



Grateful Hearts at Charlestown



With such an abundant life at Charlestown, it is no surprise that we celebrate our holidays and time together. This year, the community has had many events to express our grateful hearts. We have remembered our military service men and women by sending cards with notes of appreciation around the world. Our Day of Gratitude celebration was filled with service and fun by giving food and resources to our Southwestern Emergency Services organization (SWES) so they could provide meals to local families in need. We have also had a little fun this season with our own pie-eating and pie-making contest. Delicious and messy, but definitely FUN!

In support of Benevolent Care, some of our Crafters in this year's Craft Show donated their proceeds to the support our residents in need and we are all very grateful for their kindness and generosity.

Our staff are immensely grateful for the generosity of our residents who gave to support our Staff Appreciation Fund. This year, our residents contributed \$255,878.00 for Staff Appreciation, accounting for 66% participation by our residents. Thank you all!

There is much to be grateful at Charlestown, most especially the loving and generous spirit of the people who call Charlestown home.

Sherry Parrish, LCSW-C, Director of Resident Life

A Season of Gratitude



Clara Parker, ED

We come to the end of 2018 and find ourselves in the Holiday Season. For many, including me, this is the season to pause, to reflect and to show gratitude for the many blessings in our own lives as well as within our Charlestown family.

There is much to be grateful for ... a safe and secure home, family and friends with whom we share our lives, a team of people to provide the support we may need and want to enhance our days. Reflecting upon our abundant blessings brings many of us joy, and giving thanks is an easy expression of our happiness.

However, for some of us, counting our blessings can be difficult when we may be facing hardships, challenges or losses. Yet these are the most critical times in life to keep the faith and keep on going. There are many things we can do to help us renew our hope and to keep moving forward, even when we might not feel like it.

From now until the New Year, Charlestown will be sponsoring many different events for employees and residents to enjoy together. While you may not be able to attend all events, please take the time to pause to enjoy at least one thing in the spirit of friendship, camaraderie and renewal! You will be receiving more information on these and other events as we go along.

- You may want to participate in the Candles of Remembrance Ceremony on December 6 to honor, to remember and to light a candle for those we've loved and lost.
- If you are interested in helping local school children, "Mitten Trees" will be placed throughout our Community in the month of December to collect warm mittens, gloves, hats, scarfs, and socks.
- Reach out to friends and neighbors who might benefit from a visit and a kind word from you.

One of the best ways to help ourselves feel better is to help others. There are so many opportunities at Charlestown to do this, and if you'd like to help an organization in our surrounding community, please check out <https://www.justserve.org/projects> for other ideas.

The most important thing to remember at this time of year (and always) is that you are not alone. If you are struggling with something and feel overwhelmed, I ask you to reach out to someone – your family, friends, neighbors, your Resident Services Coordinator, Medical Provider, other members of our staff, or me. One of the things that families do is take care of each other. That is no different with your Charlestown family!

Please know that the employees and residents of Charlestown are among the many blessings I count at this time of year. I look forward to seeing you at some of our planned activities throughout the remainder of the year. Until then, I send my very best wishes to you and your family from your Charlestown family!

*My best,
Clara*

In This Issue		Puzzle	7	Performing Arts	11	Resident Life	16
Residents' Council	2+3	Book Review	8	Philanthropy	13	and more ...	
Continuing Care	6	ELLIC	8	Medical Center	14		
Dining Services	6	Community Resources	10	Bulletin Board	15		

NEWS FROM THE CHARLESTOWN BOARD OF DIRECTORS



Good Day Charlestown!



Richard Grove, Jr., Chair

I share this *Sunburst* article as the new Chairman of the Board for our community and must admit that it’s an intimidating honor. What’s comforting is that our Board is comprised

of a talented and committed group of leaders who will keep us focused on the Mission of the long-term financial viability and well-being of Charlestown. What’s intimidating is that I follow in the footsteps of Chip Gamble who has done such a remarkable job as Chairman over this last decade.

We honored Chip at our Board meeting on the morning of November 1, and I thought I’d share the prepared comments with you. During that presentation, I went “off script” to reflect on the significant impact Chip’s leadership provided as we navigated through several critical strategic initiatives over these last ten years. I’m sure many of the current residents remember the anxiety we all felt when our management company [former Erickson company] went through bankruptcy. Chip’s calm and steadfast leadership helped the Board remain focused on options to consider and key decisions that needed to be made. With those issues stabilized,

the Board then shifted its long-term focus to Strategic Planning. A critical foundation of those plans was the need for a solid capital structure to facilitate the anticipated investments required for the long-term care repositioning and the ongoing maintenance of the overall campus. The results of those efforts are evidenced today by our balance sheet that is bolstered with a solid investment portfolio and well-timed tax-free bond offerings.

Chip hands over the gavel knowing that our Community is in a solid position to continue its mission! As I mentioned, it can be intimidating to follow in these footsteps – especially when they are made by such big shoes to fill! What’s reassuring is that Chip has agreed to stay on the Board and continue to provide his guidance and support.

On behalf of the Board and the Community — Thank You, Chip!

*Richard A. Grove, Jr.
Chairman*

• • • • •
**Chip Gamble
BOD Dinner - October 31, 2018**



Charles Gamble has served the Charlestown Board of Directors as a member since March, 1990, and as Chairman of the Board for the last 10 years. All of these years have been critical to our success and the journey that has made Charlestown one of the finest Retirement Communities in the nation.

Chip is a model leader and represents the best in long-term commitment and support to the Charlestown Board of Directors. For 28 of our 35 years, he has been a part of the development of our vision of making a better life for Maryland seniors, and that vision has grown strong enough to reach out across the nation.

He came well prepared to join us on the Board and aware of the needs of others, as the former president of Halkey-Roberts Corp., a major manufacturer of medical components. Chip had previously led operations for United Medical, Concept Inc., and Baxter International, each a manufacturer of medical products.

He was prepared for his career and Board work for Charlestown by his training and graduation from Rensselaer Polytechnic Institute, his service in the U.S. Navy with the Civil Engineering Corps (Seabees) and his master’s degree from Harvard Business School.

Chip’s interest and devotion to the welfare of our community, both now and for our long-term future, have created a focus and drive for paying attention to the critical factors that kept us moving in the right direction for long-term success.

Chip, we are immensely grateful for your leadership, expertise, wisdom, and decades of service to the residents of Charlestown. Our sincere appreciation for your many outstanding contributions to our mission, and thank you for your continuing service to our Board!

*Richard A. Grove, Jr.
Chairman*



“We’re Here For You”

Thinking About the Election...

I have always loved elections—the excitement, the banners, the slogans, the debates and even the bloopers. Remember “I Like Ike” and “It’s morning again in America?” (Reagan) And Bentsen’s riposte to Quayle, “Senator, you’re no Jack Kennedy.” (1956 debate) And finally, the campaign-sinking image of Dukakis riding on a tank in a helmet. (1988 Bush ad)

But the 2018 campaign was marked by darker images: questioning America’s values, disrespect for truth and freedom of the press, and singling out vulnerable groups as dangerous enemies of America. Finally, there were the three horrifying acts of violence in October: The Kroger shootings in Kentucky, the mail bombs to prominent Democrats, and the killings in a Pittsburgh synagogue.

In contrast, I am heartened by how Charlestown volunteers worked together to help residents exercise their right to vote. First, many provided information to residents about how to register to vote and about when and where to vote.

Second, there were a variety of efforts to inform residents about the candidates and issues so that they could make an informed decision about whom to support. For example, a guide from the League of Women Voters with information about the candidates was available to all residents. Also, the Legislative/Political Committee of the Residents’ Council held six nonpartisan forums so residents could meet the candidates and ask them questions.

Congratulations to everyone at Charlestown who volunteered and to everyone who voted!

*Anne Erfle
Residents’ Council Vice President*

Charlestown is Us!

Here’s how it works:

We residents live in a non-profit entity called Charlestown Community Inc.(CCI) and WE are Charlestown, but there is help in determining our present and our future.

We residents have an all-volunteer group of extraordinary professionals that who make up our Board of Directors. They are charged with maintaining Charlestown’s financial well-being and assuring the long-term viability of the community. They watch over our interests today and for the future. They do not routinely discuss with us, or anybody else, what they are doing for us because their deliberations need to be confidential so that all viewpoints are considered during the decision-making process. However, residents can review Board meeting minutes and Board discussions may be on the following:

- Where to invest our excess cash from operations and entrance deposits.
- Budget for future Charlestown expenditures.
- Deliberate with Erickson Living on what Erickson is planning for Charlestown and arbitrate what is best for us.
- Recruit replacement board members when necessary.

Recently, the Board has added two very experienced people who bring further talents to the group:

Joanne L. Martin, a Cybersecurity Specialist,

one among many other impressive qualities that were included in the August *Sunburst* introducing her.

Laura Ellison is a Healthcare Financial Specialist with much experience in helping to maintain and expand not-for-profit health systems, which were explained in the July *Sunburst* introducing her.

Presently, Erickson Living is the Management entity that the Board of Directors has contracted to handle our day-to-day business. Simply put, the pictures you see on the elevator each day are the Erickson Living Management Team, and all other workers and staff are Charlestown employees hired by Erickson Living to assist in meeting our daily needs.

You will find photos of all the Board of Directors displayed as a poster on our campus elevators.

Merry Christmas and have a great Holiday Season!

*Charlie Eichenlaub
Residents’ Council Communications Committee*



Charlestown Residents’
Council Website.
ccicharlestown.org

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

CHARLESTOWN MEDICATION TAKE-BACK DAY #4

The opioid crisis continues to be a major health problem nationally and here in Maryland. 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.

"This epidemic is the public health crisis of our time – and we are losing far too many Americans each day from opioid overdoses," said CDC Director Robert R. Redfield, M.D.

The New York Times August 15, 2018, reported, "Drug overdoses killed about 72,000 Americans last year, a record number that reflects a rise of around 10 percent, according to new preliminary estimates from the Centers for Disease Control. The death toll is higher than the peak yearly death totals from HIV, car crashes or gun deaths. Analysts pointed to two major reasons for the increase: A growing number of Americans are using opioids, and drugs are becoming more deadly."

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. Residents and Staff are strongly encouraged to take advantage of this convenient way to dispose of unused medications by simply bringing them to the next scheduled collection day shown below.

CHARLESTOWN'S NEXT MEDICATION DISPOSAL DAY WILL BE ON MONDAY, JANUARY 14, FROM 1:00 TO 3:00 p.m.

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

**FIRESIDE LOBBY
TERRACE LOBBY
CROSS CREEK AREA**

**Be sure to mark your calendar!
Monday, January 14,
from 1:00 to 3:00 p.m. only**

*Louise Dempsey, Chair
Health Services Committee*



CHARLESTOWN 2018 STAFF APPRECIATION FUND

A big THANK YOU to all of those who contributed to the SAF to show your gratitude to our great Staff!

Even if you never heard the testimonials that aired on channel 972 about those special things that our hourly staff has done for the residents, you must be aware of the great work that these employees do to make our lives at Charlestown very pleasant. You demonstrated your thanks to the staff by contributing a total of **\$255,878** to the SAF this year! We all enjoy the smiles and greetings that we experience when we interface with the staff, but you should see those smiles when the checks are presented. They show that they appreciate the residents as much as we appreciate their efforts.

But again this year, we failed to get near our participation goal of 100%, getting only **66.2%**. Although there are many reasons why this rate of participation isn't much higher, I would offer a suggestion. During conversations I've had with some residents, there was a surprising number who don't watch channel 972, read the *Sunburst*, or who have lost the cubby stuffer. There may also be a reluctance to come up with a single offering at the end of the year. One way to make a contribution is to have a smaller amount added to your monthly fee that is designated for the Staff Appreciation Fund, just like the fee for your parking space or storage unit is added. You can do this simply by stopping by the Philanthropy Office at Cross Creek or calling 410-737-8892 for more information.

As chairman of this year's event, I want to thank all of those who helped to make the SAF drive a success: our SAF committee (Ralph Strong, Ray Milio, Carolyn Thompson, and Wendel Thompson), the Staff Appreciation Fund Singers (Walt Howe, Sherry Stewart, Carolyn Thompson, and Bill Skillman) and the very helpful staff members of Philanthropy and the crew of Channel 972.

Ed Piechowiak, SAF Chair

The VFW Post 219 at Charlestown says "THANK YOU"

Dr. Charles B. Frank **VFW Post 219** would like to thank the Charlestown Community for making 2018 Veterans' Day a most successful undertaking.

The "Buddy Poppy" charitable contribution day was a successful fund raiser. The funds raised will be used for the aid, assistance, relief, and comfort of needy or disabled veterans and members of the Armed Forces and their dependents, and the widows and orphans of deceased veterans. Thanks to so many of you for your participation.

On behalf of the **VFW Post 219**, we wish to thank all who participated. It was our honor to have served in these United States of America in its time of need. **Thank you for remembering us this Veterans' Day 2018.**

*Sylvia Moore,
Jr. Vice Commander
VFW Post 219*

"Residents and the Erickson Way"

When we enter the month of December, our minds begin to focus on the holiday season. Whether we use the term "**STRATEGIC OBJECTIVES**," the holidays are times for evaluating the past year and making plans for improvements in the future.

The *Harmonious Community Living* concept for the month of December will be **STRATEGIC OBJECTIVES**. Employees will work within their departments to establish **STRATEGIC OBJECTIVES**. Much of this activity will be focused on the results of the recent staff and resident evaluation surveys. Perhaps defining **STRATEGIC OBJECTIVES** will give residents insight into how they too can share with the efforts of our employees.

The definition of 'strategic' relates to the identification of long-term aims and interests and a means of achieving them. 'Objective' is defined as a thing aimed at or sought: a goal. Within the Charlestown Community our short-term goal has been to introduce the Erickson Living Values as a basis for *Harmonious Community Living*. Moving forward with long-term goals, we have enriched our community by recognizing residents who demonstrate living their lives by performing tasks above and beyond reasonable expectations.

Our journey continues as we translate our understanding of the Erickson Living Values into action steps through residents' **STRATEGIC OBJECTIVES**. The long-term strategic plan is to keep the Erickson Living Values apparent to all residents of the Charlestown Community. Mission Moment forms for residents and staff are available at all front-desk lobbies. They contain information on completion and submission.

Pat Kasuda, Chair Mission Moments

Come join us on the evening of December 6, 2018, as we light up the night in honor of those we have loved and lost, including those fallen heroes who have proudly served our country and community. This event will provide a time for reflection and remembrance and will embrace attendees in a warm, meaningful glow.



"Candles of Remembrance"

Thursday, December 6, 2018
6:30 p.m.
(Open to all)

Our Lady of the Angels Chapel
(Charlestown Campus)

There is no fee to attend this event. If you would like to have a luminary candle in honor of your loved one, please let us know in advance.

To register for the event, please contact Gilchrist Grief Services at 443-849-8251.

Sponsored by:

gilchrist
COUNSELING & SUPPORT



First alert for the LWV annual cinema.

January 19 - will feature combined documentaries on immigration.

February 13 - addresses the issue of corporate money in politics.

March 13 - will show *RBG* and focus on the Supreme Court.

More complete information forthcoming in later *Sunbursts*!

*Rosalie Sherwin
Volunteer*



Conversations with Clara and Executive Team

- Question:** *What is the timeline for completion of the St. Charles Parking Lot?*
Answer: The completion goal pending final approval and winter weather is the end of December 2018.
- Question:** *How can residents help save costs at Charlestown?*
Answer: Residents can help by being good stewards of our resources.
- Question:** *Mice are getting into plastic garbage bags placed in hallways. Are trash cans available to residents to prevent this?*
Answer: Residents can call General Services at 443-29SERVE and request a beige trash can to put in the hallway for their trash.
- Question:** *When will the Christmas "Giving" Trees be put up?*
Answer: The Trees will be up the week of November 26, 2018.
- Question:** *Who has the contract for the grounds next year?*
Answer: Ruppert has a contract with Charlestown for the next three years.
- Question:** *Where do we obtain the "Authorization for Entry to Living Unit" document?*
Answer: You can find a copy of the Authorization for Entry to Living Unit in the Administration office.



Lighthouses of Prayer Scripture and prayer

TV Channel 972
 Daily 8:15 a.m. and 11:15 p.m.
 December 2 – December 28
 New devotionals each week.

On MyErickson:

#1 - Click on the "Community Videos" icon on the homepage of MyErickson.

#2 – Scroll down to section titled "Advent" to select a devotional.

Lighthouses of Prayer - A joint Christian ecumenical ministry of Charlestown United Protestant Church and Our Lady of the Angels Catholic Community.



FRIENDS OF THE ARCHIVES

This has been an amazing roller-coaster year for the Charlestown Archives. We now have six Archives volunteers – Janel Douglass (office and digital), Norma Goldberg (office), Veronica Coleman (digital), Bob Plummer (VHS conversion), Bob Ricketts (Resident Groups interface), and Dayle Dawes (publicity). Volunteers preserve the Charlestown historical documents and photos, build the Digital Archives with input from resident groups and staff, and help 3-4 residents and staff use Archives items every Monday, Wednesday and Friday from noon to 2:00 p.m. Please consider volunteering to help in the Archives office.

At the start of 2018, the Archives' only source of funds was \$150/year from Community Resources toward the Archives' office, computer, and printer/scanner expenses estimated to be \$1,350 per year. The Archives supported the 35th Anniversary celebrations and continued to make the displays for the Archives Cabinet at Brookside Bridge, but had no supplies to preserve any more of our Charlestown history and was struggling to build the Digital Archives, due to lack of funding.

Friends of the Archives, John Strumsky and Charlie Eichenlaub and others met with me many times to understand the Archives' needs and then made passionate pleas for funding to the Residents' Council and Community Resources. I am grateful that the Residents' Council responded with a grant of \$325 in August so that the Archives could buy desperately needed office supplies. The Residents' Council then agreed to grant the Archives \$325 for the next fiscal year. In October, the Archives was able to buy more office and computer supplies, two work tables and a shelf. I am also grateful that Community Resources gave the Archives a set of printer cartridges and agreed to give the Archives \$225/year starting in 2019 for ongoing expenses.

The Archives still needed an additional \$800/year to fully fund its office, computer and printer/scanner expenses to better serve the Charlestown community. The Treasure Sale kindly responded with a one-time contribution of \$250 to the Archives in late October. With enormous support from John Strumsky, we held the Friends of the Archives raffles throughout October and asked Charlestown residents to make contributions to the Archives. **FRIENDS OF THE ARCHIVES CAMPAIGN RESULTS:** 121 residents made contributions to the Archives. These residents contributed \$1,501 in checks, \$200 in cash, and \$476 to the raffles. In total, Charlestown residents generously contributed \$2,177 to the Archives!

Raffle Winners of the *35th Anniversary History of Charlestown*, signed by John Strumsky and John Erickson, our founder, were: Glenn and Betty Young, Gil Fisher, and Connie Andrews. Congratulations.

The Friends of the Archives fund-raising effort was a fantastic success. First the Archives raised the additional \$800 needed to be fully funded for 2019. Second, several Friends of the Archives made substantial contributions so that the Archives could make two important one-time expenditures. In late November, the Archives was able to buy a second computer for \$579

that is fully compatible with the main Archives computer and allows multiple volunteers and other residents to work simultaneously with the Digital Archives documents, photos and videos. In addition, the Archives, like other Resident Clubs, was finally able to set up a Charlestown Archives checking account to deposit contributions and pay expenses. This account requires a \$500 minimum ongoing monthly balance.

Many, many thanks to all Friends of the Archives contributors. Your encouragement and generosity saved the Archives.

Janel Douglass

Catching Up with Charlestown-Sandtown Connection

If you happened to miss the evening when Sandtown leaders came to talk about current happenings, you can still see/hear what they said. The video of that event is available on MyErickson. Click on Community Videos and the fourth one on the list is Sandtown Connection 2018. You will see the leaders from New Song Academy school and No Boundaries Coalition, the neighborhood organization from 21217.

You will also hear questions and comments from the audience, such as "If I volunteered at the school, could I hug the children?" The answer was emphatically, "Yes." The No Boundaries people told about efforts with youth and bringing fresh produce to a stall at the Avenue Market on Saturday mornings, as well as their continuing role with monitoring resident-police interaction. Charlestown residents spend a couple of hours to help arrange the fruits and vegetables at the market almost every Saturday. The good news is that new volunteers stepped forward after hearing the leaders.



Charlestown's continued interest in providing Kindles for New Song classrooms can be seen in the accompanying picture. The Charlestown

Computer Club set aside funds and a generous donation from a resident with the previous donations for the Kindles combined for this \$3,000 check to the New Song Learning Center. In the picture, you see Donna Chesson, our Charlestown continuing link to the school; Jerry Martin from the Computer Club; Scott Hopewell, the Dean of Student Wholeness; and Mary Lou Williams from New Song Academy.

Charlestown provides an interesting, safe environment for us, but it is good to be in touch with the needs and challenges of our nearby neighbors in Sandtown. Come join us. Call Phyl Lansing at 410-536-4466.

Phyl Lansing, co-chair
 Charlestown-Sandtown Connection



VFW Commander Veterans’ Day Speech

We are again gathered in this beautiful chapel to honor the men and women who served in our Armed Forces throughout our history. I must say — it never gets old to recognize the many who have died in battle and the many others who were lucky enough to survive combat and come home to their families. It is imperative that we give everyone who served the respect and honor they earned and deserve!

This year has a special significance! Veterans’ Day 2018 marks the 100th anniversary of the signing of the Armistice that ended WWI. Over 4.7 million sons and daughters served in this conflict. Of these, 204,000 returned wounded and 116,516 did not return home and are buried overseas. Many others died as a result of the flu pandemic that killed some 700,000 Americans.

Some of you may remember that last year I mentioned that there isn't a WWI memorial in Washington D.C. even though there is a memorial for all the other major conflicts. In that regard, I am happy to say that on July 19 of this year the U.S. Commission of Fine Arts approved the design for the WWI memorial. Fund raising is now underway for its construction.

As I was preparing for this talk, I came across an aspect of WWI history that I didn't know about - and that was the extent women had in service to the war's effort. Thousands of American women served in both official and voluntary roles at home and in Europe. There were 22,000 American nurses, at least 18 of whom were African American, recruited by the Red Cross to serve in the U.S. Army. More than 10,000 served in field hospitals near the Western Front. An additional 1,500 served in the U.S. Navy. One hundred and twenty women's deaths were combat related. These women proved their mettle and that they can serve in stressful situations just as ably as their male counterparts.

Many of these women were awarded for their service, with 24 earning the Distinguished Service Medal. Twenty-eight received the Croix de Guerre from the French and 69 were awarded the Royal Red Cross from the British government. The Army and Navy awarded their second highest medals to six nurses.

The Naval Act of 1916 had an unintentional consequence. The bill's imprecise wording had a "loophole" that allowed the first women to enlist in the U.S. Navy, and many of them did ! These "yoemanettes," as they were called, had the same status as their male counterparts and earned the same pay, \$28.75 per month, and got the same veterans’ benefits after the war. These naval "yoemanettes" served in many capacities besides that of nurses. I can just imagine what some crusty old navy chiefs had to say about this development.

It is out of this war to end all wars that the tradition of wearing poppies arose to honor those who passed during combat and for all who served. This form of recognition grew out of a poem written by a Canadian doctor, Lt. Col. John McCrae, in 1915, as he contemplated the many rows of poppies that were growing in Flanders Field — an American cemetery in Belgium.

I believe the poem written from the view of the dead soldiers contains a charge to us the living. We don't hear this poem very often. Let me read it to you now.

In Flanders fields the poppies grow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

*Tony Hansen, Post Commander
VFW Post 219*

A PARTIAL VOTE FROM THE GENERAL ELECTION AT CHARLESTOWN

This is a report of the number of votes found in the scanner at the Charlestown precinct for the 2018 General Election. These numbers do NOT include: early voting numbers, absentee voting numbers, provisional voting numbers, or numbers of voters from the neighborhood surrounding Charlestown. So what these numbers represent is from forty to sixty percent of the total votes from the precinct, depending on how many people are included in the other forms of voting. There is no way to tell how many of these votes represent residents of Charlestown. Here are some of the votes from the total of 994.

GOVERNOR		COMPROLLER	
Hogan/Ruthford	704	Phukan	306
Jealous/Turnbull	270	Franchot	643
Others/no votes	20	Others/no votes	45
U.S. SENATOR		CONGRESS	
Campbell	415	Davis	429
Cardin	525	Cummings	535
Others/no votes	54	Others/no vote	30
ATTORNEY GENERAL		STATE SENATOR	
Wolf	430	Hooe	508
Frosh	540	Lam	448
Others/no votes	24	Others/no votes	38
MD DELEGATES		COUNTY EXECUTIVE	
Republicans	1335	Redmer	493
Democrats	1321	“Johnny O”	482
Others/no votes	325	Others/no votes	19
COUNTY COUNCIL		SHERIFF	
Nalley	432	Hagge	413
Quirk	504	Fisher	447
Others/no votes	58	Others/no votes	134
STATE’S ATTORNEY			
Shellenberger	629		
Others/no votes	365		

Charles Tucker



RESIDENTS’ MISSION MOMENTS FEATURE TEAMWORK

Teamwork was one of the more recent Erickson Living Values featured in *The Sunburst*. Two submissions for Resident Mission Moments were selected based on: One featuring a team leader and the other featuring a team working together.



Mary Beverungen calls **Bob Ricketts** the Library Legend or Leprechaun. Mary wrote with her submission: Bob completely reorganized all the books in the Ruth H. Houck Library of Charlestown. This library serves all the residents and staff

there. The project involved re-shelving all the books. Now the library is much easier to use. To accomplish this, Bob expended a great deal of time and energy. In completing this task, he created signage with all illustrative location maps. The volunteers call Bob the “Energizer Bunny.” When he adopts a task that meets a need, he jumps right to it. The task is completed in a timely and superior manner with help from others. Bob surely demonstrated Team Leadership in getting this task done.



Ryan Truitt, Grounds Department Supervisor, wrote: Recognizing the Erickson Living Value, Teamwork, I would like to honor the members

of the **Invasive Plant Crew**. Initiated by the late Bert Clegern, this group is now led by resident Dave Callahan. The group is ever-increasing in size, now numbering over 20 members. Every Saturday except for snow and rain, they gather in an area around Charlestown to rid trees and shrubs of invasive plants. Notably annually, they work to clear the earthen dam along Lake Charles. This is a very difficult task as there are numerous thorny locust trees there. In early spring, they work diligently to rid the campus of invasive Garlic Mustard. Their work is obvious along Erickson Way as dry vines are frequently seen hanging from tree branches. Cognizant of some of our small wildlife needs, they create areas such as the Briar Patch seen just below St. Charles along Erickson Way. This provides small animals protection from prey. In tandem with the Grounds Department, this group has volunteered hundreds of hours to save trees and assist with long-term preservation of Charlestown’s beautiful campus.

Congratulations to this month’s featured residents and thanks to Mary Beverungen and Ryan Truitt for recognizing Teamwork in action. Nominations can be made by completing a Resident Mission Moment Form available at all front-lobby desks or by emailing Chair, Pat Kasuda, at pjkasuda238@gmail.com.





Dining Services

Aida Blanco, Director



As December opens and the year closes, we wanted to take a few minutes and share some information, reflect on the year gone by, and wish you and your families the happiest of holiday seasons.

Last month, we started the process of preparing for our new menus, which will begin on January 7 with the new specials beginning on January 14. We appreciate all the support our Menu Focus Groups provided, and our Executive Chefs are excited to implement your feedback as they prepare your menus. Speaking of exciting menus, be sure to take a peek at the Holiday menus, posted by the dining rooms, which we have lined up for Christmas and New Year's Day.

We are pleased to announce that in January we will resume a program called the Chef's Table. We will share all the specifics in January, but this program will feature a dinner prepared by one of our Executive Chefs. The menus and event will be themed and allow you the opportunity to make a more personal connection with our talented Culinary leaders.

In November, we had a unique challenge in the Refectory. The service elevator that we use to transport food and supplies between the kitchen and the dining room was not functional. Through a routine inspection, it was discovered that this service elevator needed some repairs for both the safety of our employees and its continued operation. When this elevator was put out of service, we went to serving food on plasticware and disposables. This was necessary because of the safety risks our team would incur by having to transport heavy dishes up and down multiple flights of steps. We are very appreciative of your patience during this time period and very thankful for the partnership of our General Services team in getting this issue resolved so quickly.

Maybe not so unique, but unexpected, is the fact that we had our first snowfall of the year in mid-November. Severe winter weather can create some challenges for our dining operations, so we think it timely to review our Dining Services Severe Winter Weather Plan.

Dining Services Severe Winter Weather Plan

We strive to maintain operational hours, venues, and service as close to what you have grown accustomed to here at Charlestown. Likewise, our plan is to always get back to "normal" operations as soon as possible. The two major elements we address in our navigation through a severe winter weather event are food and staffing. Both of these are addressed proactively with a solid plan.

There is no way to know what each circumstance will require; however, there are several phases we would implement to potentially get us through a severe winter weather event. In this type of event you could expect the following to occur:

Phase 1: Modify Service Style

Our first course of action would be to go from full-service operations (with servers) to a buffet style service. This allows us to operate better with less staff.

Phase 2: Go To Disposables/Call on Resident Volunteers

Depending on staffing, our next step will be to get away from using service items that need to be washed. We would start using plastic utensils and disposable plates and cups. This will help reduce the workload on a very scaled-

down kitchen staff. Every restaurant has a list of resident volunteers that they would reach out to for assistance and confirm who would be available to help with service. To those who have volunteered to support us and you ... Thank you very much.

Phase 3: Modify Hours of Operation/Menu Offerings

We would enter this phase to allow us to better pool resources to support all of our restaurants. It is very possible that Phase 3 would mean we would only open the Terrace for breakfast and lunch but not for dinner. This would allow us to reallocate those resources to other restaurants. At this point, we might eliminate some of the made-to-order offerings at our Cafes (Shortline and Terrace) as well.

Phase 4: Closing an Operation

This phase is one that would be highly unlikely and one where we would look across the community and decide which operations would impact and displace the least number of people. In the event our staffing levels dictate that we implement this phase, we will consolidate resources and work to keep the Fireside, Refectory and Chesapeake open.

For any changes we need to make to service, we will do our best to communicate through any and all means available. These include, but are not limited to, posting signage at all host stands and front desks, getting the information to Channel 972 for broadcasting, posting info on the MyErickson App, and ensuring that our team members know and can communicate any changes.

While we are reviewing a few things, we want to share some of the many things our team has accomplished and worked through this year. One of the largest projects tackled was the remodel and renovation of the Shortline. Not only is the new Shortline restaurant beautiful, but it has a whole new feel to match its unique menu. Speaking of menus, this year we have seen the addition of more choices to our weekly specials—answering the call for variety. Likewise, in the later part of the year, we added a Healthy Choice option and have been more deliberate in making gluten friendly options available.

We have also enhanced our bar service in the Fireside. We now operate this bar five nights a week and do monthly fun-themed nights. We've been intentional in our approach to tackling front-of-the-house service in the community. We created a task force to address service gaps like bread service, meal delivery, and to modify the way in which we train our front-of-the-house team. With regard to training, this year for the first time we have certified a number of leaders as allergen trained. Another first for our employees this year was our all-staff, dining-services-employee town halls, which were both educational and motivational. This is one of the ways we have closed the communication gap and made our teams feel more connected, which has yielded higher engagement scores, and we are confident will lead to improved employee retention in the department. As of December 1, we have transitioned all of our front-of-house teams to new uniforms. Lastly, we've added FREE lobby coffee to two additional lobbies and have done our part to help the environment by launching a "go green" initiative for carryout meals. We look forward to all that 2019 has in store for us, including the renovation of the Chesapeake and the completion of the Atrium patio project.

Because of the busyness of the holidays, we will not be holding a Dining Service Town Hall in December. We look forward to seeing everyone in the new year at the January Town Hall on January 25 in the Auditorium. On behalf of the whole department, we wish you and your family a Happy Holiday season and a very Happy New Year. With the holidays in mind, we want to close with this special reflection of a holiday tradition celebrated by Chef Victor Cirrincione and his family...

The Italian Feast of Seven

My family has been celebrating the feast of seven for the last three generations. It is also a celebration of family and for those who are as close to us as family. The Feast of the Seven Fishes has been a part of American culture for many generations. But it is not called the feast of seven in Italy and is not a feast but rather a grand meal. Christmas Eve's feast of seven is an abundance of seafood that is reflected in the Italian diet as an observance of abstinence from meat until the feast on Christmas Day itself.

It is unclear where the term Feast of the Seven Fishes comes from. The meal may include seven, eight, or even nine specific fishes or seafood that are considered traditional. However, some Italian-American families have been known to celebrate with nine, ten or even eleven different seafood dishes. In some of the oldest Italian American families, there was no count of the number of fish dishes served. Dinner began with some version of clams or mussels in spaghetti and baccalà, then progressed onward to any number of other fish dishes.

Italy boasts of so many different culinary regions between the north and south. Each of the twenty regions has a different culinary tradition for the Christmas Eve dinner.

My father's side of the family is located in New York so, when he moved to Maryland, he started the tradition here. Due to the distance, our family from New York could not make the trip down to Maryland, so we opened up our home to those closest to us so we could share the celebration with people we love. My best friend Gary (who is of the Jewish faith) has been coming to this Christmas eve celebration with my family for the last thirty-eight years. Gary, though not family by blood, is as much a brother to me and a son to my father as anyone can be. This is my favorite time of the year and the memories will last forever.

Here is the menu we serve to celebrate the feast of seven:

First Course

Mussels with Tomato, Sicilian Clams, Baccala (Salted Cod), Italian Seafood Salad (Calamari, Shrimp)

Second Course

Spaghetti with Tomato Anchovy Sauce and Toasted Bread Crumbs

Third Course

Salad with Extra Virgin Olive Oil and Lemon

Fourth Course

Baked Breaded Flounder

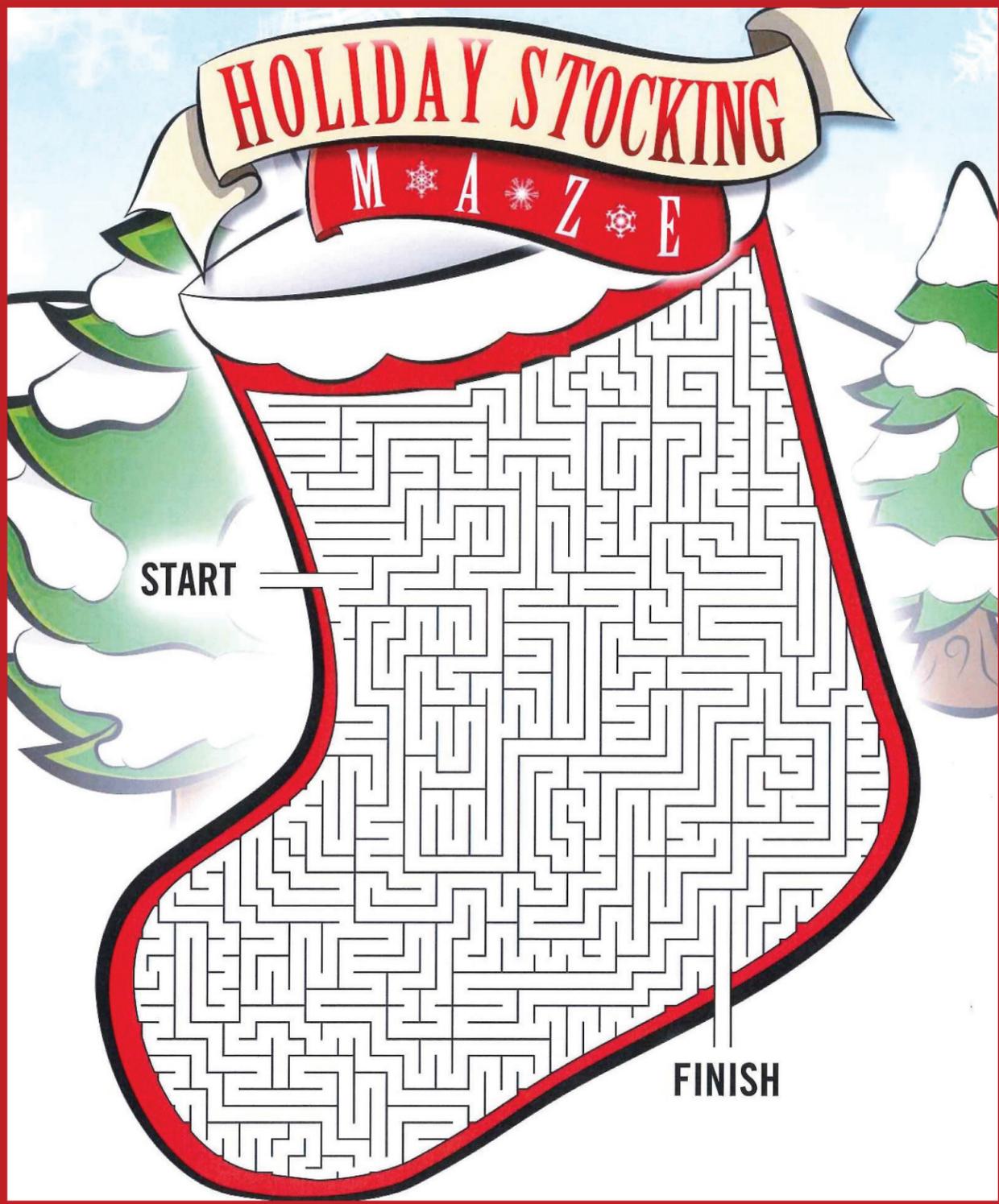
Fifth Course

Cookies and Sicilian Struffoli (Fried small sweet dough balls with honey)

Enjoy your holiday.

Take A Break

Solution on page 15



Words of Wisdom from Gnate the Gnome

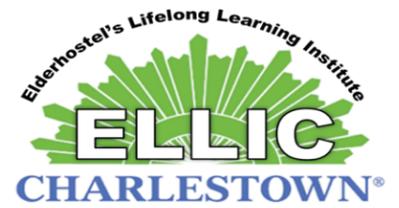
“When you’ve seen one shopping center, you’ve seen a mall.”

Comments welcome:
gnatethegnome@outlook.com



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

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



ELLIC Help Wanted

The Steering Committee Needs You! If you have computer skills, such as Microsoft Word, Microsoft Excel, and/or graphic design, we could use your assistance for the following tasks:

Auditorium Booth Assistance: Love Tech and have a desire to learn?
 Call - Ralph Strong 410.242.6288

Catalog Production Assistant: Knowledge of Microsoft Word and Excel, graphic design.
 Call - Valerie Ponsini 410.242.6062

Communications Assistant: Knowledge of Microsoft Word, PowerPoint, graphic design.
 Call - Jude Socher 443.709.2110

Curriculum Aide: Willing to make telephone and email contacts.

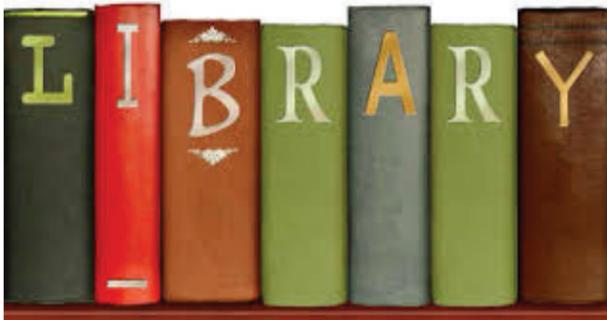
Instructors: Willing to share professional knowledge, personal investigations/study, life experiences, and/or travel.
 Call - Art Chenoweth: 410.242.6335

Registrar: Computer skills, some spreadsheet experience a plus.
 Call - Gif Intlekofer: 410.242.5262

Reminder Card Production: Use your home computer and printer to produce ELLIC class reminder cards.
 Call - Ralph Strong 410.242.6288

In Memoriam

Brian MacDonald	October 17, 2018	RGS-411
Gertrude Parlett	October 18, 2018	BR-433
Wayne Hobbs	October 20, 2018	BR-314
Dennis Hagan	October 22, 2108	CY7301
Katherine (Dixie) Schaefer	October 22, 2018	BR-431
Charles Mason	October 23, 2018	BR-302
Audrey Wallenhorst	October 24, 2018	RGS-121
Howard McCord	October 30, 2018	RGN-226
Medaris Oliveri	October 31, 2018	BR-334
Kearney Murray	October 31, 2018	HR-136
Rebecca Patras	November 2, 2018	BR-626
Martha Bardarik	November 7, 2018	RGS-432
Blanche Curran	November 10, 2018	RGS-417
Martha Christopher	November 11, 2018	BR-601
Leo Sofianek	November 15, 2018	BR-633
Ann Whipps	November 16, 2018	RGS-412
Anna Johnsen	November 16, 2018	CY7108
David Pollitt	November 16, 2018	CC-405



**CHARLESTOWN'S
RUTH HOUCK LIBRARY**

December Library Notes

Be on the lookout for these new books, and more, on the Library shelves:

- In Turbulent Times* by Doris Kearns Goodwin
- Probable Claws* by Rita Mae Brown
- Long Road to Mercy* by David Baldacci
- From Broken Glass* by Steve Ro
- The Great Alone* by Kristin Hannah
- Leverage in Death* by J. D. Robb
- Texas Ranger* by James Patterson
- Fear: Trump in the White House* by Bob Woodward
- Tailspin* by Sandra Brown
- Shadow Tyrants* by Clive Cussler

If you don't see what you want, come back in a few days and try again. There's always something interesting, fun, and informational.

Keep on reading!
Myrna Retsky

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

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

**Merry Christmas and Happy New Year
From the Pet Lovers Group**



The Pet Lovers Group wishes all of Charlestown a warm and fuzzy Holiday Season. Beginning next year, we would like to feature a “Pet of the Month” in each issue of *The Sunburst*. If you would be willing to have your pet photographed and share a short story about your pet with us, please let us know. We also welcome ideas for future articles. See you next year! Happy Holidays!

Linda Holfelder (410) 501-3696
harlin523@gmail.com

Elsie Kemp (410) 314-9640
ekemp21774@yahoo.com

Book Review

December, traditionally a pause in the Book Review schedule, is a month of transition this year. Jane Backstrom and Narka Ryan plan to step back from their roles as co-chairs. They have provided smooth coordination of stimulating presentations which Charlestown readers enjoy. With their guidance, I am pleased to continue this activity.

Since my husband and I moved here over a year ago, we have been delighted with the monthly reviews of nonfiction and fiction works delivered by avid readers, scholars, authors, and teachers. Gathering with others devoted to lifelong reading and learning is a special bonus of living in this community.

Holiday times are often book giving and receiving opportunities. As you do your book shopping and reading, make note of anything you think would be interesting for review in 2019. Happy holidays and happy reading!

Janet Neer and Jane Backstrom, Co-chairs

**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, December 7, 2018
Charlestown Square Classroom 116
2:00 p.m.

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

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

3 DIFFERENT PROGRAMS

Bring your friends...it's FREE!



Community Lecture Series

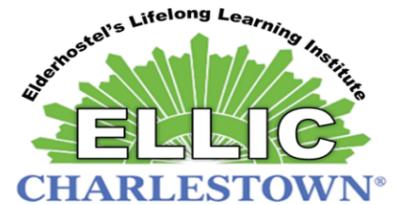
**Dr. William Yap
Rheumatologist**

**Presenting on:
Psoriatic Arthritis**

**Wednesday, December 12, 2018
at 11:00 a.m.**

**Location: The Auditorium
(Edgewood, 2nd floor)**

For more information about the Community Lecture Series, please contact:
Judi Welsh, MS/CDP,
Resident Services Coordinator
410-737-8838, extension 601.8311
judith.welsh@erickson.com



Check our **Fall 2018 Catalog** for more information regarding these offerings.

Stories of Our Favorite Christmas Carols
[catalog page 31]

Instructors: Valerie Ponsini & Evelyn Chesnutt
**Monday, December 10
Auditorium, 1:00 – 2:30 p.m.**

A Christmas Carol

[catalog page 24]

Instructor: Christopher Davis

**Friday, December 21
Auditorium, 1:00 – 2:30 p.m.**



The Chapel, Our Pride & Joy

[catalog page 34]

Instructor: Fr. Leo Larrivee

Thursday, January 3

Chapel, 1:00 – 2:30 p.m.

**2019 ELLIC Spring Catalog release:
Wednesday, January 9, at 9:00 a.m.
Registration begins on that date!**

Interested in supporting the ELLIC committee?
See our **Help Wanted** ad.
Details in this edition of *The Sunburst*.

Stay informed by watching your lobby bulletin boards, Channel 972, via the My Erickson app, or online via ccicharlestown.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

**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



“Around Town Tour”

Make your reservation
for the next tour.

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

Doris Cooney, 410-737-1556

ARCHIVES USES TECHNOLOGY AS WELL AS LESS-GLAMOROUS TECHNIQUES TO PRESERVE CHARLESTOWN'S PAST FOR THE FUTURE

What did John Erickson do before he "invented" Charlestown? Would you like to know the theme of Charlestown's 2011 Gala? Is your group or organization planning a project or event that could benefit from historic information?

The answer to these, and many other questions, can be found in our quickly evolving Charlestown Archives, and it's a treat to visit there. Curator Janel Douglass' primary mission is to make a vast store of material eminently accessible and user-friendly for every visitor, and her focus on comfort-of-use is evident everywhere in the office.

If you're a computer-savvy researcher looking for specific photos or information, Janel will help you find what you're looking for in the Archives' computer files. She also will make you a paper copy to take along when you leave (or you can email a file to your home account).

But if you prefer to pursue a paper trail, Archives Group volunteers have been hard at work preserving in page protectors and putting into durable binders a number of absolutely fascinating files of documents and photos. These beautifully organized books cover such topics as John Erickson, Charlestown Pioneers, the OLOA Chapel, and the Short Line Railroad. In addition, there are binders on the Construction of Charlestown, Erickson Living and Board of Directors Organization Charts, Property Maps, Residents' Council Organizational Charts from 1983 to the present, and Charlestown Market Analysis and Promotion from 1983 to 1994.

These books make it possible for visitors to comfortably leaf through vintage files covering years and years of Charlestown history without damaging or getting them out of order, and the originals of these documents are safely preserved and stored in the several filing cabinets lining the Archives office. Whichever method of reading you prefer, you can enjoy visiting Charlestown's past to your heart's content.

Thanks to the amazing generosity of residents during the October fund-raising raffle, sponsored by Friends of the Archives, Janel now has the money to buy several items for use by her and her few volunteers that most offices would consider very fundamental equipment ... a second computer, tables and shelving, and preservation sleeves to protect original documents, articles and photos—nothing fancy, but all very, very vital to efficient and effective office management.

Janel reports that Pioneer Leineke Van Opstal recently visited the Archives while early work on this project was in progress. She thoroughly approved of the John Erickson binder, and said she enjoyed reliving some happy memories.

Dayle Dawes



CHARLESTOWN FILM LIBRARY

Top Movie Dance Scenes

In a recent *Washington Post* article, dance critic Sarah Kaufman provided a list of her favorite movie dance scenes. In making her choices, she looked at various factors: mastery of technique, imaginative choreography, quality of the music, design, and storytelling; in the process she only considered specific dance scenes, not the quality of the movie itself.

Of the 31 movies in her list, 20 (65%) are owned by the Film Library. These are listed below: *Swing Time* (1936), *Singin' in the Rain* (1952), *An American in Paris* (1951), *Broadway Melody of 1940* (1940), *Seven Brides for Seven Brothers* (1954), *West Side Story* (1961), *Saturday Night Fever* (1977), *All That Jazz* (1979), *Gentlemen Prefer Blondes* (1953), *The Band Wagon* (1953), *The Red Shoes* (1948), *Dirty Dancing* (1987), *Damn Yankees* (1958), *Stepmom* (1998), *La La Land* (2016), *White Nights* (1985), *Silver Linings Playbook* (2012), *Pulp Fiction* (1994), *A Chorus Line* (1985), *Pennies From Heaven* (1981).

The full article, listing the 31 movies with a description of each dance scene, is contained in the Library's reference notebook "Miscellaneous Best-Picture Lists."

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



THE GALLERY NEWS

December can be a hectic month. Here at Charlestown, find an oasis of peace and relaxation by visiting the Gallery, where the Members' Show is still on display, with some subtractions since its opening due to sales, and some additions, due to replacements by the artist, our way of keeping this a "living gallery."

Widely admired as one of the best exhibits the Fireside Artists has mounted, this show has something to interest everyone, including exciting photography by new members Cal Williams and Chuck Wright, abstract work on handmade paper by Millie Isaacs, and fascinating still life paintings by Harvey Kirstel that are not really still life, but surreal takes on that genre. All this and much more waits to be discovered here ... perhaps even the perfect gift for that person we all know who "has everything." After all, this art work is all original and can never be found in any department store.

Also in the gallery is a show by December's Artist of the Month, Jody Primoff. Here I must confess that this is me, and confess also that I find it difficult to write about myself. However I will try to give a little information about my life in art.

I grew up in upstate New York and was fortunate, from the age of ten until I graduated from high school, to be able to attend children's classes run by real artists at a local arts institute. Those classes instilled a love of painting that continues to this day, even as I pursued other career paths, such as working in publishing, teaching special education and writing. Whatever else I was doing, always, somehow, there was time to paint, as well as to exhibit, enter shows, and forge connections with several art galleries.

Eventually I found my way to Charlestown, and feel fortunate to have done so. Although I have pulled back somewhat from some of my outside commitments, here I find myself happily involved in our vigorous art community. I feel very lucky to be able to work in our renovated art studio on Main Street, help maintain the Gallery, and attend the monthly meetings of the Fireside Artists (open to all) where I meet fellow artists and enjoy programs centering on art-related themes. I plan to continue my art journey as long as possible.

At this holiday season, I encourage all to join in and celebrate the arts at Charlestown.

Jody Primoff

New Ceramic Club!

After a successful two-day ELLIC clay workshop, members of the group have decided to continue working together as a club focusing on experimental ceramic techniques.

The club will meet on Wednesdays from 1:00 - 3:30 p.m. in the Main Street Art Studio. An initial charge of \$10 will cover cost of supplies. New members are invited as room allows.

Contact Jane Morais at
janeKelly1936@yahoo.com
for more information.



LGBT+ Meeting
Thursday, December 6 at 3:00 p.m.
Brookside Classroom 1

Dealing with the Holidays, Past and Present: a social gathering with light refreshments and some discussion.

We welcome anyone who is a member, friend, or ally of the LGBT+ community to a meeting for about an hour. Call 443-833-3679 for more information.



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
- MyErickson App
- CH 972 Charlestown Today Show - “Entertainment Minute”
- Local newspaper announcements, *Baltimore Sun* and *Catonsville Times*
- Flyers on campus bulletin boards
- Charlestown’s Resident Website at: <http://www.ccicharlestown.org/resident-life/events/>

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

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.

AMERICAN YOUTH HARP ENSEMBLE
Sunday ~ December 2 ~ 3:00 p.m.
Chapel



Since 1999, the American Youth Harp Ensemble (AYHE), based in Richmond, Virginia, has brought world class music to enthusiastic audiences in the U.S. and abroad through hundreds of performances, recordings, television, and radio. They continue to dazzle audiences as America’s premier harp ensemble, well known for their imaginative programming, musical sophistication, rich sound, and emotional power.

The AYHE is comprised of four performance ensembles and seven outreach programs serving nearly 300 youth with conservatory level instruction, therapeutic music instruction, community service and performance opportunities. The elite traveling ensemble of twelve professional level students have astonished audiences throughout the world.

The AYHE is an innovative resource for increasing the appreciation, performance, instruction, and therapeutic value of the harp.

Lynelle Ediger-Kordzaia is founder and Artistic Director.



OLOA CONCERT SERIES



THE SUSPICIOUS CHEESE LORDS
Sunday ~ December 16 ~ 3:00 p.m.
Chapel

The Suspicious Cheese Lords, a male a cappella ensemble, is pleased to return to Our Lady of the Angels to help celebrate the Advent and Christmas season. Selections will include motets from Renaissance Europe and contemporary favorites. Come join us for a delightful afternoon of song!

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 Ext. 601-8298.

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.

BALTIMORE BRASS QUINTET
HOLIDAY CONCERT
Thursday ~ December 13 ~ 7:00 p.m.
Auditorium



The Baltimore Brass was founded nearly two decades ago by graduates of the Peabody Conservatory over a few beers in a dimly lit below-ground stone-cellar known as Brewer’s Art, locally famous for their own superb craft beer. Since then, the ensemble has taken many twists and turns to grow into the high-caliber yet musically diverse ensemble you see here today. Some people recognize them as a refined chamber ensemble, and others recognize them as a fierce brass band. No matter their shape or form, the Baltimore Brass is always at the top of their game entertaining audiences young and young at heart.

TICKETS are \$5 and will be sold on Monday, December 10 from 4:00-5:00 p.m. in the Chesapeake, Fireside, and Terrace Café lounges. Tickets will also be available at the door beginning one hour before the event if not sold out at the advance sale. If you are not a Charlestown resident or if you are a resident who missed the advance sale, please call **410-737-8838, ext. 8577** after December 10 to reserve a ticket.

THE HARMONIZERS

Please save the dates of Thursday, December 6, and Friday, December 7, for the Charlestown Harmonizers’ 2018 Holiday Concerts! Our Chorus of 50 singers have been rehearsing all fall to celebrate the upcoming season with Christmas, Hanukkah, and other secular and inspirational pieces. The Auditorium will open its doors at 7:00 p.m. each night, and tickets will be \$6 at the door.

Advance Ticket Sales will be on Tuesday, December 4 at the following times and locations:

- 9:30 - 10:30 a.m.—Terrace Café Lobby
- 11:00 a.m. - Noon—Chesapeake Lounge
- 12:30 - 1:30 p.m.—Fireside Dining Room Lobby

Tickets at the advance sale will cost \$5. If you need a wheelchair/EMV space reserved for you, please be sure to ask for a “special” ticket! All residents, family and friends and staff are cordially welcome to celebrate with us! For ticket information, please call Joan Wellmann at 410-247-0390.



A member of the Little Theatre Company had the thought escape from her head this fall that 2019 would be a good year for a new “Follies” production. The last one was in 2014. While admitting that the title is merely the plural of the word “folly” which Webster says “implies a lack of sense,” Lorraine Varacalle has taken the challenge and has put out a call for ideas, specialty acts, musicians, skit readers, a master of ceremonies, and backstage and ticketing help. If enough residents participate, it will be a lot of fun. All performer volunteers are invited to the Company’s December meeting on Tuesday, December 4, 2018, at 1:30 p.m. in the Cross Creek Creative Arts Studio. There will be a couple of rehearsals in January and February before the performances in the Auditorium for Thursday, February 21, 2019, at 7:00 p.m. and Saturday afternoon, February 23 at 2:00 p.m. Why not give Lorraine a call at 410-314-9002 to encourage her, discourage her, or offer your support?

SCHOOL PERFORMANCE

ARBUTUS MIDDLE SCHOOL
HOLIDAY CONCERT
Monday ~ December 17 ~ 10:30 a.m.
Auditorium

Arbutus Middle School Band Director Kelly Tucker-Boyle (daughter of Charlestown residents Charles and Sondra Tucker) and her colleagues will present large ensembles from Arbutus Middle School’s music department, including Honors Orchestra, Jazz Band, Wind Ensemble, and Chorus. Come support these talented young musicians! Admission is free. This performance is for Charlestown residents and their invited guests. Please contact Ext. 601-8577 for more information.

More Holiday Performances

Students from Dance Connections Studio
present scenes from “The Nutcracker” and a
USO Show

Sat., December 8 at noon in the Auditorium

Charlestown Band
Thurs., December 13 at 3:45 p.m.
Chesapeake Lounge

Arbutus Middle School Wind Ensemble, Jazz Band, Honors Orchestra, and Honors Chorus
Mon., December 17 at 10:30 a.m. in the Auditorium

Trinity Girl Scout Troop Carolers
Mon., December 17 between 4:15 and 5:15 p.m.
in various dining rooms

Please be sure to check MyErickson, the bulletin boards and the Channel 972 scroll for any updates or additions.



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 DIRECTORS OF NURSING

Gisele Koveri, ext. 601.8839
Open, 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

Open, ext. 601.8578

REHABILITATION MANAGER

Open, ext. 601.3336

DINING MANAGER

Robin Moore, ext. 601.8037

HOUSEKEEPING SUPERVISOR

Kim Early, ext. 601.8557

MAINTENANCE SUPERVISOR

George Taylor, ext. 601.8354

ASSISTANT LIVING MANAGER-CATON WOODS

Alexandra Compton, 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: Open, 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



CHRISTMAS MITTEN TREE

Donations of mittens, gloves, scarves, caps and socks can be placed on the tree.

During the month of December, Mitten Trees will be located in the following areas: Fireside Lounge, Chesapeake Lounge, Caton Woods, and RG.

Collected weekly, donations will be given to local elementary school children.

Sponsored by:

The Diversity & Inclusion Council and the Erickson Living Values Team

HOLIDAY SHOPPING

Monday, December 10, 2018
Erickson Conference Center

YOUR TOP 3 FAVORITE VENDORS
WILL BE PRESENT:

K & J \$6 SALE

(9:00 a.m. – 6:00 p.m.)

VAN DYKE & BACON SHOES

(9:00 a.m. – 2:00 p.m.)

JRC JEWELERS & WATCH BATTERY REPLACEMENTS

(9:00 a.m. – 2:00 p.m.)

Clothing, shoes, accessories, handbags, jewelry, cosmetics, craft, home décor, gift items and much more!



Just in time for Holiday Shopping...



Did you know that when you purchase items on Amazon Smile a donation will be made to the charity of your choice?

“Charlestown Community” is now a registered charity you can select, and all proceeds go directly to the Benevolent Care Fund.

Be sure you are on Amazon Smile when you do all of your online holiday shopping!

<https://smile.amazon.com/ch/52-1315965>



Charlestown
Benevolent Care Fund

BOUTIQUE’S UNIQUE RANGE OF SERVICES INCREASES THE NUMBER OF HAPPY CUSTOMERS AND SALES

Did your favorite shop ever bring a selection of clothing to your neighborhood so that everyone on the street could enjoy a special shopping event, or select and deliver items of clothing from your own wish list to try on in the comfort of your home?

Does the manager at Kohl’s open the local store so that you and a visiting relative or girlfriend can enjoy a private shopping spree at your own convenience? If you are shopping alone, does an associate ever offer to accompany you into the dressing room to help you try on clothes you can’t manage on your own? And when you’re ready to clean out your closet, does someone come to your home to help you vet and pack up your nicest pieces of clothing and accessories to donate to a worthy cause?

“No!” you say? “Never!”

Well, every one of these fantasy moments happened at Charlestown’s very own Ladies’ Boutique in 2018! And that’s one reason why the boutique’s customer base is growing, right along with weekly sales.

Two well-received visiting Trunk Shows at Caton Woods and a couple of pretty stunning displays in the large window near the Shortline also have lured shoppers in, and since both displays were timed to coincide with a Treasure Sale, the shop is seeing an increase in the number of non-resident visitors.

Regular *Sunburst* articles about the boutique’s inventory and activities have informed both new and long-term residents about what’s really going on at this Charlestown gem. And the boutique rings in 2019 (and celebrates its 5th anniversary!) with plans to continue promoting its services and wares, and add a few new “wrinkles” to the agenda ... among them, regularly-changing announcements on the MyErickson Daily Happenings.

So ... Happy New Year to our “Frequent Fliers” who keep their wardrobes interesting, exciting and fresh with purchases from the boutique’s racks and shelves. They know where to find brand-name clothing and accessories (often never-worn and with store tags still on) at unbelievable prices (there’s a brand-new, never-carried Coach bag on the shelf right now for a small fraction of its original cost). And a Joyous 2019 to those who drop by occasionally and to future first-time visitors; you are in for a treat!

Dayle Dawes

As of December 6, 2018,

Physicians Eye Care

will move to Harborview 1st Floor Medical Specialty Office.

For questions, please call
410-644-9515



Philanthropy

Patti Santoni, Director

BENEVOLENT CARE

Hello Charlestown friends! As we know, the end of the year is around the corner. According to MobileCause, a fundraising website, from Thanksgiving to New Year’s Eve, American generosity skyrockets, causing people to be more generous with their time and money and to make donations, volunteer, and help raise support for causes they care most about.

Donors get involved with non-profits over the holidays for four primary reasons:

1. To be happier by helping others
2. To feel good about themselves by making a difference
3. To be connected to something positive
4. To take advantage of tax deductions

This year we celebrate Charlestown’s 35th Anniversary! What an amazing milestone. We’ve encouraged contributions to our 3 funds: Scholars, Benevolent Care and Staff Appreciation, and residents have once again shown generous support. Here at Charlestown we are truly a CommUNITY. Neighbors helping neighbors through support of Benevolent Care, offering college scholarships to our Dining Students and a Holiday Bonus to make the season a bit brighter for our hourly staff. To those who have given generously of time, talent and treasure, I say thank you. Here’s what’s on my Christmas wish list as we close out 2018.

Existing donors: Consider making a planned gift through your entrance deposit. Special green leaves on the Legacy Tree are available for any cash or entrance deposit donation of \$5,000 for the small leaf and \$10,000 for the large leaf. These gifts ensure long term sustainability of the Foundation. (Legacy Tree Re-dedication Ceremony 12/5 at 2:00 p.m.)

New donors: If you have never made a donation, consider making a year-end donation to benefit Benevolent Care to help keep the “Home for Life” promise for all your neighbors.

Ambassadors (those of you who help raise donations for Charlestown): I challenge you to contact everyone in your social circle, have conversations with fellow friends and neighbors about why you give and encourage others to join you. Remember – family members outside of Charlestown can ALSO support the efforts, and we accept credit card donations via phone.

Volunteers: Continue to support through engagement with our events and Treasure Sales. Your time is SO valuable to us and we thank you. Ask a friend to consider volunteering, too.

Social media followers: be sure to LIKE our Charlestown Treasure Sale Facebook page and encourage your friends and family to do the same. It’s a great way to get a sneak peek at all the great items in our sales before you even get to the room! We are also now an approved charity for Amazon Smile program. Just select Charlestown Community Inc. as your charity, and Amazon will make a donation for each purchase you make through the site!

It’s been a great 2018 so far. Thank you for all that you do to support our Philanthropic efforts. Please reach out to us to discuss your year-end gift and/or to secure your special green leaf on the Legacy Tree (for gifts and/or entrance deposit designations received by 12/31/18).

Wishing you all a wonderful holiday season and a healthy and happy 2019.

Patti Santoni, Director of Philanthropy

IN REMEMBRANCE

Gifts were made during the month of October to Benevolent Care in memory of Dennis Hagan, Julia Hershfield, Thomas Hobbs, Dr. Linwood Ivey, Carroll Files, Eleanor Greene, Elaine McKay, Charlotte Valentine, and Ruth Vanderlinde. These gifts serve as a tribute to their interests and accomplishments. Please join us in extending heartfelt sympathy to loved ones left behind.

IN HONOR OF

A gift was made during the month of October to the Benevolent Care Fund in honor of Rachel Wynn’s 100th Birthday in November. Happy Birthday Rachel!

TREASURE SALE

We broke yet ANOTHER record and had the largest Treasure Sale in history during the October Treasure Sale, bringing in **\$37,529.20!**

Special thanks to our directors Sara Nixon, Sharon Stewart and Tom Showe, as well as ALL of the volunteers who worked so hard to make the sale run so smoothly! We also want to thank everyone who made donations over the past few months, those of you who shopped, and everyone who helped spread the word to get the shoppers in the door. It’s just amazing how all those “little” things add up to huge dollars of impact for the community. The Treasure Sale is so much more than a three-day shopping event. It truly is an ongoing process that could not be as successful without the dedication of all our volunteers and who help of our many departments throughout the community!

We are currently looking to fill the role of the Treasure Sale Director for the Brookside sorting room. This Director is one of three Directors who oversee the entire process of the Treasure Sale. The Brookside Director has many responsibilities that involve organization and coordinating with other residents, internal departments and the outside community, and requires approximately 10 hours per week of commitment. If you would like to hear more about this important role within the Treasure Sale, please contact Emily Fowler at 410-737-8892.

Join us for the next Treasure Sale!

THURSDAY, JANUARY 10
9:00 a.m. – 2:00 p.m.

RESIDENTS and EMPLOYEES ONLY
(BADGES MUST BE WORN)

***FAMILY MEMBERS** MAY ACCOMPANY A RESIDENT FOR SHOPPING:
Noon – 2:00 p.m.

INVITE YOUR FRIENDS AND FAMILY TO COME SHOP ON:

FRIDAY, JANUARY 11
9:00 a.m. – 2:00 p.m.

SATURDAY, JANUARY 12
9:00 a.m. – noon

All welcome!

Visitors will be allowed on campus beginning 8:30 a.m. both days

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. **Please note that pickups will end on Friday, December 21 so that our volunteers may enjoy the holiday season with their families and to prepare for the upcoming sale**



Like us on Facebook



Cars for Care

Car Donation Program Benefitting Charlestown’s Benevolent Care Fund

Easy, Convenient & Tax Deductible

Donate your unwanted vehicles to **Cars for Care**. Your donation will directly benefit Charlestown’s **Benevolent Care Fund**.

We take care of all the details: pick up the vehicle (will tow if necessary), cancel your parking space, and turn in your license plates to the MVA at no cost or bother to you!

For more information or to set up an appointment contact:

**Lisa Zehring ~ Philanthropy ~ (410)737-8838
ext: 601.8397**

Done with it? Do good with it.



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 Appointment
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





Now is the time to check out Erickson Advantage – the health plan designed specifically for residents living in Erickson communities.

Erickson Advantage plans can offer you more coverage than Original Medicare. Some of the extra benefits you could get with an Erickson Advantage plan include: hearing aids, vision benefits, transportation to plan-approved medical appointments, preventative dental services, and prescription drug plans.

We have plans to fit a variety of situations and needs. We have plans for those interested in lower monthly premiums, living with chronic conditions, in need of prescription drug coverage, and who need a plan to work with VA benefits or who are living in Long-Term Care.

Call Jennifer Simon, your Charlestown licensed sales agent, at 443-297-3110, TTY 711, Monday through Friday, 8:30 a.m. – 5:00 p.m. local time, or email jennifer.simon@erickson.com.

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.

*Jennifer Simon
Health Insurance Resource Manager,
Erickson Advantage*

"Blessed, Grateful, Giving"



NEW ARCHIVES CABINET DISPLAY

Celebrate the holidays at Charlestown through the years. See the new display in the Archives cabinet located at the Brookside Bridge, entitled "Charlestown's Holiday Spirit – Blessed, Grateful, Giving." See how many holiday items you see in the display. For some there is only one, for others there are 20 or more. Find the Holiday Invitation, Pioneer, Nutcracker, Butterfly, Flag, Wreath, Chapel, Marine, Balloon, Elf, Santa, Menorah, Conductor, Founder, Gloves, Antlers, Turkey, Gingerbread, Christmas Suit, Holiday Tree, Train, and Caroler. Enjoy this holiday season.

Email the Archives your thoughts on why you are Blessed, Grateful, and Giving. Your emails will be added to the Digital Archives. Email - CharlestownArchives17@gmail.com

**Happy Holidays to Charlestown
From the Charlestown Archives Group.
We Are Blessed by Your Support.**



Medical Center Update

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



Dr. Matt Narrett, Chief Medical Officer for Erickson Living, visited our community on November 13, 2018, and gave a lecture to our residents in

the Auditorium. Over 75 residents showed up to hear him speak about the many wonderful benefits associated with our onsite medical center, our team of medical providers, as well as Erickson Advantage. He also spoke about our interdisciplinary, one-team approach to offering care as we go about ensuring the quality of life for all our residents. In a world where health care services are often run to just increase financial profit margins, our Erickson model is based upon excellence in quality and service. Independent studies have shown that the Erickson Health Model of Care continues to rank among the very best in the nation in

achieving quality of care coordination and better health outcomes for seniors. Dr. Narrett talked about the overall objective surrounding keeping our residents healthy and out of the hospital in order to enjoy all the amenities that our Erickson communities have to offer.

On a personal note, Dr. Narrett fondly recounted his history with Charlestown as he once served as the Medical Director of our medical center, after which he was promoted to oversee all of the Erickson Health Medical Group. He was succeeded by Dr. Myla Carpenter, Medical Director, who has since carried on the fine tradition of leading the charge here in our community.

At the end of his presentation, Dr. Narrett fielded multiple questions from those in attendance, and it was quite clear that his message was well received.

Parkinson's Disease Caregivers' Group Meeting

Wednesday, December 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 Parkinson's Disease and Movement Disorders Support Group invites you to attend the following discussion group meeting:

Monday, December 10, 2018
Presentation by Stephen Grill, M.D., Ph.D. from Parkinson's & Movement Disorders Center of Maryland

10:00 - 11:00 a.m.
Charlestown Square Classroom 116

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

Poets' Spotlight

Christmas

Holy and beautiful is the night
Holy and beautiful is the day.
Christmas bells are ringing,
All the choirs are singing.
The Christ Child is here to stay,
For all the world in silence pray.
"Glory to God in the highest."
The star this night is with us,
Shining on the baby Jesus.
On earth the world around,
Let our hearts with joy abound.
Put away hate and fear,
For the Lord our God our King,
Join in the message that He brings.
We say and pray again and again,
"Peace on earth good will to men,"
May we in all our churches arrive,
Receiving love and hope, we can survive.
For Christ the Lord is King,
"ALLELUIA."

Helen W. Tyler

Bulletin Board

Our Newest Residents



Linda and Richard Barnes	BR-322
Linda and Don Burgard	HR-302
Mary and Gene Dadin	BR-615
Kate Deckard	HR-539
Marva Heier	HR-T05
Barbara and Robert Heydt	CC-515
Mable Honemond	HR-240
Doris Ann and Peggy Kramer	GC9-G11
Kathy Nowak	HR-407
Patricia and Mike Phayer	PV-101
Jane and Gordon Piche	ST-613
John Pomarzynski	CC-320
Ilse Steffen	HR-238
Jeanne Stevens	HR-624
Elizabeth Zephir	CR-210

Conservative Values Study Group

We meet on the 3rd Thursday of each month in the Brookside Classroom 1. 7:00 - 9:00 p.m.

There will be no meeting in December.

The next meeting will be on January 17, 2019!
Mark your calendars.

Topics to be studied in 2019 will include:
Immigration, Amnesty, and Border Security
Socialism and Capitalism
Identity Politics
The Constitution

ALL ARE WELCOME!

ALS Cleaners

Always Looking Sharp

Providing excellent door-to-door service with a smile!

- ❖ Dry Cleaning
- ❖ Wash and Fold
- ❖ Press Only
- ❖ Alterations
- ❖ Household Items
- ❖ Shirt Service
- ❖ Monthly Discounts

Call (410) 655-3312

Charlestown Diversity & Inclusion Council presents...

"Cooking with Dean"

Friday, December 14, 2018
11:00 a.m. – Noon
Auditorium



Dean Crawford from the Medical Center will be your Host.



Our "Guest Chef" will be **Charlene "Sally" Didomenico**
Charlestown Resident

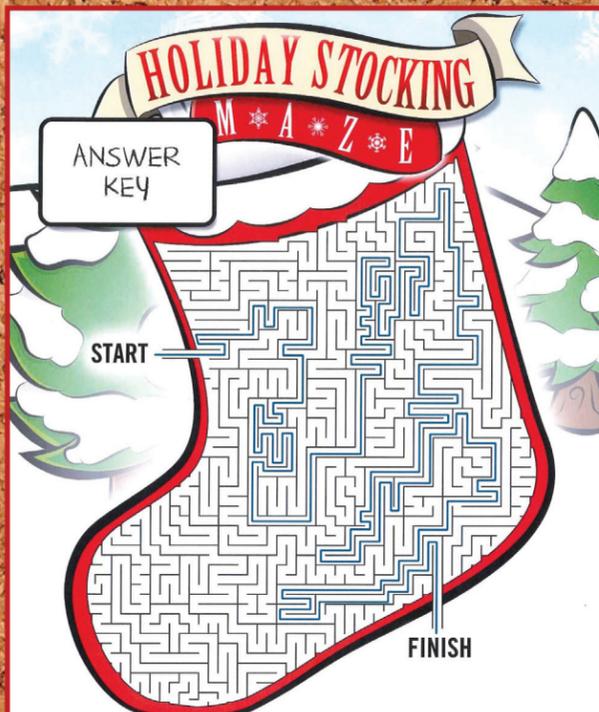
For the first time, *Cooking with Dean* will feature a Charlestown resident as the "guest chef!"

Join us as Sally takes us on a journey through Italy while she whips up some fresh Cannolis from scratch!

Samples of this delicious treat will be made available to everyone in attendance.



Solution from page 7



Winter Wonderful You

Join us in the salon for refreshments and a free mini service.

Help us spread beauty this holiday season!
For each person who attends the Winter Wonderful event, we will donate one pair of Truist Moisturizing Socks to a local hospice center. Please join us in giving back!

Monday, December 10, 2018
10:00 a.m. - 1:00 p.m.
PS Salon & Spa - Charlestown Square





Resident Life

Sherry Parrish, LCSW-C, Director



INTERMISSIONS CORNER

Happy Holidays! There are many things to celebrate and look forward to in the month of December. Something that many of us enjoy about this

time of year is the music. Whether the songs are secular or religious, they always bring about fond memories of holidays past. We will listen to some of the classic favorites we all love and incorporate some modern music as well.

Many of our participants enjoyed baking, especially Christmas cookies. We will have our own cookie baking/decorating day and reminisce about all the different types of cookies we've made over the years. The holidays are also a time when many people travel to visit loved ones. While we aren't planning any big trips, we will take a virtual tour to visit Texas. Towards the end of the month, we will talk about the highlights of the year and some of our favorite traditions for New Year's Eve.

A reminder: While the holidays bring much joy, they can also be a stressful time of the year for caregivers. These stresses can be related to scheduling, running errands, doctor's appointments, traveling, and planning for family visits. We have many caregivers at Charlestown, and I'm sure some of them are your neighbors. Sometimes the best gift of all is simply asking, "How can I help you?" Maybe it's something simple like checking their mailbox, picking up dinner, staying with their loved one for half an hour or running a small errand for them. Sometimes the simplest gesture can go quite a long way.

From all of us at Intermissions, we hope you have a Happy Holiday season!

Kayleigh Reese, Intermissions Coordinator



Maureen's Moment

It's the most wonderful time of year! Thanksgiving officially began the holiday season of thankfulness and giving.

As a visual reminder of the numerous things for which we are thankful, we created a gratitude tree. We started with a paper tree with many branches which was taped to the wall. We then traced shapes of leaves on colored paper and cut them out. Each day, we took a leaf and wrote something for which we are grateful and we attached it to the tree. With each passing day, our leaves of thankful things grew in number, thus reminding us of all the good that we have in our lives. On a personal note, I am grateful for the residents of Charlestown who share their recollections of historical events and consequent words of wisdom. Charlestown is full of walking history books!

Maureen Potter

CORRECTION TO INTERMISSIONS SCHEDULE:

Recently, you all received the Ancillary Fee Schedule for 2019. Please note that the days for Intermissions are NOT changing. Intermissions is opened Monday-Friday from 9:30 a.m. - 2:30 p.m. and we will resume this schedule for 2019 as well.

Kayleigh Reese, Intermissions Coordinator



Mind your Memory

Here are the answers to the November Challenge:

1. No rest for the wicked.
2. Two can play that game.
3. A walk in the park.
4. A run for your money.

December Challenge: Christmas Rephrase It

Do your best to rephrase each title to a common Christmas song. The first answer is provided. Look for the answers in the next edition of *The Sunburst!*

1. Approach, Everyone Who is Loyal (**Oh Come, All Ye Faithful**)
2. Ecstasy Toward the Globe
3. Listen, the Foretelling Celestial Beings Harmonize
4. Hushed Nocturnal Period
5. Cobalt Sad Day in December
6. Embellish the Corridors
7. I'm Fantasizing Concerning an Ivory Yuletide
8. I Viewed My Maternal Parent Smooching with a Corpulent, Unshaven Male in Crimson
9. Frigid, the Compressed Mounds of Minute Crystals formed into a male human
10. The Thing Manifested Itself at 12 Onset of a Transparent Day
11. Us, a Trio of Royalty
12. The Hallowed Evening
13. The Coniferous Timber
14. Elsewhere in a Bovine Feeding Trough
15. The Animal Named For His Luminous and Crimson Snout

FITNESS CENTER



The Fitness Center Team hosted a Pie Baking/ Shelf Decorating contest for Thanksgiving! Once again, with the help of

our Executive Director, Clara Parker, and the residents and staff, we raised \$2,000 for the Southwest Emergency Services and The Marion House. Everyone enjoyed tasting the delicious pies that were made by our Charlestown departments and looking at the pictures taken of the shelves that were decorated by our residents.

Congratulations go out to all the winners listed below:

- **Best Dressed Shelf** – Louis Schramm (PV605)
- **Best Pie** – Fireside, Larry Johns – Dutch Apple Pie
- **Best Gobbler** – Jason Kramer, Wait Staff
- **Who Guessed the Turkey** – Sherry Parrish (Resident Life)
- **Who Was the Turkey?** - Reyn Giese III, Security and Emergency Services Manager

Thank you once again and Happy Holidays!

The Fitness Center Team

Intermissions Open House

We invite you to come to the Intermissions Room to view our new renovations, experience some of the wonderful activities we offer to our participants and enjoy some tea and cookies.

Date: Friday, December 14
Time: 3:30 - 4:30 p.m.
Where: Caton Ridge 302

Those who attend will be given a raffle for a Christmas Gift Basket. Contact Kayleigh Reese at 601-3500 for questions.

Sunburst Staff

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

Publisher: Brittany Owens
Administrative Assistant, Resident Life

Editors: Gif Intlekofer, Mel Milio,
Myrna & Herb Retsky,
Dayle Dawes

Deadline for January 2019 issue is
December 15

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

PLEASE, NO HANDWRITTEN ARTICLES