

## Sharing Our Gifts



As always, the Charlestown Community has had a busy and generous December! We were treated to beautiful, seasonal music by our resident choral group, The Harmonizers, and learned about Italian baking, while enjoying the best cannolis in the world, from our guest baker, Sally DiDomenico, on the "Cooking with Dean Show."

The Charlestown Wood Shop and CCI Leadership Team joined forces and supplied over 200 handcrafted and new toys to support the 2018 Marine Corps' "Toys for Tots" Annual Campaign! This a wonderful example of our Mission statement: We share our gifts to create a community that celebrates life!

Our special thanks to the men and women of the woodshop, who have been handcrafting these toys since May, 2018, The Harmonizers for their gift of song, and Sally for sharing her passion for baking with love!

*Sherry Parrish, Resident Life Director*



Nathan Blumberg, AED

Dear Charlestown,

Happy New Year! It seems like just yesterday we were talking about 2018, and now 2019 is here. The past year was quite an exciting one with the opening of Cross Creek clubhouse amenities, like the beautiful Shortline Café, a refreshed lobby, and new Flex-Fitness center. Additionally, the Terrace Cafe hallway was updated with flooring and handrails, while automatic exterior doors were installed at key

entry points. In looking ahead to 2019, we will be undergoing even more projects to help our residents enjoy their best lives.

What is upon us? Early this year, we will begin construction within the Cross Creek clubhouse, updating the Chesapeake Restaurant and Conference Center. These renovations will provide residents an enhanced dining venue with two distinct experiences and menus, and a beautiful conference center for events. Additionally, Channel 972 will be getting updated so that our set can enhance all of the hard work our residents and staff put in to making quality programming.

Across campus, phase 1 of Wilton Overlook, our new Skilled Nursing, Long-term Care and Memory Care building will be opening, welcoming our residents living in Renaissance Gardens South. Once residents have moved into their new home, demolition of RG South will occur as we begin to build phase 2 of the Wilton Overlook building. Amy Sarro, our healthcare project manager, will be communicating with residents and families during the first several months of 2019 to ensure a smooth transition to the new building.

In addition to new buildings and renovations, there are a number of other items occurring. We will be replacing the Brookside elevators, updating the St. Charles Atrium Restaurant patio for al fresco dining in the springtime, and fully refreshing the two bridges connecting Brookside to Edgewood and Herbert's Run to St. Charles. Finally, the St. Charles, Brookside, Herbert's Run, and Cross Creek roofs will all be replaced in 2019.

While some of these big projects, like roofs, will not directly impact residents every day, they are essential improvements to the longevity of our community. Beyond construction, we look forward to introducing mobile technologies throughout the community. Dining Services waitstaff will begin taking your orders at tablesides with mobile devices. In General Services, work orders will be triaged and completed via mobile tablets. More information will come during town halls as these technologies are launched.

We thank our residents for your continued patience as we work through these efforts; we certainly know that construction within your home is never fun, and we will limit the noise and dust as much as possible. We are looking forward to a very productive and successful 2019, and wish you all health, love, and a Happy New Year!

*Best wishes,  
Nathan Blumberg  
Associate Executive Director*



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

## NEWS FROM THE CHARLESTOWN BOARD OF DIRECTORS



David Cooney  
Vice-Chair

Happy New Year! My name is David Cooney. In addition to serving as the Vice-Chairperson of the Board of Directors, I chair the Strategic Planning and Capital Oversight Committee of the Board (SPCOC). I have shared

with you in previous columns about the role of the SPCOC in reviewing and keeping an eye on the capital needs of our campus, such as new buildings, redesigning existing buildings, or major repairs. This is the Capital Oversight hat we wear.

In this column, I want to share just a bit about our other hat: Strategic Planning. The Board, of course, pays close attention to today's needs of the community. We share your desire to have a financially sound, well-managed community you are both proud and happy to call home. We would be remiss, however, if we did not also look to the future.

If I could ask each of you if the community in which you grew up is just the same as when you lived there however many years ago, my suspicion is that more, if not all of you, would answer no. Almost certainly, familiar buildings have been torn down, new buildings have gone up, businesses are different, and schools may have come and gone. The community may now be more upscale or show signs of going through hard times. I know that when I visit places where I lived 30, 40, 50 years ago, I often comment that I do not even recognize them.

This is to make the point that we cannot expect Charlestown to remain exactly the same either. It behooves us, then, to look ahead and to anticipate changes so that we can remain viable and relevant in senior living. For instance, technology advances, it seems, by the day. What does this mean for us related to communication capability, security, and service delivery? The medical delivery system is shifting in our country (partly because of technology). What implication does that have for our campus? People are living longer, healthier lives. What impact does that have on the services and amenities provided and what are the long-term issues for benevolent care? We know that there are generational differences. What kind of apartments and amenities will the next generations not only want, but expect? How are they going to pay for them?

Part of what we do on the SPCOC is to ask these kinds of questions and to ferret out the best answers available. Strategic thinking helps us to plan wisely for the long-term sustainability of Charlestown.

Does this mean you will see extensive change over the next few years? Not at all. We were just beginning to talk about what we now know as Caton Ridge and Wilton Overlook when I first came onto the Board a dozen years ago. Many things take that long or longer. Much of what we see in the crystal ball will never materialize or will not be feasible for us. This is "down the road" thinking. It is important thinking, however. This kind of thinking and planning helps to assure that Charlestown is not just a great community today, but will remain so for decades to come.

David Cooney, Vice Chair



## "We're Here For You"

### Terrace Chance Encounter

A chance encounter is what makes eating at the Terrace or Shortline a possible adventure. You have chance encounters at our other restaurants, especially when you agree to sit with others, never knowing who those others might be. Chance encounters are a different experience from eating with your friends who gather at the same time and restaurant each day or most days. The adventure of eating with the same friends is to build on the collection of knowledge about each one and coming together provides more helpings to add to that feast. The many connecting points you have from your history of being together makes conversation easy. I know what this kind of group is like because I now have two sisters living in Charlestown, and we five have regular meals together. Our history is a lifetime!

But let me get back to my beginning—the chance encounter with a stranger who may become a longtime friend. On that day, I mentioned that I take my milk carton home, so it can be recycled; I do this because I love my home, the earth. "What a good sentiment," the stranger said. "Don't they recycle the material that goes in the trash," she asked as she looked over to the trash containers at the Terrace. "No," I said, "the restaurants recycle only their cardboard (I forgot they also recycle grease), but not the table wastes. They don't have the room for a second kind of trash that can be recycled." She was also very much concerned about the environment as her son and his wife, marine biologists, travel the country to talk about the environment.

Talk then shifted to the funeral for President George W. Bush, where some negative items were discussed. "I don't deal with gossip" was the quick response. Time passed but soon an apology was made for the thoughtless response.

The stranger had lived alone for years before coming to Charlestown and was now able to dine with others, although the chance meeting occurred while she waited with her carryout order. Maybe her carryout orders will be more infrequent in the future.

Wendel Thompson  
Residents' Council, President

### Resident Life Committee

For those of you who might not know and those who have forgotten, here's a brief overview of the current workings of the Residents' Council Resident Life Committee. We already have some very well defined functions which I will summarize shortly, but let it be known that our committee covers many topics, and new ones are added all the time as we focus on life for all of us at Charlestown. So here goes!

One of our best known "secret" functions is the Birthday Angel Group. Just think of how many residents we have at Charlestown and you'll easily realize what a major effort this is (every one of us has a birthday and every birthday is recognized). A most devoted group! We also have a welcoming and condolence function; all newbies get a welcoming card and the families of all deceased receive condolences in the deceased's cubbies. These latter two functions involve a very close communication relationship with the Charlestown Resident Life Management team.

Another large and important, and sometimes contentious, function is the Pet Lovers group. We currently (at last count) have 194 pets belonging to 155 owners at Charlestown. We meet once a month, and non-pet owners are welcome to attend; we discuss the positive, the negative, and everything in between. All pets are registered and their locations are marked with a "paw magnet" on the apartment door frames. Backup arrangements for pet care in emergencies are posted in each pet's apartment.

The Resident Life Committee also sponsors a Mission Moments program to recognize residents of special note that parallels a similar program for employees. Mission Moment nomination forms are available in each lobby, and can be submitted on behalf of residents by both residents and employees.

An especially important function of the Resident Life Committee is that of Resident Values and Harmonious Living. This group is charged with promoting all those values that enhance our lives together at Charlestown where we are diverse in age, gender, religion, sexual orientation, skin color, politics, etc. We work together with managements' Diversity and Inclusion Council to promote diversity and inclusion programs of varying scale. A recent Dining Together initiative simply involves individual residents getting small diverse groups together for a meal; it's amazing how well it works, so try it yourselves.

Several new functions have been allocated to the Resident Life Committee this year. We now have a group focused on transportation, and we are hoping that the administrative response to our comments and suggestions, so far extremely positive, will actually be implemented. Transportation focus groups are instituted by both administration and our Resident Life group, and all are welcome to attend. The Resident Life Committee is collaborating with the Safety and Security Committee in research among retirement communities in Maryland regarding firearm policies, an initiative that has only recently begun. We have a group that reports regularly on issues relating to the use of EMVs at Charlestown; this is also a collaboration with the Safety and Security Committee.



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

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

Readers will note that many of the activities of the Resident Life Committee involve reviewing and discussing Charlestown policies. One of our particular interests is what we call governance, that is the relationship between residents and management in establishing and enforcing policies. We at Charlestown are particularly fortunate in the closeness of our current relationship; management sends representatives to every Residents' Council committee meeting: for example Mary Evans and our Resident Life Committee. But that close relationship does not diminish our responsibility as residents to continually assess the relevance of policies, and their implementation and enforcement. We believe this work will only lead to an even closer relationship between residents and management.

So if any of these various topics are of particular interest to a resident, we would welcome participation in the work (and fun) of our Residents' Council Resident Life Committee, which meets on the 3rd Wednesday of each month at 2:00 p.m. in Room HR-142, the Residents' Council office.

*Sam Cushman*  
*Resident Life Committee*

### PETS MAKE GOOD COMPANIONS FOR SENIORS



"Let's take a walk!" For most dogs, pulling out a leash is a sure way to set their tails wagging. For many seniors, having a dog is great motivation to get moving. It is well documented that spending time with a dog or cat (or any type of pet) and holding and petting them helps to lower blood pressure. Pets reduce stress and have a calming effect, allowing people to focus on something other than their own problems.

When you know that your pet depends on you for food, exercise, and companionship, it gives you a good reason to get up and start your day. For someone who is elderly, taking care of a pet becomes a routine, and it helps give the day some structure.

Pets make such good companions because they are seen as dependable, loyal, and non-judgmental. No matter how active or inactive someone may be, pets are happy to spend time walking, eating, or just lounging on the couch. There's nothing like watching TV with a ball of fur curled up beside you. As long as they're with the person they love, they are happy.

#### DO YOU OWN A PET?

Do you have a Paw Print Magnet on your door frame outside? Do you have a Magnet Card on your refrigerator door with all the necessary information about your pet(s)? Do you know who your building representative is? Is your pet registered with the Pet Lovers Group? If so, you should get information from them in your cubby. If you own a pet and you answered no to any of the questions, you need to contact Otto Greul at 443-833-3726 or by email at [ottogreul@aol.com](mailto:ottogreul@aol.com).

For information regarding the Pet Lover's Group, contact Otto or Elsie Kemp, 410-314-9640 or by email at [ekemp21774@yahoo.com](mailto:ekemp21774@yahoo.com). We'd love to have you join us.

### The Move-out Process

Have you and your family "had the talk"... about handling your Charlestown affairs at the end of life?

#### To help your family:

Ensure they have a copy and/or know where to find your Will or Trust. If you are a Veteran, make sure a copy of your DD214 is available. Have your family familiar with your Residence and Care Agreement with Charlestown. This is the contract that defines your refund settlement, if any. Complete the Authorization for Entry To Living Unit form explained below.

#### Because:

When the final surviving resident passes in an apartment in Independent Living, Security will immediately place a special Security lock on the door to the Apartment. A Letter of Administration from the Baltimore County Courthouse-Register of Wills in Towson, Md., must be obtained to open the Estate to the Executor for relatives to gain access to the locked residence or, if a Trust is involved, family will need to provide these forms to Security for approval. Recently, Security has altered these requirements and now allows residents to designate up to two authorized persons to enter their apartments. However, a resident must complete the "Authorization for Entry to Living Unit" form available from the Administration Office or the Resident Life Office. The form needs to be turned in to Brittany Owens at the Cross Creek Resident Life office.

Before going to Towson, it's suggested that you call ahead to The Register of Wills (410-887-6680) to find out what exactly the County needs you to provide them. For example, a copy of original Will, the Death Certificate, amount of money going into your Estate (listed in the Residents Care Agreement), and various other items may be required. The Executor (or Trustee) of the Estate should take a copy of the Trust or the Letter of Administration to the Security Supervisor to receive the key to the Security lock. In addition, the Executor or family member should obtain copies of the Death Certificate (suggest 10 copies) to notify all concerned.

#### Then:

If they haven't already, your family should contact Lavina Dukes, our Move-Out Coordinator, for an important Move-Out Handbook to guide them through the process. The Move-out process is intense and her information and checklist is comprehensive. The goal is to get your family through this and to speed up the apartment turn-over quickly so the refund from the community can be finalized. The Move-Out Handbook and Things to Consider checklist are available at any time from Lavina. For more information, please contact Lavina at 410-737-8838, ext. 8375 or send her an email at [Lavina.Dukes@erickson.com](mailto:Lavina.Dukes@erickson.com).

*Charlie Eichenlaub*  
*Resident Council Communications Committee*

# 2019

### Mission Moments Begin a New Year

The beginning of the calendar year brings an excellent opportunity for staff to begin their focus on the Erickson Core Competencies: Integrated Senior Health and Wellness, Operational Excellence, and Erickson Way Culture. For our staff, core competencies can be described as "a harmonized combination of multiple resources and skills that distinguish a firm in the marketplace." They are the areas of focus that help a business to achieve competitive advantage. At Charlestown, our commitment to integrated senior health and wellness, operational excellence, and the Erickson Way culture are our official core competencies.

So what does this have to do with residents and how does this apply to the Mission Moments Program? It is these competencies along with the amazing vibrancy of our community that set us far apart from the competition. Another way to think of it is ... core competencies are the strengths/skill sets that help us achieve those strategic objectives that were discussed in the December *Sunburst*.

Integrated Senior Health and Wellness is demonstrated by the Residents' Council Health Committee working diligently to assure all residents are not only aware of healthy initiatives but participate in them as well. Operational Excellence is demonstrated by the diligence of the Residents' Council Finance Committee, which works with the Administrative Team to assure financial strength and strategic growth for our community. Erickson Way Culture is the foundation for the Mission Moments program. Monthly, residents who demonstrate living the Erickson Values are recognized and honored for their contribution to harmonious community living. There are many individuals worthy of recognition, and it is the responsibility of every resident to submit nominations on behalf of these special individuals.

Nominations for Mission Moments may be submitted to Pat Kasuda via completion of forms located at all front desk lobbies or emailing [pjkasuda238@gmail.com](mailto:pjkasuda238@gmail.com). Submissions should be completed by the 5th of the month to assure adequate review time for the Mission Moments committee.

*Pat Kasuda*

### Sell Back Your Gun

Sell Back Your Gun is a good complement to our recent Take Back Your Gun. Some of you may have valuable firearms that you would prefer to sell rather than give away. The closest sporting goods store which is a licensed firearms dealer is Clyde's Sport Shop, 2307 Hammonds Ferry Road, (410-242-6108).

For anyone who has highly collectable military arms, historical, or name brand firearms from 1900 to 1970, you might find a better price by contacting individual collectors. One group that Bob Dunker is aware of meets at the Catonsville Knights of Columbus on Frederick Road, the second Saturday of the month at 7:30 p.m. You may also call Bob Dunker who knows a private source who is a licensed dealer.

Wendel Thompson



**Conversations with Clara and Executive Team**

- 1. Question:** Will there be a walkway created from Cross Creek to Shortline during the Chesapeake Dining construction?  
**Answer:** Cross Creek to Shortline is a major thoroughfare and yes, there will be an open walk space created during construction to eliminate detours.
- 2. Comment:** Herbert’s Run lobby is lovely except for the pattern on the chairs and the uncomfortable benches. Are other chairs being considered and can the benches be removed and or replaced?  
**Answer:** A Resident Focus Group was established to discuss the color and fabric options for the Herbert’s Run lobby. Clara will reach out to Rose Suter to discuss using individual chairs to replace the benches.
- 3. Comment:** The Residents’ Council reported the connectivity issue at Charlestown to Erickson Living Management. Erickson Living Management has hired an outside party to assess the issue in January 2019.
- 4. Question:** Who is paying for the renovations at the corporate building as you enter the Charlestown campus?  
**Answer:** Erickson Living Management is responsible for the Corporate building, the Carriage House and the Farm House.

**Need something fixed?**



Call the General Services Call Center at 443-29SERVE (297-3783) to let them know you need assistance. Use the options offered on their helpline to narrow your requirement, and one of the four Coordinators will schedule you for service during normal working hours. If the window of time for the repairs expires, please **call again right away** to alert them and give them a second chance to assist you. If it’s an emergency, they will respond accordingly.

After hours, on holidays and on weekends, only emergencies will be addressed by contacting Security at 410-737-8806.

Emails can also be sent to [CCIWorkOrders@erickson.com](mailto:CCIWorkOrders@erickson.com) to schedule non-emergency service. All emails will be responded to during the office hours of Monday through Friday, 8:00 a.m. to 4:00 p.m.

**Please note: For non-billing related Comcast issues, please contact this General Services Call Center and select Option 1 for maintenance.**

*Residents’ Council Communications Committee*



**General Services**

*Mike Fischer, Director*



**Martin Luther King Jr. Holiday Trash & Recycling Schedule**

Trash & Recycling Pickup Change  
Week of January 21, 2019

**Please be advised, no trash pickup will occur on Monday, January 21.**

Our revised pickup schedule will be as follows:

**Trash Pickup Schedule for All Buildings:**  
**Tuesday, January 22, 2019**  
 and  
**Friday, January 25, 2019**

**Recycling: Pickup Schedule by Building:**  
**Wednesday, January 23, 2019**  
 Herbert’s Run, St. Charles, Caton Ridge, and Harborview

**Thursday, January 24, 2019**  
 Brookside, Edgewood, Chapel Court, Parkview, Maple Terrace, Courtyard Crossing, Greentree Court, Arborside, Fountain Hill, and New Carroll



**Coffee with Security and Emergency Services**

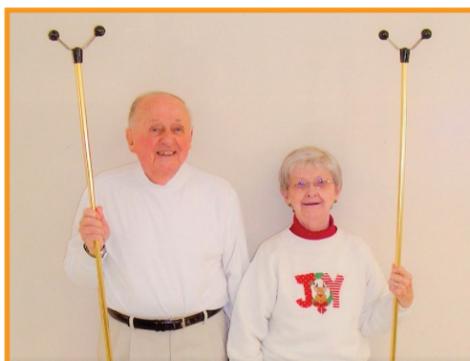
Please join me for the first of our quarterly “Coffee with SES” Sessions. Bring your questions and thoughts, and we can sit down for an informal conversation at the Shortline Café for coffee and tea.

We look forward to seeing you there.

**Tuesday, January 22, 2019, at 9:00 a.m.**  
**SHORTLINE CAFE**



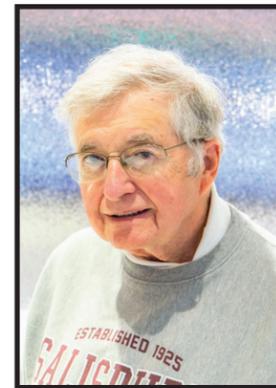
Fall 2018 Charlestown Monday Bocce ball League Fall 2018 Champions  
 Jean Corley, Floyd Evans, Lynn McKerral, and Rosemary Erdman (not pictured).



Fall 2018 Charlestown Thursday Shuffleboard League Champions  
 Sheldon Euler and Gladys Tittsworth

**NEW YEAR MISSION MOMENTS**

The New Year begins with two residents being recognized for the Erickson Living Values: Respect and Caring, Responsibility and Excellence. These two individuals are giving the Residents’ Mission Moment a great start for 2019.



Kit Knoll recommended **Roger Beliveau** who recently moved to Charlestown. In early spring of 2018, her husband, Jack Knoll, was no longer able to drive to choir practice at St. Agnes Church, but he loved to sing. Kit said “Roger, without hesitation, offered to take Jack to choir practice with him. He was so kind and gracious. It meant so much to me (and Jack). When I thank him for it, Roger just brushes it off. Maybe recognition as a Mission Moment will let him know I am serious.”



Another resident, Marge Timmel, recommended **Anne Kredell**. Marge stated, “Anne never stops being a blessing, bringing beauty with her gifts. 1) Courtyard Crossing (Bldg. 7), first floor table at the elevator wears a different round tablecloth, freshly ironed, topped with seasonal decorations; 2) She takes care of plants on the long hallways at RG; 3) She gifts people with her artwork such as at the Medical Center; 4) She’s always positive, polite and friendly, especially to staff workers; 5) She is involved with the Treasure Sale, etc.”

Both Roger and Anne have demonstrated caring for others and assuming responsibility for tasks while building positive relationships. Let’s make 2019 a year filled with recognition of residents who clearly live their lives sharing their gifts to help others celebrate life. If you would like to recognize a resident for a Mission Moment, you can complete a Mission Moment form, which can be obtained from any of the lobby front desks or by emailing Pat Kasuda [pjkasuda238@gmail.com](mailto:pjkasuda238@gmail.com). All submissions must be received by Pat by the 5th of the month to give the Committee ample time for review.

*Pat Kasuda*

**Shopping Cart Reminder**



After using a shopping cart, please return it to the lobby or storage room where it belongs. When you leave a cart in the hall or on an elevator, it becomes a hazard for people using those areas.

**OUR LADY OF THE ANGELS**



**AUXILIARY 13069**

We are most grateful to Our Lady of the Angels Council 13069 Knights of Columbus (KOC) for its help in our formation.

Our Auxiliary is open to all practicing Catholic women, age 18 and older, who want to grow in charitable Catholic action and support of our Council’s implementation of KOC programs and activities.

We meet on the third Wednesday of the month, September through June, at 10:00 a.m. in the Emmaus Room. One of our first decisions is to pray the Rosary as a group in our Chapel at 10:00 a.m. on the First Saturday of each month.

Any questions or comments may be directed to Millie Finck, President, BR409, 410-536-7149, [jaxok92@aol.com](mailto:jaxok92@aol.com).



**JOIN THE PHOTOGRAPHY INTEREST GROUP: TAKE YOUR BEST SHOT**

If you enjoy photography, as a beginner or an experienced photographer, consider joining the new, fun and lively Photography Interest Group led by Betty Caldwell. Our next meeting is January 17, from 2:00 - 3:30 p.m. in Charlestown Square room 116, and we meet every third Thursday.

It is an open-ended, ongoing group open to all who use digital cameras, from smartphones to multi-lens traditional cameras. Our motto is “Take Your Best Shot,” and we focus on improving composition, with a new easy-to-use and very effective system used by the pros. All members are invited to share their photos for individual supportive critiques on how to make stronger images.

In our first three meetings, we have seen demos of an app that converts photos to striking watercolor images, and one that removes unwanted objects from photos. We have seen lots of members’ photos and shared their stories of capturing them. The thought of “making, not taking, photos” has opened new doors of creative possibilities. And we have worked with the new guidelines for composition that help us see what helps enhance our photos and what detracts. It is great to see members sharing their revised work to show off the impact of their work.

We are looking forward to having a members’ exhibit in September as guest Artists of the Month in the Gallery. All members are welcome to exhibit.

For questions, contact Betty Caldwell at [Bcaldwell202@gmail.com](mailto:Bcaldwell202@gmail.com). All welcome!



**LWV Mini-Film Series Presents Two Views of Immigration**

**Wednesday, January 9  
CTS Classroom 116, 7:00 - 9:00 p.m.**

Most people agree that immigration to the United States is a complicated topic. The LWV Mini-Film Series kicks off with parts of two films to shed light on individuals facing the tough choices posed by two aspects of immigration.

The first film, “Documented,” is the personal story of a Pulitzer Prize winning journalist, Jose Antonio Vargas. His grandfather brought him from the Phillipines to the United States at the age of twelve. Self-motivated Jose adjusted to American life quickly and didn’t think about being undocumented until he tried to get a driver’s license. Many people became his family/circle of supporters. His journalistic talent brought him professional recognition and success. He finally “outs” himself with others as undocumented and pursues a terrifying and exhausting path toward immigration reform through the Dream Act. His conversations with regular people help inform the viewer about the dilemma he and eleven million others face.

“Crossing Arizona” may show images more often seen on national news, but it also shows the hopeless situation many face as they try to cross the U.S. southern border. It acknowledges the hardship of trying to make a living and feeling they must find a better future by coming north. Many have no idea about the distance or desert conditions before them. Some border ranchers resent the trash and destruction migrants leave. Others provide water stations or some shelter in the desert.

These films do not provide solutions, but may help us better understand the difficult situations migrants and their families face.

We will have a discussion after the film segments.

*Phyl Lansing, LWV Volunteer*

**Christmas Generosity for New Song Academy**

Residents on the Terrace level of Herbert’s Run gathered for a holiday party. Rather than exchange gifts, they decided to gather donations to New Song Academy in Sandtown. This surprise donation of \$225 has made its way to Ed Arthur, Treasurer of the Charlestown-Sandtown Connection. This will be a New Year surprise for the school. We share news of this generosity as an example of Harmonious Community Living reaching out to the broader community.

*Phyl Lansing*

**Many Thanks to All Who Attended and Participated in the Following CHARLESTOWN DIVERSITY and INCLUSION COUNCIL Events!**



**Mitten Tree:** Charlestown’s Diversity and Inclusion Council and the Erickson Living Values Teams partnered to sponsor Charlestown’s four Mitten Trees. Located throughout the community, the trees are decorated with donated mittens, gloves, hats, scarves, and socks. In January, the donated items will be given to students at the New Song Academy and the Believe in Tomorrow School. Thank you to all of the truly generous people who supported this charitable effort to make the lives of others much better!



**Unity Tree Trimming:** On Thursday, November 29, staff and residents hung ornaments on the Unity Tree located in the Fireside Pub Lounge. Everyone hung ornaments representing unity and peace while enjoying holiday music, hot cider and cookies.



**Cooking with Dean:**



On Friday, December 14, the Charlestown Diversity and Inclusion Council hosted the final Cooking with Dean for 2018! The guest chef was Brookside resident Charlene (Sally) DiDomenico. Sally has quickly developed a reputation for being the “Cannoli Lady” on campus, and she willingly makes fresh cannolis and gives them to both employees and residents. Sally left the audience speechless with witty remarks, sharing her life’s journey and her demonstration of the creation of traditional Italian cannolis.

Sally was a natural as she recounted meeting her husband and raising a family, as well as moving to Charlestown. Everyone in attendance enjoyed a sample cannoli once Sally had completed whipping them up from scratch!



Two of her sons were in attendance as well as WBAL Radio Newscaster John Patti, who was a special guest of Sally’s. Thank you, Sally, for sharing your gifts and the beautiful story of your life.

well as WBAL Radio Newscaster John Patti, who was a special guest of Sally’s. Thank you, Sally, for sharing your gifts and the beautiful story of your life.



## 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



## Dining Services

Aida Blanco, Director



Happy New Year!! We hope everyone enjoyed the holiday menus and is looking forward to the new winter menus, beginning on January 7, and the new winter specials, beginning on January 14.

Additionally, we will have specials on January 21 to commemorate the Martin Luther King, Jr. holiday. The featured specials are listed below. If you are looking for an extra special evening, on January 25, we will be reintroducing our wonderful Chef's Table Program, at the Gallery in Charlestown Square starting at 6:00 p.m. Kevin Jones, Executive Chef for the Atrium Restaurant, will host this amazing evening. Below is a sneak peek at the wonderful menu to be featured that evening...

#### Appetizer:

Spicy Garlic Shrimp with Grilled Naan Bread

#### Salad Course:

Crispy Calamari Salad with Tri-color Peppers, Shiitake Mushrooms, Mixed Greens, Spring Onions, Crispy Noodles and a Sesame Vinaigrette

#### Entrée:

Dijon Herb Breadcrumb encrusted Halibut Fillet with Lump Crab Meat, Chive Mashed Potatoes, Asparagus, Sweet Corn, Marinated Tomatoes and a Cracked Mustard Lemon Butter Sauce

#### Dessert:

"Raspberry-Chocolate Magnifique"  
Baked Meringue topped with a Raspberry Whipped Cream, Dark Chocolate Shavings served with Fresh Raspberries and Sauces

In order for you to sign up for this evening, please call or email Gregory Mazzeo, General Manager at the Atrium restaurant, at [Gregory.mazzeo@erickson.com](mailto:Gregory.mazzeo@erickson.com) or call 601-8472. Credit cards, MOD, or resident charges are all welcome. You will be assigned a table number at the time of your ticket purchase. You are welcome to pick up your tickets or we will mail them to you. Reservations are on a first-come, first-served basis; we have 25 spots available for

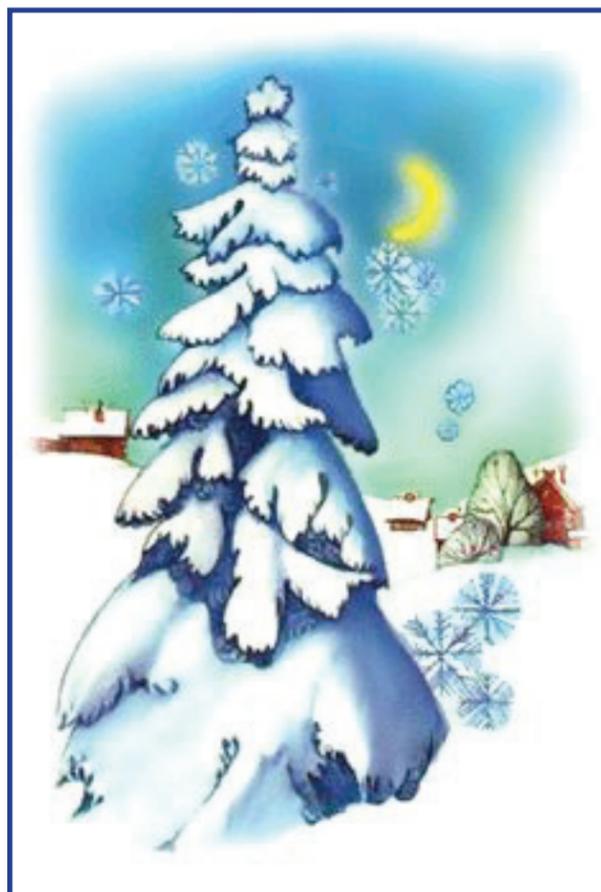
you and your guests to enjoy. A maximum of three guests per resident can attend. The cost to attend this lovely four-course, prix fixe Seafood Extravaganza dinner, with wine pairings for each course, is MOD charge + \$25 per person.

As you all know, the renovations for the Chesapeake dining room will begin on Thursday, January 17. We will set up a temporary space for the new dining venue and use the card room, library room, and lounge area across from the Chesapeake dining room. We will start using that space effective Tuesday, January 15, for dinner service. Our hours of operation will remain the same in the Chesapeake, 4:00 – 6:30 p.m., as well as in all other venues. We thank you in advance for your continued patience and for working with us during this renovation period.

Speaking of the Cross Creek club house, we wanted to remind everyone that the front desk in Cross Creek lobby is now selling stamps for your convenience. Please go to the desk and ask the communications specialist about stamps. They also have the postage scale for you to calculate your stamp usage.

In closing, we wanted to remind everyone that our dining venues will have normal business hours and offer their new winter menu on Martin Luther King, Jr. Day. Additionally the specials listed below will be featured for MLK Day on Monday, January 21, 2019.

- Hearty Vegetable Chicken Noodle Soup
- Potato Salad
- Fried Shrimp & Oysters with Hushpuppies and Cajun Remoulade
- Carved Southern Style Barbeque Beef Brisket
- Black-Eyed Pea Noodle Casserole with Collard Greens
- Southern Style Green Beans
- Plain Green Beans
- Chef Medley
- Red Beans and Rice
- Corn Pudding
- Sweet Potato Pie
- Bread Pudding with Bourbon Sauce



### Help for residents... both mentally and financially:

Begin the New Year taking care of yourself by examining your mental health and your financial stability. If you need guidance in either of these matters we have help for you here at Charlestown:

For mental health, call the Resident Services Coordinator assigned to your building or Daina Buivys at the Medical Center (ext. 601-8590).

For a financial assessment, call Pam Stiner (ext. 601-3522) and for down-sizing your apartment call Don Grove (ext. 601-8918).

*Residents' Council Communications Committee*



# Take A Break

Solution on page 15

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## BCPL's LIBRARY ON THE GO BOOKMOBILE

**January 4, 2019 and  
January 18, 2019**  
(1st and 3rd Friday of Every Month)

**9:30 - 10:30 a.m.**  
*Courtyard Crossing  
(Lobby 7)*

and

**10:30 - 11:30 a.m.**  
*Cross Creek Lobby*

**Phone: 410-887-7586**



**Words of  
Wisdom from  
Gnate the  
Gnome**

**“Be yourself, everyone  
else is already taken”**

Comments welcome:  
[gnatethegnome@outlook.com](mailto:gnatethegnome@outlook.com)



**Free Blood Pressure Clinic  
Wednesdays  
1:00 p.m. to 2:00 p.m.**  
**January 2 - Cross Creek**  
**January 16 - Fireside CTS**

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

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

Wednesday, January 9, 2019  
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 meetings:

**Monday, January 14, 2019**  
**10:00 - 11:00 a.m.**  
**Charlestown Square Classroom 116**

**Monday, January 28, 2019**  
Lisa M. Shulman, MD, Professor  
of Neurology from University of  
Maryland School of Medicine  
**10:00-11:00 a.m.**  
**CTS Classroom 116**

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



In Memoriam

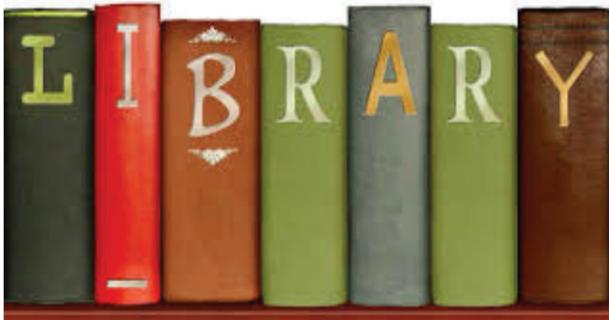


Anna Johnsen	November 18, 2018	CY7-108
Maryann Munn	November 20, 2018	MT2-104
John Morris, Jr.	November 23, 2018	PV-310
John Pecora	November 21, 2018	BR-101
Wilmer Burkholder	November 25, 2018	RGN-208
Margaret Albright	November 26, 2018	RGS-134
Rose Guerrini	November 27, 2018	RGS-320
Ethel Fuchs	November 30, 2018	BR-612
Tom Schmitt	December 1, 2018	PV-220
Manuel Teixeira	December 6, 2018	PV-606
Marie McDonald	December 9, 2018	RGS-124
James Palmer	December 9, 2018	HV-304
Josephine Schwarzkopf	December 12, 2018	CW-221
William Grace	December 12, 2018	CC-207
Anna Ugarte	December 16, 2018	FH1-110
Mary Zimmerman	December 20, 2018	RGS-111

**Cross Creek Front Desk Update:**

The Drop Slot for your monthly payment has been restored in the new desk! Putting your resident payment in the slot will automatically forward your envelope without a postage stamp. All other payment instructions remain the same throughout the Campus.

*Charlie Eichenlaub  
Residents' Council Communications  
Committee*



**CHARLESTOWN'S  
RUTH HOUCK LIBRARY**

**LIBRARY NOTES FOR JANUARY 2019**

It's a new year, a new start. Here are a few reminders to make the library run more smoothly:

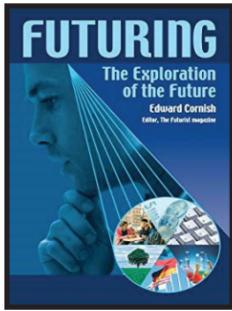
- Books can be borrowed for three weeks, and renewed if necessary. (Books from the Reading Rooms have no time limits.)
- The Ruth H. Houck Library does not accept donations, except from those Charlestown authors who are kind enough to donate a copy of their books. (And check out the entire bookshelf of Charlestown authors we have collected!)
- The Library does not accept paperbacks. Again, check with the Reading Rooms to see if one has a rack for paperbacks.
- Or check with the person in charge of each Reading Room: Barbara Taylor at St. Charles or Judy Miller at Cross Creek.
- The Library is going through a transition period right now. We have had wonderful co-operation from all the volunteers and look forward to the same from our borrowers.

*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

**Book Review**



**Book Review of *FUTURING: The Exploration of the Future* by Edward Cornish.**

The January 2019 Book Review will be given by Ron Boucher on Tuesday, January 15, 2019, in the Auditorium, from 7:00 - 8:00 p.m. He will

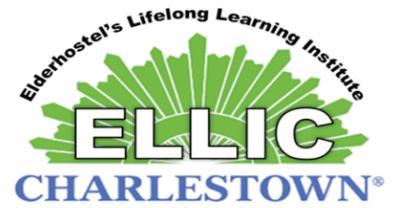
review the book *FUTURING: The Exploration of the Future*, by Edward Cornish. Cornish served as an advisor for three U.S. presidents and an investigator of future studies for the National Science Foundation and the Library of Congress. He authored numerous books on “futuring” and formed the World Future Society whose members included Carl Sagan, Margaret Mead, Aldous Huxley, Isaac Asimov, Neil deGrasse Tyson, Peter Ducker, Alvin Toffler, Ray Kurzweil, and Gene Roddenberry among thousands of others.

*Futuring* is the story of human and natural life on planet Earth from its beginning billions of years ago to the present, ending no one knows when or how in the future. It is the scientific study of the past and present to manage the future in service to mankind. This book focuses on Hyper, Exponential and Transformational Change, a phenomenon of increased speed of never-before-appearing historical events doubling rather than adding in their frequency over time. This is best understood by the frequency of the doubling of Earth's population taking billions of years originally to currently increasing by double digits. This book is the study of these phenomena in America, beginning with the 11,000-year-old Agricultural Society originating in the Middle East, moving into the Industrial Society beginning in Britain in 1750 and becoming the Technological Society in America from 1944 to the present, including the current U.S. plans for war in space, colonizing, mining, and exploring the Universe. These changes have begun to occur so quickly that individuals, societies and their leaders are disoriented, confused and have difficulty understanding and managing the consequences, creating the social, moral and political turmoil existing today in America and all over the globe - a phenomenon called “Future Shock.”

The complexity of all this is illustrated by the reality that all humans in America today live in one of six generations of demographics defined by age, life expectancy, wealth, education, gender, race, class, and location. These generations are called the Greatest, Silent, Boomer, Gen X, Millennial, and Z. Members of each generation live in a world the other five do not experience, each with different ideas, values, mores and morals regarding society, social institutions, family systems, and reality. Charlestown consists of members of three generations, sharing the world with three others outside its gates.

Ron is a retired professional social worker with 40 years experience, Masters' degrees in social work and in public health, serving broken institutions, organizations, and people in 'Future Shock.'

*Janet Neer and Jane Backstrom, Co-chairs*



**January Offerings**

**Spring Catalog Distribution Begins, Wednesday, January 9!**  
Catalogs available at all lobby desks!  
Registration begins at 9:00 a.m.

**The Chapel, Our Pride and Joy, Free to All**  
Instructor: Fr. Leo Larrivee  
Thursday, January 3,  
Chapel, 1:00 – 2:30 p.m.

**Political Campaigns Since 1789: Dirty Tricks, Cheap Shots, and October Surprises (Class Moved to Auditorium)**  
Instructor: Peggy Wixted  
Monday: January 7 - **One Class Only**  
**[CLASS dates 14 and 21 CANCELLED]**  
Auditorium, 1:00 – 2:30 p.m.

**All people on the class wait list have been moved to the class list.**



**Non-catalog event – Free to all**  
Class size limited to 10 people per class date.

**Using the Resident Website and MyErickson For desktop & laptop:**  
January 15, in Brookside 1  
or January 21, Charlestown Square  
1:00 - 3:00 p.m.  
*CCI Windows laptops will be used for this class. MAC users bring your own laptop.*

**For Android and Apple tablet and smartphone users:**  
January 30, in Brookside 1  
or February 4, Charlestown Square  
1:00 - 3:00 p.m.  
Bring your own tablet or smartphone.

Registration forms available at all lobby desks.  
**Register before January 9.**



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

Stay informed by watching your lobby bulletin boards, Channel 972, via the MyErickson 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*



**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!**

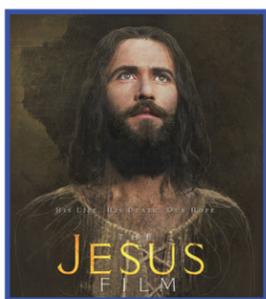
Friday, January 4, 2019  
Charlestown Square Classroom 116  
2:00 p.m.

Friday, January 11, 2019  
Maple Terrace Music Room  
1:00 p.m.

Tuesday, January 15, 2019  
Caton Woods Meeting Hall  
2:00 p.m.

**3 DIFFERENT PROGRAMS**

Bring your friends...it's FREE!



**Jesus Film**

**Friday, January 25, 2019  
7:00 p.m. in the Auditorium**

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



**CHARLESTOWN FILM LIBRARY**

**Golden Globe Nominations**

The Golden Globe nominations were announced in December. The ten best-picture nominations were: *Black Panther*, *Blackklansman*, *Bohemian Rhapsody*, *If Beale Street Could Talk*, *A Star is Born*, *Crazy Rich Asians*, *The Favourite*, *Green Book*, *Mary Poppins Returns*, and *Vice*. The American Film Institute’s Top Ten movie list for 2018 was also released in December. Seven of the Golden Globe nominations were also contained in the AFI list. The three additional AFI movies were: *Eighth Grade*, *First Reformed*, and *A Quiet Place*. Oscar nominations will be announced on January 22 and the Oscars televised on February 24.



**THE GALLERY NEWS**

A new year is here. The holiday excitement has died down. It’s the perfect time to visit The Gallery for some quiet contemplation. After all, looking at paintings is a form of meditation, and we are lucky enough to have this available whenever we feel we need it. There is always work being moved in and out of our Gallery, so there is something new for every visit. And we have a new artist of the month as well.



The January artist is Fran Chasse. Introduced to art in high school, Fran immediately became a convert. With the encouragement of her art teachers, Fran pursued art as a minor in college. Over the years, through her studies, Fran was introduced to and explored many different media, but in the end she settled on two favorites: oil and soft pastel.

While raising a family, Fran took art refresher classes, and did some artwork. After moving to Charlestown, she joined the Fireside Artists. Her work has been displayed at several Gallery shows, local galleries and at the Charlestown Art Show.

This January Artist of the Month show contains several retrospective pieces, as well as many that she did as a member of the Friday morning art group in the Creative Art Studio on Main Street. Her favorite subjects are landscapes, covered bridges, and lighthouses.

If art is among your interests, be sure to attend our regular monthly Fine Arts Council (FAC) meetings, held the second Tuesday of the month at 10:00 a.m. in the CTS card room. The next meeting is Tuesday, January 8, 2019. New member Tim Barnum will give a talk. Don’t miss it.

*Jody Primoff  
Fran Chasse*



**Learning Opportunity: How to Take Better Photos with Your Smartphone**

“Smartphone cameras get more and more advanced with each passing year—closing the gap between smartphone cameras and expensive professional cameras. If you want to learn more about the features of your phone’s camera along with some tips and techniques to elevate your compositions, this is a great learning opportunity for you!”

**Instructor: Kosta Viennas, Ch. 972**  
**Dates: Monday, February 11, 2019 and Monday, February 25, 2019**  
**Location: Auditorium**  
**Time: 1:30 – 3:00 p.m.**

**National Film Registry-2018 Selections**

Each year the Library of Congress adds 25 new films to the National Film Registry. The films must be at least 10 years old and “culturally, historically or aesthetically” significant. The selected films are primarily those we associate with our movie-going experiences, but may include short subjects, or other special types. In the current list, 21 are conventional movies, 13 of which are owned by the library. The current list, and all the previous lists - grand total 750 to date - are contained in a notebook in the library’s reference section. All owned movies are notated as such on the 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



**Community Lecture Series**

**Put Your Memory in High Gear For the New Year! Strategies for a Healthy Brain.**

Presented by:  
Judi Welsh, MS/CDP  
Resident Services

Wednesday, January 23, 2019, 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](mailto:judith.welsh@erickson.com)



**Save the Date!**

**Remembering Martin Luther King, Jr. and the Civil Rights Movement**



Sponsored by the Charlestown Diversity & Inclusion Council

**Friday, January 25, 2019**  
**1:00 p.m.**  
**Auditorium**

Guest Speaker:  
Dr. Peter B. Levy  
Professor/Author

Peter B. Levy is a professor of history at York College of Pennsylvania where he teaches U.S. history. He is the author of *Civil War on Race Street: The Civil Rights Movement in Cambridge, Maryland* and *The Great Uprising: Race Riots in Urban America during the 1960s*.



**“Around Town Tour”**

Make your reservation for the next tour.

**Tuesday, February 5**  
**9:30 - 11:00 a.m.**

Doris Cooney, 410-737-1556



## COMMUNITY RESOURCES

REACH OUT TO US WHEN YOU ARE IN NEED OF A HELPING HAND!

### ABOUT COMMUNITY RESOURCES

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

### JANUARY UPDATES

#### Is Memory Fitness for Me? True or False?

- My memory is fine; I don't need a memory class.
- What I choose to eat doesn't affect my memory.
- I don't like to exercise, but that has no impact on my memory.
- I have a lot on my mind, but stress doesn't impair my memory.
- My brain doesn't need exercise.
- If I avoid socializing, this will not impact my memory.

All of these statements are **FALSE**. Almost anyone at any age can make changes to improve his or her memory and brain health. **"Memory Fitness: 2 Weeks to a Younger Brain"** covers tips and techniques, plus important memory-strengthening topics like healthy eating, physical fitness, stress reduction, and brain games – all in a small group setting.

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.

#### SPRING 2019

Every Monday and Thursday

March 28 through May 9

1:00 - 2:00 p.m.

Brookside Classroom 1

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!

### DISPLAY CASES

In January, the display case in the Cross Creek Lobby will feature Bill Barker's Beanie Baby collection. The Shortline Café display case will showcase a Woodworking and Stained Glass collection from the Johns family. If you would like to reserve one of our display cases for one month, please call 410-737-8838 ext. 601-8570.



**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!**



### AARP TaxAide for 2018 Taxes

#### AARP Free Tax Form Preparation Assistance:

Good News! AARP TaxAide assistance returns to Charlestown for the 2018 tax season. Every Tuesday and Thursday, beginning Tuesday, February 26 through Thursday, March 28, 2019, trained representatives from AARP will be on campus to assist you with the preparation of your tax returns. This year we will have two locations available for your convenience – CTS Classroom 116 and Brookside Classrooms. Check signup sheets for dates, times available and location. Signup folders will be available on Friday, February 1, at the Charlestown Square and Cross Creek Lobby receptionist's desk by 10:00 a.m. (no early birds please).

#### Some Friendly Reminders When Signing Up:

1. First-come, first-served.
2. Please do not phone the receptionists at the front desk to schedule an appointment, you must appear in person.
3. You may not sign up your neighbors.
4. Please do not sign up for more than one appointment in one location.
5. Remember to write your appointment down in a convenient location; appointment reminders will be sent one week prior to your appointment.
6. Contact Mary Evans in Community Resources at 410-737-8838, ext. 601-8558 if you need to cancel your appointment. Advance notice is appreciated.

Remember that organizing all of your tax paperwork for your appointment will enable the TaxAide volunteer to best help you prepare your tax return. (Special Note: ALL returns prepared by AARP TaxAide will be filed electronically.) Additional AARP TaxAide sites will be located at senior centers in Arbutus, Catonsville, Linthicum, and Elkridge.

### Volunteer Program

We're looking for

**Volunteer Superheros**

to help us fill some **NEW** assignments in the New Year:



#### Musicians, wherefore art thou???

We have a unique program for residents on the Charlestown campus called "Intermissions." It's designed for residents who may benefit from a therapeutic program that provides a structured day in a positive, safe, social environment. In addition to offering creative and fun activities, music is an important component of daily offerings. And, we are always looking for **MUSICIANS** (and singers!) who'd like to schedule a visit and play for our Intermissions guests. Are you a solo act? Are you part of a musical group? Want to lead a Sing-Along? Give us a call – we'll talk about the many possibilities!!!

#### Contact the Volunteer Program:

**Kathleen Hart, Coordinator**  
(410) 737-8838, Ext. 601-8133  
[kathleen.hart@erickson.com](mailto:kathleen.hart@erickson.com)



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

## CHAPEL CONCERT SERIES

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

**PATAPSCO VALLEY**  
**"HEART OF MARYLAND" CHORUS**  
Sunday ~ January 20 ~ 3:00 p.m.  
Chapel



The Patapsco Valley Barbershop Chorus is the performing chorus of the Patapsco Valley Chapter of the Barbershop Harmony Society. It was formed in 1982 by a merger of the Catonsville and Columbia chapters. Since then it has been increasing its membership and sharing its music within the community.

Most of the members live close by, in Catonsville, Ellicott City, Columbia, and Reisterstown, but some come from outlying counties.

The chorus performs at local events, including its annual show and the popular Lasagna and Barbershop Dinner. In February, they deliver singing Valentines in quartets. Each June, they sing patriotic songs before the fireworks at the Fort McHenry Flag Day celebration. In December, they sing Christmas Carols to ring in the season at Baltimore's Harborplace. In addition to local performances, the chorus competes at the division and district levels, winning several championships over the years.



**NEOSONOS**  
**WOODWIND**  
**QUINTET**  
Sunday ~ January 27  
3:00 p.m.  
Chapel

Neosonos means new sounds, and the Neosonos Wind Quintet brings a sense of freshness, fun and energy to every performance. The group is an exciting combination of principal wind artists from the Annapolis Symphony, Maryland Symphony, Baltimore Chamber Orchestra, National Philharmonic, and Mid-Atlantic Symphony orchestras.

The quintet is dedicated to exposing audiences to the great breadth and diversity of the best chamber music for winds: from the wit and whimsy of Jacques Ibert to the power of Paul Hindemith, from the charming precision of Franz Danzli to the rollicking rags of Scott Joplin.

Kimberly Valerio plays the flute; Fatma Dagler, the oboe; Edna Huang, the clarinet; Michael Hall, the horn; and Bryan Young, the bassoon. All have extensive backgrounds educationally and professionally.

## OLOA CONCERT SERIES

**BALTIMORE VICTORIAN CONSORT**  
Sunday ~ January 13 ~ 3:00 p.m.  
Chapel

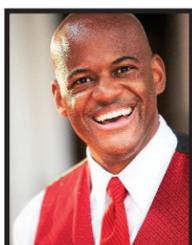
The Baltimore Victorian Consort will present a program entitled "Abe Lincoln's Songbook," and will feature parlor songs, dance tunes and music from Lincoln's favorite operas!

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.

## 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.

**"WE SHALL NOT BE MOVED"**  
with **KEITH SPENCER, BARITONE**  
Friday ~ January 18 ~ 7:00 p.m.  
Auditorium



From the mournful call of the Negro spiritual to the cry of protest and purpose signifying the African-American experience from the mid-1950s to late 1960s, "We Shall Not Be Moved" presents the music that captured the essence and call of the Civil Rights Movement. This inspiring concert experience presents popular songs and poignant readings from leaders, activists, and spokespersons of the time associated with the Civil Rights cause calling to mind the struggle and promise of what was to come. You'll hear songs such as "Oh, Freedom!," "People Get Ready," "Go Down, Moses," "The Times They Are A-Changin'," "Lift Every Voice And Sing," "A Change Is Gonna Come," and many celebrated others.

**TICKETS** are \$5 and will be sold on **Monday, January 14, 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.

**"BROADWAY GOES TO THE MOVIES"**  
with **LAURETTE HANKINS-O'CONNELL**  
Friday ~ February 1 ~ 7:00 p.m.  
Auditorium

The irrepressible Loretta Hankins-O'Connell presents "Broadway Goes to the Movies," a whimsical and occasionally irreverent salute to movie musicals. Enjoy many of your favorite show tunes, while getting the scoop on how some of the best-loved Broadway musicals of all time traveled the bumpy road from The Big Apple to Hollywood. This exuberant "backstage tour" spans the genre—from "The King and I," "Annie Get Your Gun," "Brigadoon," and "Oliver!" to "The Sound of Music," and more. Buckle your seatbelt and enjoy the ride with Loretta and terrific pianist Nick Zurowski!

**TICKETS** are \$5 and will be sold on **Monday, January 28, 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.



Kenneth Kidd was not born under a piano, as suspected by his interviewer, but had enough piano lessons in his teens to become an avid fan of ragtime and jazz style "stride piano." Musical instruction was not needed to earn his engineering degree from the University of Maryland, nor during his two years in the army, nor for his thirty or forty years in his engineering career at Bendix and other companies. He claims that he merely enjoyed a little piano time along the way as available. Luckily for Charlestown, Ken moved here in 2011. Ray Miles recruited him to play for the 2014 Follies show; Uncle John Lorenz and Ken together produce the happy Friday night sing-alongs; and he has agreed to use his skills again for the 2019 Follies scheduled for Thursday, February 21, at 7:00 p.m. and Saturday, February 21, at 2:00 p.m. Watch for ticket information. If you would like to participate in the production along with Ken, give Lorraine Caravalle a call at 410-314-9002.

## HARP PERFORMANCE

**CHESAPEAKE HARP ENSEMBLE**  
Saturday ~ February 2 ~ 3:30 p.m.  
Auditorium

The Chesapeake Harp Ensemble will present a lively program of heavenly harp music. Their musical selections are varied, ranging from the Middle Ages to the present day. Ragtime, Irish, and popular 20th century music are just some of the styles of music they will play. Interesting stories about each piece enhance the enjoyment of the music. Under the direction of harpist Elaine Bryant, the ensemble is comprised of harp students of all ages, playing beautiful lever and pedal harps. They will play solos, duets, and music in three parts. Come and hear the fascinating and unique sounds of the harp! **The concert is free. No tickets are required.** For further information, please call 410-737-8838, Ext. 601-8577.

**4<sup>TH</sup> ANNUAL CHARLESTOWN  
COLLECTORS' AND HOBBY  
SHOWCASE**

**Tuesday, January 29, 2019  
1:00 p.m. – 3:00 p.m.  
Charlestown Square Gallery and  
Fireside Pub Lounge**

*Do you have a unique or  
interesting collection or  
hobby you'd like to share?*

*Open to staff and  
residents to participate!*

**To obtain a registration form to participate in the  
Collectors' Showcase, please contact Erin Morris  
at ext. 601-8570 or [Erin.Morris@erickson.com](mailto:Erin.Morris@erickson.com)**

### Health and Wellness Services at Charlestown

#### Audiology - Harborview 1st Floor

Hours: Tuesdays, 8:00 a.m. - Noon    Fridays, 8:30 a.m. - 3:00 p.m.  
Phone: 410-737-8838, ext. 601-8412

#### Continuing Care Admissions Department

Health Care Counselor: 410-737-8838, ext. 601-8578  
Move-In / Transitions Coordinator: 410-737-8838, ext. 601-8406

#### Dietician

##### Call for Appointments

Phone: 410-737-8838, ext. 601-8007

#### CVS Pharmacy - Fountain Hill

Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.    Saturday: 9:00 a.m. - 1:00 p.m.    Sunday: Closed  
Phone: 410-737-8820

#### Dental Office - Main Street

Hours: Tuesday - Wednesday, 9:00 a.m. - 4:00 p.m.    Friday, 9:00 a.m. - 3:00 p.m.  
Phone: 410-737-8838, ext. 601-8409

#### Erickson Advantage Sales & Information - Fountain Hill

Hours: Tuesday & Thursday, 8:30 a.m. - 5:00 p.m.    Evening Appointments By Request Only  
Phone: 443-297-3110

[Jennifer.Simon@erickson.com](mailto:Jennifer.Simon@erickson.com)

#### Inpatient Rehab - Dorsey Center Located in Renaissance Gardens North

Phone: 410-737-8838, ext. 8869

#### Intermissions Program at Charlestown - Caton Ridge Apt. 302

Hours: Monday - Friday, 9:30 a.m. - 2:30 p.m.

Phone: 410-737-8838, ext. 601-3800

[Kayleigh.Reese@erickson.com](mailto:Kayleigh.Reese@erickson.com)

#### Mental Health

##### Call for Appointment

Phone: 410-737-8838, ext. 601-8121 (Daina Buivys)  
or call the Medical Center 410-247-5602 to schedule

#### Ophthalmology

##### Call for Physicians Eye Care for Appointments:

Phone: 410-644-9515, On Campus Thursdays Only

#### Outpatient Rehab - Caton Ridge 1st Floor

Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.

Phone: 410-737-8838, ext. 601-8859

#### Podiatry

##### Call for Office Location and Hours

Phone: 410-247-5602

### FINANCE OFFICE

Happy New Year from the Finance Team! We are excited to introduce the newest member of our Finance Team, Eric Schwab. Eric has filled the Assistant Director of Finance role that was vacated in August, when Colleen Stafford was promoted to Oak Crest. Eric brings a strong background in financial planning and analysis and spent a large portion of his career in the hospitality industry with Choice Hotels.

As we enter the new year, it is a good time to remind everyone that you have several options for remitting your Charlestown payment each month:

- **Option 1:** Drop your payment in the box at any of our front desks. Please be sure you have enclosed your payment and remittance slip in an envelope prior to doing so. No need for a stamp when you drop in the payment box.
- **Option 2:** Send your check in the mail to:  
Charlestown Community, Inc.  
P.O. Box 45736  
Baltimore, MD 21297-5736
- **Option 3:** Submit an electronic payment from your bank. To do so, you will need to reference the payment address above as well as include your statement/invoice number in the memo field.
- **Option 4:** Sign-up for automatic payment. This option authorizes us to automatically deduct the amount of your statement each month from your account and provides a level of convenience that many residents do enjoy. Please stop by the Finance office with a voided check to sign-up for this option.

In addition, we want to remind everyone that payment is due upon receipt of your statement. To ensure the payment is posted to your account in a timely manner, plan to send your payment by the 20th of each month. This provides the time needed for the payment to arrive at the bank, be processed and applied to your account.

As always, our team is ready and available to assist with any questions or concerns you may have. Please feel free to stop by our office on the Terrace level of Harborview or contact us at 410-737-8800.

*Pam Stiner, Director of Finance*



### Crafters Raise \$3,527.50 for Benevolent Care!

The Philanthropy Team would like to acknowledge and thank the following individuals and groups for their donations to the Benevolent Care Fund from their sales during the Residents' Arts & Crafts Fair held on November 10: Charlestown Quillers, Charlestown Quilters, Betty Boop Bead Club, RG Activities, Sew 'n Sews, Stained Glass group, Carolyn Thompson and the many artists and crafters who contributed to the raffle. Thank you for sharing your talent and gifts!



# Philanthropy

Patti Santoni, Director

## TREASURE SALE

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

**Are you looking to get more involved within Treasure Sale?** We are currently looking to fill the role of the Treasure Sale Director for the Brookside sorting room. This Director is one of three 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.

**Resident Treasure Sale donations are temporarily on hold.** 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.** If you are contacted by a family working on an apartment cleanout, please direct them to speak with Emily Fowler so that they can be advised on the process.



## 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



## IN REMEMBRANCE

Gifts were made during the month of November to Benevolent Care in memory of David Pollitt. These gifts serve as a tribute to David's interests and accomplishments. Please join us in extending heartfelt sympathy to loved ones left behind.

## IN HONOR OF

Gifts were made during the month of November to the Benevolent Care Fund in honor of William Ryan's 90th Birthday and Howie Nixon for his wonderful work as a Tech Tutor.

## MEMORY WALK



The Spring 2019 Memory Walk Dedication Ceremony will be held on Monday, April 8, 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. The money goes to the engraving of the brick, installation of the brick at the walk, and general maintenance of the Memory Walk area. A portion also benefits the Benevolent Care Fund.

The last day to purchase a memorial brick for the April ceremony is Thursday, February 28, 2019. Please call 410-737-8892 or stop at the Philanthropy Office in Cross Creek for more information.

## BENEVOLENT CARE

### Legacy Tree Re-Dedication Ceremony

On December 5, the Benevolent Care Legacy Tree was re-dedicated in the Cross Creek Lobby with eight new Green Leaves symbolizing major gifts or a promise of a portion of an entrance deposit made this year by some of our residents at Charlestown. The Green Leaves signify Charlestown's 35th Anniversary this year. Pictured below are our resident donors and the Philanthropy Team, along with Pam Stiner, Nathan Blumberg and members of the Residents' Council and Benevolent Care Committee.



Pictured from left to right: Glenn Young, Janel Douglass, Betty Brown-Young, Sharon Stewart, Naomi McAfee, Stephen Harders, and Loretta Harders.



Pictured from left to right: Pam Stiner, Nathan Blumberg, Jean Eichenlaub, Naomi McAfee, Patti Santoni, Emily Fowler, Lisa Zehring, and Wendel Thompson.

Philanthropy would like to thank all of the donors who have supported the Legacy Tree since its inception in 2004.

### Year-End Letters

Please contact Emily Fowler in Philanthropy at 410-737-8892 or [Emily.Fowler@erickson.com](mailto:Emily.Fowler@erickson.com) by January 31 if you wish to receive a year-end letter for donations made to the Benevolent Care Fund, Scholars' Fund or Chapel Concert Fund in 2018.

Note: Residents who have recurring donations set up through their monthly bill will automatically receive a letter.



## 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.





### We Thought You Should Know...

Depending on the circumstances, your hospitalization can be classified as **Inpatient Care or Observation Status**. Most people are not aware that when you are classified under "observation status," Medicare may not cover the care you receive for a subsequent stay at a skilled nursing facility.

Your hospital admission status affects what Medicare will cover.

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

### Get A Clear Understanding of...

1. Hospital status and how it impacts you.
2. The effect of hospital observation status on skilled nursing coverage.
3. How to find out if you are being formally admitted under inpatient care?
4. What is an Observation Stay?

To find out more about the skilled nursing care covered after a hospitalization classified as observation, contact Jennifer Simon, your Charlestown licensed sales agent at: 443-297-3110, TTY 711 or at [jennifer.simon@erickson.com](mailto: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

### 2019 Bereavement Meetings

#### Exploring Grief with Color and Sand

Monday, March 4, 2019  
1:00 - 2:00 p.m. in Brookside 1

#### Mindfulness

Monday, April 29, 2019  
1:00 - 2:00 p.m. in Brookside 1

#### Music for the Journey: Remembering through Song

Monday, July 1, 2019  
1:00 - 2:00 p.m. in Brookside 1

#### Grief in the Second Year

Tuesday, September 3, 2019  
1:00 - 2:00 p.m. in Brookside 1

#### Creative Journaling

Monday, November 4, 2019  
1:00 - 2:00 p.m. in Brookside 1

#### Candlelight Service

Wednesday, December 4, 2019  
6:30 p.m. in the Chapel

Presented by:



## Medical Center Update

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

### ANNUAL WELLNESS VISITS



By now, many of you have become aware that Medicare is strongly encouraging all recipients to undergo an Annual Wellness Visit. This is intended to be a yearly visit surrounding the development of an individualized Care Plan that is geared towards keeping you healthy and independent well into those golden years of life. The Annual Wellness Visit is not a yearly physical and should not be viewed with the same lens. The Annual Wellness Visit (AWV) is goal oriented in nature and allows you and your PCP to work together to identify potential

problems over the horizon, as well as maintain/improve health status quo. We completed close to 200 such visits in 2018, and we will continue to ramp things up in the coming months.

Medicare has determined that there is great benefit and value in doing the AWV and as such they are re-imbursable under Medicare rates and guidelines. In the event that we haven't contacted you regarding these visits, feel free to call the Medical Center at 410-247-5602 to schedule one for yourself. The Annual Wellness Visits may be completed by your Primary Care Physician, the Medical Center Social Worker or our office NP, Hilda Lively. You may also inquire about these visits at your next followup appointment with the doctor.

The Charlestown Medical Center has a proud history when it comes to our overall quality indicator metrics, and we are excited that over 92% of you have entrusted us with your healthcare need. Thank you for your continued partnership in the quest to keeping you healthy so that you may enjoy all that our great community has to offer.

Dean Crawford  
Practice Administrator

## Poets' Spotlight

Greetings, Charlestown - and  
Welcome to our 2018 Christmas/Holiday Tour

We will be spreading lots of holiday cheer  
Just as we do year after year!

Our Grounds Department and residents, as well;  
Have provided us a beautiful "show and tell"!

Decorated trees are everywhere;  
Some of which that we want to share;

There are trees in the lobbies and in the halls;  
And many decorations on our shelves and walls!

Featured are Santas, Snowmen and the Nativity;  
Memories from the past, for all to see!

All were in boxes, stored away;  
And brought out to share for Christmas Day!

At Charlestown, the holiday spirit is everywhere;  
On our doors, in our hearts, and in the air!

So, enjoy this holiday season once more;  
As we take you on our yearly tour!

Betty Brown-Young

# Bulletin Board

## Our Newest Residents



Naomi and Philip Benzil	AS8-T07
Fern and Eric Bowman	BR-533
Charlotte Campitelli	EW-209
Margaret and Gerald Collins	HR-T07
Susan and Leon Daciek	CR-604
Jo and Frederick Dreyer	BR-T19
Patricia Henshall	CR-211
Rosemary and James Herman	ST-308
Elizabeth and Charles Lloyd	CR-512
Cynthia McManus	HR-637
John Nelson	CY7-102
Susan Noonan	HR-444
Mimi O'Donnell	EW-210
Rosemary and Larry Taylor	BR-228
Maria and David Whitaker	PV-505
Roslyn Wood	CC-212

The Conservative Values Study Group will meet in Brookside 1 on Thursday, January 17, 2019 7:00 - 8:00 p.m.

Our new format will be to ask the members to review short Prager University videos prior to the meeting and to research subjects to enhance our discussions.

- Listed are the videos we will use for the next three meetings:
- January 17 - Prager University: *The American Trinity*
  - February 21 - Prager University: *Every American Needs to Hear this Speech*
  - March 21 - Prager University: *Why I Left the Left*

Because the A/C might be on, please bring a warm sweater or jacket.

Mark your calendars. All residents are welcome to attend. Our meetings will be limited to one hour.

For more information, contact Betty Brown-Young.

## 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

## Pollination Event

Here today, gone tomorrow...  
Deploying with the American Red Cross  
Tuesday, January 8 at 7:00 p.m.  
Auditorium

Barbara Riester will describe how the American Red Cross responds to disasters large and small. She has spent the last 25 years responding to large disasters, in the United States and its territories, and in Indonesia after the December 2004 earthquake and tsunami struck the area. Prior to that, she was the Emergency Services Director in Baton Rouge, La., as the area recovered from Hurricane Katrina.

Solution from page 7

8	2	5	7	4	6	9	1	3
9	3	4	8	1	2	5	7	6
1	6	7	3	5	9	2	4	8
3	5	8	2	9	7	4	6	1
6	9	2	1	8	4	7	3	5
7	4	1	5	6	3	8	9	2
2	8	3	9	7	1	6	5	4
4	1	9	6	2	5	3	8	7
5	7	6	4	3	8	1	2	9

7	2	6	3	1	4	9	8	5
3	9	8	7	2	5	4	6	1
1	4	5	6	8	9	2	3	7
2	3	9	4	6	1	5	7	8
4	5	1	8	7	2	3	9	6
6	8	7	5	9	3	1	4	2
8	1	2	9	3	7	6	5	4
9	6	4	1	5	8	7	2	3
5	7	3	2	4	6	8	1	9





# Resident Life

*Sherry Parrish, LCSW-C, Director*



## INTERMISSIONS CORNER

A very happy New Year to our residents and family members! We hope you enjoyed the time spent with loved ones and friends during the holiday

season. As a reminder, we will not be having Intermissions on New Year's Day, Tuesday, January 1, or Martin Luther King Jr. Day, January 21.

In January, we will be featuring a new program called Magic Moments. It will be done by a new resident volunteer to our program, and we look forward to using our imagination and sharing fond memories together. Our intern, Jaryn, has also planned two activities on the calendar that she will be presenting to our group. Jaryn has been with Intermissions for several months and is starting her final semester at UMBC. We will also be taking a virtual trip to Latvia to learn about the people, culture, cuisine, and customs. Towards the end of the month, we will go back in time to the 1950s and reminisce about some of the funny and wholesome programs television had to offer.

The Intermissions Program is a social and structured program for residents at Charlestown. We are open Monday through Friday from 9:30 a.m. - 2:30 p.m. If you, or someone you know, would like to learn more information about the program and the benefits it provides, please contact Kayleigh Reese at 443-297-3500.

*Kayleigh Reese, Intermissions Coordinator*



## Maureen's Moment

It sounds like such a cliché, but it truly is hard to believe that another year is behind us. We said "good-byes" as people transitioned out of our

program. We enjoyed visiting other buildings on campus where we would often see former participants. Kayleigh and I had the honor of celebrating a milestone birthday with a former member of our group and her family. I feel that each member of our group has left an imprint within me, teaching me something along the way.

We also welcomed new members to our group. Every new person brings another viewpoint, outlook and flavor which makes for an interesting day. In addition to new members, our room got a new look. Bright new lights, fresh paint, plantation blinds, new flooring in the kitchen and bathroom, new countertops, new kitchen sink and faucet, new bathroom sink and faucets, and additional storage along with some updated wall décor. We are ready for the new year!

*Maureen Potter*



## A Note from the Director . . .

The Intermissions Program has been very valuable for many residents and their families by providing meaningful social and structured programming for residents. As important as this is to a resident, it also serves the spouse as respite from a demanding care-giving routine and a source of comfort to their adult children and other loved ones. This past year, Charlestown refurbished the Intermissions Suite and it looks fresh and inviting for all. In December, 2018, we hosted an Open House to "show off" the new Suite and invited folks to check us out. We will provide additional opportunities to visit Intermissions in 2019, as well.

When it comes to understanding the benefit of this or any other program, the best source of information and value always comes from the actual resident and family perspective. Noted below is the most recent letter sent to Kayleigh Reese, our Intermissions Coordinator, following the December 2018 Open House: "Thanks so much Kayleigh . . . I wanted to tell you how excited Mom was about winning the open house basket! She talked about it all weekend when looking at the basket, but won't open it because it looks so nice under the tree.

My family is so grateful for you and Intermissions services. If you ever have any potential residents or families inquiring about the program, I'd be happy to talk with them from our perspective. You may remember I connected with you over a period close to a year before bringing Mom (until she was ready) and, since starting, she always looks forward to days she attends. I enjoyed meeting the resident who attended with her daughter as those connections are helpful for families, too!"

We are grateful for the feedback from this resident's daughter and hope that we may be of support to you and your family when needed.

*Sherry Parrish, LCSW-C,  
Director of Resident Life*

## Mind your Memory:

### Answers to December Challenge: Christmas Rephrase It

1. Approach, Everyone Who is Loyal (**Oh Come, All Ye Faithful**)
2. Ecstasy Toward the Globe (**Joy to the World**)
3. Listen, the Foretelling Celestial Beings Harmonize (**Hark the Herald Angels Sing**)
4. Hushed Nocturnal Period (**Silent Night**)
5. Cobalt Sad Day in December (**Blue Christmas**)
6. Embellish the Corridors (**Deck the Halls**)
7. I'm Fantasizing Concerning a Ivory Yuletide (**I'm Dreaming of a White Christmas**)
8. I Viewed My Maternal Parent Smooching with a Corpulent, Unshaven Male in Crimson (**I Saw Mommy Kissing Santa Claus**)
9. Frigid, the Compressed Mounds of Minute Crystals formed into a male human (**Frosty the Snowman**)
10. The Thing Manifested Itself at 12 Onset of a Transparent Day (**It Came Upon a Midnight Clear**)
11. Us, a Trio of Royalty (**We Three Kings**)
12. The Hallowed Evening (**O Holy Night**)
13. The Coniferous Timber (**O Christmas Tree**)
14. Elsewhere in a Bovine Feeding Trough (**Away in a Manger**)
15. The Animal Named For His Luminous and Crimson Snout (**Rudolph the Red-Nosed Reindeer**)

### January Challenge: Animals Word Changer

Remove one letter from each word below. Arrange the remaining letters to form the name of an animal.

Example: TACT = CAT (when the T is removed)

- |                 |                  |
|-----------------|------------------|
| 1. BLAME _____  | 7. FLINCH _____  |
| 2. NEAT _____   | 8. VIDEO _____   |
| 3. BEAT _____   | 9. HOTTER _____  |
| 4. BRIDE _____  | 10. MAULER _____ |
| 5. TARP _____   | 11. ISLAND _____ |
| 6. REGRET _____ | 12. SPEECH _____ |

## 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 February 2019 issue is  
**January 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 the Cross Creek

PLEASE, NO HANDWRITTEN ARTICLES