

## The Grand Re-Opening of the Cross Creek Lobby



Cross Creek was filled with lots of delighted residents, family members and staff participating in the grand re-opening and ribbon cutting celebrating the newly re-designed lobby, Flex-Fitness Center, Reception Desk, Work Room, Cart Storage Room, as well as the Resident Life and Philanthropy Suite. The Lobby area is beautifully bright and cheery and represents years of planning, design, execution and a commitment to excellence across the many hands responsible for the successful outcome we now enjoy.

Nathan Blumberg and Adam Dickson, our Associate Executive Directors, along with Mrs. Linda Clegern, Resident, Patti Santoni, Philanthropy Director, Teresa Reymann-Curran, Fitness Manager and Sherry Parrish, Resident Life Director had the honor of "Cutting the Ribbon" to officially open the newly renovated spaces. We particularly appreciate the watchful eye and support given by our own, Rose Suter, Project Manager in General Services. Her daily supervision of this project is evident!

*Sherry Parrish, Director of Resident Life*



Nathan Blumberg, AED

### Find the BEAUTY in Every Day

On August 9, Charlestown residents Jean Eichenlaub, Roland Gray and Art Chenoweth along with Clara Parker, Executive Director, and myself, Nathan Blumberg, Associate Executive Director, presented the results and action items from the mid-year resident questionnaire. In order to better understand and improve the overall resident experience, a resident experience focus group was established earlier this year. This group, made up of 25 diverse residents and the Charlestown Executive Team, met seven times since May to discuss what drove 2017 annual survey results. As such, the focus group decided to develop and launch a mid-year questionnaire specifically targeting areas from the annual survey that were statistically low or trending downward. Once the results were collected, the focus group reviewed mid-year questionnaire results and read 172 pages of verbatim comments, determined that issues are multi-faceted with residents having different perceptions of the same issue, and identified tangible next-steps for improvement.

**The Results.** 63.4% (1,106) residents participated in the mid-year questionnaire. Of the residents who participated, 90.2% would recommend Charlestown. We also found that there was no statistical decline or improvement from the 2017 annual survey. The focus group received back 172 pages of verbatim comments, and 490 residents provided their contact information for future follow-up. Length of residence was the key demographic collected during the questionnaire, which will become more relevant later in the article. At a high level, the majority of residents found that their experience is either Good or Excellent across all five questions. #1 – 78.7% Feel their Overall Satisfaction is Good or Excellent; #2 – 70.2% Feel that Charlestown is a Good or Excellent Value; #3 – 70.8% Feel that Responsiveness is Good or Excellent; #4 – 91.4% Feel Good or Excellent about the Friendliness of

Staff; #5 – 65.2% Feel that Dining Services is Good or Excellent. However, when the average score is more closely analyzed, we found a statistical difference between length of residence and the average (mean) score.

When we reviewed the average score by question, separated by the length of residence, there was a downward trend for each question from six months of residence that then climbed back up around 15 years. The focus group decided to place specific emphasis on finding ways to improve the experience for residents living at Charlestown between 4 and 15 years; that is how to help bring those residents from "Average" to "Good."

Where do we go from here? The focus group, alongside the executive team, developed specific action items, by question, to help improve the overall resident experience. As a general theme, the executive team is committed to proactively discussing proposed changes impacting all residents via Focus Groups and *Sunburst* or Ch. 972 and having more dialogue about the resident experience. For more information on action items and next-steps, we invite you to watch the August 9 Town Hall meeting on Channel 972 or in My Erickson.

This collaborative approach between residents and management solidified the need to openly discuss issues to improve resident experience. On September 17, the annual resident survey from Holleran will be launched. We encourage all residents to take this survey. As proven by our responses to the mid-year questionnaire, your feedback helps to drive action items to improve the resident experience. Our community's goal is to move more responses from "average" to "good"!

Wendel Thompson, the new Residents' Council president, stated that "It's a beautiful day in the neighborhood" would be his theme for presidency; it is our collective goal to ensure there will be beauty in each day for Charlestown's residents.

*Best wishes,  
Nathan Blumberg, Associate Executive Director*

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## NEWS FROM THE CHARLESTOWN BOARD OF DIRECTORS



Richard Grove

Good day, Charlestown! I hope everyone is enjoying this summer. I also hope you've had an opportunity to read the past few Board Corner articles and noted that your Board continues to add talent, especially in areas where we can use more expertise. Kudos to

our Governance Committee who are responsible for recruiting new Board members and thanks to our new members for their commitment.

For this month, I hope you will allow me to digress and share a personal reflection on the values of CCRCs for our seniors and especially the value I see provided at Charlestown. Back in the fall, I [along with my sister, brother and our significant others] finally got my parents to consider moving out of their single family home and to investigate life at a CCRC. I had continued to share with them the stories that many of you have shared with me – "I wish I had made this move a long time ago." While they remained skeptical [like many of you, I suspect] – I actually got them out for a few visits. Yes, one of those visits was Charlestown. My folks are from Delaware – been there for over 60 years; and while Maryland and Charlestown are next door neighbors to Delaware, they just couldn't bring themselves to move away from "the First State."

During our tour of Charlestown and all the following communications – I couldn't have been more proud of the staff. Their touches were all so professional and caring. But I also couldn't have been more proud of the residents – while touring, I saw a number of folks that I recognized, and they were all so engaging and really helped my folks feel comfortable, and that their concerns were the same as those shared by most folks during that anxious process.

In the end, we were fortunate to go through a relatively smooth process of selecting a new home, selling the old one and moving in very quickly. That has been a true blessing as we have followed that with an unfortunate health crisis with my father. I cannot imagine going through this current situation while they were both still living on their own; as much as life in a CCRC is great for the residents – it's just as rewarding for the kids!

They ended up at a CCRC in Dover, Del. and it's a great fit for them. That said, this process has also confirmed for me the value we provide at Charlestown. I can't help but compare, and it has been a great learning experience for me as a Board member. When I compared each of the sites we visited and now continue to compare the one they selected - I absolutely believe Charlestown is the best value ... by far!

Richard Grove



## "We're Here For You"

### It's a Beautiful Day in the Neighborhood

I want to thank those who put their faith in me as I take on this task as President of the Residents' Council. I pledge to do my best to keep your trust and the trust of the Erickson management team and our Board of Directors.

I love living here at Charlestown. In my life I've been blessed to have benefited from two ideal capitalists—people who beyond being successful businessmen brought values to their work that I would call "heaven sent." Both men had deep religious ties.

You might guess I'm thinking about John Erickson and the vision he created for us here at Charlestown. He was on campus in May for our 35th anniversary from our beginning in 1983. If you missed seeing him, you can meet him in videos that recorded his presence. Just look under "Community Videos" on the My Erickson website. You won't be disappointed.

John Erickson's vision has evolved in ways he could not have imagined. The senior living industry thought the ideal size of a retirement community was about 250 persons, that more old people than that living together would create some kind of death spiral. But John kept building more units and the vibrancy of the community kept growing. John attributed his success to his staff and the residents themselves who kept letting him know what they wanted in senior living.

Those of you who know that Carolyn and I came here from Columbia can guess who the other industrialist was who had a major impact on our life. James Rouse designed the city of Columbia, Maryland, buying up 18,000 acres of Howard County land and making that city a welcoming place for all races. Our family is grateful for the community of Columbia.

As I think of a theme for my presidency, I think of the man who believed "It's a beautiful day in the neighborhood." Mr. Rogers created a world for children to see the beauty in their surroundings. He didn't hide from awful events such as death, divorce and violence, but endeavored to find the beauty in all things. When dealing with the subject of violence, he told the children to "look for the person who is helping."

It should be easy to see the beautiful day in the neighborhood for us at Charlestown. Life is good here. But some can see a beautiful day even in places like Baltimore. Did you read Eleanor Lewis' poem to Baltimore in the August *Sunburst*? Baltimore is her home of choice, despite pushers waiting to poison the children, a city that each time it's thrown down, manages to struggle to its feet and start again. It's a beautiful day in the neighborhood when you can see it.

Wendel Thompson  
President

Charlestown Residents'  
Council Website.  
[ccicharlestown.org](http://ccicharlestown.org)

Residents' Council E-MAIL Address  
[CCIResidentsCouncil@gmail.com](mailto:CCIResidentsCouncil@gmail.com)



### Conversations with Clara and Executive Team

- Question:** Will the renovation of the Erickson Conference Center have an impact on the Treasure Sale and Winter Putterland?

**Answer:** We are looking at scheduled events and space utilization to ensure there are no conflicts or cancellations.
- Question:** What will the Main Street Creative Arts Studio renovations consist of?

**Answer:** The Cross Creek Creative Arts Studio's renovation will begin during Phase II of the Chesapeake renovation and will include new flooring, lighting, new work space and better accessibility to the showcase.
- Question:** When will all of the automated doors in the community be renovated?

**Answer:** To date, we have added electric openers to Edgewood, CTS by room 116 and the building 1 and 2 bridge into the parking area. In 2019, we hope to replace the remaining entrance doors with auto-door openers and have all doors meet ADA compatibility. Only seven doors are left to have the openers installed and campus will then be complete: Chapel Court high and low side, St. Charles lower lot, Bldg 8 T and G level, Edgewood loading dock, Harborview 2nd floor, Parkview 1st floor, Caton Ridge by cooling tower.
- Question:** When will the awnings across campus be replaced?

**Answer:** The awnings on the inside row of the cherry trees are being replaced now and the inner loop of Charlestown Square will be next. We are currently waiting on color and design approvals.



### BCPL's LIBRARY ON THE GO BOOKMOBILE

September 7, 2018  
(1st Friday of Every Month)

10:00 - 11:30 a.m.  
Courtyard Crossing  
(Lobby 7)

and

1:00 - 3:30 p.m.  
Cross Creek Lobby

Phone: 410-887-7586



### CHARLESTOWN 2018 STAFF APPRECIATION FUND

The Charlestown Staff is the crew that keeps this ship running smoothly!

A ship's crew relied on the stars to ensure that the ship was headed in the right direction and provided a valuable service to the passengers. I've often heard that life at Charlestown is very much like that on a cruise ship – except we don't need to worry about rolling back and forth in high seas. The stars that we use are the staff who keep us well and happy. We have many of the same services at Charlestown that are available on cruise ships. There are similarities such as food preparation and serving of meals, onboard entertainment, excursions "on shore," continuous cleaning of the common areas, a quick response to maintenance problems in our "cabins," people who look after our health and safety, and many other services. There is one big difference, however. If you have taken any cruises lately you will notice that your bill for shipboard service includes a substantial daily fee that is added to provide tips to all of the workers in the crew that provide that care and support. Charlestown has a no tipping policy that relieves us of the burden of carrying cash to tip employees. What is done is that a collection is taken up in the latter part of the year then distributed to the hourly employees based on their working hours, type of work, and length of service. This collection, known as the Staff Appreciation Fund, gives us the opportunity to let the hourly staff know they are being thanked for providing us with great service throughout the year.

There are almost 1,000 employees, many of whom you never see, who will be receiving checks in December. People who shovel the snow while we can sit inside and drink hot chocolate; those who man the front desks, the shuttle drivers, the servers and staff at the dining facilities; the maintenance people who do the painting, replace light bulbs, and unclog your drains; the EMTs who respond to medical emergencies, the safety and security staff, housecleaning staff, the people who pick up the recyclables and trash from our doors every week, and many more who provide us with the services we need and expect. And best of all, it's done with a smile and in a way that makes us glad to be here.

The Staff Appreciation Fund (SAF) in 2017 collected over \$249,000 and had a household participation rate of 61.2% with an average contribution of \$252 (\$0.69/day). Once again our goal is to get 100% participation. Not everyone is in the same set of circumstances and may not be able to contribute \$252, but some can contribute much more. Surely everyone can do something, no matter how small, to show our appreciation and to significantly improve the participation rate.

The SAF will kick off in mid-October and you will hear a lot more about it with brochures, *Sunburst* articles, TV time slots on channel 972, posters, and more. The SAF committee is looking for your support to show the staff that we really appreciate their work and their friendliness on our behalf.

*Ed Piechowiak, SAF Chair*



## General Services

*Mike Fischer, Director*



### Labor Day Holiday Trash & Recycling Pickup Schedule

**Trash & Recycling Pickup Change  
Week of September 2 - September 8, 2018**

**Please be advised, no Trash pickup will occur on  
Monday, September 3, 2018**

Our revised pickup schedule will be as follows:

#### Trash Pickup Schedule for All Buildings

**Tuesday, September 4, 2018**

**Friday, September 7, 2018**

#### Recycling: Pickup Schedule by Building

**Wednesday, September 5, 2018**

Herbert's Run, St. Charles, Caton Ridge & Harborview

**Thursday, September 6, 2018**

Brookside, Edgewood, Chapel Court, Parkview, Maple Terrace, Courtyard Crossing, Greentree Court, Fountain Hill, New Carroll and Arborside.

### CHARLESTOWN DEDICATED MEDICATION DISPOSAL DAY #3

The Residents' Council Health Committee continues to partner with Charlestown's Security and Emergency Services and the Baltimore County Police Department in holding Dedicated Collection Days of old/unused medication. **The collection is open to both Residents and Staff.**

The National Opioid Crisis continues to be a major health problem. We've learned that addiction can happen to anyone anywhere, and we need to continually rid our medication cabinets of any drugs that are no longer needed or become outdated. Therefore, we have scheduled another collection day as follows:

**CHARLESTOWN'S NEXT MEDICATION DISPOSAL  
DAY WILL BE ON MONDAY, SEPTEMBER 24  
FROM 1:00 TO 3:00 P.M.**

This will give **all of our residents and staff** another opportunity to dispose of unwanted and outdated medications in a safe and secure manner without the need to leave the campus. In addition to prescription drugs, over the counter medications, vitamins and supplements, and pet medications will also be accepted for disposal. Simply bring them to one of the three locations below.

#### **MEDICATIONS WILL BE ACCEPTED AT THE FOLLOWING LOCATIONS FROM**

**1:00 TO 3:00 p.m. ONLY:**

FIRESIDE LOBBY  
TERRACE LOBBY  
CROSS CREEK AREA

**Be sure to mark your calendar!**

**Monday, September 24,  
from 1:00 to 3:00 p.m.**

*Louise Dempsey, Chair  
Health Services Committee*

### Obtaining a Resident Directory:

Distribution of the Resident Directory, once published annually and placed in resident cubbies, has changed. The Resident Directory is available on MyErickson, as a PDF emailed to you every three months or as a printed copy on request. Residents may ask for the latest Resident Directory at their neighborhood lobby desk. Directories are printed in small batches up to a short time before the next directory is published. The directory is revised every three months. There may be a small window of unavailability if it is close to the time for publication of a new directory. New resident information requires a month turnaround time to appear in an updated directory. If you find errors in information included in the directory, make the corrections by submitting a resident directory update form, which is available at all lobby desks. Return the form noting corrections to the Communications Specialist, as indicated on the form.

If you have an email account, you may request that an electronic version of the directory be automatically sent to you when it is available each time that it is updated. Send your request to [cynthia.ripple@erickson.com](mailto:cynthia.ripple@erickson.com).

Cindy will send you an email acknowledgement of your request within two weeks. If you do not receive the acknowledgement in that time, please resend your email request and allow her a second chance to add you to the list.

The electronic version of the directory allows multiple options for searching including by first name, last name, apartment number or phone number. The Resident Directory is intended for the members of the Charlestown community only, so please refrain from distributing it to people outside of the community.

*Charlie Eichenlaub  
Communications Committee*

### The Housekeeping Department Celebrates International Housekeeping Week



The Housekeeping Department will be celebrating Housekeeping Week September 9 - September 15, 2018. During this week, Housekeeping management will take time out to appreciate the staff for all the hard work they do each and every day they come to Charlestown. At times, the staff completes tasks we don't want to do, but they put on a smile and get it done. Their job at times is thankless but we want to recognize and let them know we appreciate them. During that week as you see them throughout Charlestown please help us recognize and appreciate them by saying Thank You for keeping Charlestown clean.

### Photography Interest Group

Betty Caldwell is launching a new interest group for all those who would like to have fun and take their photography to the next level. The first meeting of the **Photography Interest Group** will be Thursday, September 20, from 1:00 - 3:00 p.m. in room 116 at Charlestown Square. All those who use digital cameras, from smartphones to SLRs, are invited to join this interactive group. Participants' interests may be in taking family snapshots, travel, nature or in simply being creative. The group will learn about some of the new subtle realms of composition used by the pros to create photos with impact, exploring the hidden factors that attract or detract from a photo. Participants will have a chance to receive individual critiques in a supportive setting and to meet others with an interest in photography.



Betty Caldwell's work has been featured in a number of juried exhibits including in the National Wildlife Center, the National Institutes of Health, Nature Visions Photo Expo, the Howard County Conservancy Art of Stewardship Show, and the "My Maryland" exhibition at the House of Delegates in Annapolis. Her work has been purchased by private collectors. She continues to study with outstanding photographers, including wildlife photographer Max Waugh, whose work is on display at the Smithsonian Museum of Natural History. At Charlestown, she has produced the popular "Meditative Moments" series shown on Channel 972 and the CCI website.

Betty notes, "I hope you will come learn how to take your best shot!"



### AN LGBT+ DISCUSSION GROUP IS FORMING

A group of Charlestown residents are gathering to plan a monthly

meeting for anyone who is a member, friend or ally of the LGBT+ community. Our initial meeting will be on Thursday, October 4, at 3:00 p.m. for about an hour in Brookside Classroom 1. For the time being, this will be an informal discussion group. If leadership develops to support other activities, some may evolve. Our possible first topics might be: What do all those letters stand for? What's the new vocabulary our grandkids are using that we don't understand? What is your story or interest in this group? What would you want to have happen at future meetings?

We'd like you to consider joining us if you are a member of the LGBT+ community or consider yourself an ally. We would also welcome those of you who have a member of your family who is part of the LGBT+ community. Or maybe you are a parent, grandparent or friend of someone who is gender-questioning or transitioning. We hope you will join us if you would like to be part of a discussion about LGBT+ issues or would just like to come and listen. If you would like to talk ahead of this meeting, or can't attend and want to be involved, call Bonnie Kawecki 443-833-3679 or Carol Tilles 410-314-2912, or stop by the LGBT+ table during the Fruits of Our Labor expo on September 7.

### RESIDENTS HONOR THEIR SENSE OF RESPONSIBILITY AND KEEP CHARLESTOWN'S WHEELS TURNING

In spite of the fact that we are fortunate enough to live in maintenance-free, care-free comfort, Charlestown residents are no strangers to personal responsibility. For most of our lives we held jobs, built careers and raised children. We were PTA members, parent volunteers and teacher's aides. We supported charitable civic organizations, volunteered at soup kitchens, hospitals and animal shelters, or contributed in unique ways to our communities. So we have a solid appreciation of the contributions personal responsibility makes to Harmonious Living.

And how do Charlestown residents demonstrate their own sense of responsibility? They create, plan and teach the always-popular ELLIC classes or write, produce and present informative and interesting TV shows. They write *Sunburst* articles promoting Charlestown people and activities, keep the community's history alive by taking care of the Archives, or research, write and keep that history up-to-date.

But our neighbors also exhibit their personal sense of responsibility in simpler pursuits. Some help rid our landscape of invasive plants, or walk, feed and even temporarily house pets whose owners might not be able to keep them without this kind intervention. They visit to lift the spirits of continuing care patients, or volunteer to keep our neighbors in Caton Woods entertained and connected to the rest of the community with classes, musical performances, and special events. And some of us simply visit neighbors who just need to see a friendly face and share a cup of tea, or put unexpected birthday or get-well cards into cubbies all over the community.

We keep our commitments, no matter what; we show up on time to meetings. And every one of these actions and activities exhibits the tenet of "Responsibility" defined in the Erickson Living Values:

- Personal accountability for (our own) actions and behaviors
- Practicing good stewardship of our community's resources
- Resolving issues promptly

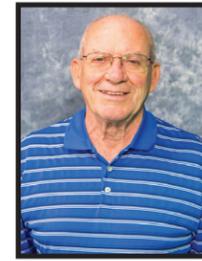
Charlestown now has a Mission Moments program for residents, which provides a very special way to say 'thank you' to our neighbors who live by those tenets and improve Charlestown's quality of life. So take a look around and notice all the things your neighbors do to make this an even better place to live. Pick up a Resident Mission Moment form at any Charlestown desk and write a brief summary of their action. Submit it in writing to Pat Kasuda at BR238 or via email to [pjkasuda238@gmail.com](mailto:pjkasuda238@gmail.com)

Submissions are due by the 5th of the month; they are reviewed by a committee, and the resident selected is recognized in *The Sunburst* and at Residents' Council meetings.

Dayle Dawes

### Residents Make a Difference in Charlestown's Community

Residents' lives are enriched by the actions of others. Read on for three examples of Harmonious Community Living recognized this month by the Mission Moments Committee.



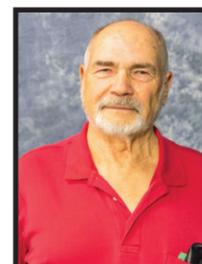
**Charles Schreiber's** spouse is in Butterfly Fields (Memory Care) and he visits her every day. In addition to those visits he finds time to assist staff and other residents in Continuing Care. He also recently took the time and initiative and

provided resources to convert planters on the Caton Woods patio to flower pots and vegetable pots. This created an exciting outdoor activity for many Caton Woods residents. Charles was nominated by Denise Puckett, Program Coordinator at Caton Woods.



**Seldra Funk** was recommended by Karline Tierney for not just a Mission Moment, but a Mission Year. This is how it happened. Karline said Seldra heard about a year ago that Karline needed extensive dental treatments at Exit 26. "The shuttle

would be costly and the waiting time would be stressful while in pain and bleeding. Seldra insisted she take me for the next appointment AND for several more. Then she picked up my prescriptions at the pharmacy here PLUS an ice cream milk shake and checked on me the next day after each painful extraction."



**Tom Hall** volunteers weekly at Butterfly Fields (Memory Care) enjoying the relationships formed there. He goes along with a current issue worrying a resident, suggests activities that might be enjoyable, agrees when something is not

right. There is no confrontation about behavior, right or wrong. He laughs about absurd actions that might be suggested but will never be carried out, at least not by Tom. He enjoys the moment and helps residents feel the joy, too. Wendel Thompson heard Tom's stories and nominated him for his ongoing Mission Moments.

When you see these people who are carrying out Harmonious Living values, congratulate them and then watch for other residents who are making our community positive and strong. You can then nominate them for Mission Moments using the forms that are at all front desk lobbies.

Phyl Lansing  
Mission Moment Committee

### NEW CLUB!! SAVE THE DATE!!

**The Conservative Values Study Group** will have its kick-off meeting on September 25, from 7:00 to 9:00 p.m. in the Auditorium.

In addition to deciding how we could organize our group, we will watch a 40-minute video on the subject of the Constitution, with discussion topics following. So please attend, and bring your ideas and enthusiasm.

Questions? Call 410-242-1386



## Chapter Member Update

The Maryland Continuing Care Residents Association (MaCCRA) members will be at the Annual Fruits of Our Labor on Friday, September 7, 2018. New Charlestown residents can learn first-hand what MaCCRA is all about. MaCCRA is the only association that represents CCRC residents exclusively and funds a legislative liaison in Annapolis.

If you like to plan events, sign up for the Planning Committee as the Charlestown Chapter prepares to host the state association for the summer meeting on Saturday, June 1, 2019. Contact Ann MacKay, ST 511 or Seldra Funk, ST 408.

We are delighted that renewals have been so strong. Since we sent out our request for renewals in early July, 85% have already renewed. It's not too late to renew. Please send your payment \$20 for an individual or \$30 for a couple to Hope Tillman, HR 331, 781-424-6358 or [hope@hopetillman.com](mailto:hope@hopetillman.com). Hope also has membership information.

## NaCCRA

The Charlestown Residents' Association voted to join the National Continuing Care Resident Association as a community association member at the annual meeting on August 13, 2018. The recently published Consumer Guide to CCRCs has received many favorable reviews. It is a free 22-page PDF that can be downloaded at <http://naccra.com/>. Join online at <https://naccramember.com>. Charlestown resident Ann MacKay is the national president.

### Sandtown Leaders Coming to Charlestown Thursday, September 13 7:30 p.m., Auditorium

In *The Sunburst* you have read about or heard about Sandtown activities from Charlestown residents. Here is your chance to hear Sandtown leaders telling about their goals and actions! The staff from No Boundaries Coalition, the neighborhood organization that pulls in everyone from the 21217 ZIP code, will come along with board members and hopefully a representative from their youth contingent. Bring a friend along to this event!

Safety, fresh food at the Avenue Market, block cleanups, getting out the vote, youth involvement, and work on the Department of Justice Consent Decree are some of their (and our) concerns. Come to hear more details about how Charlestown volunteers can help. We will celebrate with them being given the Pax Christi International Peace Award September 15.

Lisa Brown, the principal of the New Song Learning Center, and one or more teachers will come to tell about using the Kindle Fires, provided by Charlestown, in the classrooms and how your other generous donations to the school are being used.

These are exciting times in Sandtown. There will be plenty of room in the Auditorium. Help us fill every seat with listening ears on Thursday, September 13. There will be time for your questions and their answers. Hope to see you there!

*Phyl Lansing, co-chair  
Charlestown-Sandtown Connection*



## Genealogy (re)Start

After a summer break, the **Charlestown Genealogy Club** kicks off a new season on Friday, September 14, at 1:00 p.m. in Brookside Classroom 1. The club meets there monthly on the 2nd Friday of each month throughout the year. All residents and their guests are always welcome to attend any meeting, whatever their level of experience in genealogy.

The Club was organized by experienced genealogist residents Hope Tillman and Walt Howe. The goal of the club is to help anyone interested in researching his or her family genealogy. Presentations and discussions during the year deal with various topics, such as information sources of all types, setting goals for research, telling your family story, organizing your records, breaking research brick walls, the role of DNA tests, online databases, and lots more. The meetings are always set up to provide lots of opportunity to ask questions and share information among members.

The September meeting is a good chance for new members to get started, and for all to refresh their approach to genealogy. We will look at techniques, sources, and solutions and ask attendees at the meeting to share what they are working on or would like to work on. This can help shape the focus of future meetings, too.

For more information, call Walt at 781-820-9132 or Hope at 781-424-6358 or email them at [walt@walthowe.com](mailto:walt@walthowe.com) or [hope@hopetillman.com](mailto:hope@hopetillman.com).

*Walt Howe, HR-331*

### About Kirk Bloodsworth

Sponsored by the Charlestown Diversity and Inclusion Council  
**Thursday, October 18, 2018  
1:00 – 3:00 p.m. in the Auditorium**

Maryland Humanities created One Maryland One Book (OMOB) to bring together diverse people in communities across the state through the shared experience of reading the same book. Every year, the Maryland Humanities OMOB program determines a theme and selects a book from several submissions. This year's theme is "Justice." *Bloodsworth: The True Story of the First Death Row Inmate Exonerated By DNA Evidence* authored by Tim Junkin is the 2018 OMOB selection. Kirk Bloodsworth is the first death-row inmate to be exonerated by DNA evidence. Mr. Bloodsworth will be joining us to share his journey of being sentenced to life in prison for a murder he didn't commit and the monumental criminal justice milestone that freed him.

A limited number of copies of the book are available in the Charlestown library. You can also obtain a copy from the public library or download from Amazon.

Please join us on Thursday, October 18 at 1:00 p.m. in the Auditorium for an opportunity to hear from and dialogue with Mr. Bloodsworth.



## ELLIC Needs You!

If you have lived in Charlestown for any length of time, you have probably seen the acronym **ELLIC** on Ch 972 ads, on our websites, on the bulletin boards, and in *The Sunburst*. These initials stand for **Elderhostel Lifelong Learning Institute at Charlestown**, our on-campus school.

Each year, over 400 resident "students" register for classes from a selection of almost 50 offered each semester, fall and spring. These cover a wide variety of topics from social sciences to arts and crafts, from science and philosophy to travel. That's where you come in. It takes a strong team of instructors to teach our classes.

In the tradition of Elderhostel learning, ELLIC's instructors are residents of the Charlestown community. Their professions, education and interests have given them the expertise to share what they know in a classroom. There are many residents who fit this description and would be well received by the "students."

Do you have knowledge or skills and a desire to share these with others? Do you just have the itch to share your professional expertise or relate learning/insights from unique personal experiences? Would you like to lead a group in exploring new learning using prepared curricula from The Great Courses program?

If so, you could be our next outstanding ELLIC contributor. We can provide help in planning and developing your curriculum as well as provide technical support. You can share your expertise in a single class or a multi-session course.

To learn more, contact our curriculum chair, Art Chenoweth, at 410-242-6335.

*Gif Intlekofer, ELLIC Moderator*

### Mosquitoes in the Area Pose a Threat



Anne Arundel county has reported mosquito traps in Linthicum contained mosquitoes carrying the

West Nile virus. The Maryland Department of Agriculture has stepped up efforts to control the mosquito population. Here at Charlestown, residents are asked to avoid having containers outside with standing water. This includes bird baths and plants in containers with standing water.

Symptoms of West Nile Virus can take up to two weeks to develop. They include fever, headache, swollen lymph glands and skin rash. Residents displaying these symptoms should seek medical assistance.

The mosquito population has increased because of increased rainfall creating numerous breeding grounds. Residents are encouraged to assist in reducing breeding grounds and to avoid bites by wearing loose-fitting clothing and using repellents when outdoors.

*Pat Kasuda*



## Continuing Care

David Gearing, NHA

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

**FRONT DESKS**

410.247.9700 (RGN/S)  
410.536.4743 (CATON WOODS)

**ADMINISTRATOR**

David Gearing, ext. 601.8875

**ASSISTANT ADMINISTRATOR**

Chris Fitzgibbons, ext. 601.3715

**DIRECTOR OF NURSING**

Leslie Johnson, ext. 601.8003

**ASSISTANT DIRECTOR OF NURSING**

JoAnn Rosario, ext. 601.8041

**ADMINISTRATIVE ASSISTANT**

Lisa Vaughan, ext. 601.8359

**MEDICAL DIRECTOR**

Myla Carpenter, M.D., ext. 601.8590

**BUSINESS OFFICE MANAGER**

Doris Mills, ext. 601.3347

**HEALTH CARE COUNSELOR**

Alexandra Compton, ext. 601.8578

**REHABILITATION MANAGER**

Cathy Pelletier, ext. 601.3336

**ASSISTANT DIRECTOR OF DINING SERVICES**

Robin Moore, ext. 601.8037

**HOUSEKEEPING SUPERVISOR**

Kim Early, ext. 601.8557

**MAINTENANCE SUPERVISOR**

George Taylor, ext. 601.8354

**ASSISTANT LIVING MANAGER-CATON WOODS**

Amy Sarro, ext. 601.3725  
Christina Bryant, ext. 601.3710

**WELLNESS MANAGERS**

Funmilayo Opadina, ext. 601.8926  
Jacqueline Lambertis, ext. 601.3127  
Tammy Sykes, ext. 601.8222

**SOCIAL WORK LEAD**

Sara Shanklin, ext. 601.8349

**ACUTE CARE COORDINATOR**

Shannon Loudermilk  
410-382-9384

**PROGRAM MANAGER**

Rob Hunter, ext. 601.8974

**ASSISTANT PROGRAM MANAGER**

Denise Puckett, ext. 601.8575

**VOLUNTEER PROGRAM COORDINATOR**

Kathleen Hart, ext. 601.8133

**FACILITIES COORDINATOR**

Steve Hall, ext. 601.8924

**MEMORY CARE MANAGER**

Lauren Price, ext. 601.3121

**QUALITY CARE COORDINATORS**

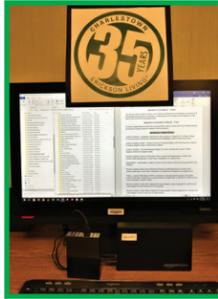
DORSEY: Shaneild West, ext. 601.8071

EVERGREEN PLACE: Peace Nwokorie, ext. 601.8389

AZALEA LANE: Tracy Collins, ext. 601.8592

CALLA LILY GARDENS: Priscilla Atanga  
ext. 601.8012

DOGWOOD COURT: Maryann Ingram, ext.  
601.8072



### ARCHIVES SERVES THE CHARLESTOWN COMMUNITY

**Archives Office - A Fun Place To Spend An Hour**  
Want to see Charlestown Yearbooks, browse Resident Club's Files, read

Residents' Stories, see our collection of early Little Theatre Company Show Videos, and so much more? Want to know more about items in the new Archives Display at the Brookside bridge? Visit the Archives Office in Fountain Hill across from the Pharmacy, open Mondays, Wednesdays and Fridays, Noon to 2:00 p.m. Or email the Archives for a personal appointment. [CharlestownArchives17@gmail.com](mailto:CharlestownArchives17@gmail.com).

### Digital Archives – Can Store Your Group's Records

Make an appointment with the Archives to discuss how we can help your club or group maintain ongoing records of your events and activities. Join the many groups who are PARTNERS of the DIGITAL ARCHIVES by regularly emailing your resident groups' and staff department's Charlestown documents and photos to [CharlestownArchives17@gmail.com](mailto:CharlestownArchives17@gmail.com).

### The Parkinson's Disease and Movement Disorders Support Group invites you to attend the following discussion group meetings:

**Monday, September 10, 2018**  
Presentation by Myra Sydnor, SLP, on "Parkinson's Disease & Speech Therapy Interventions"

and

**Monday, September 24, 2018**  
**10:00 - 11:00 a.m.**  
**Charlestown Square Classroom 116 (New Location)**

For more information call:  
Lillian Ossorio  
Resident Services Coordinator at  
410-737-8838, ext. 601.8459



**Got a doctor's appointment? We can drive you.**

It may be hard to stay healthy if you can't get to your doctor's appointments. With Erickson Advantage, you can sit back and leave the driving to us.

Members of the Erickson Advantage Medicare Advantage plans have a special money-saving benefit. Enjoy round-trip transportation for up to 24 one-way doctor visits a year at approved locations—all for no additional cost to you. Best of all, you won't have to worry about the cost of filling your gas tank.

We want you to get access to the care you may need when you need it—without the hassle of driving and parking. It's all part of Erickson Advantage's commitment to preventive care.

Call 443-297-3110 for a complimentary insurance evaluation from your licensed Charlestown representative, Jennifer Simon.

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. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year.

*Jennifer Simon*  
Health Insurance Resource Manager,  
Erickson Advantage



### In Memoriam



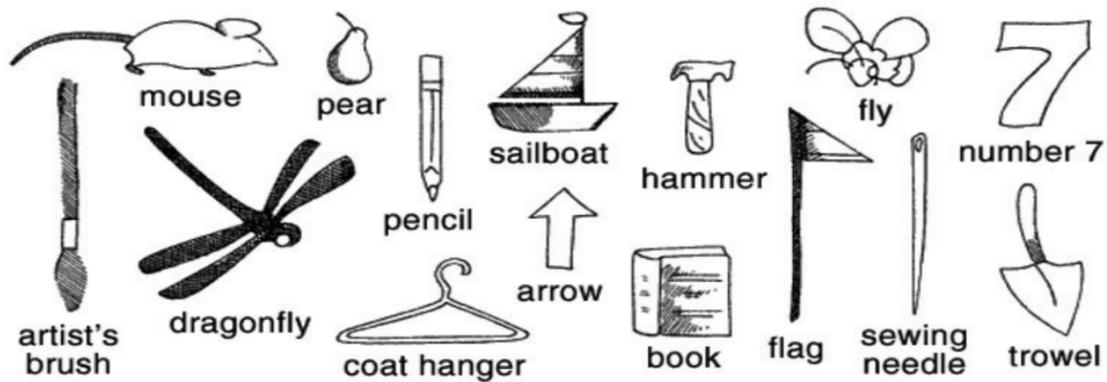
Jacques E. Leeds, Sr.	July 1, 2018	Former Resident
Walter Hughes, Jr.	July 13, 2018	CR-301
Earnestine Hindman	July 13, 2018	BR-415
Raymond Bernier	July 15, 2018	Former Resident
Angela Waclawski	July 16, 2018	RGS-119
Doris Lytle	July 17, 2018	HR-214
Marie Chard	July 19, 2018	RGS-436
Louise News	July 23, 2018	HR-604
Alfrieda Hovermale	July 26, 2018	RGN-232B
Amelia Sohn	July 27, 2018	RGN-205
Leonard Press	July 27, 2018	2215
Donald Blair	July 27, 2018	PV-420
Thomas Maclin	July 30, 2018	PV-101
Jewell Brenneman	August 1, 2018	Former Resident
Geraldine Baker	August 2, 2018	RGS-327
Eleanor Flanagan	August 10, 2018	EW-210
James (Jim) Campbell	August 12, 2018	HR-334
Jane Dewaal	August 12, 2018	PV-614
Mary Pino	August 16, 2018	RGS-129
Marian Sillars	August 18, 2018	HR-646

# Take A Break

Solution on page 19



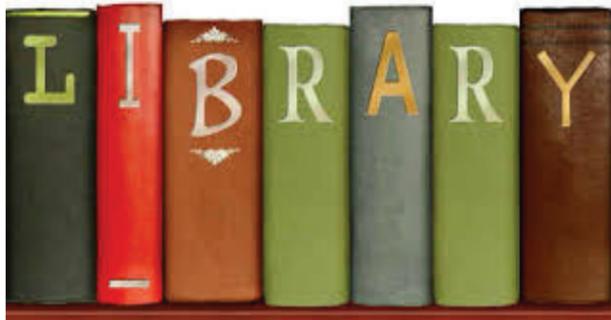
In this big picture find the arrow, trowel, artist’s brush, flag, pear, fly, coat hanger, sewing needle, mouse, hammer, dragonfly, number 7, pencil, book, and sailboat.  
Can you find these Hidden Pictures?



## Words of Wisdom from Gnate the Gnome



“Believe those who are seeking the truth; doubt those who claim to have found it.”



**CHARLESTOWN'S  
RUTH HOUCK LIBRARY**

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

**September Library Notes**

The wonderful thing about a library is that it caters to the different tastes of so many different readers. So this month we will look at a selection of short story collections.

If you look at the shelf right next to the checkout desk, you will get some pleasant surprises. Some of your favorite novelists, poets and columnists have also written collections of short stories. Here are some examples:

Flannery O'Connor  
Irwin Shaw  
Annie Proulx  
Louis l'Amour  
Fern Michaels  
Dave Barry  
Margaret Yorke  
Garrison Keillor  
Mary Roberts Rinehart  
John Cheever

*Keep on reading!*  
Myrna Retsky

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

**HIT PARADE MEMORIES  
WITH BOB AND ELLIE**

**Music for the**



**Come join us for a trip down memory lane  
with music and remembrances  
of the '30s - '70s!**

Friday, September 7, 2018  
Charlestown Square Classroom 116  
2:00 p.m.

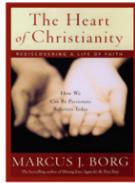
Friday, September 14, 2018  
Maple Terrace Music Room  
1:00 p.m.

Tuesday, September 18, 2018  
Caton Woods Meeting Hall  
2:00 p.m.

**3 DIFFERENT PROGRAMS**

Bring your friends...it's FREE!

**Book Review**



**Tuesday, September 18,  
Auditorium, 7:00 p.m.**

**"SO REALLY, WHAT IS  
PROGRESSIVE CHRISTIANITY?"**

This month's reviewer, Rev. Lon Chesnutt, has been teaching an ELLIC course on Progressive Christianity each of the past four years. For the Tuesday, September 18, book review, he will be turning to Marcus Borg's *THE HEART OF CHRISTIANITY* to share its highlights for a summary picture of this newest interpretation of an ancient faith.

Marcus Borg taught religion at the state university of Oregon for most of his career and popularized the rising movement of Progressive Christianity through his books and lectures across the United States. Perhaps his most popular writings were *Meeting Jesus Again for the First Time* and *Reading the Bible Again for the First Time*, but Chesnutt has chosen his 2003 *THE HEART OF CHRISTIANITY* because it gives a more comprehensive view of what is being called Progressive Christianity.

For the newcomer to this movement or to anyone who left the Church because it seems to conflict with the findings of modern science, Borg's approach toward Christianity can come as a breath of fresh air. Teaching in a state institution rather than a religious school, Borg brings insights from literature, history, and the sciences as well as the most recent discoveries and advances made in Biblical languages and studies.

Bishop John Spong, a colleague of Borg, identifies as 'self-exiles of the Church,' a large group of people who have difficulty believing miracle stories and concepts like heaven, hell, resurrection, eternal life, etc. This is Borg's target audience as he seeks to redefine many of the older beliefs in Christianity. With what he calls an emerging paradigm, he finds a deeper truth in Biblical beliefs without being limited to every statement as historical fact.

Frederick Buechner says of this book, "Writing with a simplicity that never becomes simplistic, Borg manages to convey the essence of Christianity in a way that does justice to those who do not share his views and will greatly enrich the understanding of those who do."

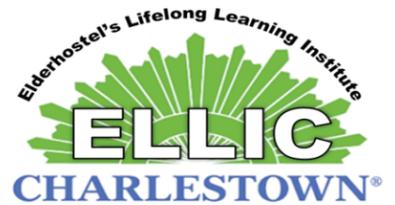
As usual, plans for the one-hour session include time for the presentation and also time for questions and comments from the audience.

*Jane Backstrom and Narka Ryan, co-chairs*



**Free Blood Pressure Clinic  
Wednesdays  
1:00 p.m. to 2:00 p.m.  
September 5 - Cross Creek  
September 19 - Fireside CTS**

**Home Support  
410-247-3400, ext. 601-8801**



**September  
Fall 2018 Registration**

The **ELLIC Fall 2018 Catalog** will be available at all lobby desks on Wednesday, September 5 after 9:00 a.m. Registration begins at that time.

Questions related to registration are detailed in the catalog.

Visit the ELLIC table at  
**Fruits of Our Labor  
Friday, September 7,  
11:00 a.m. – 1:30 p.m.  
Conference Center**

Win a free Fall or Spring semester



**In September we are offering  
two free classes:**

**\*September 13, Myths and Realities of  
Benevolent Care**

Open to all residents  
Auditorium event

With Patti Santoni, Charlestown Philanthropy

**\*September 29, A Wedding in India: Fusion,  
Faith & Friendship**

Open to all residents  
Auditorium event

**Check our ELLIC Fall 2018 Catalog for details.**

Stay informed by watching your lobby bulletin boards, Channel 972, via the My Erickson app or online via [cccharlestown.org](http://cccharlestown.org) on their home page by clicking on the icon named "Education Activities."

Questions? Call Gif Intlekofer: 410-242-5262 or  
Art Chenoweth: 410-242-6355

**Remember, when classes resume in October:  
Members - Present Your Reminder Card  
at the Door**

**Reminder Cards for ELLIC events  
are non-transferable**

**The Non-member Fee for All Auditorium  
Events is \$5.00 [Class limit 200]**

*Jude Socher, ELLIC Communications*

**Parkinson's Disease Caregivers'  
Group Meeting**

Wednesday, September 12, 2018  
1:30 p.m.

Charlestown Square  
Meeting Room 116

For more information call:  
Lillian Ossorio

Resident Services Coordinator at  
410-737-8838, ext. 601.8459



**The Gallery News**

As always, in addition to its current, on-going members’ show, the Gallery presents an Artist of the Month. September’s artist is Carol Davisson, and I am going to let her tell of her life as an artist and teacher in her own words.

“Around this time 18 years ago, I would have been found in my Kenwood High School art room preparing for my 35th, and final, year of teaching.

I can’t remember a time when I wasn’t drawing. No unguarded sheet of paper or scrap of cardboard was safe from my crayons. But in my rural Ohio school system, no art was offered in the public schools. Undeterred by that minor problem, and with nary an art lesson, I still entered Ohio University and graduated with a BFA in Education. While teaching and raising two sons, advanced work followed at Ohio, Towson State, Western Maryland College, and the International Baccalaureate School in New Mexico. All this earned me credits – but I feel experience and practice have been my best teachers.

Although I never met an art medium I didn’t love, most of my floral paintings and calligraphy involve watercolor and very mixed media. My style? Well, that changes as often as my chosen medium.

I joined the Fireside Artists of Charlestown shortly after my partner, “Wink,” and I became residents eighteen months ago. Getting new pieces ready for FAC shows keeps me on task artistically, while being part of this talented group of artists has given me confidence in my work. I am also a school tour docent at the Baltimore Museum of Art, where my “students” test those old teacher skills!”

In addition to Carol’s delightful show, September brings a return of the regular monthly meetings of the Fireside Artists. If you have an interest in any form of art, you are invited to join the group, which will meet at 10:00 a.m. on Tuesday, September 11, in the Charlestown Square card room. At that meeting, Betty Caldwell will do a presentation on her approach to photography, and how to achieve high-impact photos. She will also demonstrate ways to easily convert photos into watercolor look-alikes with a smart phone app. This is a not-to-be-missed opportunity for us all.

Jody Primoff



**“Around Town Tour”**

Make your reservation for the next tour.

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

Doris Cooney, 410-737-1556



**CHARLESTOWN FILM LIBRARY**

**NEW DOCUMENTARIES**

While the Film Library primarily contains English-language theatre movies and TV movies/series, it also contains a wide assortment of other types: e.g. Foreign, Silent, Travel and Documentary. In recent years, there have been a great many movies and bio-dramas of a documentary nature depicting the lives of individuals and past events, all of which use actors to portray the story. The true documentary, however, uses archival film, talking heads, and narration to convey the story. Here are three very different documentaries recently acquired by the Library, which may be of interest to many of our residents.

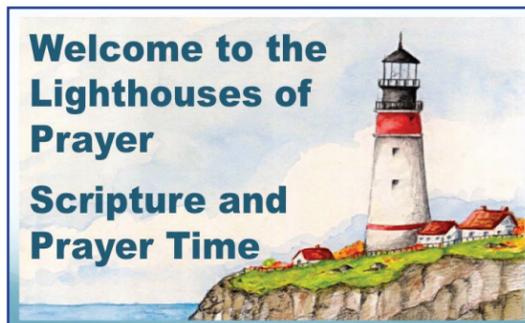
*World War I: The Complete Series.* The Library already contains histories of WWII, the Korean War and the Vietnam War, but little about WWI. This series is a comprehensive history, told in 10 episodes, 500 minutes total.

*Elvis: King of Entertainment.* A tribute to the king of rock n’ roll, Elvis Presley, covering his life on and off the stage. It includes footage from his TV appearances and excerpts from his many movies. Note: The Library owns four of his movies: *Blue Hawaii*, *G.I. Blues*, *King Creole* and *Wild in the Country*.

*Bombshell: The Hedy Lamarr Story.* Lamarr fled Austria on the eve of Nazi Germany’s invasion and became a Hollywood star. Unknown to most people, she was also, from childhood, an inventive genius, most famous for her suggestion of “frequency hopping” as a solution to communication problems during WWII.

*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



**Lighthouses of Prayer devotionals now on MyErickson**

- #1 - Click on the "Community Videos" icon on the homepage of MyErickson
- #2 – Scroll down to section titled “Spiritual” to select a devotional

The 5-minute programs also air on TV Channel 972  
8:15 a.m. and 11:15 p.m.



**Are you ready?  
General Election Is Calling You**

I know. We just finished the final count for the Primary, but the General Election is coming. Here is the countdown.

1. Are you registered to vote at your current Charlestown address? If you voted here for the Primary, you are good to go. If you moved in recently, you have until October 16 to register. If you changed your address at the Motor Vehicle Administration, look for your Voter Identification Card to be sure you haven’t fallen through the crack. Party affiliation doesn’t matter for the General Election. If you need a Voter Registration form, call Carol Tilles at 410-314-2912 to receive one.
2. If you need an absentee ballot for the November 6 election, application forms are at your lobby desk. Note that those forms must be mailed in by October 30 to allow time for your ballot to be mailed to you.

The League of Women Voters *Voters’ Guide* will be available before the General Election. The printing date has not been set, so watch the bulletin boards for flyers announcing its availability at Lobby Desks. Using [www.vote411.org](http://www.vote411.org) gets you the same information, just in electronic form.

Early voting begins Thursday, October 25, and ends Thursday, November 1, at the Arbutus Recreation Center.

Phyl Lansing



**Treasures of the Resident Website**

ELLIC is sponsoring a session on how to use the Charlestown Resident Website on **Wednesday, November 14, at 10:00 - 11:30 a.m. in the Auditorium.**

Need to know the latest, most accurate information about our home, Charlestown? This session will teach you how to navigate the Resident Website to learn what you need to know, the answers to all your questions, and the solution to all your problems — maybe. This is your chance to explore everything that is available.

Demystify the difference between MyErickson and CCICharlestown.org and learn how to get the best out of each of these websites.

This session is free for all residents who have joined ELLIC; non-members may attend for a \$5 fee.

**Sign up with ELLIC now!**



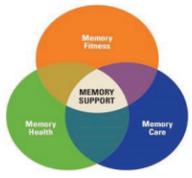
# COMMUNITY RESOURCES

WHERE YOUR IDEAS BECOME REALITY!

## 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.

## SEPTEMBER UPDATES



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-healthy eating habits.

### FALL 2018

Every Monday and Thursday

October 8 - November 15

10:00 - 11:00 a.m.

Cross Creek Creative Arts Studio

If you would like to learn more about maintaining and improving your memory or just learn more about Memory Fitness, please contact: **Mary Evans, Community Resources Manager, 410-737-8838, ext. 601.8558**

Remember, even a healthy brain needs activity!

## Birthday Angels New Birthday-Card-Cover Art Contest:

The Birthday Angels are hosting a contest to create two new birthday-card-cover art designs in celebration of Charlestown's 35th Anniversary.

The following guidelines are to be considered for each entry:

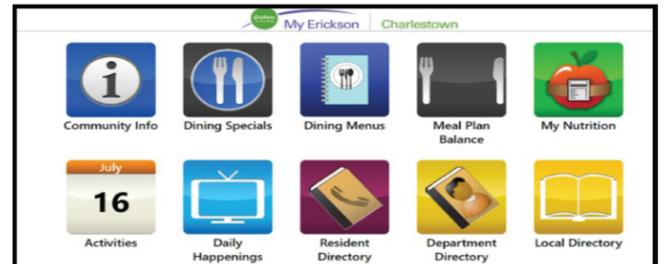
1. Designs may be submitted in an 8 ½ x 11 format but must be capable of being reduced to 4 ¼ x 5 ½.
2. Designs must be rendered for coloring so the Birthday Angel colorers can hand-color each card (B&W artwork simply designed).
3. All designs are to be submitted to the Brookside Community Resources Office on or before Friday, September 28 (**extended time frame**). Please submit your entry with your name, apartment number, phone number and/or email address included.
4. For additional information, please contact Mary Evans, Community Resources Manager (410-737-8838, ext. 601.8558).
5. Prizes will be awarded to the top two designs.
6. **BE CREATIVE! BE INSPIRED! BE CELEBRATORY! HAVE FUN!**



**My Erickson is an online computer app to get the latest "up-to-date" information about Charlestown such as:**

- Community Information
- Dining Specials & Menus
- Meal Plan Balances
- Activities
- Resident & Departmental Directories
- And much more!

**Want to Sign Up for My Erickson or Just Need Some Problem Solving Assistance?**



## MY ERICKSON SIGN-UP AND SUPPORT SESSIONS

**1st Wednesday of Every Month**

11:00 a.m. – Noon

Chesapeake Fireplace Lounge

**3rd Wednesday of Every Month**

1:00 – 2:00 p.m.

Fireside Fireplace Lounge

### Appointments Only

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

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

**SIGNUP AND ACTIVATION IS NOW EASIER THAN EVER!**

**BRING YOUR LAPTOP OR DEVICE!**

## Attention Charlestown Groups and Clubs!!!

Are you looking to advertise your group or club for residents at Charlestown? With the fall season gearing up, folks are returning from their summer vacations, schools are back in session and groups and clubs are reconvening, it's time to update the 2018 – 2019 Community Resources Guidebook!

This is also a great way to attract new residents. Anyone who wishes to be featured in the Guidebook must complete the Group/Club/Organization Information Form, which can be obtained on My Erickson, [cccharlestown.org](http://cccharlestown.org) or by contacting Community Resources. The following information is required:

- Group Name
- Meeting day(s)
- Time(s)
- Location
- Year established
- Brief description of your group (2 – 3 sentences maximum)
- Two group representatives with contact information (leader/co-leader, or other)
- Signatures to consent for information to be published.

### Are You a "Secret/Private" Group or Club that Meets In a Community Location and Does Not Want Your Information Published?

WE STILL NEED THE SAME INFORMATION STATED ABOVE so that we can keep it on file on our master activity list for statistical reporting purposes AND to make sure you have a confirmed booking for the room in the room-reservation system. Your information will not be shared.

### Community Resources Bulletin Board Guidelines

1. If you wish to place a flyer on the bulletin boards, you are responsible for creating the flyer or for recruiting one of your resident peers to create it for you.
2. Flyers must be on 8½ by 11 paper and

vertical or "portrait" in orientation rather than horizontal or "landscape."

3. Flyers are preferred via e-mail and sent to the entire Community Resources Team: [Rose.Sands@erickson.com](mailto:Rose.Sands@erickson.com), [Erin.Morris@erickson.com](mailto:Erin.Morris@erickson.com) AND [Mary.Evans@erickson.com](mailto:Mary.Evans@erickson.com) in Word or Publisher format when possible. Remember to check the accuracy of your information (i.e. dates and times). It is subject to editing for accuracy and consistency.
4. Otherwise, submit one hard copy of your flyer in color to the Community Resources office in Brookside.
5. In order to be posted, the flyer must be initialed and dated by a member of the Community Resources Team.
6. Posting areas include Ch. 972, bulletin boards in Charlestown Square, Cross Creek, St. Charles, Courtyard Crossing (formerly Lobby 7) and Fountain Hill Lobby (formerly Building 1).
7. No signup sheets will be accepted. Instead, provide a phone number or e-mail for contact information.
8. A Bulletin Board Committee volunteer will pick up flyers once a day. Only Bulletin Board Committee Volunteers are authorized to post items on the bulletin board. Please do not add your notice to the bulletin boards yourself or it will be removed.
9. Flyers should be received by the Community Resources office **2 weeks in advance**. They are posted **1-2 weeks prior** to the event, and are generally posted for 2 weeks, with some exceptions.
10. Flyers for off-campus events and personal ads must be approved by the Community Resources Manager. Personal ads must be on one 3x5 index card and include a description of the item and contact information. These will be posted for two weeks.

## Volunteer Program



**1. MUST LOVE PLANTS and a FRIENDLY CHAT:**  
 One of our very sociable residents in Caton Woods is interested in having some help with her potted plants. Are you good at conversation and watering plants? You just might be the perfect person for the job. If interested, please contact: **Lisa Roeder, LCSW-C Manager, Resident Services, Office:** 410-737-8838 ext. 8057 or e-mail her at: [lisa.roeder@Erickson.com](mailto:lisa.roeder@Erickson.com)

**2. HOORAY FOR HOLLYWOOD!**  
 Caton Woods has a beautiful little movie theater for the residents, but alas...they are in need of a volunteer who can start their movie DVD's two nights each week at 7:00 p.m. (Tuesdays and alternating Wednesdays/Thursdays). No need to stay through the movie (unless you'd love to join in!) and no need to shut off the systems. If you are reliable, organized, a self-starter, mobile and agile, and not intimidated by learning some basic audio/visual equipment, we would love to talk to you! The Activities Staff at Caton Woods is happy to train you. Contact the Volunteer Program Office.

**3. WE'RE LOOKING FOR AN "ANGEL":**  
 The "Birthday Angels" group needs a new "District Coordinator" for the Cross Creek Neighborhoods. This assignment involves helping to organize the special (and secret!) deliveries of Birthday Greetings to residents by the Birthday Angels. Training will be provided, so if you are an organized, energetic and mobile person who would love to help spread the message of "Happy Birthday!" on campus, please contact: Rose Sands in Community Resources, (410) 737-8838, Ext. 601-8172

Contact the Volunteer Department at 410-737-8838, ext. 601.8133 or [Kathleen.Hart@Erickson.com](mailto:Kathleen.Hart@Erickson.com)

### DISPLAY CASES

This September follow the yellow-brick road to the community display case in the Shortline Cafe which will showcase the upcoming Emerald City Gala and Benevolent Care Month. The Cross Creek Display case will feature resident Harvey Kristel's jewelry collection. We are already reserving Display Cases for 2019 – call 410-737-8838 ext. 601-8570 to reserve your month!



## 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)
- 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](mailto:Jennifer.Tillett@Erickson.com)

## COMMUNITY CONCERT SERIES

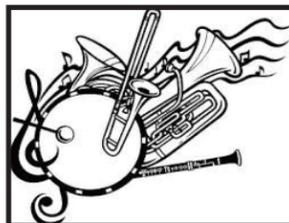
For more information on any Community Concert Series event, please call Jennifer Tillett, Concert Coordinator, at 410-737-8838, Ext. 601-8577.



**THE BELLE TONES**  
 Friday, September 7  
 7:00 p.m.  
 Auditorium

The Belle Tones is a beautiful, classy, sexy, All-American female trio that sings, dances, tells jokes, and honors America's veterans. These versatile entertainers are influenced by the great close-harmony female groups in music history, such as the Andrews Sisters and the Maguire Sisters. Their repertoire includes popular music from the 1920s, '30s, '40s, '50s, '60s, '70s, and '80s as well as countless Patriotic Tunes, Broadway Classics, and Jazz. The Belle Tones stands out as one of the premier female vocal group shows in America. **TICKETS** are \$5 and will be available at the door only beginning one hour before the event. Doors will open at 6:10 p.m. Don't miss this high energy show!

**BEL AIR COMMUNITY BAND**  
 Sunday ~ September 30 ~ 3:00 p.m.  
 \*\*Conference Center\*\*



Since its inception in 1964, the Bel Air Community Band (BACB) has grown from 20 charter members to its current membership of 95. Their motto is, "We love to make music and that's why we're here!"

Throughout the years, the band has performed at a number of important events, including being twice selected to perform at the Association of Concert Bands Convention - first in 2006 in Williamsport, Pa. and, most recently, in 2016 in Pittsburgh, Pa. The band is currently under the direction of Mr. C. Scott Sharnetzka.

ADMISSION will be free, but donations will be accepted and will be split evenly between Charlestown's Benevolent Care Fund and the 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. PLEASE NOTE: This performance is in the CONFERENCE CENTER. Come tap your toes and enjoy an afternoon of exciting, beautiful concert band music!

## 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.

**WASHINGTON BALALAIKA SOCIETY ORCHESTRA**  
 Sunday ~ September 16 ~ 3:00 p.m.  
 Chapel



The Washington Balalaika Society Orchestra (WBS) was founded in 1988 by a group of musicians interested in studying

and performing the music of Russia, Ukraine, and Eastern Europe, playing traditional Russian folk instruments. The Society's initial membership of eight has grown to more than sixty and is now the largest of its kind in America.

Membership in the WBS is open to anyone, musician or aspiring musician, who shares an interest in this distinctive music and rich culture.

The orchestra has performed at the Kennedy Center, Carnegie Hall, Lisner Auditorium, the Russian Embassy, the Walters Art Gallery, and many other venues. They have performed here at Charlestown for many years, to great acclaim.

The conductor, Svetlana Nikanova, is a graduate of the Rimsky-Korsakov Conservatory in St. Petersburg, Russia, and previously worked with the world renowned Andreyev Balalaika Orchestra there.

**DEER CREEK CHORALE**  
 Sunday ~ September 23 ~ 3:00 p.m.  
 Chapel



The Deer Creek Choral was established to provide an opportunity for choral artistry, community service, and personal enrichment. The Choral seeks to develop the potential of singers at all levels of experience.

Artistic Director Marty Banghart founded the Deer Creek Choral in 2005 for the dual purpose of sharing her passion for choral arts repertoire, from various time periods, and providing significant service to the Harford County Community at large.

This intergenerational chorus is comprised of over 80 non-auditioned adults and young adults, singers of all abilities and experience levels. They have performed in Carnegie Hall, the Forbidden City Concert Hall in Beijing, China; and here at Our Lady of the Angels Chapel, as well as for many benefit concerts.

## OLOA CONCERT SERIES

**THE IMPERIAL CORNET BAND**  
**Sunday ~ September 9 ~ 3:00 p.m.**  
**Chapel**



The Imperial Cornet Band performs music of the World War I era, including Sousa, Irving Berlin and others, as well

as selections written and performed by James Reese Europe of the 369th Infantry "Hellfighters" Regiment. This concert will be a program commemorating the centennial of the end of World War I.

Admission to this 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.

## THE HARMONIZERS

Please SAVE the DATES of **Thursday, Dec. 6 and Friday, Dec. 7, 2018**, for our evening Holiday Concerts in the Auditorium! Our group of 45 singers will present a program of seasonal music. As usual, residents, friends and families are cordially invited to join us! More information about tickets will be forthcoming later in the fall. If anyone likes to sing and has choral experience in singing four- and five-part harmony, please contact our Director, Evelyn Chesnutt, at 410-737-8119, as soon as possible this summer for an interview. We start our weekly fall rehearsals on Thursday, September 6, in the Music Room in Maple Terrace (Bldg. 2).



Members of the Little Theatre Company ask you to consider for a moment the idea that almost all Charlestown residents are at times dramatists. For instance: when hearing about a dilemma of a mutual friend or acquaintance, did you ever suggest a solution? You were in a sense writing a script.

If someone shared a dramatic situation and proposed a solution which you challenged, you were rewriting somebody else's script.

If you detected errors in a conversation and sought to correct them, you were almost acting as a director.

When you heard a newsworthy story, did you ever claim, "If I had been there I would have..." Then you were casting yourself as a possible leading character in a drama.

To explore further or to share the dramatist in you, you are invited to attend a Little Theatre Company meeting which occurs on the first Tuesday of each month at 1:30 p.m. in the Cross Creek Creative Arts Studio. We hope to inspire you to consider helping on a future production.



Residents' Annual  
 Group, Club and Organizations  
 Opportunities Fair

**Friday, September 7**  
**11:00 a.m. to 1:30 p.m.**  
**Erickson Conference Center**

Learn more about the diverse opportunities offered for continued learning, entertainment, socialization and creativity in the Community!

*Lite refreshments will be served.*

Contact Erin Morris at 410-737-8838 ext. 601-8570 for more information.

# Fruits Of Our Labor

## Maryland Senior Citizens Hall of Fame

### AWARDS LUNCHEON

**Thursday, October 25, 2018**

**Michael's Eighth Avenue / Glen Burnie, MD**



Each year the Maryland Senior Citizens Hall of Fame chooses 50 outstanding volunteers from nominations received from across the state. This year we are pleased to announce the Charlestown residents that are being inducted into the Hall Of Fame:

**Otto J. Greul, Jr & Ralph Strong**

**11:00 a.m. Social Time & Cash Bar**  
**12:00 Noon Luncheon**  
**Musical Entertainment Provided**

**Residents wishing to attend the Awards Luncheon to support our inductees should make reservations:**

- Kathleen Hart in the Volunteer Program Office (Building 2, "Main Street")
- Awards Luncheon Tickets: \$28 per person
- Checks made payable to: **MSCHF** (deliver checks to Kathleen Hart/Volunteer Program)
- Reservations and payments must be made **NO LATER THAN SEPTEMBER 28!**
- Charlestown Shuttle transportation will be arranged for anyone with a paid reservation.



**LADIES' BOUTIQUE TAKES THE SHOP TO CATON WOODS RESIDENTS**

The meeting room at beautiful Caton Woods took on a lively atmosphere on August 16 when Ladies' Boutique managers and volunteers presented a trunk show specifically for Caton Woods residents.

And those Caton Woods ladies happily flocked to their very own in-house shopping Mecca to shop for some of the Boutique's wonderful pre-loved merchandise.

Residents looked at, felt, closely examined, held up to be admired, and asked questions about tops, pants, nightwear and robes ... and the marvelous shirts and jackets displayed on two standing racks. Boutique volunteers helped residents try on their selections, found correct sizes, rooted out specific colors, and generally cheered shoppers on ... and very few of them went away empty handed.

Shoppers and Boutique volunteers thoroughly agreed that this event was a smashing success and a grand time was had by all!

*Dayle Dawes*

**Summer Fun!**



**Tuesday, September 18**  
Lunch at Chef Paolino Cafe in Catonsville.

The shuttle will pick you up at your lobby. A \$5 fee will be added to your resident bill. Remember to bring money for your lunch and tips are appreciated.

Hope to see you there!

For reservations,  
Call Rita Tschiffely at 443-878-2104.



**Sunday, September 9, 2018**

**CCBC Senior Institute**

Continuing Education Courses for Adult Learners



**Fall Classes**



**October – December, 2018**

Five to ten week sessions taught by CCBC instructors on our Charlestown campus

- ❖ Role of Music in Storytelling  
*Mon. 10:00 – 11:30 A.M.*
- ❖ Music of Central/South America & Caribbean  
*Tue. 3:30 – 5:00 P.M.*
- ❖ iPads for Seniors [5 weeks only]  
*Thur. 10:00 – 11:30 A.M.*
- ❖ World Poets  
*Fri. 1:00 – 2:30 P.M.*
- ❖ Japan: Traditional and Modern History  
*Mon. 7:00 – 8:30 P.M.*
- ❖ Neoclassicism to Romanticism in Art  
*Thur. 4:00 – 5:30 P.M.*
- ❖ Drawing and Painting [studio course]  
*Thur. 6:30 – 8:30 P.M.*
- ❖ Sculpting [studio course]  
*Fri. 3:30 – 5:30 P.M.*

**Registration Days:**

**Wed., Sept. 5 10:30 A.M. – Noon Cross Creek Lobby, Fireside, Terrace Café**  
**Fri., Sept. 14 10:30 A.M. – Noon Cross Creek Lobby**

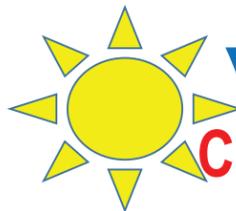
Pick up a **CCBC Fall Course Guide** and registration form(s) at a lobby desk beginning the **week of August 20** or at a registration table. Also view a catalog on the **CCI website** at <https://ccicharlestown.org> under **Resident Life/Educational Activities**



Expand your mind through **CCBC**  
*\*Community College of Baltimore County\**

**CCBC Senior Institute**

Continuing Education Courses for Adult Learners



**What's the buzz?**



**CCBC Free Class Week**

**Summer 2018**

**\*\*Pique your interest\*\***

**\*\*Stimulate your mind\*\***

**Visit classes the week of**  
**September 10 – 14**

**Monday, September 10**

**America's Wars 7:00 – 8:30 p.m.**  
**Charlestown Square Rm. 116**

**Thursday, September 13**

**Astrophysics According to Neil DeGrasse Tyson**  
**1:00 – 2:30 P.M. Brookside Classroom 1**

**Friday, September 14**

**World Poets 1:00 – 2:30 P.M. Brookside Classroom 2**

**Come early to get a good seat!**



## Dining Services

Aida Blanco, Director



Like this summer's weather, which has been hot, Dining Services has some hot updates to share with all of you.



Greg Mazzeo

We proudly announce the Promotion of Greg Mazzeo from Assistant General Manager to his new role as the General Manager of the Atrium Dining Room. Greg has been with us over five years and in the restaurant business for approximately fourteen years. He has been

instrumental in developing systems to create efficiencies in operations, launched hospitality initiatives, while improving resident satisfaction and employee engagement. In addition to his experience, he has a master's degree in Human Resource Development, a bachelor's degree in Food Service Management, and an associate's degree in Culinary Arts.

Free coffee has made its way to a lobby near you. We have transitioned to a coffee program that now includes coffee being available in Building 1, Charlestown Square, Cross Creek, the St. Charles, Caton Woods, and Continuing Care. We are excited that this transition has made it possible to serve two additional neighborhoods in Charlestown.

Speaking of new programs, starting Monday, September 10, we will be launching an initiative to allow you to purchase reusable, to-go containers AT COST for your carryout meal. As many of you have noticed we have made a transition to use styrofoam to-go containers for our carryout meals. The reason for this transition is because the current community recycling program does not accept or process any plastic, paper or cardboard containers/clam shells regardless of their recyclable grade if it is covered by food. So at the end of the day, all the effort on our part for food containers to be recycled is not truly giving us our desired result of increasing our recycling and reducing our waste.



At this time, this green container initiative is one way for us to answer the call to go greener for the environment and reduce waste. We will only be able to accept the approved containers that are part of our initiative and will not accept your personal containers. We have to be mindful of the health department's regulations on approved food containers and commercial sanitation practices. This will truly give you an opportunity to reduce non-recycled waste. You will be able to purchase a green container in either Fountain Hill or the Marketplace store, or at any of our six restaurants or cafes. If you use carryout at one of our full service restaurants, you will need to turn in your reusable container and, in exchange, we will fill your order and present it in another washed, rinsed, and sanitized container. If you call in a carryout order to a restaurant, then you will need to let

your order-taker know that you have a green container to exchange.

We also wanted to fill you in on a few projects of interest. The call to make the Atrium outdoor space both functional as a dining space and beautiful is being answered. We shared at the August town hall the preliminary drawings for the space. Some of the work will be done this year to include landscaping and hardscaping and, in the spring of next year, we will be investing in upgrades to the outdoor furniture package. Bread service continues to be pushed forward as part of the beverage order and delivery in our full-service restaurants and buffet. Because we want to provide a better and more consistent service experience across campus, we have included the Refectory in this program. This helps us ensure bread is being delivered hot and fresh by a server in place of sitting on a buffet and getting hard. Additionally, this helps us ensure our servers are more engaged at the table. While, yes, we did remove the bread rolls from the line, we did so not to take anything away from you but to deliver on our promise of more consistent service, high quality products, and to give your servers another way to remain engaged at your tables. Don't forget that you are welcome to have as many servings of rolls as you would like. Just ask your server!

As a reminder, we have a new and much improved specials menu in all of our full-service restaurants, which includes The Atrium, Chesapeake and Fireside. These menus are designed to answer the call to improve menu variety. We heard your feedback loud and clear about wanting healthier options available and will be adding them to our new specials menu. Included in our specials menu are three to four entrees (one healthy choice), four sides, two desserts in addition to your regular seasonal menus. Please remember that you are free to choose and mix and match entrees and sides from either menu. For example, you can select an entrée from the specials menu and a vegetable from the regular menu; these menus are for you to order from as you wish. You don't have to order from one or the other, mix and match away! By the way, we want to thank everyone who participated in our recent fall menu focus groups. You had some great ideas and, as always, your ideas, suggestions and feedback, amongst other things, were used to determine what made it on the menu.

On the personnel side, we are sad to announce that Osama Abuzied, our Catering Manager, is no longer with Charlestown. While we go through the search for his replacement, we are fortunate to have a committed team which continues to work hard to deliver excellence in all the events we host. Zach Parks, our coordinator, who has been a member of the Catering team for over six years, will be the main point of contact in the interim. If you need catering assistance, please reach out to Zach Parks. His direct contact is extension 601-8938 or [Zachary.Parks@erickson.com](mailto:Zachary.Parks@erickson.com).

Last, here are some important Dining Services announcements coming up...

- New Dinner Menus in the Chesapeake,

- Atrium, and Fireside on Monday, Sept. 10.
- New Specials Begin for the same restaurants on Monday, Sept. 17.
- Our Annual Crab Feast will be held at the Terrace on Saturday, Sept. 15 .
  - As a reminder, the Terrace will close at 2:00 p.m. to prepare for the Crab Feast.
- Our quarterly All-staff Meeting will be held on Wednesday, Sept. 19.
  - All restaurants and stores will be closed from 1:30 -2:30 p.m. that day.
  - All carryouts and View and Picks will be open from 3:00 - 4:00 p.m. that day.

Please enjoy a peek at what we have going on here at Charlestown for your dining pleasure on Labor Day and the Terrace Café's Crab Feast.

### ATRIUM

Dinner Buffet Service  
3:30 — 6:30 p.m.

CARRYOUT SERVICE  
2:30 — 3:30 p.m.

### CHESAPEAKE

Dinner Buffet Service  
3:30 — 6:30 p.m.

DELIVERY SERVICE and CARRYOUT  
2:30 — 3 :30 p.m.

### FIRESIDE

Lunch Buffet Service  
11:00 a.m. — 2:00 p.m.

CARRYOUT SERVICE  
11:00 a.m. — 2:00 p.m.

### REFECTORY

Lunch Buffet Service  
11:00 a.m. — 2:00 p.m.

DELIVERY SERVICE  
1:00 p.m.

CARRYOUT  
1:30p —2:30 p.m.

### TERRACE CAFE

Cookout Style Service  
11:00 a.m. — 3:30 p.m.



## Labor Day Brunch Menu

Monday, September 3, 2018

All Restaurants will serve “Picnic Style Buffet”

11:00 a.m. —2:00 p.m.

- Crab & Corn Chowder
- Hamburger, Hot Dogs and Kielbasa with all the fixings
- Grilled Barbeque Chicken
- Southern Style Fried Catfish or Plain Catfish
- Country Vegetable Pasta
- Scrambled Eggs
- Bacon & Sausage Links
- Cream Chip Beef with Biscuits
- Assorted Breakfast Breads, Muffins and Danish
- Fruit Salad, Coleslaw
- Seafood Pasta Salad
- Mashed Potatoes
- Hush Puppies
- Baked Beans
- Summer Blend of Vegetables
- Asparagus
- Assorted Dessert

## Labor Day Dinner Menu

Monday September 3, 2018

All Restaurants will serve “Picnic Style Buffet”

- Crab & Corn Chowder
- Hamburger, Hot Dogs and Kielbasa (with all the fixings)
- Grilled Barbeque Chicken
- Southern Style Fried Catfish or Plain Catfish
- Country Vegetable Pasta
- Omelet Station
- Fruit Salad, Coleslaw
- Seafood Pasta Salad
- Diced Potatoes with Onions
- Hush Puppies
- Baked Beans
- Summer Blend of Vegetables
- Asparagus
- Assorted Dessert



CHARLESTOWN'S  
**CRABFEAST**  
9.15.18

**TERRACE CAFÉ**  
4-6:30pm  
Rain or Shine  
**MENU INCLUDES:**  
HOT STEAMED CRABS  
PULLED PORK BBQ  
BOURBON GLAZED SMOKED CHICKEN QUARTERS  
CORN ON THE COB  
FRESH GREEN BEANS  
CORN MUFFINS  
SLICED WATERMELON  
ICE COLD BEER, WINE, & SOFT DRINKS

Sign up today at the  
**Terrace Café!**  
Residents & Guests  
\$60  
or  
\$45 + MOD

More information available from the Terrace or call Dining Services Administration at 410-737-8838 x8333



Over 120 residents showed up to witness “Cooking With Dean,” with guest chef Dr. Yi preparing authentic Chinese Lo Mein, and it was another triumphant moment for our medical center and for the entire CCI.

Dr. Yi, who appeared shy at first, found her footing quickly and recounted stories of her youth while growing up in China as well as her journey to the USA. She talked about being the only child growing up in a household with both parents being college professors, as well as sharing stories about how she came to live and work in America, and about her husband of 32 years, as well as her two sons. She also spoke about her father’s battle with Alzheimer’s and how she took care of him until his death earlier this year.



Members of the audience got to experience her funny side and they simply loved it!! One moment of irony came when she told the audience that she preferred to use the Italian noodle “Fettucine” to make her Lo Mein because it’s just as good and takes less work. As the question goes---What came first, the chicken or the egg? I simply had to ask her, “What came first, the Italian noodle or the Chinese noodle...?” Hmmm, she quickly answered and the audience erupted with laughter and applause.

So, my friends---I will pose the same question to ya’ll---which came first, the Italian or Chinese noodle?

*Dean Crawford*  
Medical Center Practice Administrator  
Sponsored by Diversity and Inclusion



# Philanthropy

Patti Santoni, Director

## TREASURE SALE

THANK YOU to everyone who helped make the July Treasure Sale a great 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 too helped us raise **\$27,617.38!** 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.



**Fall Treasure Sale!**  
October 25-27, 2018



Mark Your Calendar...

### Women's Coat Sale!

Friday, September 28  
Noon - 4:00 p.m.

in the Chesapeake Lounge

Open to the Public! Invite your friends and family! *Featuring a variety of coats and jackets in all sizes, fabrics and colors!*

*Christmas Cards will be on sale as well...start writing your cards early this year!*

Proceeds benefit Benevolent Care

**Would you like to make a donation to the next Treasure Sale?** Please call the Treasure Sale Pickup Line at ext. 601.8124 to arrange a pickup. 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 large items outside the Treasure Sale sorting rooms or by the collection baskets in stairwells.**

## 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.

HERBERT'S RUN T-LEVEL

and

by Appointments

Shirley - 410-242-7871

Sally - 410-247-0171

Barbara - 410-314-9039



### TREASURE CHEST

Open Every Tuesday and Friday

11:00 a.m. – 1:00 p.m.

Every Monday

6:30 – 8:00 p.m.

BROOKSIDE T-LEVEL



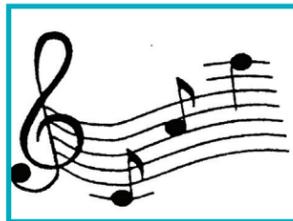
## IN REMEMBRANCE

Gifts were made during the month of June to Benevolent Care in memory of Tenney Brown, Dorothy Bushong, Bert Clegern, John G. Davis, Dorothy Hajek, Walter Hughes, Doris Johnson, Dorothy Lappe, Jacques Leeds, Doris Lytle, Dorothy McConnell and Barry Nelson. 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 Fall 2018 Memory Walk Dedication Ceremony** will be held on **Monday, November 5**, at 10:00 a.m. in the Chapel. A special memorial brick can be purchased for \$175.00 and is a meaningful way to remember residents of our community who are no longer with us. A portion benefits the Benevolent Care Fund. The last day to purchase a memorial brick for the November ceremony is **Monday, September 24, 2018**. Please call 410-737-8892 or stop by the Philanthropy Office in Cross Creek for more information.



## Chapel Concert Thank you

Thank you to the many residents who donated **\$11,443** in gifts for our 2018 Chapel Concert Campaign! Your gifts help bring outstanding concerts featuring notable vocal and instrumental artists to Charlestown and the surrounding community! All residents will be receiving the 2018- 2019 Chapel Concert Series Program placed in cubbies in early September. We welcome you and your families to join us on Sundays at 3:00 p.m. in Our Lady of the Angels Chapel!

## Philanthropy is Back in Cross Creek!

*After being relocated during the Cross Creek lobby renovation over the past few months, the Philanthropy Dept. has moved back into the Resident Life/ Philanthropy suite located next to the Cross Creek receptionist desk. Stop in to see our new space and say, Hello!*

## BENEVOLENT CARE

### All for One, One for All!

The Gift of the Charlestown Benevolent Care Fund

"Home for life." That phrase was the hook in the sale's pitch that caught the attention of many of us while we were pursuing a new home for our remaining retirement years. Once here, we were educated in the ways this Fund was utilized and maintained, and we soon learned that supporting this fund is a massive undertaking of physical labor, financial acuity and contributions from many sources.

Our Benevolent Care Fund (BCF) provides assistance with the health care and living expenses of residents whose personal financial resources, including their entrance deposit, have been depleted through no fault of their own. The fund offers peace of mind to all of us who live here at Charlestown.

Volunteers and staff work tirelessly every day to secure donations for Benevolent Care so residents are assured a "home for life" at Charlestown. The community receives gifts for Benevolent Care from residents through donations of entrance deposits, Tribute Gifts, Legacy Donations, and through a variety of special events throughout the year. The Treasure Sales and Stores (which donate 75% to BCF), Winter Putterland, the Tin Cup Golf Tournament, and our annual Gala are a few events that support the Benevolent Care Fund at Charlestown. There are also ongoing ways to donate, such as Monthly Donations on your resident statement (and receive a special gift four times per year in our Treat of the Quarter program), Cars for Care, Charitable Gift Annuities, and Major Gifts, to name a few. Even employees of Charlestown donate through Payroll Deduction.

The annual Benevolent Care campaign is currently underway and will run until September 30. Donations can be placed in the clear boxes on all lobby desks. Although the fund is available to all of us, last year we only had 37% participation from residents. We would love to see support at any level from all residents. Every dollar helps! Please stop by one of our information tables at the dining rooms, test your knowledge on BCF, spin the wheel and win a prize! Please remember: There's no "them," there's just "us"! It is all about neighbors helping neighbors and COMMUNITY! It is just one more reason that Charlestown is a great place to call home! Be sure to join the party on Friday, September 21 at our "Emerald City" Gala in honor of our 35th Anniversary. Call Philanthropy for tickets and reserve your table. As Dorothy from Wizard of Oz says, "There's No Place Like Home!"

Jean Eichenlaub  
Benevolent Care Fund Chair

## NEW ARCHIVES DISPLAY - "OUR HOME FOR LIFE"



Learn about the History of the Benevolent Care Foundation and the Legacy Society and how we can all be "Neighbors Helping Neighbors." See flyers and photos of Benevolent Care Fund-raising Events – Galas, Putterland, Tin Cup, Cars for Care, and much more. Also see how employees, vendors and current resident clubs and groups regularly contribute to the Benevolent Care Fund. Featured is Betty Jackson's new booklet, "Inside Charlestown – Our Home for Life," available for a \$3 donation to the Benevolent Care Fund. This Archives Display is at the Brookside bridge.

**THRIFTY BUYS AT TREASURES UNLIMITED HELP MAKE AN APARTMENT YOUR HOME**

Rumor has it that a current Charlestown resident moved into her apartment bringing only her clothing, linens, a bed and a chair. Obviously, she was down-sized to the max, and very smart as well, because she purchased the remainder of her furnishings at Treasures Unlimited on the Terrace Level of Herbert’s Run.

Even if this is only an Urban Legend, the truth is that we could all live in well-furnished and accessorized apartments without visiting The Sofa Store (or paying their prices).

Treasures Unlimited offers thrifty Charlestown residents, and folks in the wider community, an opportunity to buy beautiful pre-loved sofas, upholstered chairs, and recliners at ridiculous prices. In addition, their second display room holds dining room sets; kitchen, end and coffee tables; bedside stands, dressers, chests of drawers, bookcases, and bed frames. One Charlestown resident finds a new sofa for her son every couple of years. The family owns big dogs that wreak havoc on upholstery, but they keep their home looking smart for very little money by shopping here. Genius!

Shoppers can also find lamps, paintings and prints, and a variety of hassocks, foot stools and ottomans to complement their larger purchases. What can't be found here are the dishes, pots and pans, and accouterments we need every day ... but those are available at our Treasure Chest store (in neighboring Brookside) or the quarterly Treasure Sales!!

Treasures Unlimited is a popular venue for folks shopping for a youngster's college dorm room or first apartment, and smart newly-weds purchase beautiful used items they couldn't otherwise afford. And, says Tom Showe, who has led the furniture sales effort here in Charlestown for 20 years, “regular” buyers from the Catonsville area routinely visit the store between Treasure Sales.

Like all of Charlestown's 'Treasure' shops, all items are one-of-a-kind, fabric and color, and purchases are not returnable. We enjoy purchasing small items, using them in our apartment for a while, and donating them back. This 'double-dipping' approach lets us change the decor in our home, support the Benevolent Care, Staff Appreciation and Scholarship Funds in a meaningful (financial) way, and donate the item back to be purchased by another lucky buyer.

Every 12 weeks, Charlestown's housekeeping department devotes a day to moving Tom's inventory over to the Chesapeake Lounge for a Treasure Sale. They also help Treasure Sale buyers get their purchases from showroom to their waiting transport. Any unsold inventory is donated to St. Vincent DePaul, whose trucks come and take away the swag; remaining items are donated to the Disabled American Veterans. This means that Treasure Unlimited's inventory returns to zero and they start the process all over again.

Treasures Unlimited is open every Tuesday from 10:00 a.m. to 1:30 p.m. and periodically holds 50% off sales between Treasure Sales (watch for announcements). So run on down and take a look, who knows what Treasure you'll find?

Dayle Dawes



**KNIGHTS OF COLUMBUS  
OUR LADY OF THE ANGELS  
COUNCIL #13069**

**CAR RAFFLE**

DATES: SEPTEMBER 26 AND 27, 2018  
LOCATION: ALL DINING ROOMS

**GRAND PRIZE:**  
2019 FORD MUSTANG OR  
\$18,000 CASH OPTION

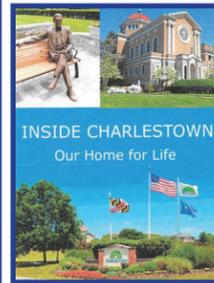


2ND Prize - IPAD AIR2  
3RD Prize - \$200 GIFT CARD

**TICKET COST:**  
\$ 1.00 each  
6 TICKETS FOR \$ 5.00

**Benefactors:**  
Charlestown Benevolent Care Fund  
and The Courage Lion Fund for  
Terminally Ill Children

**DRAWING WILL BE HELD ON  
SATURDAY, OCTOBER 6, 2018  
AT THE COLUMBUS DAY BALL  
BWI AIRPORT MARRIOTT, LINTHICUM, MD**



**A New and Different  
Book about life in  
Charlestown**

- Eighty-five Inspirational Acts of Kindness.
- Father Larrivee’s Shoulder Length Hair.

- Our 100-year-old Underground Tunnel.
- Plus More Little Known Facts About Charlestown

**Ways to Purchase:** Daily tables around Charlestown, Philanthropy Office, Archives or call Betty Jackson (410-242-2935) to arrange delivery to your apartment. Available for a minimum donation of \$3 for Benevolent Care. All money collected will go directly to Benevolent Care (printing expenses were paid privately.)

**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:  
Lisa Zehring 410-737-8838 ext. 601.8397.

Charlestown Presents

# The Emerald City Gala



*There's no place like home*

BENEFITTING CHARLESTOWN'S BENEVOLENT CARE FUND

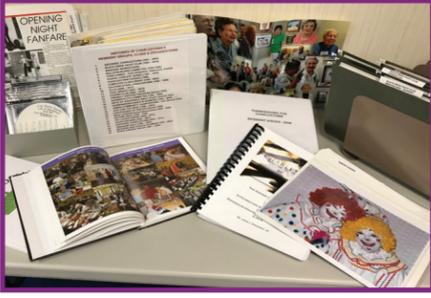
**Friday, September 21, 2018**  
**6:30 — 10:30PM**

CHARLESTOWN RETIREMENT COMMUNITY  
JOHN ERICKSON CONFERENCE CENTER

**Cocktails ~ Dinner ~ Music & Dancing**  
**Dessert Bar ~ Silent Auction**

**Please Contact the Philanthropy Office at  
(410)737-8838 ext. 601-8397 for Tickets**

### "PAPER TRAIL" IS AN INVALUABLE MAP FROM PAST TO PRESENT



Several months after my mother's death, my dad destroyed the journals she had kept for nearly 30 years. I was devastated; I had hoped those journals might offer me some insight into a mother I had grown away from as I aged. My dad was undaunted; the entries were "just every day stuff ..." nothing important or interesting. But it was that "every day stuff" I wanted to read and share with my daughter, granddaughter and nieces.

Dad's tossing away my mother's daily musings is a perfect example of how little we think about the "paper trail" that defines and documents our lives ... letters, postcards, diplomas, invitations, programs, magazine and newspaper clippings and, yes, journals.

And what happens when we don't keep or care for these fragile artifacts of daily living ... this ephemera?? Antiques Roadshow viewers know all about the potentially valuable poster with a photo glued to its back and shoved into a picture frame, the letter to a boyhood friend from Abraham Lincoln folded into a 2-inch square and used as a bookmark, or a single fabulous page torn from a rare book to be framed and hung on the wall.

Fortunately, Charlestown's Archives are being updated, organized and stored in acid-free folders for future reference by new Curator Janel Douglass. She has spent months examining and creating files for the hundreds of posters, notices, fliers, and event-related Charlestown ephemera. Her office now is (relatively) neat and tidy; cream-colored filing cabinets line the room, and well-preserved posters, photos and paintings adorn its walls.

Janel's MyErickson promotions for the Archives say they will "inform, delight and amuse you," and they certainly will. In the tiny office across from the CVS, a resident can discover which activities were popular at any given time, learn the history of Treasure Sales, or find out in which apartment an old acquaintance lived by digging up a Charlestown telephone book from eras past, and so much more.

Janel is digitizing as much old documentation as she can, and she now encourages contributors to send their group or club announcements and information to her in computer files.

The Archives are open from noon to 2:00 p.m. every Monday, Wednesday and Friday, and Janel is a congenial and interesting hostess. She seems to love being surrounded by Charlestown's history, and her beautifully mounted displays in the glass case near the bridge in Brookside are testament to her respect for her work and her dedication to what she is doing. Drop by for a visit some afternoon ... you may be surprised at what you find!

Dayle Dawes



### Medical Center Update

Myla Carpenter M.D., Medical Director  
Dean Crawford, Practice Administrator

## Doctor's Orders

### Flu season is fast approaching.

You can prevent the spread of flu. See the information below about flu clinics offered in the community.

Rx

#### CHARLESTOWN FLU CLINIC DATES

**Date:** Saturday, September 15, 2018

**Time:** 8:00 a.m. – Noon

**Location:** Cross Creek Card Room

**Date:** Saturday, September 29, 2018

**Time:** 8:00 a.m. – Noon

**Location:** Charlestown Square Card Room

For more information, call the Charlestown medical center at **410-247-5602**.



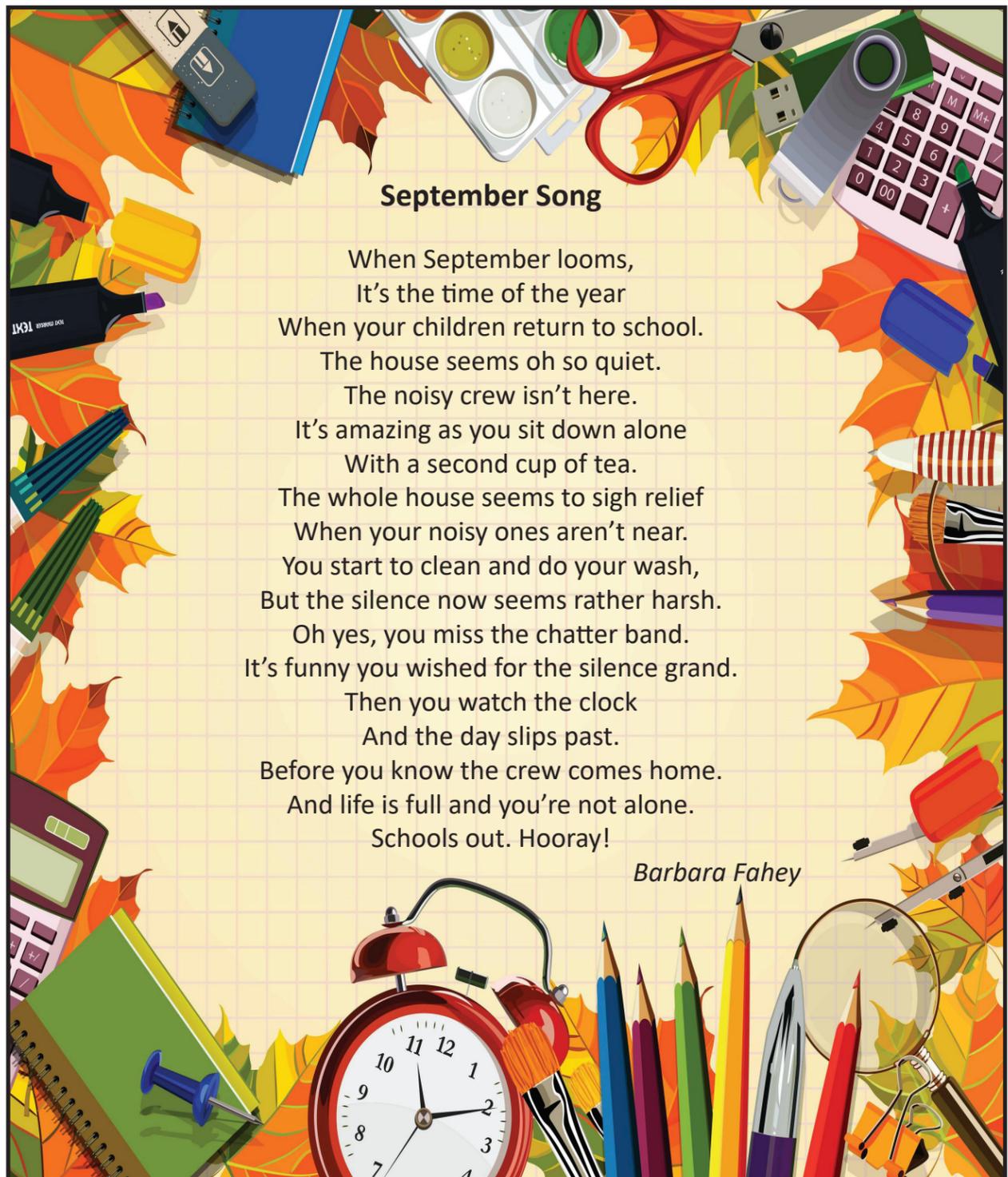
Charlestown  
Add more Living to your Life®

Erickson Health  
Medical Group

### September Song

When September looms,  
It's the time of the year  
When your children return to school.  
The house seems oh so quiet.  
The noisy crew isn't here.  
It's amazing as you sit down alone  
With a second cup of tea.  
The whole house seems to sigh relief  
When your noisy ones aren't near.  
You start to clean and do your wash,  
But the silence now seems rather harsh.  
Oh yes, you miss the chatter band.  
It's funny you wished for the silence grand.  
Then you watch the clock  
And the day slips past.  
Before you know the crew comes home.  
And life is full and you're not alone.  
Schools out. Hooray!

Barbara Fahey



# Bulletin Board

## Our Newest Residents



Elaine and Jim Evenson	HR-318
Wanda and Al Finke	CY7-307
Etta Fitzgerald	BR-210
Nancy and Bob Grim	ST-425
Carol Gutbrod	AS8-207
Genevieve and Henry Keifer	HV-403
Lynn and Andy Kochis	BR-517
Gail and Donald Krebs	ST-319
June Lewandowski	HV-620
Ramon Lopez	HV-508
Gwen and Lewis Munzer	BR-441
Sally Ann Pierce	CC-313
Nancy Scoville	HR-T25
Carolyn and George Stamps	BR-516
Carole Timanus	HV-405
Lois Treat	BR-129
Barbara Wilcox	CR-313
Barbara and Calvin Williams	CC-509
Cheryl Wrobel	BR-438

# SPECIAL EVENT

## Sandtwn leaders coming to Charlestown

*New Song Academy*

Principal and a teacher will tell us how the Kindles and school supplies we donated are being used to promote student learning

*No Boundaries Coalition*

Staff, Board, and Youth leaders will tell us about the wide range of activities they are doing to improve the quality of life in Sandtown

**Thursday, September 13**

**7:30 p.m.**

**Auditorium**



**Charlestown-Sandtwn Connection**  
Phyl Lansing and David Pollitt, Co-Chairs



## ALS Cleaners

Always Looking Sharp

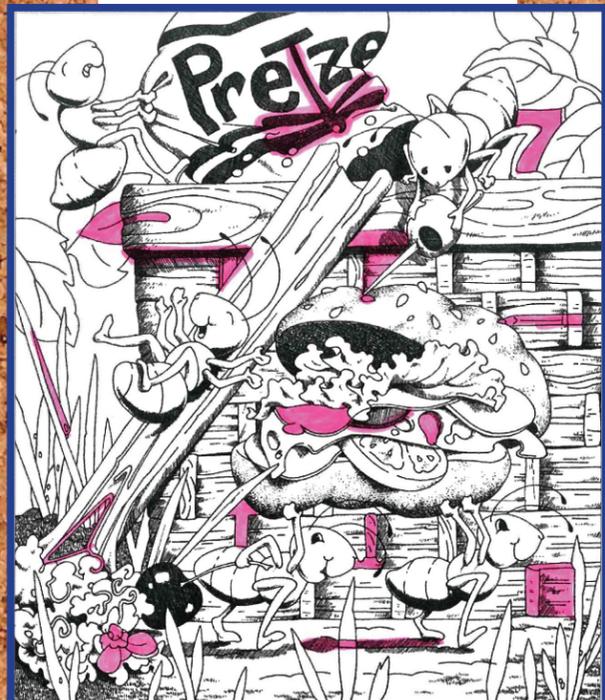
**September:  
Anything Denim  
20% Off**

We pick up and deliver at your door with a smile every Wednesday.

**410-655-3312**

Please make checks payable to ALS Cleaners

Solution from page 7



## POLLINATION

**PRISON REFORM – PART ONE**  
“From arrest to release – What happens?”  
**Tuesday, September 11, at 7:00 p.m.**  
**in the Auditorium**

## PRESENTER

Charlestown resident, Dr. Alvin Cohn, has 60 years experience in the field of criminal justice administration. He has served on the faculties of American University and University of Maryland. Author or co-author of six books and numerous journal articles, he has been a consultant to federal, state and local criminal justice agencies.





# Resident Life

Sherry Parrish, LCSW-C, Director



## INTERMISSIONS CORNER

It's always sad having to say goodbye to summer, but we look forward to the beauty that comes in the fall! September will be an exciting month at

Intermissions, starting with our renovations! At the writing of this article, the Intermissions room is undergoing a little bit of a facelift and we will be temporarily relocating to the City Lights Lounge on the 6th floor of Harborview. We thank our participants and caregivers for their patience during this time. We look forward to hosting an open house for the community once the renovations are complete, so stayed tuned!

Some highlights on our calendar for the month of September include:

- A fall sensory program with apple tasting.
- An informative and interactive program on sign language.
- A virtual travel tour to Bolivia.
- Celebrating the piano and listening to some famous piano performances through the years.

If you have any questions about the programs, or you are interested in hearing more information about Intermissions, please contact Kayleigh Reese at 443-297-3500.

Kayleigh Reese, Intermissions Coordinator



## Maureen's Moment

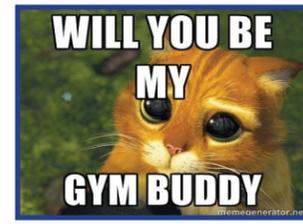
We reminisce often and in many different ways. One afternoon, we did a new artsy activity that brought back a fond memory for me. Many decades ago, my talented, artistic Nan painted rocks or small boulders and placed them around her many gardens. I don't know if it was the "in thing" or just something my Nan did, but I thought it was cool. Well, fast forward to 2018 and painting rocks is an "in thing" again.

For those of you who use Facebook, there is a site called painted rocks of Maryland which shows pictures of small river rocks people have painted and "dropped" in a public place. Someone finds it, takes a picture of the rock and posts it to the site. The finder of the rock can either keep the rock or redrop it at another location. The "purpose" of dropping rocks is to spread positivity and happiness.

The residents enjoyed painting their rocks making each one an original design. We didn't "drop" our rocks, but you never know, you may one day find a painted rock. If you find one, I bet, it will make you smile!

Maureen Potter

## FITNESS CENTER



Ever get bored working out alone or feel unmotivated? Unless you're an introvert, a highly introspective individual, or would rather pop on your headphones and be left alone, finding a workout buddy may be beneficial to you. Here are just some reasons to find a workout buddy

- Having a friend or two to workout with, holds you accountable for your own workout. It'll help motivate you to show up and work hard!
- You can push each other to work out to your best ability. ("C'mon! We can do it! Just three more!")
- You get to try and share different workout routines. Thus, the chances of a fitness plateau will be less. ("Modified Jumping Jacks? Hmm. Okay!")
- "Time flies when you're having fun!" Your workouts will go on a little longer than usual because you'll be distracted by each other's company. Which means, you'll burn more calories! (Woohoo! We've earned our dessert!)
- It'll be therapeutic. ("Wow! That felt great!")
- Meeting up will be a great social time in your day. You and your workout buddy/buddies may even meet other workout buddies. The strength in numbers will keep everyone committed.
- If you were having a hard time enjoying exercising, it can suddenly become more fun and interesting.
- You get to share and celebrate each other's accomplishments. ("I did two miles today!" "I curled 7 lbs today!")

You'll make exercising look fun and inviting with all smiles and high fives! You'll be motivating others and yourselves! So, what are you waiting for? Call up your BFF (Best Friend Forever) and ask them to be your Workout Buddy!

Yaya Gurley  
Fitness Specialist

## Mind your Memory

Answers to the August Challenge: Change a Letter

Find the answer to the first question, then make it into a new word by changing one letter. The first answer is provided for you.

1. Change a large fish Tuna to a series of musical notes Tune.
2. Change a locomotive Train to an inherited characteristic Trait.
3. Change the opposite of least Most to a tall pole on a ship Mast.
4. Change garbage Waste to eagerness that can result in mistakes Haste.
5. Change a brownish-colored songbird Lark to a town's recreational area Park.
6. Change a drink such as ale Brew to the past tense of blow Blew.
7. Change a twosome Pair to an ache Pain.
8. Change a step or stride Pace to a formal agreement Pact.
9. Change a small, wet cloth used for cleaning Wipe to a thin thread of metal Wire.
10. Change the joint just above your foot Ankle to a geometry calculation Angle.
11. Change a small red fruit Cherry to a fortified wine Sherry.
12. Change an impromptu test Quiz to a refusal to continue employment Quit.

## September Challenge: Unscramble Words

The following words are all mixed up! Unscramble the letters to reveal words associated with elementary school.

1. SNUETTD \_\_\_\_\_
2. SPNARREEH \_\_\_\_\_
3. KREOWMOH \_\_\_\_\_
4. RRASEE \_\_\_\_\_
5. LKDBBAOACR \_\_\_\_\_
6. TNOEBOKO \_\_\_\_\_
7. KBCAKACP \_\_\_\_\_
8. INEPCL \_\_\_\_\_
9. PRAEP \_\_\_\_\_
10. OISSCSR \_\_\_\_\_
11. KEMASRR \_\_\_\_\_
12. KSBOO \_\_\_\_\_
13. OLCRCUAATL \_\_\_\_\_
14. OHSOCL \_\_\_\_\_
15. HARTEEC \_\_\_\_\_
16. CSIECEN \_\_\_\_\_
17. NHCUL \_\_\_\_\_
18. RIENADG \_\_\_\_\_

## RUMOR CONTROL!

I recently heard a rumor that some of our residents believe that they do not need to participate in the annual resident satisfaction survey because they are satisfied and happy with life here!

As happy as that makes me, I am concerned that we need to hear from everyone in the community.

Many good ideas and some complaints come from the survey, so it is important to not leave your voice out.

Be counted and let us know about your happiness, as well as any concerns that you may have! Thanks for participating!

Sherry Parrish, Resident Life Director

## Sunburst Staff

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Resident Life Director

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Administrative Assistant, Resident Life

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Myrna & Herb Retsky

Deadline for October 2018 issue is  
**September 15**

You can submit your article by email:  
[Brittany.Owens@erickson.com](mailto:Brittany.Owens@erickson.com)  
or send it to the Resident Life Office  
located in Brookside T-Level

PLEASE, NO HANDWRITTEN ARTICLES