSISTANT

LISA VAUGHAN, ext. 601.8359

MEDICAL DIRECTOR

Myla Carpenter, M.D., ext. 601.8590

BUSINESS OFFICE MANAGER

Doris Mills, ext. 601.8347

HEALTH CARE COUNSELOR

Alexandra Herbst, ext. 601.8578

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
Christina Bryant, ext. 601.3710

WELLNESS MANAGERS

Funmilayo Opadina, ext. 601.8926
Kristie Baldwin, ext. 601.3127
Tammy Skes, ext. 601.8222

SOCIAL WORK LEAD

Nicole Dozier, ext. 601.8349

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, 410-382-9384

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 Uzoechi, ext. 601.8012
DOGWOOD COURT: Maryann Ingram, ext. 601.8072

MEMORY CARE MANAGER

BUTTERFLY FIELDS: Lauren Price, ext. 601.8181

Continuing Care Excellence Award

Travis Shaw-Dining Services



Travis Shaw is a Dining Services Supervisor. Travis is the opening Supervisor in Caton Woods and has been a supervisor for six years and part of the CC Dining Team for 10 years. His first position at Charlestown was as a dining associate. He was then promoted to a service coach. Travis demonstrated great leadership skills as a service coach and was promoted to a supervisor.

Travis graduated from Woodlawn High School and the Community College of Baltimore County. Travis often expresses that he feels blessed to be here, especially for the residents because they keep him going.

Over the years, Travis realized he had a gift for writing poetry and feels blessed and honored to have this gift to share. Travis has been writing poetry for five years and has published a book titled "All Things Are Possible," and sold 250 copies. When the Team is working through challenges, Travis reminds us that "All Things Are Possible." Travis has written over 2,000 poems and has over 250 videos on YouTube with 15,500 views to date. He is working on his second poetry book, "Triumph Over Pain." The residents of Charlestown have been an inspiration to Travis, and his vision is to reach a multitude through poetry. Travis loves to share his poetry with the residents.

His biggest accomplishment is his son who is now a junior in high school. Travis is a proud father and loves to talk about his son. Travis loves working here at Charlestown and seeing the residents every day truly gives him the motivation to be greater in every part of his life.

Submitted by CC Dining Team



**Having Issues
with your Computer
or Phone?**

Call
Erickson Connect
1-800-677-0211



CONSTRUCTION CATCH UP

Wilton Overlook – 90 day outlook

- May 2017 - Debris removal of RGT demolition
- June 2017 - Tree removal behind RG
- June – July 2017 - Demolition of RGT foundation and slabs
- July 2017 - Patapsco Crossing (Building 6) completed and occupied
- August 2017 - RGN basement interior renovations completed
- September 2017 - Temporary/partial parking lot completed

Major Milestones*

Patapsco Crossing (Building 6)

- Substantial completion and occupancy end of July 2017

Wilton Overlook – Phase 1

- RGT Building Demo completed mid-April
- Construction, July 2017 through Oct. 2018
- Occupancy end of January, 2019

Wilton Overlook – Phase 2

- RG South Building Demo completed end of April, 2019
- Construction, May 2019 through June 2020
- Occupancy end of September 2020

*DATES SUBJECT TO CHANGE

Jangar Richards, AED

Do you know your Neighbors?



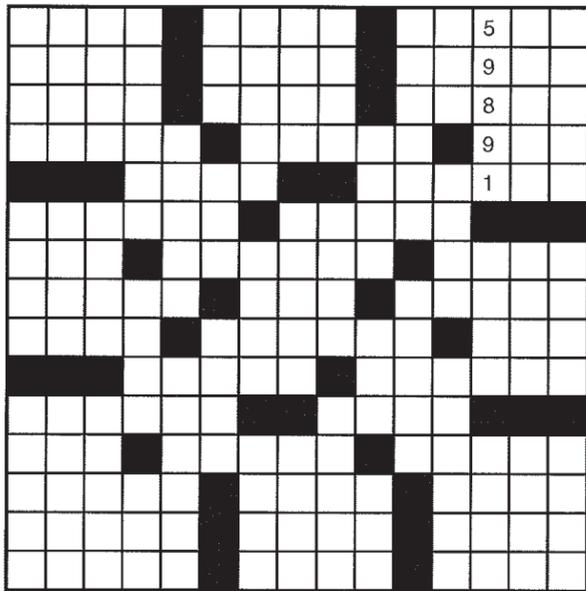
Let's see how well you know your neighbors who live in Brookside!

Send your picture to Resident Life in Cross Creek!



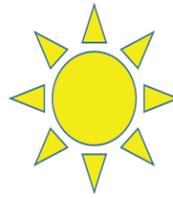
Take A Break

3 DIGITS	6616	8859	47919	92809
	018	6664	9028	50562
	048	6717	9690	54354
	064	6954		58897
	568	7185	5 DIGITS	59891
	625	7309	04702	62714
	659	7390	09902	66552
	671	7789	11440	69616
	720	7805	11849	77985
	851	8010	16244	81922
	868	8183	21354	82531
	940	8278	26510	83494
		8391	45558	84711
		8701	45578	90493
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	0965			241251
	1165			485587
	1280			486660
	2322			544955
	2438			606342
	4296			769907
	4380			856102
	4659			952226
	5188			
	5198			
	5206			
	5232			
	5359			
	5611			
	5697			
	5830			
	5873			
	6276			
	6458			



CCBC Senior Institute

Continuing Education Courses for Adult Learners



Summer Courses

July – September 2017

10 Week Sessions



- ❖ Music Education: Music by the Masters (focus on opera)
- ❖ World Poets
- ❖ Memoir Writing **NEW**
- ❖ History & Development of Rock & Roll **NEW**
- ❖ 20th Century America **NEW**

All courses held at Charlestown Retirement Community
Details are provided in the easily identifiable goldenrod
CCBC Summer Course Guide

available with registration forms at all lobby desks or through CCI website at:
<http://ccicharlestown.org> under Resident Life/ Events:Continuing Education

Registration Days:

Time: 10:30 am – Noon

Date: Wed., June 7

Locations:

Cross Creek Lobby | Fireside | Terrace Cafe

Date: Fri., June 16

Location: Cross Creek Lobby



Expand your mind through

CCBC

Community College of Baltimore County

COMING EVENT: “THE FUTURE OF THE EPA,” A TALK BY MAURICE LE FRANC

If you are concerned about the environment, you must also be concerned about the Environmental Protection Agency, familiarly known as the EPA, a department of the federal government established in 1970 by Richard Nixon, which since that time has been protecting the air we breathe, the water we drink, and the natural world we live in.

On June 23, Maurice Le Franc, recently retired from the EPA, will come to Charlestown to tell us of his career there, which included traveling the world investigating and discussing the environmental problems that affect us all. Toward the end of his time at the EPA, he worked in Paris to help bring about the Paris Climate Accords.

He will also offer suggestions about what we, as concerned citizens, might do to combat such proposed actions at the EPA as the cutting back of long-instituted regulations, removal of much funding for the agency in the forthcoming budget, and the dismissal of large numbers of employees.

Come to the Gallery at 2 p.m. on June 23, to hear Mr. LeFranc’s views on a subject that has risen beyond political factions, because it is so important to the well-being of the planet we all inhabit, and to our future on it.

Geno and Jody Primoff

The Charlestown Prayer Shawl Angels Hits the 1,000 Mark



The Charlestown Prayer Shawl Angels began in Charlestown in August, 2009. We held our first meeting in October, 2009, in the Cross Creek Craft Room. We now meet monthly in the Music Room on Main Street, MT. A group of 30 people create shawls, make fringe, attach labels, create graphics, and present shawls. Residents of Charlestown may have seen our yearly window display in the Shortline Display Case. The display features a variety of our prayer shawls, such as those that are knitted, crocheted or made from fleece.

After completion, the shawls are blessed By Father Leo Larivee of Our Lady of the Angels Chapel. Shawls are made for those who may be suffering from a serious illness, are in pain, have chronic bad health, undergoing major surgery, in mourning or are depressed. Caregivers are also helped by receiving a shawl. Each potential shawl recipient is first asked if they want a shawl. The reason for asking is that he or she may already have a shawl or may not want one. Prayer shawls are created with love and prayers to provide comfort, warmth and solace. All recipients are also prayed for continuously by the Charlestown Lighthouses of Prayer Group. Our prayer shawls have been given to people of all ages and creeds: from premature

babies to seniors 100 years old! Geographically, shawls been sent to recipients from Maine to California, and from Wisconsin to Puerto Rico.

Shawls have been made for centuries. Prayer shawl ministries began in the U.S. in 1998. They wrap, enfold, comfort, cover, give solace, mother, hug, shelter, and beautify. Those who have received these shawls have been uplifted and affirmed, as if they have been given wings to fly above their troubles.

If you are interested in learning more about us or know someone who may need a shawl, please feel free to contact:

Fran Chasse, 410-242-4356.

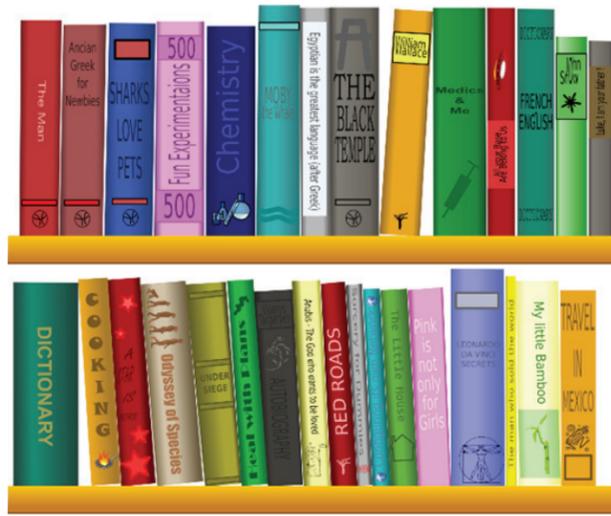


Wednesday, June 21
TERRACE CAFE AND BAR:
6:30 - 8:30 p.m.

Please invite your Family and Friends to join in the Fun!

FINE DRINKS ARE AVAILABLE!

Info: Ray Miles
301-412-9917, 9-GO9
RayAndrewMiles@gmail.com



CHARLESTOWN'S RUTH HOUCK LIBRARY

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

When we were young and went to schools
We had to follow certain rules.
And now we want some help from you.
A couple of simple requests will do.
They'll make life easier for all of us,
And can be done without a fuss.

REQUEST #1--When you are reading a book,
and the phone rings, please don't just turn the
book over and lay it down. Resident Natalie
Sullivan has created a beautiful bookmark
which will be given to all book borrowers at
our Library.

It's just as easy to mark your place with the
new bookmark and appreciate Natalie's work.
SAVE OUR SPINES!!

REQUEST #2--If you have borrowed a book
from the Baltimore County Public Library,
any branch, please make sure it gets returned
to a branch of that library. The Charlestown
Library cannot accept them. Don't forget that
there is a Bookmobile at specified places on
campus where books can be returned as well as
checked out. Check elsewhere in The Sunburst
for location, dates and times.

KEEP ON READING

Myrna Retsky

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

Book Review

A MAN CALLED OVE
by Frederick Backman

Reviewed by Chilton Knudsen
Tuesday, June 20,
7:00 – 8:00 p.m.
Auditorium

How can a grouchy and lonely widower,
obsessed with rules and rigidities, be changed
into a sociable, gracious human being, tolerant
and supportive of the messiness of human life?
How is a person healed of isolation and hostility,
to become a loving participant in the human
family? How does it happen that a person living
behind high walls is deeply touched, even
when those defenses are strong, so they become
different people, willing to give and receive love,
ready to accept and appreciate others?

A MAN CALLED OVE is such an isolated,
grumpy and anti-social man. His wife has died,
he has lost his job due to downsizing, and there
isn't much in his life to foster joy. He works out
his pain through rigid insistence on the rules of
his resident association, and generally engages
in self-defeating behavior at every turn. His
defensiveness makes him blind to his own part
in the present circumstances of his life. His
grumpiness drives away people who attempt to
connect with him. One of life's hardest lessons:
we sometimes cause a good portion of our own
misery.

In weaving together past and present, the author
portrays aspects of Ove's life story. His hostile
defenses, which served to protect him as he grew
up, simply took on a life of their own, lingering
long past the time when they were useful.

One day, life begins to change. In the interest
of preserving the delightful turning points of
this story (which I believe anyone will want to
read), let me simply say that his turning points
are both hilarious and profound. There is about
this book a charming humor, linked with a tender
pathos. Parts of it are almost slapstick. In a
stunning metaphor, his mailbox (the means by
which arms-at-length communication has been
sustained) is flattened as a lively family moves in
next door.

These new neighbors become the liberating
reality of Ove's life. Not without struggle, and
ever so slowly, Ove tries on new ways to be, as
he allows others into his life. This is a powerful
story of conversion, which we might well
consider in our own reflections. Do we hold on
to our crusty defenses or do we welcome grace
even if it comes in unexpected forms? Are we
open to conversion and change-of-mind as life
goes on?

A MAN CALLED OVE, originally written
in Swedish, was made into a motion picture,
and nominated for an Academy Award in the
category of Best Foreign Language Film. It's a
wonderful movie, too.

Jane Backstrom and Narka Ryan, co-chairs



CHARLESTOWN FILM LIBRARY 2016 OSCAR NOMINATIONS IN RETROSPECT

There were 34 nominations in the six major
categories: Best Picture, Director, Actor/Actress
and Supporting Actor/Actress. All of these slots
were filled by just 15 films: "Arrival," "Fences,"
"Hacksaw Ridge," "Hell or High Water," "Hidden
Figures," "La La Land," "Lion," "Manchester by
the Sea," "Moonlight," "Captain Fantastic," "Elle,"
"Loving," "Jackie," "Florence Foster Jenkins," and
"Nocturnal Animals." The first nine films listed
above were the nominations for Best Picture.
The winner was "Moonlight."

All of these films have been purchased by the
Film Library and, by the end of June, 11 of the
15 will have been shown on Saturday evenings.
The four that have not been shown are: "Arrival,"
"Captain Fantastic," "Elle" (a French film) and
"Nocturnal Animals."

Reminder: The Film Library welcomes
suggestions from residents for the purchase
of both old and new movies. Many of our
purchases come directly from these suggestions.

*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

Polovoy Cleaners



June Special

**Refer a FRIEND and
BOTH get
20% Discount!**

Monday, June 5 and 19
Cross Creek Lobby
10:00 a.m. - 1:00 p.m.

Monday, June 12 and 26
Charlestown Square
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

Cookie of the Month Club!

Want
cookies??



For each household that
donates \$20 per month
(or a lump sum donation
of \$240) to Benevolent
Care, you will receive a
gift each month of
freshly baked cookies!

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



THE GALLERY NEWS

Since the June Artist of the Month is Jody Primoff, I will shift into the first person and write a little about myself and my life in art.

Growing up in Utica, New York, I was lucky enough to be introduced to the joy of making art in Saturday classes for children at the Munson-Williams-Proctor Institute. Taught by professional artists, we got excellent training, and in my case it led to a lifetime of painting, which I continued even while doing many other things.

After college, I worked at a local radio station then moved to New York, where I spent several years in publishing. Even while I was enjoying my work there, I was also enrolled in classes at the Art Students’ League, studying with well known artist Reginald Marsh. After I married, I took some time off to raise a family, then became a special education teacher, still finding spare hours, on weekends and holidays, in which I could continue to paint.

However, when my husband retired, I did too, and became a more or less full-time painter. Wherever we lived, first in the Catskills of New York State, then on Maryland’s Eastern Shore, I found landscapes and natural surroundings that begged to be my subjects.

Five years ago we moved to Charlestown, and I found here a studio, a gallery, and a flourishing art community that was enthusiastic and supportive. So I have not “retired,” and do not plan to do so, but will continue to work as long as I can.

I would encourage anyone here who has an interest in any form of art to join the Fireside Artists, work in the newly renovated art studio, and come to our meetings. During the summer months, formal meetings will give way to other activities now being planned ... a trip to a museum, plein air painting sessions, a patio party ... will all be announced, and all will be fun. In September, our regular meetings will resume on the second Tuesday of each month.

And, of course, whatever the season, the Gallery will be there, filled with art, a place to find renewal and pleasure at any time.

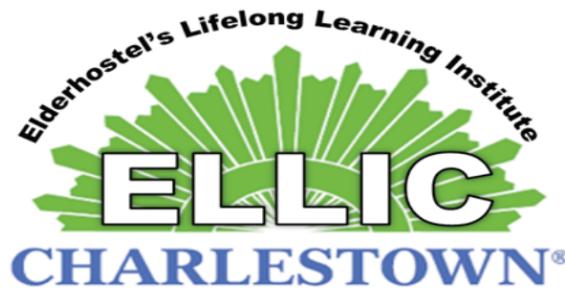
Jody Primoff

NAME BADGE REPLACEMENTS



Community Resources is responsible for the distribution of name badges to all residents living in the community. We regularly prepare badges for new residents and provide replacements, as needed. **Name badge replacements for “LOST” badges will cost \$5.00.**

Magnets may still be purchased for \$2.00. Please stop by Community Resources in Brookside if you need a badge or magnet.



ELLIC’s open meeting on June 5 will feature banjoist Jay Wachter and pianist Dick Smith in an up-tempo, fun filled nostalgic musical retrospective from days gone by when “good music was popular and popular music was good” – at least in the eyes of many modern critics.

Whether comical, romantic, sentimental or stirringly patriotic, many of the older tunes of yesteryear continue to evoke interest and remain surprisingly popular to this day.

The program includes plenty of spirited banter interspersed with amusing back-stories about the music and times. The presenters encourage everyone to join in the fun by singing along with them during the program. Of course, they happily welcome song requests from “back in the day,” so feel free to let them know what you’d like to hear.

Share your love of good music and join us for a fun afternoon. While you are here, learn about ELLIC and what is coming up in the fall.

ELLIC’S END OF YEAR REPORT & CONCERT
Monday, June 5, Auditorium, 1:00 – 2:30 p.m.
Refreshments will be served

Open to all. ELLIC members and nonmembers are invited to our annual June Meeting. Come learn about some of the classes we have in store for you in our 2017 Fall Catalog. Stay and enjoy refreshments and be entertained by Jay Wachter and Dick Smith. We promise you will leave with a smile and a song in your heart.

Jude Socher, ELLIC Communications



We Thought You Should Know...

Depending on the circumstances, your hospitalization can be classified as **Inpatient Care** or **Observation**

Status. Most people are not aware that when you are classified under “observation status,” Medicare may not cover the care you receive for a subsequent stay at a skilled nursing facility.

Your hospital admission status affects what Medicare will cover.

Protect yourself or a loved from a costly surprise by staying informed!

Get A Clear Understanding of...

1. Hospital status and how it impacts you
2. The effect of hospital observation status on skilled nursing coverage
3. How to find out if you are being formally admitted under inpatient care
4. How your copays are impacted

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.

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.

*Robbie Furman
 Regional Sales Manager, Erickson Advantage*



Kathy Crouse

our very own

“Charlestown Star”

has released her first music CD!

Get your copy by calling

Philanthropy at 410-737-8892

All proceeds benefit Benevolent Care

CD’s are \$10 each



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.



Memory Fitness is a wellness program offered to residents who are worried about their memory. The program is a 6-week, 12-session classroom-based program focusing on Dr. Gary Small's book, "Two Weeks To A Younger Brain." Participants learn techniques and strategies to enhance memory, increase physical fitness, reduce stress, and adopt brain health eating habits. Congratulations to the six residents who completed the spring session, and thank you to Judi Welsh and Kayleigh Reese who were their instructors! The remaining two sessions are outlined below. If you are interested in joining one of these sessions, please contact Mary Evans, 410-737-8838, ext. 601.8558.

SUMMER 2017

Every Monday and Thursday
June 12 through July 24
(no class on June 22)
10:00 - 11:00 a.m.
Brookside Classroom 2

FALL 2017

Every Monday and Thursday
October 9 through November 16
10:00 - 11:00 a.m.
Brookside Classroom 2

WANTED!

Do you have a unique collection that you would like to share?

We are looking for people to display their treasured items for one full month in the Cross Creek Lobby Display Case!

Months available:

June

July

August

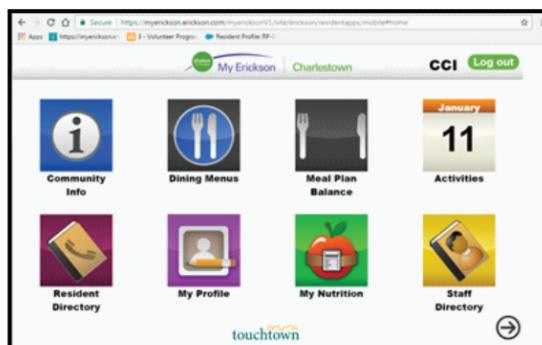
Please Call Community Resources at 410-737-8838 ext. 601.8570

My Erickson Resident Sign-up or You Just Need Some Problem Solving Assistance



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!



1st Wednesday of Every Month

10:00 a.m. – noon
Cross Creek Lobby

(Community Resources will be present for account activation and My Erickson Support)

3rd Wednesday of Every Month

1:00 – 3:00 p.m.
Charlestown Square Lobby

(Community Resources will be present for account activation and My Erickson Support)

3rd Friday of Every Month

10:00 a.m. – noon
Charlestown Square Classroom 116

(Resident-to-Resident Peer Support for Non-Apple Tablet, Desktop and Laptop Users)

4th Friday of Every Month

2:00 – 3:00 p.m.
Brookside Classroom 1

(Resident-to-Resident Peer Support for Non-Apple Tablet, Desktop and Laptop Users)

3rd Thursday of Every Month

2:00 – 3:00 p.m.
Charlestown Square Classroom 116

(Apple Charlestown User Group Peer Support for Apple iPad, Mac Users)

Appointments Only

One-to-One resident peer support in your apartment!

Contact: Tech Tutors - Howie Nixon at 410-501-3572 or hlnixon2@gmail.com

BRING YOUR LAPTOP OR DEVICE!



55 Alive – Driving Safely

Sign up for the Nation's first and largest classroom refresher course geared especially towards the safety needs of motorists age 50 and older.

- An ALL NEW course- All material has been updated
- Minimal course fee:
\$ 15.00 for AARP members
\$ 20.00 for non-members
(Make checks payable to AARP)
- No test!

The class will be held:

Monday, July 20, 2017
9:00 a.m.-1:00 p.m.
In the Brookside Classroom 2

You must sign up ASAP! Space is limited.

For reservation please call
Mike Koontz at 443-833-3684
Payment is due upon reservation.

VOLUNTEER PROGRAM



The phenomenal success of the fifth annual "Charlestown Field Of Honor" is a reflection of the true dedication, energy and efforts of Charlestown's resident volunteers. This Memorial Day weekend event was months in the planning, and would not be a success without their involvement.

The Volunteer Leaders in particular were models of commitment and hard work, approaching each task with a smile and a great disposition. And most importantly, these leaders never lost sight of the true meaning of the Field Of Honor event – to honor and memorialize our military veterans. The Volunteer Program wishes to extend its deep appreciation to: Tony Ellis, John and Dawn Strumsky, Roberta Poulton, Pat Kasuda and Jean Corley.

As Winston Churchill famously said,
"We make a living by what we get, but we make a life by what we give."



CHARLESTOWN
FIELD OF HONOR
Presented by HUEBARD FUNERAL HOME, INC.

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
- CCIcharlestown.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

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.

OUTDOOR HAWAIIAN SHOW
Tuesday ~ June 13 ~ 7:00 p.m.
Terrace Café Patio
(Wx site: Conference Center)



Join us on the Terrace Cafe Patio as the Community Concert Series hosts a fun evening of Hawaiian and Polynesian music and dance! Hawaiian Entertainment Co. will provide an interactive Hawaiian/Polynesian dance show and demonstration that will delight and entertain all. Attendees are encouraged to wear tropical attire, so break out those Hawaiian shirts, grass skirts and leis as we celebrate summer!



Be sure to come early for a short pre-show concert. We’ll also host a 50/50 raffle during the show. (In the event of inclement weather, this performance will take place in the Conference Center. Please call the

number listed below on the day of the event to verify the location.)

ADMISSION is free! There will be seating available on the Patio, but you are also welcome to bring your own lawn chair or blanket and sit on the grass.

ANNAPOLIS BLUEGRASS COALITION
Sunday ~ June 25 ~ 3:00 p.m.
Auditorium



The Annapolis Bluegrass Coalition (ABC) is the premier bluegrass band in the Annapolis, Md. area. With the traditional combination of banjo, fiddle, mandolin, guitar and bass fiddle, the ABC offers traditional and contemporary compositions laced with three part harmonies and bluesy solos. Their music has been described as ‘bluegrass fireworks.’ Rarely do you see artists who enjoy what they do as much as the ABC. Their warmth and interaction with the audience makes you feel as if they are playing just for you, and that’s exactly what they are doing. Admission to ABC’s performance in the Auditorium is \$5.

SAVE THE DATE... The Retro-Rockets will play music of the ‘50s and ‘60s on Tuesday, July 11 at 7:00 p.m. on the Terrace Café Patio. Admission is freewill donation!

Charlestown Harmonizers
Celebrate Spring!



Residents, family, friends, and staff are invited to attend our 2017 Spring Concert on **Thursday, June 1 and Friday, June 2, at 7:30 p.m. in the Auditorium.** (Please note that the doors will not open until 7:00 p.m.) Our program will consist of old and new melodies, show tunes, and inspirational pieces.

Tickets will be \$6 at the door on the night of the concert. Please state if you need a special ticket for wheelchair or EMV. We will have valet parking for walkers. For more information you may visit our website at CharlestownHarmonizers.org, or call Joan Wellman at 410-247-0390. Come join us in celebrating spring at Charlestown.

Dance Studio Recital

Students from **Dance Connections Dance Studio** in Ellicott City will be giving a special performance of ballet, jazz, and modern dance for residents, family, and friends at Charlestown on **Saturday, June 3, at 1:30 p.m. in the Auditorium.** Over 50 students in four age groups will delight one and all! Admission is free. Call 410-737-8838, ext. 601-8577 for more information.

Baltimore Symphony Wants YOU



A group of Charlestown residents plan to attend the BSO concerts on **Friday evenings**, beginning in September. The shuttle rate is \$13 per person. This service will be in addition to the other shuttles to the Meyerhoff, providing another option for those attending the symphony concerts.

For information about the Friday evening shuttle, please call:

John Geist – 410-314-2508
Phyllis Yingling – 410-247-4095

Cars for Care
A unique opportunity to support Charlestown's Benevolent Care.



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





Philanthropy

Patti Santoni, Director



TREASURE SALE

THANK YOU to everyone who helped make the May Treasure Sale a success!

Our Treasure Sale Directors Sara Nixon, Tom Showe and Sharon Stewart, and 300+ volunteers dedicate hundreds of hours each week to prepare for our quarterly sale events. If you made a Treasure Sale donation over the past few months and/or shopped this last sale, you helped us raise \$31,060! Items for sale in the Treasure Sale come from daily resident donations and apartment cleanouts. Proceeds benefit The Benevolent Care Fund, The Charlestown Scholarship Fund, Chapel Concerts, Staff Appreciation, The Ruth H. Houck Library, The Film Library and The Harmonizers, as well as various projects in and around the community. If you would like to be part of this amazing group of volunteers, contact Emily Fowler at 410-737-8892.



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.

and

by *Appointments*
Shirley - 410-242-7871
Sally - 410-247-0171
Herbert's Run T-Level



TREASURE CHEST

Open Every Tuesday and Friday
11:00 a.m. – 1:00 p.m.



Every Monday
6:00 – 8:00 p.m.

BROOKSIDE T-LEVEL

Invite your family and friends to come and shop!

50/50 RAFFLE

Benefiting Benevolent Care

Chance to win up to
\$2,500!

Drawing will take place on
Monday, June 12th at the
Silver Anniversary
TIN CUP

Winner does not need to be present to WIN!

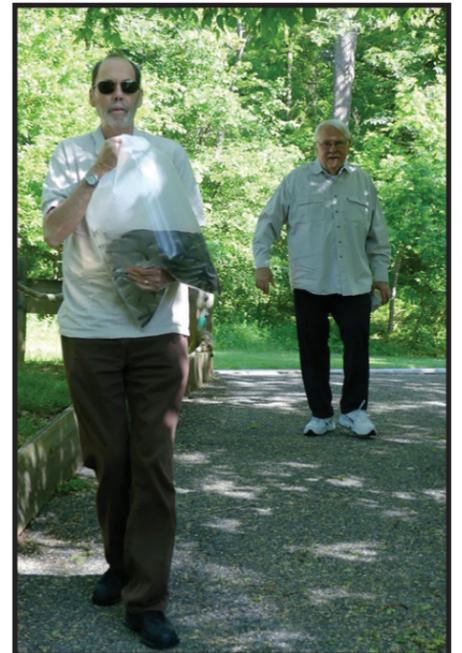
**\$25 per chance,
only 200 tickets sold!**

Call the Philanthropy Office today to order your tickets. 410-737-8892.

Stocking Charlestown Pond

On Wednesday, May 17, Charlestown Fishing Club President Mike Koontz and two club members, Tony Ellis and Bob Ricketts, made an early morning trip to Mt. Airy to pick up the annual pond-stocking supply of 150 baby large mouth bass.

Bob Ricketts



IN REMEMBRANCE

Gifts were made during the month of April to Benevolent Care in memory of Bob Buonamici, Leo Nine, Richard Simons, Anne Skillman and Mary Ziegler. These gifts serve as a tribute to their interests and accomplishments. Please join us in extending heartfelt sympathy to loved ones left behind.

TO HONOR OF

Gifts were made during the month of April to the Benevolent Care Fund in honor of Elizabeth and Joseph Durken, Howie Nixon and Dolores Shuster. Many thanks to these honorees for the special work they do within our community!

Erickson Health Medical Group

Medical Center Team



Myla Carpenter, M.D.
Medical Director



Dean Crawford
Practice Administrator

- James Evans, M.D.
- Deneen Bowlin, M.D.
- Abebe Imiru, M.D.
- Terry Tan, DPM
- Daina Buivys, PMHCNS-BC
- Ann Butterworth, ANP-BC
- Amy Mutch, GNP-BC
- Assiatu Barrie, FNP
- Hilda Lively, NP



Do you know how to reach the on-call physician?

Did you know you can reach the on-call physician for any medical emergencies after the medical center is closed? We're just a phone call away! To reach the on-call physician, please call:

410-247-5602

SPECIAL POINTS OF INTEREST

- We have provided over 880 same-day appointments in the first quarter of 2017.
- The average after-hours response time is usually 12 minutes or less!



Medical Center Updates

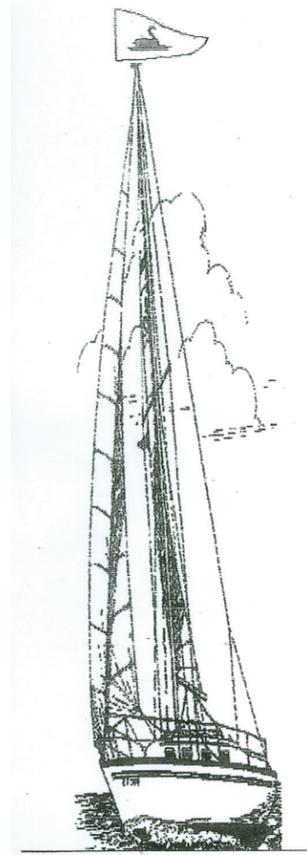
We successfully launched our new medical records system (E-Clinical Works) in February of 2017, and although there have been challenges, we can now say with a greater sense of confidence that we are making great progress.

Everyone is aware that Dr. Evans has retired, but he has stayed on contractually on a part-time basis to help us out until we find a suitable replacement.

Dr. Martin Linker was also hired on a contractual basis to provide care for Dr. Evans' patients. May 3 was his last day as he has accepted a fulltime position with Walter Reid Medical center, for which he had interviewed before coming to CCI. We will announce a permanent replacement in the coming weeks ... stay tuned.

Don't forget that our Mental Health Specialist Daina Buivys is here to serve you.

BLACK SWAN YACHT CLUB



The Black Swan Yacht Club began with an IDEA after Jim Cosby and his son sailed a radio-controlled boat on Lake Charles. Would our residents have an interest in forming a sailing club? Indeed they were and are. The Club was named on December 17 in 1993 in honor of the stray black swan which had taken up residence on our Lake, Charlestown lost the swan when newspaper publicity revealed its whereabouts, and the rightful owner from Virginia claimed him.

Jim Cosby and Charlie Martin built our first boats from kits ... Eventually the Club settled on one model, the VICTORIA. Members of the Club assist those who need help in assembling the kits. The club has some boats on hand for those wishing to give sailing a try.

OPENING DAY is scheduled each year as close to the first Monday in May as possible.

SAILING RACES are conducted at the Lake in May, June, September, and October, every Monday at 10:00 a.m.

“Come on board and Enjoy the fun”
Contact: John Ogaitis, 443-833-3778

May 1 was Opening Day for the Black Swan Yacht Club 2017 sailing season on our beautiful Lake Charles. Commodore John Ogaitis gave a welcoming talk and a short history of the club.

The club members raced their remote-controlled boats on the lake and offered Charlestown residents a chance to try their hands at controlling a model boat.

Come down to cheer your favorite boat and bring the family!



Charlestown's Monthly Community Lecture Series

**“Scams: What You Need to Know”:
Popular Scams, 8 Telltale Signs and How to Avoid Becoming a Victim**

Presented By:

**Jeannine Robinson-Hurley, MPS
Maryland Office of the Attorney General
Consumer Protection Division**

Wednesday, June 7, 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

I wish I'd said that . . .

Never argue with stupid people, they will drag you down to their level and then beat you with experience.

—Mark Twain

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

Poets' Spotlight

Gifted Hands

She gave birth to, and raised, ten children and two grandchildren. She fed, clothed, loved, and nurtured each one in a way that each child knew that they had a special place in her heart and in the world. She lived her life as a model for her children and grandchildren so they might learn to live and thrive in a harsh world where few things came easy. She taught them the Ten Commandments by living them in her daily life.

And she had gifted hands. They were as soft as a butterfly's touch when they were caressing a child, and yet they were as strong as steel when the task at hand demanded.

Her hands stitched all the clothing for her big family. Her hands washed that clothing by scrubbing on a washboard with homemade lye soap until her hands bled from the scrubbing. Her hands worked in the fields, planted and tended the gardens, and they canned and preserved the harvest for the following winter.

Her hands milked the cows, churned the butter, and made the bread. Her hands fashioned and quilted many quilts each winter that provided warmth for her family while sleeping. Her hands embroidered and made the finest lace - usually done in the evenings by lamplight. Still her hands found time to plant and tend the flowers that provided endless blossoms in her garden and nourished her soul. Her dahlias seemed to smile as she tenderly lifted their heads.

Her weathered hands and fingers had become disfigured after years of physical use and arthritis. Her face was lined and wrinkled with age. Her physical stature had shrunk to what seemed to be a miniature of her former self. Her tired and frail body told her that her life's journey was nearly over. She couldn't help but ponder the words of her favorite hymn, "This World Is Not My Home."

She smiled from her hospital bed as she attempted to describe the vision she saw as she looked toward heaven: "I see the most beautiful flowers you could ever imagine - Look! Look! Can you see them?"

God made all flowers with His Hands. Some of those flowers He made for our enjoyment and inspiration. Others He made to gather unto Himself - never to wither but to live forever in His garden.

*A Tribute to Pearl Lillian (Matthews) Boyd-Thorn
By Louise Virginia (Beckett) Dempsey*



The Power of Breath

Ever stop and notice your breathing? How deep or shallow? Do you tense up when stressed or in pain causing you to hold your breath, which results in an irregular breathing pattern?

Breathing is one of those things that we don't think about. But what if we did? What if we consciously paid attention to our breath? To feel the difference when we intentionally inhale deeply through our nose and exhale slowly out of our mouths.

Give it a try. Begin by exhaling all of the air out of your lungs. This will free up space for your inhale. Now inhale deeply, through your nose, filling up your lungs, diaphragm, and your abdomen causing it to expand. Breathe in for four seconds and then release the air out through your mouth, exhaling slowly for six seconds. Do this a few times throughout the day. Especially when stressed.

Having a hard time falling asleep? Try inhaling and exhaling through your nose. Pretend you are fogging up a glass window with each exhale from your nose. An ocean-wave-like sound will emerge. This method helps to calm the nervous system and keeps the mind focusing on the sound. If you've ever lain on the beach and felt relaxed enough to fall asleep to the sounds of the ocean waves, then you should definitely give this method a try at night.

Performing a strenuous chore? Working out in the fitness center? Make it a habit of exhaling during the exertion. For example, while pushing, pulling, lifting or twisting.

Today, begin to mindfully breathe. Feel the difference. How much more relaxed, rejuvenated, focused, at ease you feel. Feel how much more air your lungs can hold. How much more clear your thoughts are. Take the moment right now, and feel The Power of Breath.

Rose (Yaya) Gurley, Fitness Specialist

CCBC Senior Institute

Continuing Education Courses for Adult Learners



What's the buzz?

CCBC Free Class Week



****Pique your interest****

****Stimulate your mind****

Visit classes the week of June 5 – 9

Monday, June 5

Music by the Masters: 10:30 a.m. – noon, Brookside Classroom # 1

Tuesday, June 6

Discoveries in Archaeology II: 10:00 – 11:30 a.m., Auditorium

Drawing for Seniors: 6:30 – 8:30 p.m., Cross Creek Craft Room

Wednesday, June 7

Supreme Court Decisions: 3:30 – 5:00 p.m., Brookside Classroom # 1

Thursday, June 8

100 Masterpieces of Art: 3:00 – 4:30 p.m., Charlestown Square Room 116

Drawing & Painting: 6:30 – 8:30 p.m., Cross Creek Craft Room

History's Myths: 7:00 – 8:30 p.m., Charlestown Square Rm. 116

Friday, June 9

World Poets: 1:00 – 2:30 p.m., Brookside Classroom #2

Come early to get a good seat!

Bulletin Board



Our Newest Residents



- | | |
|---------------------------------|---------|
| Mr. & Mrs. Frank & Marian Altoz | HR-117 |
| Ms. Betty Balthis | HV-403 |
| Ms. Elizabeth Becker | HR-425 |
| Mr. & Mrs. Jim & Joann Burns | CC-417 |
| Mr. & Mrs. Bob & Mary Caulfield | HR-544 |
| Ms. Betty Cupo | CY7-105 |
| Ms. Peggy Evans | BR-338 |
| Ms. Suzy Goldman | ST-624 |
| Mr. Harry House | BR-414 |
| Mr. & Mrs. Paul & Lucy McKean | BR-301 |
| Mr. Toto Pennisi | CC-118 |
| Mr. Paul Rogers | BR203 |
| Mr. Ron Roski | ST-616 |
| Ms. Elaine Scaran | CC-208 |
| Mr. & Mrs. Jack & Arlene Smith | EW-310 |
| Mr. & Mrs. Joe & Eleanor Stone | CR-603 |
| Mr. & Mrs. Larry & Janet Stone | EW-311 |
| Ms. Madeline Terwilliger | GC9-G02 |
| Ms Marie Vernon | HR-T29 |
| Ms. RoseMary Weiss | BR-204 |
| Ms. Lucy Vecera | CC-303 |

VFW Officer Installation

Installing Officer Arnold Goering, District Commander, installs the 2017-2018 Officers of Charlestown Veterans of Foreign Wars Dr. Charles Frank, VFW Post 219.



Photographed by Tom Moore

The new officers are: (L to R) Herb Retsky, Jack Day, Sylvia Moore, Willam Snyder, Harper Griswold, Albert Medeiros, and Walter Yienger.

VFW Post 219 meets on the second Tuesday of the month in Brookside Classroom BR 2.

If you are a U.S. Veteran who has served any foreign duty assignment, consider joining us. Call Herb Retsky, 443-341-6393.

Bert Clegern

WINTER SHUFFLEBOARD 2017



Jane Rodgers on left and Lynn McKerrel on right

The 2017 Winter Shuffleboard season recently came to a close with the Championship game between Team 3, made up of Lynn McKerrel and Jane Rodgers verses Gladys Tittsworth and Sheldon Euler of Team 5.

Lynn McKerrel and Jane Rodgers, who were undefeated during the regular season, jumped out to a 15-0 lead. They kept the pressure on to build up a 52-16 lead on Team 5. Team 3 never looked back and went on to win the 2017 Championship 60-21.

Congratulations to Lynn McKerrel and Jane Rodgers for an undefeated season.

Tony Ellis

CHARLESTOWN PRESENTS

Silver Anniversary TIN CUP GOLF TOURNAMENT

TO BENEFIT
CHARLESTOWN BENEVOLENT CARE FUND



Monday, June 12, 2017

Rolling Road Golf Club
814 Hilltop Avenue
Catonsville, Maryland
9:00am Shotgun Start

Golfers Will Receive:

Round of Golf with Cart, Commemorative Gift, Breakfast, Lunch Buffet, On-Course Beverage Stations to include Beer, Soda, Water and Snacks

Registration

\$200 per person or \$700 per foursome
Please contact the Philanthropy Office at 410-737-8892 for more information or registration.

Silent Auction

New for 2017! Place your bid on exciting items, unique packages and autographed items.

50/50 Raffle

Chance to win \$2,500 Cash! Only 200 tickets will be sold so you have better chances than the Power Ball! Tickets are \$25 each and can be purchased in Philanthropy. Need not be present to win!

Hole-in-One Car Contest



2017 Ford Mustang

SAVE THE DATE

FOR

Midnight at the Masquerade

A MURDER MYSTERY EVENT

TO BENEFIT CHARLESTOWN'S BENEVOLENT CARE

Friday, October 6th

6:00pm—10:00pm



Cocktail Hour ~ Silent Auction ~ Entertainment ~ Dessert Bar



Resident Life

Sherry Parrish, LCSW-C, Director



INTERMISSIONS CORNER

It's hard to believe that we are almost halfway through the year! Did you know that Flag Day is June 14? We will celebrate this by learning all about the history of Old Glory and how it has changed through the years. In June, we also celebrate World Ocean Day and Scuba Month, so we will dive into the great depths and travel to the beautiful and unique world of underwater marine life. In honor of Father's Day, we will reminisce about our most memorable moments with our fathers, talk about how the roles of fathers have changed and take a look at some of our favorite fictional dads like Ward Cleaver, Andy Taylor and Ozzie Nelson.

This month marks one year since our program went to five days a week! In that year, we have welcomed many new residents to the Intermissions program and provided engagement, support and respite to our caregivers. Since June of last year, we have had over 1,400 visits at the Intermissions program! If you, or anyone you know, would like to learn more about the Intermissions program, please reach out to Kayleigh Reese at 443-297-2500.

Kayleigh Reese, Intermissions Coordinator

June Challenge: Change the Last Letter

Make a word into a new word by changing the last letter. The answers will be in the sunburst next month.

1. Example: Change a narrow road _(LANE)_ to the solid part of Earth's surface _(LAND)_.
2. Change a male cow _____ to a plant bud _____.
3. Change a writing implement _____ to a nickname for Margaret _____.
4. Change a flying vessel _____ to a nursery item _____.
5. Change a shrub _____ to a sculpture of the upper torso _____.
6. Change a stitched line _____ to a chair part _____.
7. Change a fisherman _____ to figures made by two intersecting lines _____.
8. Change a basic unit of language _____ to a long, thin invertebrate _____.
9. Change a remedy _____ to a ringlet _____.
10. Change a color _____ to a unit of measurement _____.
11. Change a Tiffany product _____ to a farm animal _____.
12. Change a beverage _____ to a marathon measurement _____.

May Challenge: Logical Mother's Day Gifts

- What do we know right from the start? Clue #4 infers that Matthew gave the cookies.
- As stated in clue #1, Mary and Maxwell don't like to draw, and since Matthew made the cookies, that means Mabel made her mom a drawing. Additionally, based on clue #2, she wrapped the drawing in pink paper.
- According to clue #3, one of the boys made the necklace and wrapped it in purple paper. Since Matthew made the cookies, that means Maxwell made the necklace wrapped in purple paper.
- Since we now know who made the cookies, necklace, and drawing, that leaves only the paper flowers for Mary. Clue #5 indicates she wrapped them in yellow. Therefore, Matthew wrapped his cookies in orange

Answer Key

	Mary	Matthew	Mabel	Maxwell
Cookies		✓		
Necklace				✓
Drawing			✓	
Flowers	✓			
Purple				✓
Orange		✓		
Yellow	✓			
Pink			✓	

- Mary cut out paper flowers and wrapped them in yellow paper.
- Matthew made cookies and wrapped them in orange paper.
- Mabel made the drawing and wrapped it in pink paper.
- Maxwell made the necklace and wrapped it in purple paper.



Maureen's Moment

How bout them O's? Baseball season is in full swing and a visit from the biggest O's fan at Charlestown celebrated the love of the Orioles at

Intermissions. Nina Griffith came to visit us pushing her cart loaded with just SOME of her Orioles' collection.

As she showed us each item, she shared a story about how each item came into her collection. When people want to give her a gift, they naturally search for unique Oriole-themed items. She had Oriole flip flops, mugs, stuffed animals, key chains, bobble heads, and even a dog leash. There were just too many different items to list!

I did find out that she does not have an Oriole jigsaw puzzle. So, if you are looking for a new Oriole gift for her... Nina also shared some historical facts with us. She is truly an Orioles' lady, through and through.

Thank you, Nina, for the wonderful presentation! Go O's!!!

Maureen Potter



INSTITUTE of NOTRE DAME



Did you attend the Institute of Notre Dame?

Join us for the IND Alumnae Reunion Luncheon

On Friday, June 9
Fireside dining room, 11:30 a.m.

Mark your calendar
Come and Reminisce

Rsvp:
Diane Lyons, "Class of 1955,"
CC-123, 443-575-6691,
or
Sheila French, "Class of 1955,"
CY7-G05, 410-598-8687