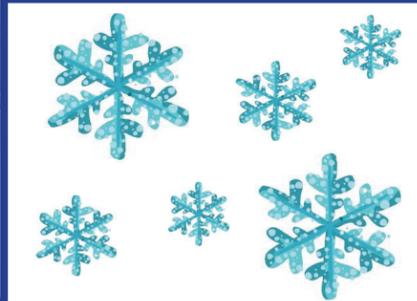
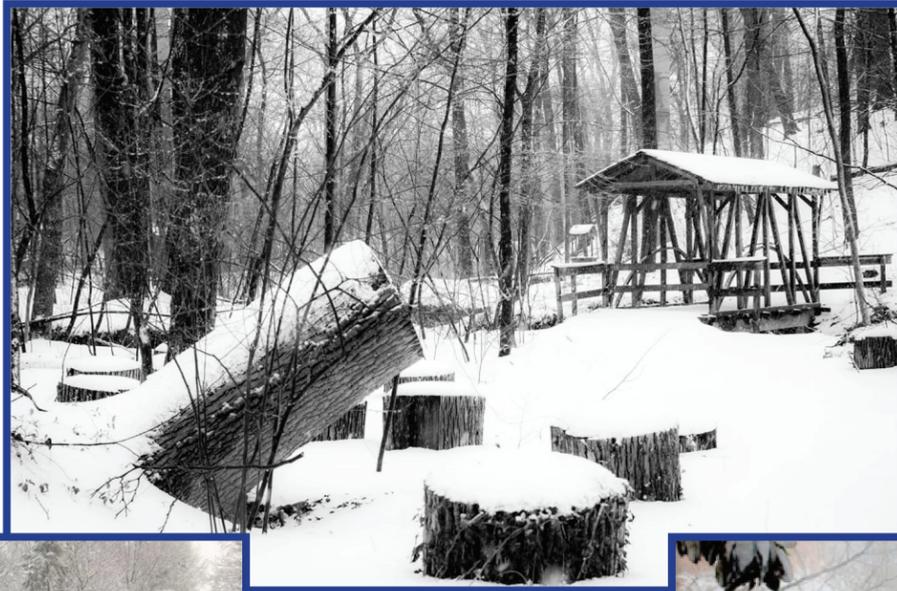




Winter Has Come to Charlestown



We sit near the middle of Winter 2019. Compared to previous winters, 2019 has been fairly tame so far. The snow we have enjoyed has primarily enhanced the beauty of the season. I hope you are all spending some time on our cross community bridges during this season. The view of our hills and valleys from the bridges, with the contrast of snow, shows off the beauty of our woods. The true beauty of Charlestown, however, goes far beyond the buildings and grounds. The quality of life and the people who call Charlestown home are the actual treasures of Charlestown. Together we create a wonderful home and community where we speak to each other in the corridors and enjoy a meal together. This is where the true spirit of love and joy on which our community thrives. No longer living alone in our former lives, we come together and share our days. The comradery of residents and staff warm us, so no cold winds can truly have a negative effect on us. Laughter in the hallways, beats the slush of winter roads. And, a loving embrace melts any cold that may cross our paths. So despite the cool gray days of winter, the warmth of our Charlestown Community creates an eternal spring that generates all.

Stay warm, Sherry Parrish, Resident Life Director

Embrace Wellness



Clara Parker, ED

Living in community means living within a plethora of possibilities, which offers a person a huge variety of opportunities: Opportunities to get to know other people, to have different experiences, to share our gifts and bring out the talents of others. We are surrounded by people who can tell us the exact word we need at the moment we need it, who invite us to reflect when we are being presumptive, or encourage us when we are close to giving up. It means never

being alone but being able to ask for help and being able to help others. One of the benefits of living in the Charlestown Community is that we are not alone to face our problems. In fact, there are many programs and services that are specifically designed to support us along the way. This is why some residents choose to live here.

However, following a tragic event in our community last year, some residents responded with comments such as, "I didn't know those services were available" or "I did not know we had a Mental Health Counselor in the Medical Center." Some people knew we had some services, but did not understand how to put it all together and get what they might need when they need it.

This lack of awareness among some of our residents made me realize that we need to enhance how we share what services are available, as well as identify additional opportunities to meet the needs of our residents.

Charlestown's comprehensive approach to delivering health and mental-health support services to our residents is founded in the "Seven Dimensions of Wellness" and focuses residents to "Embrace Wellness." The Seven Dimensions of Wellness, found in our literature, are defined as Emotional, Spiritual, Environmental, Physical, Occupational, Intellectual, and Social.

Throughout each month in 2019, we will enhance the community's awareness of our efforts to "Embrace Wellness" by examining each of the seven Dimensions, highlighting programs, and presenting educational information through presentations by speakers, literature, brochures, community events, town halls, MyErickson, and channel 972. In addition, each month we will have articles in *The Sunburst* that focus our learning along one of the Dimensions of Wellness.

The primary emphasis of this initiative to "Embrace Wellness" is to create awareness of our programs and offer access for our residents, so you can self-identify programs and services that may enhance your aging and personal well-being.

We know that how we approach life can positively or negatively affect our experiences. The better prepared we are for difficult times can strengthen hope and give us the energy to overcome our problems.

Most of us share a universal truth ... we want to live well and get the most out of life. Regardless of the number of our years, we all face trials and tribulations along the way. Through the "Embrace Wellness" program, we may find the support we need to improve our journey.

Clara Parker, Executive Director

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"We're Here For You"

Conservation at Charlestown, 2019

As we enter 2019, the people on the Residents' Council Conservation Committee, as well as many of our residents at Charlestown, are more aware than ever of the crises that are brewing regarding the state of our worldwide environment. We are aware of the greater number of storms, hurricanes, floods, and, not the least of those areas that are affecting us, the growing dilemma associated with the world-wide problem of trash disposal, impacting our landfills and our oceans.

We here at Charlestown can hardly take on the world-wide issues that have arisen in recent decades, but we can try to do our part in smaller ways. Our focus, specifically, has been in the area of trash and recycling. Trash is a key expense for Charlestown. The company that picks up our trash, the Waste Management Corporation (WMC), charges us by the ton for hauling it away. On average, WMC hauls about 80 tons of trash per month (160,000 lbs.) from Charlestown's facilities, including restaurants, independent living and dependent living buildings. Likewise, approximately 27 tons (54,000 lbs.) of recycled materials per month are picked up by outside vendors and Charlestown's own staff who use our own compactor truck for the job. Please notice that the more we can take out of our trash and put in the recycle bin, the lower the weight and the cost will be for hauling trash.

However, the facts are that not all of what we throw away is trash, nor can it be recycled in the same way as all of our other recyclables. This category of neither trash nor recycling is plastic bags. Plastic bags turn out to be the exception in the environmental story. Newspapers, magazines, plastic bottles or other containers (that have a triangle on it with a number inside it), cans, cardboard, envelopes, silver foil, and other items shown on the display boards can be recycled, but not plastic bags. Why?

It turns out that plastic bags gum up the works at the recycling processing plants, and the plant will reject whole loads of recycling that have plastic bags in them. Fortunately, stores like Giant, Weis and others accept discarded plastic bags and that helps. By collecting our plastic bags and returning them to Giant or other similar stores, we can avoid the increased weight and additional cost that would come from putting plastic bags in the trash.

Plastic bags are not collected at the doors of our apartments like regular trash and recycled materials are. Therefore, to help residents with recycling the bags, tall standing boxes were placed in each of our laundry rooms by Michelle Fenn, Charlestown Housekeeping Supervisor. As a result, residents can gather up the plastic bags they bring back from the Shortline and Terrace restaurants, carryout orders from the other restaurants, and grocery and other shopping and drop them off in the boxes at the laundry room of their building.

The final step in the plastic bag recycling process is for the bags to be collected from the laundry room containers and taken to Giant or other stores that provide a plastic bag disposal service. This is done by a group of our resident volunteers who gather up the bagged plastic bags and take them back to the stores.

What happens to these plastic bags after they are returned to the stores? They are sent to companies which reprocess them, for example, into new plastic bags, plastic slats for benches, decking, and thread for making clothes.

All Charlestown residents are encouraged to take advantage of our plastic-bag-recycling program. Put your plastic bags in the laundry room containers where they can be collected and taken to the stores. By doing so, you have moved our community toward responsible recycling and lower costs.

We hope you have seen our display boards that show up periodically at the restaurants showing what can and cannot be recycled. A reference folder will be published soon to help residents determine what is recyclable and what is not.

The Conservation Committee knows there are questions you may have about recycling. We would like to hear from you. Email us at Bill Tilles, WRTilles@gmail.com, or Marty Tewksbury, Grampatewks2@gmail.com.

Bill Tilles and Marty Tewksbury
Conservation Committee

Campus Emergencies, Power Outages and Swift Reach

For those who do not know, Swift Reach is our automated phone system that can send recorded phone messages to all residents whose phone numbers are on record in the Resident Directory. If you are not listed in the Resident Directory, you need to ask for a Change Form from any lobby desk and specify on the form that this is "for Swift Reach only" and return it to the lobby desk. If you want to be listed in the Directory, add your apartment number and email address, if you have one, without stating "for Swift Reach only." Not all Alerts are campus-wide, they may be limited to the area of the circumstance. Speakers still present in buildings will not be used. They are antiquated and are not reliable.

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

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

A fully charged cellphone will work during power outages. Residents may choose to list this number for "Swift Reach only." Recently, General Services has added the Swift911 Text Alert Program that allows them to notify you via Text in these situations if you have a Smartphone. You just send a text to 443-947-3474 stating "Add" and a text reply will state "confirmed." If you do not receive a reply text, then repeat your text using all caps in "ADD."

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

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

Charlie Eichenlaub
Communications Committee



Photo Example (A)



Photo Example (B)



Photo Example (C)



Conversations with Clara and Executive Team

- 1. Question:** *Will CCI have the Winter Putterland event?*
Answer: We will not have Winter Putterland due to the Conference Center refurbishment. We are considering other options.
- 2. Question:** *Can the walls that block the elevators in the Conference Center be removed for better flow of traffic, especially during the Treasure Sale?*
Answer: The wall gives housekeeping and dining the ability to function without disrupting events taking place in the Conference Center.
- 3. Comment:** *The Social Workers are not visible to many residents.*
Answer: The Social Workers, now named Resident Services Coordinators, are established by neighborhood. Community Resources and our Resident Service Coordinators will be working together on our Welcome Home initiative to help residents transition more smoothly in the community.
- 4. Question:** *What is the policy for hanging pictures outside of your door?*
Answer: The front door and the area inside the frame, including the ledge, are yours to decorate. Please take care not to damage the walls.

Charlestown Residents'
Council Website.
ccicharlestown.org

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

Tips for New Residents:

- **Residents’ Council Meeting:** First Tuesday of every month at 7:00 p.m. in the Auditorium, open to all residents to observe. This information is fully explained under Residents’ Council in the Resident Handbook on page 16 (August 2017 edition). There is a management report before the meeting adjourns as well as an Open Forum for residents to ask questions or give comments after the meeting adjourns.
- **Council Committees:** Thirteen various committees are open for participation by all residents who wish to attend. Meeting schedules are listed by name at our resident website, cccharlestown.org, under the Council Information and on bulletin board postings.
- **Conversations with Clara (and Executive Team):** Usually monthly, at a designated public space; it is an informal setting where topics are discussed between residents and Clara’s team, and questions may be presented.
- **Resident Town Hall Meeting:** Periodically, locations to be announced; a more formal presentation by the Executive Team reporting on new projects and updating continuing ones, along with existing or perceived problems among us. A question and answer period follows the presentation.
- **Council Chats:** Periodic, in designated areas with one or two Council members at a small table with a few chairs for individual residents to bring up concerns or ask for clarification on any subject within the Charlestown community. Next chat: April 18, 2019, from 4:00 - 5:30 p.m., at the Shortline, Terrace Cafe, Refectory, and Fireside restaurants.
- **Coffee with the Dining Managers:** Monthly, on a regular schedule, at each dining room. Join the dining room managers once a month to learn about what’s happening in your dining room, as well as talk about your issues and concerns.
- **Dining Services Town Hall:** Last Friday of the month at 11:00 a.m. to report on what is happening with Dining Services, in the Auditorium.
- **General Services Town Hall:** Monthly (upon announcement), in the Auditorium.
- **Security and EMS Services Open Forum:** Quarterly (upon announcement) at a designated public space; it is an informal setting where topics are discussed between the Security and Emergency Services Manager and residents.
- **Dining Menu Focus Groups:** Quarterly (upon announcement) in each restaurant. It is an informal setting designed to allow residents to voice their comments and suggestions for the upcoming new seasonal menus.
- **Dietary Focus Group:** Resident Run, on the First Friday of each month at 10:00 a.m. in Brookside Classroom 2, (except for December) for those with dietary allergies, intolerance and/or medication issues. Not for personal consultations.

Residents’ Council Communications Committee

What does Vision mean in Harmonious Living?

Vision is simply the many possibilities we see here at Charlestown. Our goal here is to provide an environment that helps people live better lives. Together, staff and residents strive to make Charlestown the most sought-after retirement community for seniors who want to enrich their lives and lifestyles in a vibrant community. This happens when staff and residents serve with talent, compassion and dedication in a values-driven community.

John Erickson developed “The Erickson Way” based on values and behaviors: Respect and Caring, Diversity, Friendliness and Enthusiasm, Integrity, Responsibility, Excellence and Teamwork. Through the Residents’ Council’s Resident Life Committee and the Erickson Living Values Team, Mission Moments programs were created to recognize staff and residents who demonstrate these values in their daily work and living. These programs expand the vision of possibilities for staff and residents. This is what makes a Harmonious Community.

So, think about your vision of living in a Harmonious Community. How do you use your talents, compassion and dedication to make each day enjoyable for yourself and welcoming to others? As you think about others (staff and residents), reward them by recognizing them with a Mission Moment. Forms for recognition are available at the front desks of all lobbies. Staff recognitions should be directed to their department supervisors, and resident recognitions should be directed to Pat Kasuda, BR-238, at pjkasuda238@gmail.com and the Resident Mission Moments Committee.

Pat Kasuda

How can we best talk about racism and racial equity?

**Monday, February 18, 2019
Auditorium, 1:00 - 3:00 p.m.**

Join us in this timely and important exploration into how our racial identities and opinions may have been shaped by individual, social and cultural factors.

This engaging Charlestown ELLIC course entitled “Talking About Talking About Racism” will be led by Avis Ransom, a senior consultant and facilitator from Baltimore Racial Justice Action (BRJA). Ms. Ransom will lead us in answering the question, “Why might it be important to address issues of racial equity?”

Avis Ransom has been leading anti-racism transformation processes for individuals and organizations for over 20 years in the Baltimore area. She is a dynamic speaker and will thoughtfully engage audience members in guided conversation to explore the topics posed.

If you have already enrolled in Avis Ransom’s February 18 ELLIC course, we’ll look forward to seeing you there! If you have not, please contact ELLIC to see if space is still available.

Free to ELLIC members, \$5 non-members

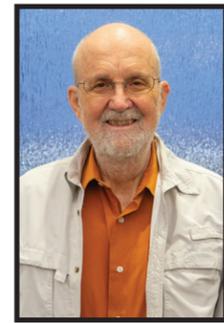
CHARLESTOWN BOASTS MISSION MOMENTS

By recognizing the following two residents, it is easy to highlight several of the Erickson Values that are demonstrated. They share **RESPECT AND CARING** for our community and the residents that live here. They take **RESPONSIBILITY** for their volunteerism and pursue it with **EXCELLENCE**.



A spunky centenarian, **Catherine (Cass) Brusini**, has been quietly doing good deeds for years. Weekly, she walks from her apartment in Herbert’s Run to Continuing Care with her little bag of treasures. Cass has been responsible for the bingo at Continuing Care. Not only does she work with the bingo games, she makes sure there are adequate prizes for winners. Cass generously supplies all the prizes at her own expense.

Truly, Cass is an example of respect and caring for residents who have moved from independent living to Continuing Care. Her quiet manner makes her a “secret angel” to many Charlestown residents.



Martin (Marty) Tewksbury has been recognized by Sherry Stewart, Phyl Lansing and Bill Tilles. Marty has been the driving force for getting the Treasure Sale to recycle more. On days when boxes were unpacked, he made sure that at the last Treasure Sale there were BIG bins for recycling

and SMALL containers for trash, accenting visually what was being done. He also supplied a box labeled Soft Plastic so plastic bags could be stored and taken to Giant for recycling. Once the Sale was open, Marty had boxes around with notes above them, clearly labeled, indicating recycling during the Sale and, as importantly, at the end of the Sale when everyone was tired and a deluge of empty boxes suddenly appeared.

Mike Fischer said that the Plastic Bag initiative that Marty created at Charlestown is an excellent way for residents to bring plastic bags to the laundry rooms to be taken to Giant or other chain grocery stores for recycling. This initiative has gotten interest from other Erickson communities. Recycling is not the only thing Marty does. He is on the Sluggers Soft Ball team and when not able to play due to health problems, he is there to cheer on the team.

As one can see, leadership is a quality that Marty clearly demonstrates. When the Nature Trail Committee required a new chairperson, he stepped up to run the meetings and took over the leadership of the newly formed Nature Festival. He is a member of the Invasive Plants Crew and co-chairman of the Putterland Fundraiser. If that is not enough, he also has been instrumental in helping to set up Fruits of Our Labor. Truly, Marty unselfishly uses his energies to help our community in many ways.



If you are aware of residents who go above and beyond to make Charlestown a *Harmonious* community by living the Erickson Values, nominate them by completing a nomination form found at the front desk lobbies or email Pat Kasuda at pjkasuda238@gmail.com.



General Services

Mike Fischer, Director

**SHARE
THE ROAD**

Harmonious Living is one of the benchmarks we all strive for here at Charlestown. Each of us is different, coming from various backgrounds and geographic locations from across this great country. Moving onto a campus of this size, with 2,000 of our closest friends, can certainly create some challenges.

As we all age, our abilities and capabilities begin to diminish. This includes our mobility. Many of us are required to use a variety of devices to allow us to navigate throughout our 2.3 million square feet of indoor space and our 110 acres of outdoor space.

In the spirit of being a good neighbor, we must "share the road." Regardless of whether you are walking unassisted, using a cane, walker/rollator, or Electric Mobility Vehicle (EMV), each of us must respect the free passage of our neighbors, employees, and guests/visitors. As such, a formal review process has been in place to investigate and assign corrective actions for those who fail to comply with the "rules of the road." Each EMV user must sign for and accept the Receipt of Electric Mobility Vehicle Protocol/Information Packet.

Security and Emergency Services will accept complaints regarding unsafe EMV operation. Please try to identify the operator by providing a name/description. Record the EMV registration number on the rear of the device. Include the date/time and location of the incident. All reports are kept confidential and will be documented and investigated.

If a complaint is unfounded, no action will be taken and no notation will be made in any resident record maintained.

If the complaint is founded, corrective actions may include :

- Written Warning
- Monetary costs for any injuries or damage to property
- Professional re-training at the operator's expense
- A governor to reduce/control speed installed at the operator's expense
- Suspension or revocation of operating rights.

During 2018, there were several serious reported EMV incidents, including injuries to residents and employees, as well as property damage. In each incident, corrective actions were applied, including the loss of the operator's right to use his/her device.

Our goal is to provide a safe arena for all to move freely throughout our campus. Please "share the road" to ensure the safety of all.

Michael Fischer
Director of General Services

What is Identity Theft?

Identity theft is a type of fraud that involves using someone else's identity to steal money or gain other benefits.

Common methods of identity theft:

- *Phishing* - the scammer tricks you into handing over your personal information.
- *Hacking* - the scammer gains access to your information by exploiting security weaknesses on your computer, mobile device or network.
- *Remote access scams* - the scammer tricks you into giving access to your computer and paying for a service you don't need.
- *Malware and ransomware* - Malware tricks you into installing software that allows scammers to access your files and track what you are doing, while ransomware demands payment to 'unlock' your computer or files.
- *Fake online profiles* - the scammer sets up a fake profile on a social media or dating site and sends you a 'friend' request.
- *Document theft* - the scammer gains access to your private information through unlocked mailboxes or discarded personal documents such as utility bills, insurance renewals or health-care records.

Warning signs:

- You receive an email, text or a phone call out of the blue asking you to 'validate' or 'confirm' your personal details by clicking on a link or opening an attachment. The message contains grammatical errors and is poorly written.
- There are unexpected pop-ups on your computer or mobile device asking if you want to allow software to run.
- You receive a friend request from someone you don't know on social media.
- You are unable to log into your social media or email account, or your profile has been logged into from an unusual location.
- You notice that amounts of money go missing from your bank account without any explanation.
- You are refused a financial service or an application for a loan or credit card has been declined.
- You receive bills, invoices or receipts addressed to you for goods or services you didn't purchase yourself.

Protect yourself:

- Do not open suspicious texts or emails – delete them.
- Verify the identity of the contact by calling the relevant organization directly – find them through an independent source such as a phone book or online search. Do not use the contact details provided in the message sent to you.
- Never send money or give credit card, online account details or copies of personal documents to anyone you don't know or trust.
- Choose passwords that would be difficult for others to guess, and update them regularly. Don't use the same password for every account, and don't share them with anyone.
- Secure your networks and devices with anti-virus software and a good firewall. Avoid using public computers or WiFi hotspots to access or provide personal information.
- Be very careful about how much personal information you share on social network sites. Scammers can use your information and pictures to create a fake identity or to target you with a scam.

- When making online payments, only pay for items using a secure payment service—look for a URL starting with 'https' and a closed padlock symbol, or a payment provider such as PayPal.
- Shred or destroy any documents containing personal information before disposing of them.
- Find out how to get a free copy of your credit report from the Experian website. Your credit report contains important information on your credit history and is useful for checking that no one is using your name to borrow money or run up debts.

Have you been scammed?

If you think you have provided your account details, passport, tax-file number, license, Medicare, or other personal identification details to a scammer, contact your bank, financial institution, or other relevant agencies immediately.

We encourage you to report scams and frauds via www.usa.gov or call 1-844-USA-GOV1. This helps us to warn people about current scams, monitor trends and disrupt scams where possible. Please include details of the scam contact you received, for example, email or screenshot.

We also provide guidance on protecting yourself from scams and where to get help.

Spread the word to your friends and family to protect them.

Michael Fischer
Director of General Services

CHARLESTOWN CORNHOLE GROUP

HERE IS A LIST OF THE DATES WE WILL MEET THROUGH MARCH 2019

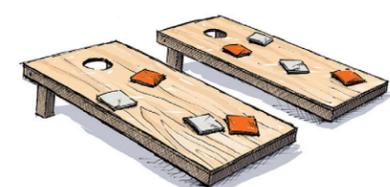
**9:30 – 11:30 a.m. in the GALLERY
(near the Fireside Restaurant)**

NOTE: Some dates are not on Monday or Friday

Friday, February 1, 2019
Monday, February 4, 2019
Monday, February 11, 2019
Wednesday, February 20, 2019
Tuesday, February 26, 2019
Monday, March 4, 2019
Monday, March 11, 2019
Thursday, March 21, 2019
Tuesday, March 26, 2019

Anyone interested in participating can join this group at anytime.
We play random games with those who come on any given day.

Contact me at 410-314-9380 if you have any questions or concerns.



Mary Wright
HR 606

A Discussion on Ageism A program sponsored by Pollination

A lucky few were in the auditorium on Tuesday, January 8, to hear Ann MacKay and Sam Cushman discuss a TED talk video on Ageism. The evening began with a video by Ashton Applewhite, author of *This Chair Rocks: A Manifesto Against Ageism*. Her thesis is that "from childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing and old people useless..." The book explains the roots of ageism—in history and in our own age denial—and how it divides and debases. It examines how ageist myths and stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of oldsters as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action.

Ted Durr hosted the evening, sponsored by the Pollination Committee, with Ann MacKay and Sam Cushman as a panel to enrich Applewhite's TED talk with their own perspective and experiences. MacKay is a retired RN and Association Executive. Cushman is a scientist who spent many years at NIH. Together they expanded on Applewhite's views and provided rich insight into her talk.

The video and panel discussion are very relevant here at Charlestown for obvious reasons. We are a retirement community with residents who are all members of the group impacted by ageism. Not to forget, however, younger people can also be viewed through the lens of ageism; they will all face a future that includes these years. We are all different as individuals, but we all share the common condition of being in the period of our lives where being young in years, or even middle aged, is no longer an option. Instead, we have a wonderful opportunity to see things through a different prism with the benefits of insight and hindsight.

I suggest that the program on ageism be held again for a larger audience. The message is very important and very relevant to this season of our lives.

Applewhite believes that people who have a sense of purpose manage the latter years of our lives better. Maybe we should think of the opportunities here at Charlestown, which are so full of vitality, as a way to frame a sense of purpose.

Perhaps in the grand scheme of things, we were given roughly three quarters of our lives with higher degrees of physical energy and keen perception to deal with those matters that required it. Now we are here to enjoy a different stage with the wisdom of age and the respect of those for whom we set an example.

Bill Tilles



We Love Our Pets!



Pets are an important part of our lives at Charlestown and create much happiness for their owners and friends. To maintain our community harmony, it is important to live by the established guidelines and Pet Policy.

Residents are welcome to bring their pets when moving into Charlestown. Residents should be mindful of space reasonably needed for larger pets and also should be aware of any local regulations that require a special kennel or breeder's license for a larger number of pets which the Community cannot fulfill. Receptacles and bags for dog waste may be provided. Please respect your home and the community when walking your pet outside by being aware of, and compliant with, the following guidelines:

- Pets must be on a leash or in a cage at all times once you leave your apartment.
- When receiving visitors in the apartment (ex: nurses, housekeepers, etc.), consider caging or leashing your animal for the visitor's comfort.
- Indoor walking of pets is not allowed in the hallways or clubhouses; however, pets are allowed in the hallway, so long as the owner is taking the most direct route to the nearest exit.
- Please bring a pooper-scooper and/or plastic bag for immediate cleanup of pet waste. If available, please use the Pet Pal Stations around campus with bags and a receptacle for waste. (Please dispose of all waste properly.)
- Please avoid high traffic areas.
- Pets are not permitted to sit on the community furniture.
- Pets are not allowed in the Fitness Center, Restaurants, Hair Salon, Market, Offices or Bank.
- There are exceptions to the above guidelines for Service-Assistance animals.
- All pets must be registered with the Resident Life (aka Resident Services) Department.

Upon registration, pet owners will receive a more detailed pet policy.

This is a brief list of our guidelines. More detailed and specific information regarding Charlestown's Pet Policy is noted in Appendix E of the Resident Handbook. If you have further questions, please contact the Resident Life Office, ext. 601-8230.

Sherry Parrish, LCSW-C, Resident Life Director



"Around Town Tour"

Make your reservation for the next tour.

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

Doris Cooney, 410-737-1556



LWV Mini-Film Series
Presents
Dark Money

Wednesday, February 13, 2019
CTS Classroom 116, 7:00 - 9:00 p.m.

In 1912, the state of Montana passed a law that prohibited corporations from making contributions to state elections.

In 2010, the U.S. Supreme Court passed "Citizens United v. FEC" that decreed that corporations have the same rights as individuals and financial contributions to elections count as free speech. Thus, with this decision, anonymous donors could bankroll and meddle in elections. It potentially made Montana's law unenforceable.

This exciting film explains why *Dark Money* (the term used to describe funds that are donated anonymously to nonprofit organizations to influence elections) matters. These organizations can receive unlimited contributions and are not required to disclose the sources.

The film records how Montana challenged "Citizens United" and the implications for free and fair elections. It shows how the decision impacts people's day-to-day lives.

While focusing on Montana, the issues raised have serious implications for the entire nation. The very first bill introduced in the new 116th Congress by Maryland's John Sarbanes relates to this and other issues. (H.R. - 1 (116th Congress)).

This film was first shown at the Sundance Festival and later shown on PBS. Come join us on February 13, to learn more about money in politics.

Rosalie Sherwin, LWV Volunteer



BCPL's LIBRARY ON THE GO BOOKMOBILE

February 1, 2019 and
February 15, 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



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

Franklin Richburg, 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

PROJECT MANAGER/ASSISTANT LIVING ADMIN.

Amy Sarro, ext. 601.3111

ASSISTANT LIVING MANAGERS-CATON WOODS

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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

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ASSISTANT PROGRAM MANAGER

Denise Puckett, ext. 601.8575

VOLUNTEER PROGRAM COORDINATOR

Kathleen Hart, ext. 601.8133

FACILITIES COORDINATORS

Steve Hall, ext. 601.8924
David Vickers, ext. 601.3140

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



Winter is well under way and I hope you are all staying warm. I want to start by thanking all of our resident volunteers who helped us through winter storm Gia. We were able to keep all of our dining rooms open with all your help; we served buffets that day, and we couldn't have done it without you! We appreciate all who have made themselves available to assist in these situations and, if this is something you would be interested in, please see the General Manager of your favorite restaurant or contact LaTonya Hill at extension 601-8333.

Last month, we successfully rolled out our winter menus in which our Executives Chefs have tried new and exciting recipes that have been very well received. Based on your feedback and participation, these menus have been a true success, and we look forward to working with everyone again at our next menu focus groups for our spring menus. Be on the lookout for dates and locations to be posted soon.

I want to take a moment to give a shout out to our very own Chef Kevin Jones for an outstanding evening at the Chef's Table event "The Seafood Extravaganza." This event was an absolute hit. Thank you to all who attended. Please be on the lookout for our next event which will be hosted by Chef Bailey Meyers from the Fireside restaurant. We will announce more details here in *The Sunburst*, through flyers and on channel 972.

December was a great month for Dining Services. Thank you all for dining with us on Christmas Eve and Day and New Year's Eve and Day. It is always such a wonderful time of the

year to see friends and family join us. What a privilege it is for us in the dining services department to be a part of such wonderful celebrations. I do need to clarify one thing regarding our holiday upcharge. For many years, Dining Services has had a holiday meal upcharge on certain holidays due to the upgraded menus, and because these meals are on all-you-can-eat buffet menus. We want to remind everyone that this is not a new practice, and we charge the same price to all residents. More information about these small charges can be found in your Resident Handbook. While we want to continue to serve wonderful holiday menus, these upcharges are designed to help us offset the increase of costs for these feasts.

Effective Monday, February 4, in order to cover our employees' lunch breaks in the stores, we will be closing the Marketplace and Fountain Hill Country Store for a half hour daily. Marketplace will close daily between 1:00 - 1:30 p.m. and Fountain Hill Country Store will close between 1:30 - 2:00 p.m. We are closing these stores at staggered times so there will always be one full-service store open for your convenience. Furthermore, the Grab n' Go in Caton Woods will continue to be open for business during these lunch times.

Speaking of hours of operations for Valentine's Day, all of our restaurants will be open at their regular hours and will serve ONLY this special-plated menu of the day. We will not have our regular menu or specials menus available this day. We hope you will join us to enjoy this delicious feast. Below is our Valentine's day menu...



All Restaurants will be serving a **VALENTINE'S DAY DINNER** Thursday, February 14, 2019



First Course

Cream of Crab Soup or Vegetarian Vegetable Soup

Second Course

Caesar Salad or Tossed Salad

Third Course

Surf & Turf

Grilled petite filet of beef and sautéed shrimp.

Salmon with Champagne Cream Sauce

*Pan seared salmon with a champagne cream sauce.
(Salmon is available plain.)*

Trout Amandine

Sautéed trout with lemon parsley butter sauce, topped with toasted almonds.

Chicken Oscar

*Sautéed chicken breast topped with asparagus and crabmeat hollandaise.
(Chicken breast is available plain.)*

Eggplant Lasagna

Layers of savory tomato sauce, ricotta cheese, eggplant, and fresh pasta.

Sides

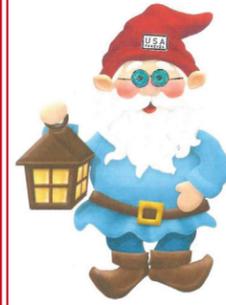
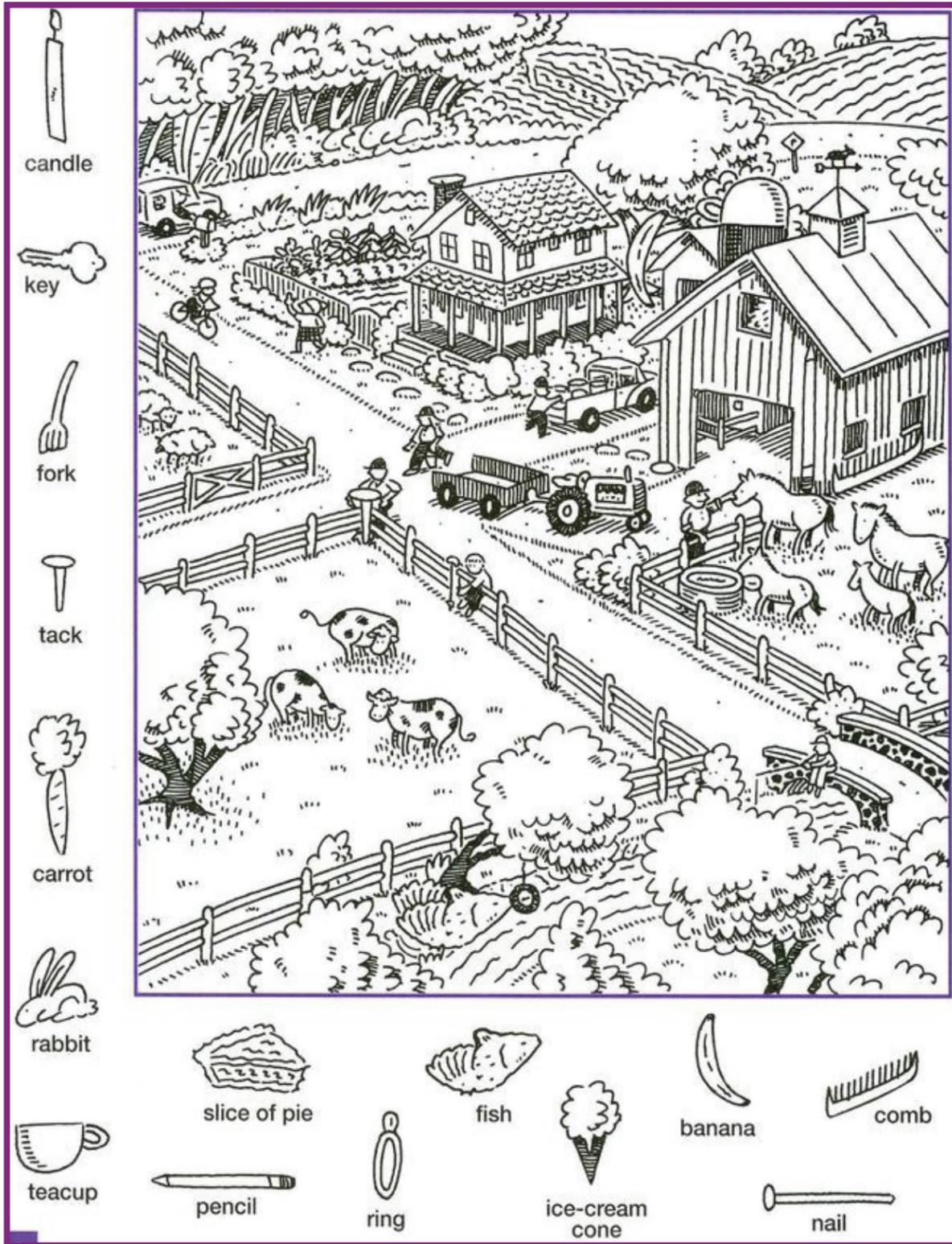
Carrots, Rice Pilaf, Seasoned Broccoli, Mashed Potatoes, and Steamed Asparagus

Dessert

Cheesecake with Strawberry Topping,
Smart Sweet Chocolate Cappuccino Mousse, or Red Velvet Cake

Take A Break

Solution on page 15



Words of Wisdom from Gnate the Gnome

“I think of life as a good book - the further you get into it, the more it begins to make sense.”

Comments welcome:
gnatethegnome@outlook.com



Free Blood Pressure Clinic
Wednesdays
1:00 p.m. to 2:00 p.m.
February 6 - Cross Creek
February 20 - Fireside CTS

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

Parkinson’s Disease Caregivers’ Group Meeting

Wednesday, February 13, 2019
 1:30 p.m.

Charlestown Square
 Meeting Room 116

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



In Memoriam



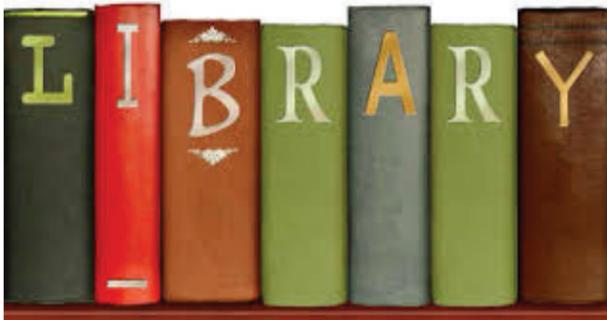
Virginia Burch	December 20, 2018	CW-107
Ronald Kremer	December 20, 2018	ST-609
Judith K. MacKinson	December 22, 2018	RGS-437
Charles Reichert	December 24, 2018	RGS-324
Jane Clark	December 25, 2018	RG-DC406
Thomas Christian, III	December 30, 2018	EW-107
Connie Morrison	January 2, 2019	RG-DC431
Harry Spedden	January 7, 2019	HR-137
Joseph Makar	January 7, 2019	CC-614
Ethel Ferte	January 7, 2019	(Former Resident)
Frank Mohler	January 8, 2019	BR-339
John Isaac	January 12, 2019	CR-504
Nancy Denison	January 15, 2019	ST-223

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

Monday, February 11, 2019
10:00 - 11:00 a.m.
Charlestown Square Classroom 116

Monday, February 25, 2019
10:00-11:00 a.m.
CTS Classroom 116

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



**CHARLESTOWN'S
RUTH HOUCK LIBRARY**

This month we'll talk about the suspense novels of Mary Higgins Clark. As you can see, if you look on the Library shelves, she has written hundreds (well, maybe dozens).

I must admit that I'm not a fan of suspense, but I do love that Clark uses song titles in some of her book titles. I've listed a selection of them below, in regular print and in large print. See if any of them will appeal to you.

REGULAR PRINT

- All Dressed in White*
- The Cradle Will Fall*
- Deck the Halls*
- All Through the Night*
- He Sees You When You're Sleeping*
- I've Got You Under My Skin*
- Moonlight Becomes You*

LARGE PRINT

- As Time Goes By*
- Daddy's Gone A'Hunting*
- I Heard That Song Before*
- I'll Be Seeing You*
- I've Got My Eyes On You*
- Let Me Call You Sweetheart*

Keep on reading!
Myrna Retsky

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

Library Direct Line, 410-737-8838, ext. 3118

**HIT PARADE MEMORIES
WITH BOB AND ELLIE**

Music for the



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

Friday, February 1, 2019
Charlestown Square Classroom 116
2:00 p.m.

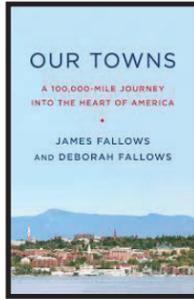
Friday, February 8, 2019
Maple Terrace Music Room
1:00 p.m.

Tuesday, February 19, 2019
Caton Woods Meeting Hall
2:00 p.m.

3 DIFFERENT PROGRAMS

Bring your friends...it's FREE!

Book Review



Book Review of OUR TOWNS: A 100,000-Mile Journey into the Heart of America, by James Fallows and Deborah Fallows.

The Tuesday, February 19, 2019, book review will be given by Bill Miller, in the Auditorium from 7:00 – 8:00 p.m.

He will review the book *Our Towns: A 100,000-Mile Journey into the Heart of America*. The husband and wife journalist team spent five years crisscrossing the United States in their single-engine airplane visiting numerous small- and medium-sized towns. From 2012 to 2017, they sought to develop a portrait of local America by visiting 29 communities from the Atlantic to the Pacific and from the Mexican to the Canadian borders.

The result is a vivid portrait of the civic and economic reinvention taking place in America, mostly out of sight of the national news media. In developing their portrait of the many towns they visited, the couple interviewed hundreds of civic leaders, workers, immigrants, educators, environmentalists, city planners, students and entrepreneurs.

Their town profiles examine the issues and the efforts being made to develop solutions. Many of the towns are recovering from losing their primary industry, dealing with opioid addiction, suffering population losses, or adapting to the arrival of immigrants.

At a time when the national news often appears to be bleak and contentious, the authors paint a picture of many positive happenings at the local level where people are working well together to reinvent their communities. They suggest some of the common denominators that appear to lead to success.

Bill Miller earned a BA in Government and a Master's in Public Administration with an emphasis on Urban Affairs from American University. He retired from a 45-year career in government and the nonprofit sector where he focused on community development and building public-private partnerships.

Janet Neer and Jane Backstrom, Co-chairs

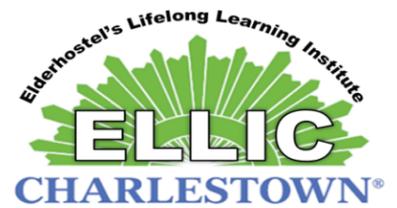


**Do you have a Charlestown Garden Plot?
Are you interested in getting
a Garden Plot?**

Open plots will be assigned on a first request basis at the spring meeting.

**Join us for our Spring Meeting
March 14, 2019
2:00 p.m.
Cross Creek Craft Room**

More information:
Rick Jones 410-314-9014 or
Pat Kasuda 410-242-2257



February Offerings

Humor in Music III
Instructor: John Saint-Amour
Wednesday, February 13,
Auditorium, 10:00 – 11:30 a.m.

ELLIC Class Cancellation

Class #19S-7: Are UFOs Real?, scheduled for Thursday, February 14, at 10:00 a.m. in CTS classroom 116, has been **cancelled**. Please accept our apology for any inconvenience.

**A Taste of Chocolate:
A Guided Chocolate Tasting**
Instructor: Joyce White

Thursday: February 14,
Auditorium, 1:00 – 2:30 p.m.

**You have to be registered for this event to attend. Class limit 140.*
Member Additional fee \$3.00

**A Famous Love Triangle for Valentine's Day,
Brahms & the Schumanns**
Instructor: Iris Piano Trio

Thursday: February 14,
Chapel, 7:00 – 8:30 p.m.

**You have to be registered for this event to attend. Class limit 200*

Talking About Talking About Racism

Instructor: Avis Ransom
Monday, February 18,
Auditorium, 1:00 – 3:00 p.m.

Harriet Tubman
Instructor: Janice Green
Tuesday, February 19,
Auditorium, 1:00 – 2:30 p.m.

Magic, Vision, and the Mind
Instructor: Shalom Kelman
Wednesday, February 27,
Auditorium, 2:00 – 3:30 p.m.

**You have to be registered for this event to attend. Class limit 50*

Coming in March

**The Dreaded Onslaught
of Mosquitoes and Ticks:
What's the Threat, and
How do we Protect Ourselves?**
Instructor: Michael Pelczar

Friday, March 1,
Auditorium, 10:00 – 11:30 a.m.

Stay informed by watching your lobby bulletin boards, Channel 972, via the MyErickson app, or online via cicharlestown.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



THE GALLERY NEWS

Although most of us don't have a nice fire to cozy up to on these chilly, gray days, we do have our wonderful Gallery to bask in, warming our senses while viewing work by talented Fireside Artists.

This February, I'll return as Artist of the Month, but with a very different show from my usual watercolors and calligraphy. While (still) sorting "stuff," I found a grimy portfolio with "exemplar" artworks I'd done while teaching high school in Baltimore County. I would work alongside my students as they developed skills in various media and techniques while imagining personal approaches to assignments that fit the curriculum criteria.

I thought it would be interesting for Gallery visitors to see how one public school art teacher managed to keep her imagination working and her skills up. These pieces are far from "great art" but they were fun to do, and a learning experience for me as well as for my students. I hope you'll stop by for a look and also check out new works by other Fireside Artists while you are there.

The next regular monthly meeting of Fireside Artists will be at 10:00 a.m. on Tuesday, February 12, 2019, in the CTS card room. Members are asked to bring a piece of unfinished work to this meeting ... something about which they would like comments on how to proceed. We all have work like this hanging around; often it requires only a perceptive word or two to turn it into a satisfactory piece. So don't miss this meeting. And, as always, visitors are welcome.

Carol Davisson



Multi-Racial Awareness Discussion Group



The Multi-Racial Awareness Discussion Group continues its monthly exploration into our history of racism.

**Wednesday, February 20, 2019
10:00 – 11:30 a.m.
Brookside Classroom 1**

"The Civil Rights Movement" presented by Arthur Jones

Learn about the influence the Civil Rights Movement had on our laws and our attitudes, then and now. Arthur Jones, a Charlestown resident, was deeply involved with the March on Washington during the Civil Rights Movement as a reporter and journalist. He will share his personal accounting of some of the more contentious moments in the battle for the Civil Rights Act.

The Multi-Racial Awareness Discussion Group invites everyone to attend its monthly discussion meetings to better understand the racial issues we face in our society today.

Questions? Contact Lois Schmidt at 410-916-0036, or Joan Green at 410-242-2135.

A Story of One of Our First Residents: Engelina "Lieneke" Van Opstal

Having some Dutch roots in my background, I've been intrigued with a long-time resident here at Charlestown - her name is Engelina Van Opstal but she likes to be called "Lieneke." She is now the longest-tenured resident living in Charlestown. Lieneke was born February 23, 1922, in The Hague, Netherlands, also known as Holland. She had two brothers and two sisters. The brothers are deceased but the sisters are still alive. When she was five years old, her parents moved to Curacao, a Dutch colonial island in the Caribbean. When Lieneke turned 12, she returned to Holland for further education. She went to a boarding school in Zeist which is near Utrecht, Holland. The war started in 1940 while she was attending another boarding school in The Hague. There was no mail allowed to come in or out of the country, so Lieneke had no contact with her parents for five years. It was a very hard life, but she finished the second boarding school some time in 1942.

In 1943, Lieneke married Jaap Van Opstal, a classical musician. He taught at the Royal Conservatory in The Hague. He was solo clarinetist in the Residential Orchestra of The Hague. After the war, she and her husband went to South Africa with their four-month old baby daughter. Ultimately they had another daughter and a son, all born in South Africa. It was in Johannesburg that Mr. Van Opstal helped start an orchestra. They lived there 15 years raising their family of three children.

It was 1961 when Lieneke and her husband came to America through the Baltimore port of entry and soon became citizens of this country. They settled in the Mt. Washington section of Baltimore for 20 years. Jaap Van Opstal became director of the music department of Baltimore City Community College and gave lectures over the WBJC Baltimore radio station about composers, compositions, soloists, and opera. Lieneke became a supervisor in the Baltimore City School Food Services.

After the Van Opstals retired, they found Charlestown and were immediately sold on it. They moved into a newly renovated apartment in December, 1983, becoming some of the first residents of Charlestown. In those early days, John Erickson was very "hands on" in running this new venture. John's wife actually did some of the cooking. The first "official" meal served twelve people.

Jaap Van Opstal passed away in 1995. He had become well known for his stained glass art which he taught himself. Examples of it are in the outside-entrance hall to the Refectory dining room.

Lieneke has many other talents which she likes to share. She knits, crochets, sews, and does needlepoint, embroidery, and cross-stitch. She designed the first walker-bags, and made over 1,600 to sell with profits going to the Benevolent Care Fund. She loves to crochet afghans for babies. She became the leader of a group called "Stitch and Chat," which made and sold sweaters, baby jackets and caps. Over a 30-year period, they donated \$30,000 to the Benevolent Care Fund. Unfortunately, over time, they lost members and Lieneke had several surgeries and had to give up the "Stitch and Chat" club. More information about this group can be found in the Archives on Main Street across from the Pharmacy.

Last but not least, another love of Lieneke's life are the plants along the hallway between Building 1 and Building 2. In 1984, John Erickson opened the bridge between the two buildings and some residents put some plants on the window sills. Lieneke added her own plants and has made it her indoor garden. She waters them weekly which takes over an hour of her time.

With her 97th birthday coming in February, I think all of Charlestown would like to give her a big birthday party. She is one grand lady, so loved by those who know her, and someone who has given much of her time to her favorite place to live - Charlestown!

HAPPY BIRTHDAY, DEAR LIENEKE, and many more to come!

Norma Jean Brobyn



MaCCRA Day in Annapolis

Save the date for MaCCRA Day in Annapolis on Wednesday, February 6, 2019, from 10:00 a.m. to 1:00 p.m. in the House Office Building Room 180. The Resident Council budgeted money to pay for a shuttle this year so we can bring a crowd.

This is our chance to visit our District 12 Legislators and hear a report from our Legislative Liaison, Barbara Brocato. We need to go through security so please bring a photo ID to gain access to the building. There is no food allowed in the meeting room, but if you bring a bag lunch it may be eaten in the House Lounge on the first floor.

The House building is fully handicapped accessible, with elevators and handicapped-accessible restrooms available.

Please contact Seldra Funk or Ann MacKay if you would like to attend. Please wear your Charlestown name tag.

CCRC legislation goes through the Senate Finance Committee. Senator Deloris Kelly (D-District 10) held a briefing on January 15 on the role of the Department of Aging on oversight and regulation for CCRCs. She invited MaCCRA to testify. Alma Smith, MaCCRA President; Ann MacKay, Vice President; and Barbara Brocato, legislative liaison, testified along with Rona Kramer, Secretary, Department of Aging; David Bond, an actuary for CCRCs; and the provider organizations, LeadingAge MD and LifeSpan.

MaCCRA is the only state-wide organization that represents the interests of CCRC residents. For more information, check the website at maccra.org

Ann MacKay



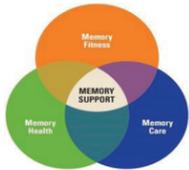
COMMUNITY RESOURCES

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.

FEBRUARY UPDATES



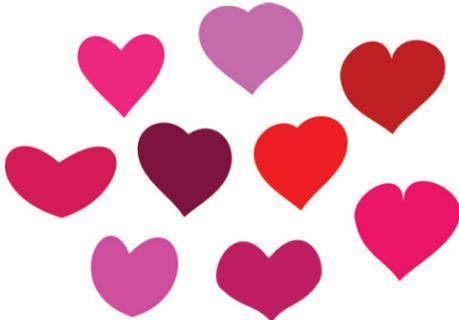
Memory Fitness Article #2: Stress Reduction

Did you know the greatest hidden enemy of memory and quality longevity is chronic stress? Research shows stress can impede our memory. Chronic stress can also accelerate brain aging. All the more reason to talk with your physician or social worker regarding Memory Fitness. There are many programs at Charlestown to help alleviate stress, such as support groups, exercise, social programs, and **Memory Fitness courses**. We have certified trainers to teach our Memory Fitness Program. During the 6-week program, we will educate and discuss four areas of life that are key to maintaining memory fitness – *stress reduction, health, diet, physical activity, and memory training*. The next session is scheduled for

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 February, the display case in the Cross Creek Lobby will feature Evelyn Anderson’s button collection. The Shortline Café display case will feature the many beautiful handmade items made by the Charlestown Prayer Shawl Angels. 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

<p>1st Wednesday of Every Month 11:00 a.m. – Noon Chesapeake Fireplace Lounge</p>	<p>3rd Wednesday of Every Month 1:00 – 2:00 p.m. Fireside Fireplace Lounge</p>
<p>Appointments Only One-to-One resident peer support in your apartment! (Contact: Tech Tutors - Howie Nixon at 410-501-3572 or hlnixon2@gmail.com)</p>	<p>SIGNUP AND ACTIVATION IS NOW EASIER THAN EVER! BRING YOUR LAPTOP OR DEVICE!</p>



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 and continuing 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 receptionists’ desks 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



HOW TO BECOME A CHARLESTOWN “PET VOLUNTEER”
“Prince William” (left) lives with his Charlestown family, the Pelotts, and is an official Charlestown Pet Volunteer.

We have many Volunteer opportunities at Charlestown for residents, but did you know that certain resident pets can also volunteer their special skills to fellow residents? For resident dogs with a desire to serve, Erickson has an official Pet Volunteer program designed to train and authorize approved pets to make therapeutic visits to our Assisted Living and Continuing Care residents.

Charlestown’s orientation and training follows State of Maryland guidelines and Erickson protocols. And, both owner and pet must be interviewed, pass temperament assessments, supply proper documentation, and attend orientation class – all designed for the safety and protection of our resident population.

Perhaps you’ve seen one of our 4-legged Ambassadors-of-Smiles on campus? These furry friends in their official blue vests coordinate their visiting schedules with the Activities Supervisors at Caton Woods and Renaissance Gardens, so that they can share their warmth and unconditional love with residents who welcome them with open arms (and sometimes dog biscuits!).

Please stop by the Volunteer Program Office if you’d like to learn more about the Pet Volunteer Program, or one of the many activities for two-legged volunteers!

Contact the Volunteer Program:
Kathleen Hart, Coordinator
(410) 737-8838, Ext. 601-8133
kathleen.hart@erickson.com

Why Isn't My Flyer Posted?

At a recent appearance on CH 972 and in previous editions of *The Sunburst*, the Community Resources Team outlined several new changes for use of the community (paper) bulletin boards. A few of the items are listed below.

- Bulletin board space is limited in several areas, therefore,
 - Paper flyers will no longer be posted on a long-term basis, and will only be posted for **two weeks**. **HOWEVER**, digital versions of the information can be posted longer on My Erickson and CH 972 Scroll. Limited exceptions may be made from time-to-time with the approval of the Community Resources Manager.
 - Paper (hard copy) flyers will no longer be posted weeks to months in advance of an event; **however**, they can be placed on My Erickson and the CH 972 TV Scroll well in advance.
 - Different versions of flyers containing the same information will be posted only once.
- Flyers are **preferred via e-mail** and should be sent to the entire Community Resources Team: Rose.Sands@erickson.com, Erin.Morris@erickson.com AND Mary.Evans@erickson.com in Word or Publisher format when possible. Otherwise, submit (1) paper copy of your flyer in color to the Community Resources office in Brookside.
- Remember to check the accuracy and readability of your information (i.e. locations, dates and times, **including the year**), which is subject to editing for accuracy and consistency. Remember, duplication of revised flyers creates confusion, so we need to limit re-posting of incorrect information.

Important Reminder for Group and Club Leaders and Co-leaders

- Community Resources currently supports over 300 groups, clubs, classes and organizations; all are "resident run, resident driven." With that in mind, please remember to notify Community Resources if your group, club, class, or organization meetings are cancelled or changed in any way. Community Resources will make note of the cancellation or change to the calendar, My Erickson, CH 972, room reservation, and work order systems. Please consider the following when contacting Community Resources for these changes:
 - Cancellations for holidays/summer/winter breaks
 - Changes in days/times/locations
 - Changes in leadership/contact person



Location Change...

Due to the upcoming Conference Center renovations, the location of the March 10 F.A.M.E. Orchestra concert has been moved to the Auditorium. Please mark your calendars.

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

OLOA CONCERT SERIES

** NOTE NEW DATE **

BALTIMORE VICTORIAN CONSORT
Sunday ~ February 3 ~ 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.

SINE NOMINE
Sunday ~ February 24 ~ 3:00 p.m.
Chapel



Sine Nomine is best described as a recorder ensemble, although they sometimes bring along other instruments such as dulcians, crumhorns, and drums. They will present a range of selections from medieval era through present day, played mainly on recorders and other instruments that were prominent in the Renaissance and Baroque periods.

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.

CHAPEL CONCERT SERIES

Members of the Chapel Concert Committee cordially invite you to join other music lovers for the following concerts. **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.

UMBC JUBILEE SINGERS
Sunday ~ February 10 ~ 3:00 p.m.
Chapel



The Jubilee Singers, which is a two credit course at UMBC, was formed in 2001 with 20 selected members of the UMBC Gospel Choir. Currently there are 40 members. The course was developed to enhance the choral program through the promotion of excellence. They specialize in sacred music with an emphasis on African-American composers. The choir sings anthems and spiritual hymns, as well as works by Mozart, Bach, Brahms, and other classical composers.

The Singers have performed at many churches in the Baltimore area, as well as concert tours in St. Thomas, the Virgin Islands, and Tortola, the British Virgin Islands.

Janice Jackson, a native of Baltimore is the Director. She has performed as a soloist in concert halls and churches in the U.S. and Europe.

BAYFIELD BRASS QUINTET
Sunday ~ February 17 ~ 3:00 p.m.
Chapel



Founded in 1989, the Bayfield Brass is a group of five musicians from the Annapolis area. They perform a wide range of musical styles from the Renaissance to the Jazz eras. The group's versatility enables it to cover many musical "bases" and ensures that the right music is always performed at the appropriate time.

The Bayfield Brass performs in a variety of musical settings, including the concert stage, parties, wedding ceremonies, and even on the streets of Annapolis during the holiday season. The emphasis is on providing top quality entertainment.

Members of the Bayfield Brass are Anthony Valerio, French horn; James Bean, trumpet; Don Orban, trumpet; Tom Holz, tuba; and Rhodes Whitehill, trombone.

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.

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.

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



The irrepressible Laurette 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 Laurette 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.

"HAPPY NEW YEAR!!"

... from the **Charlestown Harmonizers' Chorus!**

Thanks to everyone who helped, and also attended, our recent Holiday Concerts in December! The large audiences were most responsive and helped the singers to be enthusiastic! We are now on vacation but will start back at our weekly rehearsals in February through May! We hope you can join us again for our Spring Concert on Thursday, June 6, and also Friday, June 7, in the Auditorium. Best wishes from all of us!



February is here and with it comes Valentine's Day, a couple of important presidential birthdays, AND THE CHARLESTOWN FOLLIES of 2019 – led by Lorraine Varacalle and sponsored by the Little Theatre Company. The evening performance will take place on Thursday, February 21, at 7:00 p.m. in the Auditorium. The matinee will be on Saturday, February 23, at 2:00 p.m., also in the Auditorium. Be sure to mark your calendar and plan to get your ticket for this fabulous resident variety show. There will be plenty of surprises included!

TICKETS will be available on Monday, February 11; Wednesday, February 13; Friday, February 15; Monday, February 18, and Friday, February 22 from 4:00 to 6:00 p.m. at the Chesapeake, Fireside, and Terrace dining rooms. If still available, tickets may also be purchased at the door. Residents needing to remain seated in their wheelchair or rollator must call Don Schiller at 410-247-1511 to reserve a handicap space. Do come! Tickets are \$5.00. The fun and joy are free.

Prayer Shawls at Charlestown



Although shawls have been made for centuries, prayer shawl ministries began in the U.S. in 1998. They are created with love and prayers to give comfort, cover, peace, and solace to the wearer. It is said those who have received shawls have been uplifted and affirmed as if they have been given wings to fly above their troubles. The main requirement for a shawl is that it is wanted. Shawls are made for those suffering from a serious illness, pain, chronic bad health, undergoing major surgery, in mourning, or who are depressed. Caregivers can also receive shawls.

Fran Chasse formed the Charlestown Prayer Shawl Angels in August 2009. The first meeting was in October 2009 in the Cross Creek Craft Room. The group now includes those who create the shawls, make the fringes, attach the labels, donate materials, and present the shawls to recipients. We now meet on the second Monday of the month in the Music Room on Main Street.

After a shawl is completed, it is blessed by Father Leo Larivee S.S., Our Lady of the Angels Chapel. Also, all recipients are prayed for continuously by members of the Charlestown Lighthouses of Prayer Group. Shawls have been given to a wide range of people from premature babies to those over 100 years old! Most of our shawls have been distributed throughout the Charlestown Community. Other recipients include the Little Sisters of the Poor, the Villa for retired Sulpician Priests, and Howard County Hospital. They also have been sent outside of the area from Maine to California and from Wisconsin to Puerto Rico. We have created more than 1,250 shawls, and distributed over 1,200!

During February, samples of our prayer shawls will be displayed in the Cross Creek Display Case next to the Shortline Café. Visit it and you will see shawls that are knitted, crocheted, quilted, and made from fleece. If you are interested in contributing your talents to this ministry or have questions, please contact Fran Chasse at 410-242-4356.

CELEBRATE BOUTIQUE'S 5th ANNIVERSARY ... ENJOY BEAUTIFUL CLOTHES, SAVE MONEY AND HELP THE ENVIRONMENT IN 2019

Congratulations to Charlestown's Ladies' Boutique, which celebrated its 5th anniversary in January. This wonderful little gem on the Terrace level of Herbert's Run provides Charlestown ladies with not only pre-owned but often new or like-new clothing at unbelievable prices. Both shoppers and the residents who donate their clothing support the environment by reusing, re-purposing, or recycling fabric, which is very difficult to dispose of in an environmentally safe manner.

Boutique customers and donors **reuse** their clothing in many ways. Some, like the resident who visits the shop nearly every Tuesday, keep their closets fresh and exciting by buying an item they love, wearing it a few times (sometimes only once) and donating it back to the boutique for another customer to enjoy.

One boutique volunteer frequently buys knit tops, sweaters or jackets for her sister ... in Norway! The happy recipient of a sister's loving generosity enjoys unique clothing from another country ... and later donates items to her own local consignment shop or charity! What a wonderful "double-dip!"

Some boutique shoppers **repurpose** the clothing they buy. One British gentleman bought ladies' scarves to wear as ascots ... a fantastic and creative idea! A recent visiting shopper bought 12 or 15 handkerchiefs to re-sell at a local antiques mall, where crafty buyers turn them into pillow covers, quilts, and other home accessories.

In 2017, a shopping-savvy resident bought the shop's entire unique collection of Ukadas ("everyday" Japanese robes), freshened them up, and presented them to female relatives as house robes. And one doting grandmother purchased a lovely little navy blue evening purse to complement her fashion-conscious six-year-old granddaughter's Easter outfit.

Sometimes sales are just random shots of unexpected luck ... for instance, the customer who chose a purse from the boutique's window display without being able to check out its "innards." When it was delivered after the display came down she declared it was the nicest, most useful purse she'd ever owned!

And last, but not least, is the occasional customer who buys a two-piece outfit but wears only the jacket ... or the pants! However, she doesn't care, because one of the pieces alone couldn't be bought for three times the price elsewhere!

So congratulations, Ladies' Boutique ... and Charlestown! This "revolving closet" approach to maintaining a wardrobe benefits the customer, Charlestown's Benevolent Care Fund, and an increasingly endangered environment.



Dayle Dawes



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.





Philanthropy

Patti Santoni, Director

TREASURE SALE

Did you shop the Treasure Sale last month? If so, you helped us raise **\$32,707.78!** A week’s worth of teamwork from over 300 resident Treasure Sale volunteers, along with the Housekeeping, Maintenance, Security, Catering, Transportation, Grounds, Communications, and Philanthropy teams, helped to create a shopping event that brought in residents, employees and large crowds from the outside. Proceeds from the Treasure Sale benefit the Benevolent Care Fund, Scholars’ Fund, Staff Appreciation Fund and Chapel Concerts, as well as other resident clubs. Thank you for all of your help!

And just how well did the Treasure Sale do in 2018? The Treasure Sale had another AMAZING YEAR!!

	<u>2018 Total</u>
Treasure Sale Events	\$137,712.75
Treasures Unlimited	\$18,839.73
Treasure Chest	\$12,285.72
Ladies’ Boutique	\$10,339.53
<u>Between Sales</u>	<u>\$2,509.93</u>
2018 Subtotal:	\$181,687.66
<u>Taxes paid</u>	<u>(\$10,284.20)</u>
Grand Total	\$171,403.46

The proceeds from the 2018 Treasure Sale benefited the Benevolent Care Fund, Scholars’ Fund, Staff Appreciation Fund, Chapel Concert Committee, the Ruth Houck Library, the Film Library, and The Harmonizers in the amounts listed below. Any remaining profit was used towards equipment and resources and funding requests for other community clubs.

Benevolent Care Fund (75%)	\$128,552.60
Scholars’ Fund (3%)	\$5,142.10
Chapel Concert Committee (2%)	\$3,428.07
Staff Appreciation Fund (3%)	\$5,142.10
Ruth Houck Library (2%)	\$3,428.07
Film Library(2%)	\$3,428.07
<u>The Harmonizers</u>	<u>\$1,600.00</u>
Total Gifts	\$150,721.01

Thank you to all (over 300!) of our Treasure Sale volunteers who give so much of their time day-in-and-day-out to make this incredible process work so well! We couldn’t be this successful without all of you!

Would you like to be part of this incredible group of Treasure Sale volunteers?

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.

We are also looking for volunteers to help with **apartment cleanouts**. The task entails packing up donations and delivering them to the Treasure Sale sorting rooms. Volunteers should be in good physical shape, as lifting, bending and pushing are involved.

If you are interested in either of these important roles, or any other job within the Treasure Sale, please contact Emily Fowler at 410-737-8892. Training will be made available.

Resident Treasure Sale donations are temporarily on hold until February 25. 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 December to Benevolent Care in memory of Martha Christopher, Julia Hershfield, Elaine McKay, James Palmer, Rebecca Patras, John Pecora, David Pollitt, Josephine Schwarzkopf, Manuel Teixeira and Anna Marie Ugarte. 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

Gifts were made during the month of December to the Benevolent Care Fund in honor of Stephen Harders, Ken Jarboe, Marty King and Howie Nixon for the wonderful work they do within our community.

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

ARE YOU A “SECRET ADMIRER?”

Every year, the Charlestown Philanthropy Department receives bequests from compassionate residents who, unbeknownst to us, have provided Charlestown with a planned gift. Bequests through a will or a trust (or other planned gifts, such as benefits from a life insurance policy, retirement plan or entrance deposit), are, as you can imagine, critical sources of support for the Benevolent Care Fund and the Scholars’ Fund here at Charlestown.

Without these “secret admirers,” Charlestown would not be able to keep the promise of a “Home for Life” and provide college educations for our young staff.

We feel honored to have the opportunity to carry forward these residents’ legacies of compassion. At the same time, we regret that we were unable to thank them properly for their generosity. If you have made plans to leave a legacy for Charlestown through a planned gift (bequest, entrance deposit, Charitable Gift Annuity), we encourage you to share that information with us, with full confidentiality, so that we can thank you now for helping to provide a “Home for Life” for your neighbors and a brighter future for our young staff for years to come. You will be joining a select group of Legacy Society members who are at the very heart of our mission to “share our gifts to create a community that celebrates life!”

For more information, or to let us know that you have already included Charlestown in your estate plans, please complete the form below or contact me at 410-737-8832. Patti.Santoni@Erickson.com.

Thank you!
 Patti Santoni
 Director of Philanthropy

“Secret Admirer” Return Form

- Yes, I have included Charlestown in my estate plans.
- I would like more information on including Charlestown in my estate plans.

Name: _____
 Phone Number: _____
 Apartment: _____

**Return to the Philanthropy Office
located in Cross Creek.**

**Pet Lover's Group
PET OF THE MONTH**



Hello. My name is Gabby. I live in Herbert's Run with my owner. I am a rescue dog, seven years old, and a mixed-breed. We moved to Charlestown six years ago from a two-story home with a large back yard in a quiet neighborhood. What an adjustment I had meeting lots of new people. I was very shy but soon learned that some of these strangers carried treats and that was the real ice-breaker. I enjoy walking (good for both me and my owner), playing ball and emptying my toy box when we have company. I'm always there at the door when my owner comes home. We sit on the couch in the evening (I'm usually sleeping). My owner says she is glad I found her.

Do you have a pet you want featured in *The Sunburst* or have an interest in the Pet Lover's Group? Contact Linda Holfelder at 410-501-3696 or Elsie Kemp at 410-314-9640, for more information.

“Keeping so MANY Heads, Hands & Feet Warm – The 2019 Mitten Tree:”



The Diversity & Inclusion Council and the Erickson Living Values Team would like to extend a very special THANK YOU to all the wonderful residents, employees, families, and friends who were tremendously generous with their donations of hats, mittens, gloves, scarves, and socks! Well over one thousand items placed on our community's four Mitten Trees (12 large boxes) have been divided and delivered to the “New Song Academy” and “Believe in Tomorrow!” So many local elementary and middle school children and their families will be warm and comfortable, wrapped in Charlestown love, throughout this very bitter winter season!

Please look for additional information on My Erickson, Channel 972, the Council Website, bulletin boards, and in your cubbies regarding the DIC special events celebrating February's Black History Month and March's Women's History Month!



FITNESS CENTER

With the new year in full swing, the long days and cold nights of winter seem to slowly drag on, and we are often faced with the idea of, “Do I really feel like getting out and moving?” Getting bundled up to go out and do anything seems like such a hassle. I'll do it tomorrow or the next day...

Winter blues are a real thing for many people. While some do suffer from SAD (Seasonal Affective Disorder), others simply do not like the cold. The thought of going through a long, dark brisk winter sends many into a tailspin filled with complaints of “boooooo winter” and a longing for the sun, blue skies, gardening, and the endless list of fun things to do outdoors!

So, how does one beat the winter blues? Here are a few ideas to make winter a little more bearable:

1. Pretend to enjoy winter! Although it sounds weird, if you tell yourself it isn't so bad, then maybe it won't be so bad! Make a snowball, take a brisk walk, buy a new winter coat, and embrace the journey!
2. Wear bright colors! When the days are gray and cold, wearing bright colors seems to make the days a little brighter. Nothing feels better than wearing something bold, fresh, and exciting to chase the blah away. Pinks, oranges, reds, or any bold color may help to change your mindset. Celebrate spring even though temperatures outside may be less than desirable.
3. Hang out with positive, happy people! Instead of hanging around complaining about the cold dreary winter, join any of the wonderful groups we have here at Charlestown, join the Fitness Center, or pick up a new hobby! In one study conducted

by Nicholas Christakis, MD, PhD, of Harvard Medical School and James Fowler, PhD, of the University of California in San Diego, individuals who associated themselves with happy people were more likely to be happy themselves.

4. Make something yummy! Winter is the time for warm, filling stews and tasty mood-boosting soups. With ingredients such as squash, eggplant, and sweet potatoes you're getting fiber, potassium, manganese, magnesium and a host of other healthy goodies.
5. Plan a movie and dinner night in with friends and family. Sometimes staying in can be fun if everyone brings something yummy. You can make it fun and have a theme.
 - Action movie- “Avengers: Infinity War” with daring treats such as chips with ghost pepper salsa!
 - Drama/Thriller- “Birdbox” with surprise treats! Make treats with a treat inside!
 - The options are endless!
6. Sit by the fire ... need I say more? There's something very consoling about staring into the embers of a fire and warming your body by their heat. If you don't have access to a fireplace, turn on channel 973 and watch it on TV. Maybe head to one of our restaurants on campus and make yourself cozy by one of the fireplaces ... while you're at it, make a friend and enjoy winter.

The options are endless for how to make winter a little more bearable. So take the time and maybe, just maybe, you may find winter enjoyable!

Sylvia Moore
Fitness Specialist



Bulletin Board

Our Newest Residents



Gladys Fernandez
 Carol Hahn
 Ruth Harris
 Regina and John Hayes
 Kathleen Edwards and Joel Liebman
 Donna and John Mac Isaac
 Margaret and Timothy Medicus
 Dave Neun
 Arlene Rosch
 Ellen Ross
 Barbara Sachs
 Beth Schilpp
 Peter Shadgett
 Wilbert Talbott
 Rosemary and Larry Taylor

CR-602
 HR-136
 PV-117
 AS8-212
 HV-101
 HV-212
 BR-415
 BR-429
 AS8-116
 HV-607
 BR-431
 HR-437
 BR-307
 GC9-115
 BR-228



RAY OWEN
GRAMMY-NOMINATED
FOLK SINGER
 Friday ~ March 1 ~ 7:00 p.m.
 Auditorium

Folk Singer Ray Owen is an entertainer whose engaging vocal style and infectious blend of good-time music and humor continues to captivate audiences across the country. He has toured and appeared with nationally-known artists such as: Garth Brooks, Willie Nelson, Judy Collins, Alabama, Steve Goodman, Nashville Bluegrass Band, and Jerry Jeff Walker. Join Mr. Owen as he takes a nostalgic and heart-warming sentimental journey – a tuneful trip – down memory lane!

TICKETS are \$5 and will be available at the door beginning one hour before the event. Please note: There will be no advance sale of tickets.

ALS Cleaners

Always Looking Sharp

February: All Red Items
20% Off

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

410-655-3312

Please make checks payable to ALS Cleaners

Service available on alternating Mondays in the lobby at Cross Creek and Charlestown Square
 10:00 a.m. – 1:00 p.m.

Pollination

AGEISM IN AMERICA
 ITS IMPACT ON US

Tuesday, February 12
 Auditorium
 7:00 - 8:00 p.m.

Ladies Boutique 5th Anniversary!

Help us celebrate
 and pick up a
 sweet treat!

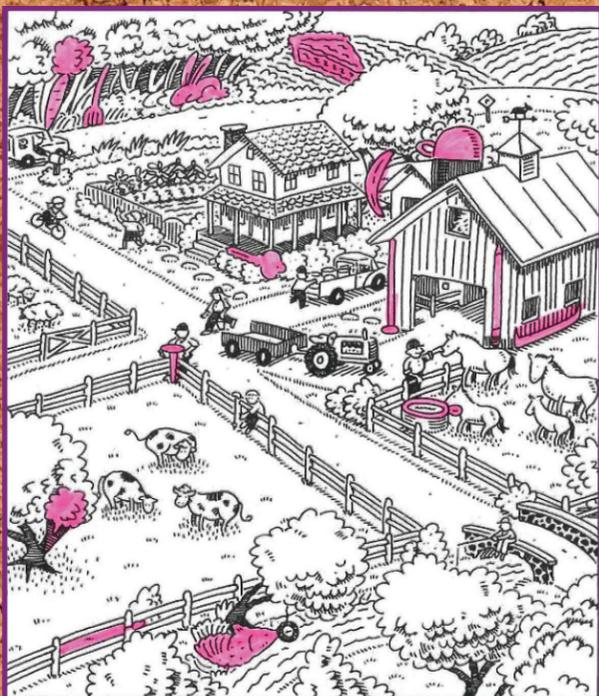
Tuesday, February 5
 10:00 a.m. until 2:00 p.m.
 HR T-level



EVERYONE WELCOME!

Invite your family & friends to come shop.

Solution from page 7



The Conservative Values Study Group

will meet in Brookside 1
 on Thursday, February 21
 7:00 to 8:00 p.m.

Are you a former teacher or school principal, or have you or your children/grandchildren attended public or private schools? If so, you are well-qualified to join in our discussion.

The topic will be "Every American Needs to Hear This Speech," which can be viewed on Prager.com, and which we will show at our meeting.

In his speech, a new school principal lays out his rules and expectations, which are quite different from the rules that have become commonplace today.

All are welcome to attend and join into the discussion of an interesting topic that affects us all.

Call Betty Brown-Young with any questions:
 410-242-1386



Resident Life

Sherry Parrish, LCSW-C, Director



INTERMISSIONS CORNER

Hello Friends! Even though February is the shortest month of the year, it will be full of fun and exciting programs to celebrate American history and culture. We will celebrate Valentine’s Day by learning about how it started, indulging in some decadent treats and playing a guessing game on famous Hollywood couples.

February also marks Black History Month; we will honor this by highlighting influential people who have left a lasting legacy on our world and brought about positive change. We will also take a look at the history of the Underground Railroad and the bravery of those who fought so hard for freedom.

Last but not least, we cannot forget about Presidents’ Day. We will spend time not only talking about our past presidents but about the great women standing proudly at their sides. If you have any questions about Intermissions, or think you would like to volunteer or become a member, please contact Kayleigh Reese at 443-297-3500.

Kayleigh Reese, Intermissions Coordinator

The **Memory Loss Caregiver’s Group** is reorganizing. Due to very low turnout the last several months, we are surveying our caregivers to determine the best dates and times to meet their needs. The group will be rescheduled in the very near future. There will not be a group until an official schedule has been created. Please contact Lisa Roeder, Manager of Resident Services, at 410-737-8838, ext. 601.8057 for questions. The Alzheimer’s Association 24/7 Helpline: 1-800-272-3900



Maureen’s Moment

We were having a casual conversation about New Year’s and many of the things we associate with the holiday. My family often has steamed shrimp on New Year’s Eve as do some members of our group. My family also eats a piece of pickled herring at midnight for good luck in the coming year. As a child, I was told this was a Polish tradition, but members in our group who are not Polish also practice this tradition. And if you are a native Baltimorian, you probably eat sauerkraut on New Year’s.

In addition to the foods we enjoy, we talked about the ways we ring in the New Year. We all fondly recalled long nights of parties with family and friends, eagerly anticipating the countdown to midnight. We then got a good laugh as most of the group admitted that they were fast asleep long before midnight. Our definition of a good night does indeed change over time!

We concluded our conversation as we asked each person if he/she made a New Year’s resolution. In our group no one made a resolution, saying that they never stuck to it so why should they make one. We can all understand that logic. An idea that I learned at the Brain Food Café is that rather than making a big resolution, make several smaller ones that can be easier to attain. Saying you will not drink soda anymore may sound impossible. A more manageable and realistic resolution would be to not drink soda this week. Your short term goals can turn into long term successes.

Maureen Potter



COUNSELING & SUPPORT

Gilchrist offers support during times of loss to families and the community. Through individual counseling, support groups, workshops and special events, we promote healing as individuals cope with life after the loss of a loved one.

Please call 1.888.823.8880 for more information.

2019 Grief Support Programs



March 4, 2019

Exploring Grief with Sand and Color

1:00 – 2:00 p.m.

Brookside Classroom 1

April 29, 2019

Mindfulness and Grief

1:00 – 2:00 p.m.

Brookside Classroom 2

July 1, 2019

Music for Grief’s Journey

1:00 – 2:00 p.m.

Brookside Classroom 1

September 3, 2019

Grief in the Second Year

1:00 – 2:00 p.m.

Brookside Classroom 1

November 4, 2019

Creative Journaling

1:00 – 2:00 p.m.

Brookside Classroom 1

December 4, 2019

Candles of Remembrance

6:30 p.m.

Chapel

Sunburst Staff

Editor-In-Chief: Sherry Parrish, LCSW-C
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You can submit your article by email:
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or send it to the Resident Life Office
located in the Cross Creek

PLEASE, NO HANDWRITTEN ARTICLES

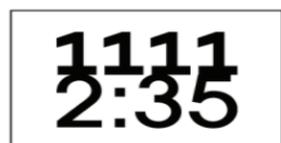
Mind your Memory

Answers to January Challenge:

- | | |
|-----------------------------|-------------------------------|
| 1. BLAME - LAMB (remove E) | 7. FLINCH - FINCH (remove L) |
| 2. NEAT- ANT (remove E) | 8. VIDEO - DOVE (remove I) |
| 3. BEAT- BAT (remove E) | 9. HOTTER- OTTER (remove H) |
| 4. BRIDE- BIRD (remove E) | 10. MAULER - LEMUR (remove A) |
| 5. TARP- RAT (remove P) | 11. ISLAND - SNAIL (remove D) |
| 6. REGRET- EGRET (remove R) | 12. SPEECH- SHEEP (remove C) |

February Challenge: Wacky Wordies

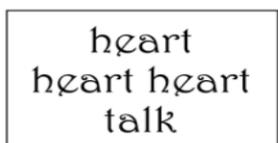
Each of the puzzles below provides a visual representation of a common word or phrase. Try to decipher the clues in each box. To get you started, the answer to number 1 is Once upon a time. Good luck!



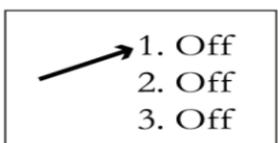
1. _____



2. _____



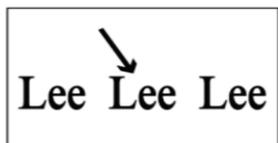
3. _____



4. _____



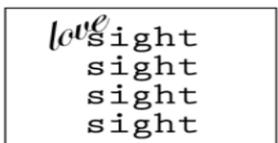
5. _____



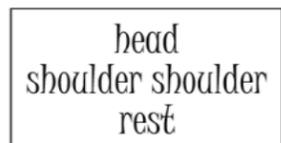
6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____