

## The Sunburst

March

719 Maiden Choice Lane, Catonsville, MD 21228

## Leaders on a Mission



On Tuesday, February 26, leaders of Charlestown's groups, clubs, and organizations were celebrated at the 16th Annual Leaders' Luncheon. Each community leader received a Mission Moment certificate acknowledging his or her extremely valuable contributions to Charlestown! The Mission Moment write-up particulars are below.

Our Charlestown Leaders are amazing! Each leader creates meaningful social networks among residents allowing them to experience the rewards of sharing their talents, learning from their peers, giving service to others and being party of a team. Leaders cultivate a culture of friendliness, enthusiasm, integrity, and generosity at Charlestown by building bridges and promoting harmony. These impressive accomplishments are possible because these group leaders universally embrace the Community Resources philosophy of doing **with** instead of doing **for**. Each leader responsibly drives his or her group's activity: leading meetings, planning special projects or events, managing group membership, and inspiring the best in their members. Because these leaders take ownership for their groups, they are able to meet the changing needs and interests of the resident community and create a diverse, personalized array of community programs.

... Continued on page 14



Nathan Blumberg, AED

#### Active Aging & Wellness: Loneness and Emotional Involvement

Happy March! In the February edition of the *Sunburst*, we presented our year-long "Embrace Wellness" Initiative, designed to create awareness of our programs and offer access for our residents. Our focus for March is Emotional Wellness; we will be examining loneliness and the strength that comes from staying emotionally connected.

Dr. Stephen Schimpff has shared his thinking on loneliness with us and says, "Loneliness is often a predisposition to health decline and disease onset. Often driven by social isolation or feelings of social isolation and/ or rejection, loneliness is also extremely common. Loneliness has reached 'epidemic levels' in America, with nearly half of Americans reporting that they sometimes or always feel alone or left out.

Chronic or persistent loneliness does not necessarily stem from physical isolation, but rather it's often a perception of a person's relationship, or lack of relationships, with others. Individuals who are chronically lonely and socially isolated often feel rejected by society, their peers, and/or their community.

Lonely people tend to eat poorly and sleep poorly, exercise minimally, are chronically stressed, and engage in few intellectual challenges. Essentially, persistent loneliness damages many aspects of body functions,

shortening the life span and predisposing individuals to the development of chronic illnesses such as obesity, diabetes, cardiac disease, depression, and a decline of cognitive skills."

We want to help and can do so. If you are suffering loneliness and would like to perceive life differently and overcome feelings of rejection, you will find our community has many healing aspects and opportunities. Charlestown's programming and natural rhythm offer wonderful opportunities to engage in a vibrant community with social activities to participate in or lead.

Medical Services can address your issues and improve your health and mental health. Our Mental Health Counselor and Medical Center Social Worker can both provide direct loneliness clinical counseling. Our Resident Services Coordinators can provide support and recommendations. Additionally, please visit the "Embrace Wellness" folder on MyErickson to watch a video on loneliness. You do not need to suffer alone.

Most importantly, it is critical to know that even though you may feel lonely, you are not alone. We are here to support you. Please reach out to your Medical Provider or Resident Services Coordinator. They will help directly, and/or if needed, will refer or point you in the right direction. Let us help.

Nathan Blumberg, Associate Executive Director

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#### News From The Charlestown Board of Directors





Bonnie Phipps

Welcome to the Board Corner for March. I am Bonnie Phipps, and I have had the pleasure to serve on the Board for the last eight years. I also am a member of the Investment, Audit and Strategic Planning

and Capital Oversight (SPCO) committees. My educational training is in finance and healthcare, and I served as the CEO at Saint Agnes Hospital for eleven years.

I am fascinated by the changes in "elder" communities and share the hope with the other Board Members that Charlestown will continue to be a leader in this industry. Recently, we have reviewed new options, including Cohousing as pioneered in the Phoenix Commons project on Oakland, California. Co-housing is a community where people own their individual homes and share common areas like outdoor space, a clubhouse with kitchen, living room and dining room. The occupants share meals several times a week. They are generally structured as condominiums, and they are managed by the owners. They are a great antidote for loneliness when families move away and friends pass away.

A similar project referred to as Aging with Grace is being developed in Seaside, Florida. There the builder is designing a walkable community that supports aging residents. Amenities include firstfloor master suites, maintenance-free exteriors and many chores done by the community. This concept is also referred to as "lock and go." CCRCs are generally not connected to a walkable town. This new concept builds the town into the community with stores and restaurants within walking distance. Some apartments will be on the second or third floor with retail on the street level. Another service provided is demonstrated in Beacon Hill Village in Boston, where services are provided to elders to allow them to age with grace.

A third example of new concepts for elder living is just up the road in Pennsylvania at Hearthside at Cross Keys Village, a Brethren Home Community. Planned for 2020, the community will feature building with 10 generously-sized apartment (up to 1,740 sq. ft.) and garage space. Models include large kitchens and walkin showers. There will also be shared space including a living room with fireplace, dining and kitchen space.

As baby-boomers age, they are looking for convenient options that allow for independence in living style and maintenance-free housing complimented by services to support their lifestyle.

I hope that you enjoyed this brief look into the future of elder living and are reassured the Board continues to explore what Charlestown may become.

Bonnie Phipps



### "We're Here For You"

#### My Do-Over Day

I have a friend who tells his granddaughter that every day is a "do-over day." You have the chance to do over what didn't go well yesterday. I am having a do-over day by expanding on a part of January's column that lost its punch because of my pithy writing style. Let me try again because I think it is an important point.

My wife and I were with two residents, a new one I'll call Jill and one not so newly arrived I'll call Barb. We were at the Terrace waiting for our orders when the talk shifted to the emotional funeral service for George H. W. Bush, held earlier that day. Barb asked, "Wasn't one of the Bush girls a lesbian?" (Jenna Bush Hager had read scripture at her grandfather's funeral.) Now I thought to myself that George W. Bush's daughters were both married, so why would the resident suggest this identity? But I said nothing. Jill, on the other hand, without hesitation responded, "I don't deal with gossip." I was happy that Jill had bravely confronted an obvious error. We didn't talk about the remark further.

The interesting question here is how one believes something about another person that is so far from the truth. What could possibly have occurred to give someone any basis for making that judgment about one of the Bush girls? One of the Bush girls did support same-sex marriage and campaigned for marriage equality. But it is a far cry from supporting marriage equality to being lesbian. That's like thinking that a person is schizophrenic because he believes clozapine is good treatment for schizophrenia. That is such a non-sequitur that it defies logic. Of course, the first endorsers of marriage equality may well have been persons from the LBGTQ community; that was their self-interest, but as the idea of marriage equality became more prevalent, first among friends and family of LBGTQ persons and then throughout the larger community, that society became more accepting until, ultimately, the Supreme Court judged in 2015 that samesex couples were entitled to a legal marriage contract.

This is one of the satisfying experiences about living here at Charlestown—to be with new residents who will bravely confront obvious misconceptions. It takes courage to confront misconceptions and respect to achieve amiable outcomes. This incident, shared among us, resulted in deeper connections, making the effort worthwhile.

Wendel Thompson President, Residents' Council



Charlestown Residents'
Council Website.
ccicharlestown.org

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

#### COMMUNITY SAFETY AND GUNS: A MARCH 13 INFORMATIONAL FORUM

In its October 2018 meeting, the Residents' Council approved a motion that it take up the issue of gun presence at Charlestown. Since then the council and its committees have consulted with the Baltimore County Police Department and have been learning about gun presence at other retirement communities. During this period there were also "Give Back Your Gun" and "Sell Back Your Gun" initiatives.

Our next step is to hold an informational forum on community safety and guns on Wednesday, March 13, 2019, in the auditorium from 10:00 to 11:30 a.m. The forum will be led by officers of the Baltimore County Police Department. Council members will also discuss gun policies in other retirement communities and our plans to conduct a survey on resident views about gun safety.

The council urges all members of the community to attend this important forum.

Anne Erfle, Vice President Residents' Council

#### **Nominating and Election Committee**

With the start of the new year comes the forming of the Nominating and Election committee and its efforts to find new candidates for the Residents' Council. Council members serve for three-year terms on a rolling basis. Seven members will retire at the end of August and need to be replaced with qualified candidates. The committee tries to recruit twice that number in order to give all residents a choice and to be able to fill unexpected vacancies that arise during the year. As the committee does its soliciting, please be open to a call and consider serving on this very worthwhile team that lets us, as residents, have a voice in making Charlestown the best possible place to live in this stage of our lives. If you have any ideas as to who would make a good candidate, please contact a committee member.

This year's committee consists of the following fellow residents, and every one will be happy to hear from you:

Hope Tillman, Co-ChairHR-331781-424-6358hope@hopetillman.com

Walt Howe, Co-Chair HR-331 781-820-9132 walt@walthowe.com

410-242-6354 <u>glasgowallan@gmail.com</u>

Bob Caulfield HR-544

NC4 302

Janet Allan

410-536-4466

410-314-9400 <u>rcaulfield66@gmail.com</u>

Bernice DeBels BR-T15 410-314-9429 bdebels@verizon.net

Pat Kasuda BR 238 410-242-2257 <u>pjkasuda238@gmail.com</u>

Phyl Lansing CR 403

phyllansing@yahoo.com

Bill Tilles CY 7204 410-314-2912 wrtilles@gmail.com

## Save the Date In celebration of National Earth Day April 22, 2019



The Housekeeping Department, in collaboration with the Conservation Committee, will be having a Q and A session on recycling. A Waste Management representative will be here to answer any of your concerns or questions about items we recycle here at Charlestown.

Monday, April 22, 2019
Auditorium
10:30 - 11:30 a.m.
Light refreshments will be served

#### **Residents' Association Dues**

Most residents are aware of the goals and objectives of the Residents' Association and the Residents' Council that leads it. These residents voluntarily contribute the annual dues of \$2.00 or more to support the organization. However, newer residents may not be aware that all residents are automatically members of the Association, and independent living and assisted living residents elect Council members to represent them within the Charlestown community.

The Council is composed of committees made up of resident volunteers who dedicate their time and efforts to carrying out activities related to the interests and welfare of all residents. The Council works closely with management to ensure Charlestown continues to be a great place to live and maintains a harmonious living environment. Although a resident might not be affected directly by the Council's activities, all residents are affected indirectly because of the Council's purpose and the scope of its activities.

The Council maintains a modest budget for supplies and occasional committee expenses. Other expenses include our yearly membership in the National Continuing Care Residents Association (NaCCRA), contributions to the Staff Appreciation, Scholarship and Benevolent Care funds. To cover the Association's expenses, the Council requests that independent living residents make an annual voluntary contribution of \$2.00 to cover these expenses.

Now, it's that time of year for the Treasurer of the Residents' Council to collect the Association's voluntary dues from independent living residents. In early April, these residents will receive a Dues Packet in their cubbies that will contain an envelope, addressed to the Council Treasurer, in which to place the voluntary \$2.00 dues payment per resident. Cash or checks made payable to Charlestown Residents' Council are acceptable. The Residents' Association Dues envelope may be placed in the Campus Mail basket in any lobby.

Jack Murnane, Council Treasurer

## Charlestown Scholars' Fund Campaign Begins March 18!

Forty-five Scholar Candidates have been accepted into the Charlestown Scholarship Program for 2019. In order to be considered a Scholar Candidate, our student employees must have a minimum 2.5 GPA and will have worked at least 1000 hours at Charlestown prior to the end of this school year. You can see our Scholar Candidates wearing their royal blue aprons as part of their uniforms, and posters of the candidates will be coming soon! Please take a moment to congratulate the Scholar Candidates as you see them in your dining rooms.

Our Scholars' Program is a wonderful way for residents to support our student employees in their pursuit of higher education. We currently have 121 active Scholars in the program. This year's Scholars' Class of 45 marks one of our largest classes to date, which means an even greater financial commitment for our Fund.

The Charlestown Scholarship Fund distributes up to \$2,000 per year for each active Scholar in the program. We are committed to support our students with this scholarship for up to four years of their undergraduate education. In order for the students' schools to receive the distribution, they must submit their grades and courses each semester to Philanthropy. Our Scholar Candidates and current Scholars still working at Charlestown who have a GPA of 3.0 or above are also eligible and encouraged to apply for our special Named Scholarship awards. Pat Kasuda, in an accompanying Living Legacies article in this issue, writes about the opportunity to sponsor a Named Scholarship. She also shares insights into some Named Scholarships that we offer, including the Virginia Niccolai, Andrew Murray Meyers, and the Treasure Sale Special Scholarship awards. Our Named Scholarships are a wonderful way to make a difference for our deserving students, and to create a legacy of education for our student employees.

Collectively, we have made a commitment to those who have served us well. Every resident can help us meet this financial commitment through some contribution, great or small. Participation by all residents makes an even greater impact on this program and for our students. Our goal is always to have 100% participation among our residents. The gift of education can be priceless, so please consider making a donation. Some easy ways to contribute are: monthly deductions on your Resident Account, or credit card, check, and/ or cash donations to the Philanthropy Office in Cross Creek. Checks may be made payable to the Scholars' Fund. More details about the Scholars' Program and Campaign can be found in your cubby on March 18.

Please give and encourage your friends and neighbors to do the same. This is your chance to make a difference and to help change a young person's life for the better. The Scholars' Fund Campaign officially begins on March 18 and continues through April 30. Our goal this year is \$190,000. With everyone's help, we know this is totally achievable.

The Scholars' Fund is 95% funded by residents. Donations are 100% tax-deductible as allowed by law and all monies collected are restricted to the Scholars' Fund. Scholarship checks are mailed directly to the Universities, not to the students.

Any further questions may be directed to our Scholar Committee members: Pat Kasuda, Norma Goldberg, Roland Gray, Tony Hansen, Mel Milio, Marie Skane, Ed DeLong, Jackie Graham, Eugenia High, or contact Lisa Zehring in the Philanthropy Office at 410-737-8838 ext. 601.8397. Thank you for supporting our scholars!

Charlie Eichenlaub Scholar Committee Chair

#### **Obtaining a Resident Directory:**

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

If you have an email account, you may request that an electronic version of the directory be automatically sent to you when it is available each time that it is updated. Send your request to cynthia.ripple@erickson.com. Cindy will send you an email acknowledgement of your request within two weeks. If you do not receive the acknowledgement in that time, please resend your email request and allow her a second chance to add you to the list.

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

Charlie Eichenlaub Communications Committee

## Conservation Committee Recycling Guidelines for All

Trash disposal is expensive and harmful to the environment, and we can mitigate costs by making the most effective use of recycling.

Papers, cardboard, and plastics marked with numbers in diamonds should be regularly recycled every week by setting them outside your door in the blue recycle containers.

Learn what materials must be disposed of as trash, and what can be recycled. There are displays currently in restaurants to help explain the difference. See page 2 of this month's *Sunburst*, too.

Plastic bags are a special exception. They cannot be recycled in the blue bins, but you can leave them in any laundry room for pickup.

Bill Tilles, Chair Conservation Committee



### General Services

Mike Fischer, Director

#### **Scam Alert**

With tax season upon us, we would like everyone to be cognizant of whom they are giving their personal information to. This information can potentially give someone access to ALL of your private information and matters. Do not provide anyone with your date of birth, social security number, address, driver's license number, or other similar information. The State of Maryland and the Internal Revenue Service will never call you, they will make numerous notifications via U.S. Mail before they ever take any action. There will never be a demand for immediate payment of money or threats of sending the police to your home.

When answering the phone and immediately confronted with a question, be careful not to say "YES." This could essentially make you in agreement with their proposition.

As for credit card companies, they will not call or mail you packets to update your information. If you pay your bills online, make sure that you enter in your login and password every time, DO NOT check the box that says "save your information." It is also a good practice not to use passwords that are associated with dates of birth, anniversaries, etc.

Lastly, if you are asked to send money through Western Union for a relative, please reach out to the relative first, to ensure you are not being scammed.

If you are unsure, please do not be afraid to ask for help, ask a friend or family member. Most importantly, if you have any questions or concerns, please feel free to contact the Security and Emergency Services Team. It is always better to be safe than sorry.

Reyn Giese Security and Emergency Services Manager



Coming Soon...

General Services RESIDENT TOWN HALL MEETING

Please join Michael Fischer and the General Services Leadership Team, at our upcoming meeting.

Topics of discussion: General Services Update, Capital Projects Update, Safety & Security Update, EMV Update, Transportation Update, and Reoccupancy Update.

Tuesday, March 26
~ AUDITORIUM ~
10:00 – 11:00 a.m.

Light refreshments will be served.

Please mark your calendars and plan to attend!!

## "WHAT WE'VE GOT HERE IS FAILURE TO COMMUNICATE"\*

(\*Strother Martin, Cool Hand Luke)

Is something wrong with communication at Charlestown? We certainly have more than enough sources of information; announcements, flyers and special notices routinely show up in our cubbies. Channel 972 provides announcements and news programming along with the "scroll." MyErickson and CCI sites, Charlestown's Facebook, and *The Sunburst* provide information about everything from who is in the hospital to special visitors for the day (bookmobile, pet groomer, local politician), and a list of those in charge of making things happen throughout our community.

Yet many residents don't seem to be well-informed about anything. A lady who has lived here for 10 years claimed to have no idea that both free and paid-for shuttle service is available to residents seven days a week! Or ... people angered by a rehab team removing tile from an apartment can't figure out what is going on ... although a notice about the rehab was delivered to the building's cubbies a day or two before!

It's obvious that part of our communication problem is the way residents treat the information they receive. Many people seem too busy to bother with routine communiques and simply toss anything in their cubby into the trash. Others take the flyers home but don't post them where they can be seen so can't find the information again. Some folks rely on rumor and hearsay for their information (which often is misinformation) and increase the confusion by spreading what "someone said" far and wide.

As a retired journalist and a self-styled member of the Grammar Police, it's not difficult for me to see a lot that is wrong with much of Charlestown's information. Some of it sounds (without doubt unintentionally) rather authoritarian or pompous; a lot of it is written by people to whom writing is a chore. And I'm sorry, but apparently a lot of it is just plain boring. While discussing an ongoing project with another resident recently, I noted that the information she wanted had just appeared in a *Sunburst* column. "I never read that stuff," she sniffed ... "It makes my eyes glaze over."

So ... administrators and residents who disseminate written information really need to keep their readers in mind when preparing newspaper articles and announcements of community projects or other events. Ideally, information should be brief and to the point, written in simple sentences, and geared toward what people actually need to know. And conversely, we need to to read and pay attention to the information we find in our cubbies, on websites, and the scroll.

Dayle Dawes

## A Discussion and Quiz on Ageism – Part 2 A Program Sponsored by Pollination

Ageism in America and Its Impact on Us was the second of a two-part series on Ageism – the first being held on January 8 and the second, on February 12. Ted Durr, Pollination Chair, was the host.

Sam Cushman, NIH Scientist and panelist on the January Ageism panel organized the evening with guests Ann MacKay and Patricia Alt, Ph.D. Resident Ann MacKay, retired RN and association executive, and Pat Alt, Professor Emerita of Interprofessional Health Studies at Towson University, engaged in a lively exchange about our lives as seniors, again based on the remarkable Ted Talk by Ashton Applewhite, author of *This Chair Rocks: A Manifesto Against Ageism*. We all benefited from a replay of the video and richness of understanding and insight Ms. Applewhite brings to her message. (See February *Sunburst*, p.5, for an excerpt from her book.)

As part of the evening, Sam Cushman passed out an Aging Attitudes Quiz published by the World Health Organization. It is included here as an opportunity for you to test your understanding of what ageism is. See the quiz below.

#### **Aging Attitudes Quiz:**

Check your attitudes against these commonly held views of aging and older persons and find out how much you know about aging and older people.

- T F 1. "All older people are the same."
- T F 2. "Poor heath is inevitable in older age."
- T F 3. "An older person is somebody aged 60 years and above."
- T F 4. "My attitude to aging has little or no influence on my health."
- T F 5. "Aging is an obstacle to a good life and must be overcome."
- T F 6. "Older adults are a drain on the economy, including health systems."
- T F 7. "Ageism means having negative attitudes and or discriminating against people because of their age."
- T F 8. "I can be ageist and not know it."
  - 9. "We can combat ageism!"

For fanswers to the quiz with a brief discussion of each, see page 8.

Bill Tilles





## Conversations with Clara and Executive Team

- Question: Are there opportunites for new young employees to establish a one-on-one relationship with volunteer residents to help them get acclimated?
   Answer: We currently have a mentorship program for our Leadership Team. The idea of matching a new employee with a resident is a great idea and one that we will explore.
- 2. Question: Do all rooms on campus have an emergency pull-cord? What is the protocol for pull-cords and pendants? Answer: No, not all rooms have a pullcord on campus. When a resident pulls a cord or presses his or her pendant, security is dispatched to two locations, the general location of the alert and to the apartment where the resident lives.
- 3. Question: There were a few fire trucks on campus Monday, February 11, 2019. What were they here for?
  Answer: There was a stove fire in the Harborview neighborhood. The first responders were here immediately, and the fire was extinguished quickly. No one was harmed. To avoid future risk, we ask residents not to store anything in their ovens. If you do not use your oven and would like it unplugged, please contact

Maintenance.





## NEWS FROM THE PET LOVERS ASSOCIATION

The next meeting of the Pet Lovers Group will be held Tuesday, March 19, at 1:00 p.m. in CTS 116. Please note the change of time!

A reminder to pet owners: do you have your refrigerator magnet completed? It is important that you fill out the emergency section, so security knows of your wishes in case of crisis in your home.

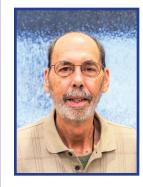
#### **Coming in April**

On Monday, April 1, Katie Flory from the Maryland SPCA will speak to us regarding "Benefits of Pets to Seniors" and "How to Address Fear of Animals." This will be held at 2:30 p.m. in BR Classroom 2. All are welcome! Her visit will coincide with the Pet Lovers collection drive for Maryland SPCA to be held the week of April 1 – 5. See the article in this month's *Sunburst*. Please come and support Katie. The MD SPCA has been supportive of us and our pets for the last five years.

Also in April, a movie will be shown that will be of interest to pet owners and pet lovers. More information to come in the April *Sunburst*. Watch for it!

#### **Mission Moment Honorees**

These residents define the word "volunteer."
Both are recognized for the multitude of good works they perform around the Charlestown Community. In doing so, they demonstrate respect and caring, friendliness and enthusiasm, responsibility, excellence and teamwork.
Truly they live the Erickson Way and share their talents to have Charlestown flourish as a harmonious community.



Sharon Stewart
nominated **Tony Ellis** for
his contribution to the
Charlestown Community.
She states, "Residents refer
to Tony as Mr. Volunteer."
Tony coordinates indoor
bocce ball games and also
works with the outdoor
bocce ball activities. Until

a recent illness, he was an active member of the Invasive Plants Crew. He continues his volunteering by working diligently with the Annual Putterland event, coordinating the volunteers who transfer equipment to and from storage. He also does apartment cleanouts for the Treasure Sale and organizes delivery of Treasure Sale Purchases to residents. You may see Tony walking the Nature Trail as the liaison between the Nature Trail Committee and the Grounds Department. This assures that the Nature Tail is taken care of and kept safe for residents to enjoy. Tony has spent many hours organizing flags for the Field of Honor and, every year, helps carry the Charlestown banner in the Catonsville 4th of July parade. With all that Tony does, he is a true asset to the Charlestown Community.



Bob Caulfield selected **Evelyn Chesnutt** as a candidate for Mission Moment recognition. Bob writes, "For many years Evelyn has been the guiding light of the Harmonizers." For most of the year, on Tuesdays and Thursdays, you will find her in the Music Room with 40

plus residents practicing for their two concerts in the spring and December. She strives to get the best out of the varied array of talent. As the conductor of the Harmonizers, she selects the music, arranges for instrumental accompanists, and tackles the myriad of other details involved in making this program successful. Evelyn not only focuses on the musical abilities of the group, she also follows up with members, who may miss practices due to illnesses or other extenuating circumstances. She is deeply concerned about the entire well-being of the membership and will lead the group in prayer for those in need. It has been said that music and singing enhances the soul and the joy of living. If that be true, Evelyn has given our community a great gift.

But music is not all that fills the life of Evelyn Chesnutt. She is a member of the Benevolent Care Committee, and in that capacity, she offers her support for fundraisers and promotional activities. The wife of a Rotarian, Evelyn practices the motto of "Service Above Self." You will see her volunteering at numerous events, such as the Rotary Book Collection.

Thanks to both Tony and Evelyn for demonstrating The Erickson Way and sharing the true spirit of harmonious community through the Erickson Living Values.

Pat Kasuda



League of Women Voters Bail Reform Consensus Meeting

Friday, March 22 10:00 a.m. - Noon CTS Classroom 116

In our justice system, a person accused of a crime is presumed innocent until proven guilty. After arrest, the person appears before a judicial officer, usually a District Court commissioner. That begins the pretrial process. A first-time offender may be released under personal recognizance. Or, depending on the crime, he/she may participate in a program to prevent recurrence of the action to protect the public's safety and ensure the defendant's appearance in court.

Bail may be a financial condition of release imposed to guarantee that the defendant will attend all court appearances. A bail bond may be deemed necessary, but, depending on the person's financial situation, that bond may be excessive. Detention may be required if other pretrial options aren't appropriate. Detention, however, deprives a defendant of employment and income and can unnecessarily separate him or her from children and other dependents. Detention of the state's pretrial jail population costs between \$22 and \$44 million each year.

In theory, bail satisfies the judicial system's preference for pretrial liberty, while holding the defendant accountable for the government's cost if he or she fails to appear in court. But the present system has allowed racial and economic inequities, due to lack of standards for assessing risk and setting bail amounts, inconsistent judicial discretion, and increased pretrial detention leading to overcrowding in jails. The United States and the Philippines are the only countries that impose bail.

In 2016, the Maryland Attorney General urged amending Rule 4-216, which provides criteria and standards that judicial officers are to apply during pretrial hearings. Come and learn with us about the pretrial judicial system in Maryland. For questions, call 410-536-4466 or 410-242-6566. All are welcome, men as well as women.

Phyl Lansing LWV Volunteer



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

March 6 - Cross Creek March 20 - Fireside CTS

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



### **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**

Alexandra Compton, ext. 601.3725 Christina Bryant, ext. 601.3710

#### **WELLNESS MANAGERS**

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

#### SOCIAL WORK LEAD

Sara Shanklin, ext. 601.8349

#### **ACUTE CARE COORDINATOR**

Shannon Loudermilk 410-382-9384

#### **PROGRAM MANAGER**

Rob Hunter, ext. 601.8974

#### **ASSISTANT PROGRAM MANAGER**

Denise Puckett, ext. 601.8575

#### **VOLUNTEER PROGRAM COORDINATOR**

Kathleen Hart, ext. 601.8133

#### **FACILITIES 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



Spring is almost here!!! But in the meantime, we have some information to share with all of you. As always, it is our goal to keep you all well informed, so let's get right into it.

We have our employee All Staff meeting on Tuesday, March 19, from 1:30 - 2:30 p.m. and will close all dining venues, including the stores, at this time to allow our Dining Services team to spend time together.

Reminder: We have made some changes to the hours of operations at our stores and will be closing for a half-hour daily to allow consistent employee breaks. While our goal is to have our store clerks back exactly one half-hour after the closure, please recognize that sometimes this will not happen. Our clerks will finish with the customers in the store, at the time it closes, and will return one half-hour later from that point. The following times cover these breaks:

- Marketplace will close at 1:00 p.m. every
- Country Store will close at 1:30 p.m. every
- Caton Woods Grab 'n' Go will remain open all day.

The Dining Advisory committee is currently recruiting resident members. If you are interested in joining this team of wonderful residents working to make our dining services the best they can be, please contact Robert Caulfield at 443-578-1428 or email him at rcaulfield66@gmail.com.

I want to remind everyone what our meal delivery policy is and the particular parts of the community each restaurant serves. Delivery times may vary slightly, based on the number of orders being delivered.

The Shortline delivers to Herbert's Run, St. Charles, and Brookside. The Shortline takes delivery over the phone from 1:00 - 3:00 p.m. and makes deliveries from 5:00 - 6:00 p.m., daily. The Shortline extension to place delivery orders is 601-8531.

The Refectory will deliver to Fountain Hill, Maple Terrace, New Carroll, Edgewood, Courtyard Crossing, Arborside, Greentree Court, Chapel Court, Parkview, Caton Ridge, and Harborview. The Refectory takes delivery orders over the phone from 3:30 - 4:30 p.m., Monday through Saturday, and 11:00 a.m. to noon on Sunday, and makes deliveries from 5:30 - 6:30 p.m., Monday through Saturday, and 12:30 - 1:30 p.m. on Sunday. The Refectory extension to place delivery orders is 601-8336.

We are looking forward to celebrating St. Patrick's Day with everyone. Below are the menus that will be served. There are no changes in our normal hours of operation. Please note that we will not serve our regular menus, as these special menus will be the only available food offerings.

Aida Blanco Director of Dining Services

#### St. Patrick's Day Brunch

Smoked Salmon, Eggs Benedict Fresh-made Corned Beef Hash Bacon, Sausage, and Breakfast Potatoes **Oatmeal with Assorted Toppings** 

Carrot Salad with Raisins

Carved Traditional Corned Beef

Baked Chicken Breast with Onion and Mushroom Gravy

Sautéed Salmon with Cucumber Dill Sauce

Stir-fried Vegetables and Jasmine Rice

**Boiled Potatoes with Parsley** Egg Noodles with Butter **Braised Cabbage** Steamed Broccoli **Buttered Carrots** 

Bailey's Irish Cream Cake, Carrot Cake, Smart Sweet Cherry Pie, and Assorted Ice Cream

> Assorted Breakfast Breads, Soda Bread, and Rye Bread



#### St. Patrick's Day Dinner

Potato Parsnip and Leek Soup Carrot Salad with Raisins **House Salad** 

Traditional Corned Beef

Irish Lamb Stew with Potatoes

Baked Chicken Breast with Onion and Mushroom Gravy

Sautéed Salmon with Cucumber Dill Sauce

Stir-fried Vegetables with Rice

Eggs Benedict with Corned Beef and Chive Hollandaise

Plain Chicken Breast or Salmon Available Upon Request

Boiled Potatoes with Parsley Egg Noodles with Butter **Braised Cabbage** Steamed Broccoli **Buttered Carrots** 

Bailey's Irish Cream Cake, Carrot Cake, Smart Sweet Cherry Pie, and Assorted Ice Cream

> Assorted Rolls, Soda Bread, and Rye Bread

### Take A Break

#### Solution on page 18



#### ACROSS

- 1. Pools of water that accumulate after it rains
- 3. Plants that usually have petals
- 6. Type of raincoat
- 10. Another name for a polliwog
- 11. To turn from ice into liquid
- 12. Planted underground and bud above ground
- 13. Portion of land where flowers, fruit, or vegetables are grown
- 14. Type of color that is light and soft rather than dark and bright
- 15. When flower buds open

#### **DOWN**

- 2. Easily recognized yellow flower with trumpet-shaped center
- 4. Arch of color seen in the sky after rain
- 5. The color of healthy grass
- 7. Toy that can be flown in the air
- 8. Insect with large often brightly colored wings
- 9. Brown bird with red in front
- 10. A spring-flowering plant that starts out as a bulb



# Words of Wisdom from Gnate the Gnome

"The most important thing in life is not knowing everything, it's knowing someone who does."

Comments welcome: gnatethegnome@outlook.com

## Happy Belated Valentine's Day to Everyone

"To all the staff, friends and family of Charlestown, I want to wish each and every one a Happy Valentine's day and more to come. Let's continue to love one another and show appreciation. There's always a way to keep a smile by calling or sending a text to let someone know you are thinking of them. I believe every day should be Valentine's day, because we are always showing that we care for one another. I pray that all friendships, relationships and marriages continue to grow as it is important."

Zakie White Housekeeping





### In Memoriam



Janice Dewling	January 15, 2019	Former Resident
Francis Annnulis	January 19, 2019	HR-426
Viola Paul	January 20, 2019	RGS-123
Wilbur Laird	January 20, 2019	HR-414
Rita Shamer	January 22, 2019	CW-104
Phillip Hickman	January 22, 2019	GC9-T07
Conrad "Fred" Vosloh	January 25, 2019	PV-416
Richard Clarke	January 30, 2019	CW-301
Alice VanderWaart	February 1, 2019	CW-109
Alston White	February 2, 2019	RGN-207
Salvatore Pennisi	February 2, 2019	CC-118
John Dyson	February 2, 2019	PV-607
Virginia Levickas	February 8, 2019	CW-308
Thomas Baxter	February 9, 2019	BR-241
Earl Dotterweich	February 9, 2019	BR-538
Walter Georg	February 10, 2019	BR-318
Eric Tolmach	February 11, 2019	BR-328
Nancy "Joan" Willet	February 12, 2019	CR-205
Floyd Dennis	February 16, 2019	RGN-437

## Parkinson's Disease Caregivers' Group Meeting

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

Charlestown Square Meeting Room 116

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

## The Parkinson's Disease and Movement Disorders Support Group

invites you to attend the following discussion group meetings:

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

Monday, March 25, 2019
Discussion with Clara Parker,
Executive Director at Charlestown
10:00-11:00 a.m.
CTS Classroom 116

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

## USE YOUR 'PEOPLE' OR BASIC COMPUTER SKILLS TO HELP RESIDENTS CONNECT WITH CHARLESTOWN HISTORY

### WANT TO HAVE FUN AND HELP PRESERVE HISTORY??

**WANTED:** Volunteers who can spend one to two hours a week greeting and helping visitors find material of interest at the Archives Office on Monday, Wednesday or Friday, noon to 2:00 p.m.

**AND:** Volunteers to use an Archives' computer to rename and organize digital files or scan and preserve aging paper photos. Very flexible days and hours.

Are you a closet history buff who enjoys doing light research? Do you like meeting and helping people? Can you reach high and bend low to help visitors find the Archives' items they're seeking on shelves or in filing cabinets? Are you none of the above, but think that the Archives deserve an hour or two of your time each week (or even each month) because they fill an important need here at Charlestown?

Do you have the basic PC and Microsoft skills necessary to name and organize software files or to digitize scanned material? (And if you're highly skilled and computer literate ... even better!) Are you interested in using today's technology to preserve the community's unique and frequently intriguing history? The Archives can use your help to build the Digital Archives and preserve fragile paper documents and photos that will otherwise deteriorate until they are unusable.

If any of these tasks fit your interests and skill sets, walk on over to the Archives Office across the hall from the CVS Pharmacy and introduce yourself to Curator Janel Douglass (or email Janel at <a href="mailto:CharlestownArchives17@gmail.com">CharlestownArchives17@gmail.com</a>). It's a terrific place to spend your time.

If you're a new resident with an interest in your new 'hometown,' you'll find wonderful binders and files filled with community memorabilia that will surprise and perhaps even delight you. And a couple of hours a month in this fascinating place will also offer you the opportunity to meet more of your Charlestown 'neighbors.'

If you've been here for years and enjoy an occasional stroll down Memory Land, you're sure to find some interesting details about old friends, groups, or activities in the digital files or one of the many wonderful binders of documents and photos standing atop the beige file cabinets.

So go! Talk to Janel (who is most enthusiastic about the work she and her few current volunteers are doing); she will help you through the 'getting to know the Archives' phase of the job and provide plenty of opportunity to learn and do computer work at times that are convenient to you.

Dayle Dawes

#### The Apple Charlestown User Group



(CHUG) celebrates six years as an authorized Apple User Group at the March 21, 2019 meeting.

## A Discussion and Quiz on Ageism – Part 2 A Program Sponsored by Pollination

Answers to the quiz on page 4 with a brief discussion of each.

- 1. "All older people are the same." (False)
  Explanation: There is no typical older person,
  because the older we get, the more diverse
  we become.
- 2. "Poor heath is inevitable in older age." (False)

Explanation: While most people will eventually experience health problems as they age, aging does not necessarily lead to disease and disability.

3. "An older person is somebody aged 60 years and above." (False)

Explanation: Aging is a normal process of human development that extends across the life course. There is no age at which you suddenly become an older person!

- 4. "My attitude to aging has little or no influence on my health." (False)
  Explanation: Having negative attitudes about getting older can have a serious impact on your health and life expectancy.
- 5. "Aging is an obstacle to a good life and must be overcome." (False)
  Explanation: While many people think of aging as a problem, aging actually has many benefits. However, fear of aging makes managing the changes associated with aging much harder.
- 6. "Older adults are a drain on the economy, including health systems." (False)
  Explanation: Older people make significant contribution to our societies, many of which go unrecognized.
- 7. "Ageism means having negative attitudes and/or discriminating against people because of their age." (True)

  Explanation: Ageism is negative stereotyping, prejudice, or discrimination against people based on their age. Understanding this and combatting ageism is a first step to making the world more age-friendly.
- **8.** "I can be ageist and not know it." (True) Explanation: Most of the time we are not aware of our negative attitudes about older people and about getting older.
- **9.** "We can combat ageism!" (True) Explanation: We can all change our attitudes for the better, and it is as simple as ABC.
  - Awareness: the critical starting point is to acknowledge our own attitudes and prejudices about aging and older people.
  - Behaviors: watch for ageist behaviors in and around us, challenge them.
  - Connections: connect with people of all ages. An equitable society for all ages requires intergenerational collaboration.

The World Health Organization is a good source for Ageism. Go to <u>WHO.int</u> and click on Aging and Life Course for more information.

Bill Tilles



#### Successful MaCCRA Day

Over 80 residents from 13 continuing care retirement communities met in Annapolis on February 6, 2019, to learn about legislation impacting CCRCs. MaCCRA Day was announced in the Senate and House chambers while they were in session.

The morning started with greetings from the Governor's Legislative Office, followed by a stream of senators and delegates who came to learn about MaCCRA's bill and to lobby for their own legislation. Our own Senator Clarence Lam, from District 12, was the first legislator to greet us. Delegate Eric Ebersole also made an appearance. Check out the photos on maccra.org.

MaCCRA is sponsoring SB 698/HB 588
Continuing Care Retirement Communities

– Mediation – Representation by Counsel.
This bill would repeal the prohibition
against having legal counsel present during
a grievance procedure mediation. Senator
Delores Kelley, Chair of the Senate Finance
Committee, is the sponsor in the Senate and
Delegate Shelly Hettleman is the sponsor in
the House. The Senate hearing is scheduled
for March 14, 2019.

The Charlestown Chapter MaCCRA members received a more detailed briefing on other legislation. MaCCRA membership is only \$20 per year for an individual and \$30 for two in the same household. Join now and receive four months of free membership. Contact Laura Mianulli at 410-242-4470 or Seldra Funk 410-501-3325 for membership applications.

MacCRA will be hosting the state MacCRA meeting June 1, 2019. If you are interested in helping, contact Ann MacKay at 443-542-8282. We need greeters and people to help with registration.

#### **TREASURE SALE**

Come shop with us the first Saturday of the month **now through June**, starting...

SATURDAY, MARCH 2, 2019 10:00 a.m. – 1:00 p.m.

#### **Treasures Unlimited:**

Furniture, lamps, larger medical equipment (walkers, shower chairs, and wheelchairs), pictures, mirrors, and more!

#### **Ladies Boutique:**

Ladies' fashion-wear, designer handbags and fur coats. Name-brand clothing such as Talbot's, Loft, Alfred Dunner, Chico's and more!



SULP THEIR DAYS





Pet Lover's Group PET OF THE MONTH

My name is Angel. I am a three year old male, tan and white adopted cat. I was adopted from family friends and have lived with my owner in Herbert's Run since I was six months old. I had hernia surgery at a young age and still do like to be petted on my stomach. However, being petted elsewhere, curling up on laps, and playing with hair "scrunchies" are some of my favorite pastimes (the occasional nap should be included). I am very friendly and pass this friendship on to everyone I meet. I am always at the door to greet people when they enter or leave. I give my owner endless hours of companionship.

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.

## **CCBC Senior Institute**

Continuing Education Courses for Adult Learners



## **Spring Classes**

April - July, 2019



- ◆ Ten Nights with Sherlock Holmes NEW (Mondays, 7:00 - 8:30 p.m.)
- ◆ Studio Drawing & Painting (Thursdays, 6:30 − 8:30 p.m.)
- Music of Africa and Middle East (Tuesdays, 3:30 − 5:00 p.m.)
- NEW Art of Spain NEW (Thursdays, 4:00 5:30 p.m.)
- ◆ iPads for Seniors (Thursdays, 10:00 – 11:30 a.m.)
- ♦ World Poetry (Fridays, 1:00 – 2:30 p.m.)
- ◆ Possible additional courses: Classical Music; Egypt: The Golden Age

Class details and Registration instructions are in the *CCBC Course Guide* available at lobby desks or online at: <a href="http://www.ccicharlestown.org/">http://www.ccicharlestown.org/</a> under Resident Life/ Educational Activities.

Registration Days:

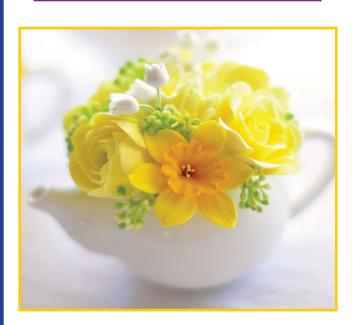
Time: 10:30 a.m. - Noon

Dates: Wednesday, March 13 Locations: Cross Creek Lobby | Fireside | Terrace Cafe



Expand your mind through CCBC

\*Community College of Baltimore County\*





BCPL's LIBRARY ON THE GO BOOKMOBILE

March 1, 2019 and March 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

## Archives Display Cabinet at Brookside/Edgewood Bridge

Don't forget to take a look at the Archives Display Cabinet as you head over the bridge to the Auditorium or Brookside elevators. Every two months there's a completely new display theme which includes documents and photos from the Archives. Visit the Archives to see past displays' items. The recent Archives Holiday Display – "Blessed, Grateful & Giving" - included a contest to find the 22 different holiday items that were pictured in the display. Congratulations to Cecilia Walsh for the most correct - 20 of 22. Cecilia said it took a couple of hours to find everything in the display, but it was a fun challenge. Other contestants included Veronica Coleman with 17 of 22 and Joyce Bathgate with 15 of 22 correct.

The current Archives Display "Staying Fit at Charlestown Is Easy Peasy" has documents and photos of the 35-year history of our Pool and Fitness Centers and fitness classes. See photos of classes, including the resident-run morning exercise class which began 35 years ago. Check out the new Charlestown Fitness Song. Write your own verse for the song and email it to the CharlestownArchives17@gmail.com.

See the Display to find out about the many fun and effective ways to stay fit at Charlestown. Warning: Daily Exercise & Healthy Eating Leads to Increased Awesomeness!!

Watch for the next Archives Display in mid-March - "Make Every Day Count" – featuring the Wellness Expo through the years and so many ways at Charlestown to make healthy lifestyle changes.

Visit the Archives Office on Monday, Wednesday, and Friday, noon to 2:00 p.m. And regularly email your groups' documents and photos to the Archives to be added to our 35-year collection of Charlestown history. Consider volunteering at the Archives Office or helping to organize the Digital Archives.

We guarantee you will be informed, amazed, and amused.

Janel Douglass Archives Group Leader

## Coffee with Security and Emergency Services

Please join me as we continue our quarterly "Coffee with SES" Sessions. We will be discussing scams, dog walking safety, evacuations, and whatever questions and thoughts you have. Please join me as we sit down for an informal conversation at the Gallery with some light refreshments. I look forward to seeing you there.

April 19, 2019 1:30 p.m. Gallery

Reyn Giese Security and Emergency Services Mgr.

## FIND OUT ABOUT 2019 STATE LEGISLATION!

A list of bills being heard during the 2019 session of the Maryland General Assembly, which are of interest to Charlestown residents, is now posted on the cci.charlestown.org website.

This website provides residents with the following information on the selected bills of interest:

- Number for the Senate Bill and the House Bill
- Summary of each selected bill, and
- Update for each bill as the status of the bill changes (i.e., Unfavorable, Withdrawn, Sent to the opposite House, or Bill is passed).

Bills on this website concern prescription drug pricing, end-of-life options, minimum wages, retention of State retirees prescription plan, hospital patients bill of rights, single-payer health program, redistricting and apportionment, prohibition of expanded polystyrene food service products, criminal checks - State Board of Nursing, additional penalties for scamming of elderly, CCRCs to allow counsel at hearings, CCRCs with time limits for handicapped parking, and several additional topics.

This legislative information is posted and updated on the website by members of the Legislative/Political Committee. The <u>cci.</u> <u>charlestown.org</u> website is sponsored by the Charlestown Residents' Council.

Seldra Funk, Chair Legislative/Political Committee, Residents' Council



The Diversity and Inclusion council would like to thank everyone who participated in the GO RED for Women Heart Awareness event in February. Over 90 residents and staff participated in the walk-a-thon inside the community to bring awareness to the cause, as well as countless others who wore red on that day. During the event, free blood pressure checks were given by our Employee Health and Wellness team and Home Health department. The fitness center staff got everyone in shape before the event with prestretch exercises. Registered walkers received a healthy snack pack at the end of the walk, which included oatmeal, cheerios, and a fruitnut mix, all of which are recommended by the National Heart association as food items to keep your heart healthy. In addition, they were entered into a raffle drawing to win a heart-healthy gift basket, which were won by a resident in Herbert's Run and Jennie Mattes, Human Resources Manager.



The correct count for the containers filled with chocolate candy in the lobbies on the Heart Awareness informational tables was 125 pieces. Congratulations to all six winners for guessing the correct amount.

Michelle Fenn

# Have you had your annual wellness visit?

If you need a good reason to schedule this important appointment, we have three!

- 1. For Medicare and most plans.
- 2. There's no deductible or copay.
- **3.** It's the easiest way to stay in control of your physical and mental health.



Schedule your annual wellness visit with Shannon Miller, L.C.S.W.-C.

Call the Charlestown medical center at **410-247-5602** to make an appointment.



Catonsville | CharlestownCommunity.com

#### **Small Town Heroes**

When you think of Kansas, what do you think of? Probably wheat, maybe cowboys and Indians, but I hope you think of General Dwight David Eisenhower who led our country and our Alllies to victory in World War II. Even though Eisenhower was born in Texas, he considered his hometown as Abilene, Kansas

The Eisenhower sculpture in Statuary Hall in our nation's capital is one of two that represent Kansas. You probably do not know the sculptor's name. It was Jim Brothers, and I am proud to tell you he was born and raised in my little town of Eureka, Kansas, population 2,500!

Brothers was a renowned sculptor, having made the figures in the National D-Day Memorial in Bedford, Va., which was dedicated by President George W. Bush in 2001. Other famous sculptures to his credit are "Flight," a memorial to the teachers and children killed in the bombing of the Alfred P. Murrah Building in Oklahoma City, Ok.; Mark Twain, Hartford, Ct.; Amelia Earhart, Atchison, Ks. (her hometown); General Omar Bradley, Moberly, Mo.; Tom Watson holding a child, Mercy Children's Hospital, Kansas City, Mo., and many others not only in our nation but around the world.

Brothers was fascinated and humbled by the WWII generation. In an interview for the VFW magazine, Brothers said, "The WWII generation earned a better world for our children. We owe these people." Brothers was only four years old when WWII ended.

Brothers passed away in 2013 after a long battle with cancer. He was recognized as one of our nation's premier artists and his work is exhibited throughout the United States, Canada, France, Spain, Germany, and Japan.

I hope you will visit Statuary Hall in Washington, D.C., and look for the sculpture of General Eisenhower and appreciate that some great men and great artists can come from little towns like Abilene and Eureka, Kansas.

Norma Jean Brobyn

JOIN US FOR OUR NEXT PRESENTATION ON:

#### **FINANCIAL ASSURANCE**



Tuesday, April 30, at 11:00 a.m. in the Auditorium

Learn more about the Financial Assurances that you have as a resident of Charlestown. (If you have attended in the past - this is a repeat presentation)

#### Presenters:

Nathan Blumberg, Associate Executive Director

Pam Stiner, Director of Finance

Patti Santoni, Director of Philanthropy

#### Charlestown Residents Support New Song Academy

Over the past three years, residents of Charlestown have shown amazing support for this little school in Sandtown. New Song Academy is a public school. However, due to its small size, it does not receive the same funding as larger schools. Because of this, they must rely on outside assistance. The Charlestown-Sandtown Connection, as a part of their mission in this Baltimore community, has made New Song one of its priorities.

In addition to several volunteers who help in the school on a weekly basis, several fundraisers have been organized. Last spring, David Graham, a volunteer who works with students on math and science, had noticed the lack of computers and/or tablets available in the classrooms. He proposed that we raise money to purchase Kindle Fire Tablets. We agreed and subsequently had a fundraiser that resulted in the purchase of 30 Kindle Fire Tablets and accessories for the students.

In September of 2018, Principal Lisa Brown, Dean of Students Scott Hopewell, and teacher Sara McCallum addressed residents in our auditorium. They spoke of some of the challenges they faced and expressed their gratitude for the support we have provided to help the students at New Song. After that event, resident Mary Jo Warthen felt we should provide more tablets. Mary Jo started us off with a substantial donation, the Computer Club added \$1,500, and we were able to contribute some from our CSC bank account. As a result, it was possible for us to make another significant contribution to the purchase of tablets. According to Principal Lisa Brown, "The teachers are ecstatic about the Kindles, which have allowed them to increase small group center opportunities for the students."

This past Christmas, our organization was delighted when Mary Evans suggested that New Song be one of the schools to receive items from the hat and mitten trees throughout the campus. In January, New Song was the recipient of five boxes of hats, gloves, scarves, socks, and even a few sweaters and ponchos! The items were distributed throughout the school with great excitement. We are hoping to do this again next winter.

Also, at Christmas, a little surprise came to us from the residents of Herbert's Run, Terrace Level. They decided that, instead of buying gifts for each other, they would collect money and donate it to the school. We were able to give New Song \$225 to spend on anything they needed. Residents never fail to respond when they see a good cause.

Last, but not least, we have had two summer fundraisers for school supplies. Each time we collected several baskets of supplies, as well as cash donations. This past fall, we were able to give the school \$2,500 to distribute among teachers for specific needs in their classrooms. As we all know, teachers often spend their own money to supply their students with needed items. One teacher said, "I have never had money given to me to spend on my class!"

For all your wonderful support, we, the members of the Charlestown-Sandtown Connection, want to thank you. We know how much these contributions have meant to both students and staff at New Song. You are making a difference in the lives of these wonderful children and their dedicated teachers!

Donna Chesson Charlestown-Sandtown Connection

#### **Slipping the Surly Bounds of Earth**



On January 3, one of our residents, Patricia Smith of Herbert's Run, went on an adventure with her son, Frank Smith of Santee, California.

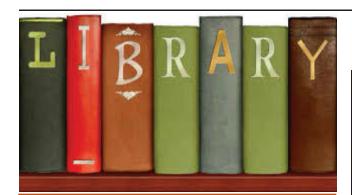
He was in town and decided, amongst other things, to take the 91 years young resident to I-Fly in Parkville.

Unbeknownst to Pat, this adventure involved indoor skydiving. Not one to shy away from adventure, Pat has travelled with her family to see the Grand Canyon and visits the West Coast often, recently for her granddaughter's wedding and, in May, for her other granddaughter's graduation from college.



After watching some of the other customers don their flight suits and take their maiden voyage, Pat decided to give it a go. The first picture is Pat in flight, with the flight instructor supporting her under only one knee. The second shot is that photo and her associated certificate hanging proudly in her apartment, in case there is any doubt of her prowess and courage! Pat has a zest for life and continues to amaze her family and friends; no mellowing with age here.

Frank Smith



### CHARLESTOWN'S RUTH HOUCK LIBRARY

## Who Was RUTH H. HOUCK and why is the Library named after her?

For those of us residents who haven't lived here since 1984, I plan to answer that question now. In looking for my information, I went once again to the Archives, where amazing Janel gave me what I needed. (She is the most organized person I know and so willing to share.)

It seems that Ruth Hedrick Houck and her husband Walter were among the earliest residents in Charlestown, moving into Building 2 in 1984. A retired Baltimore County teacher, she advocated strongly for a library. When she found other new residents who were interested, she approached John Erickson for help. In another of his generous donations to the fledgling project, he provided the room we are still in, as well as funds for shelving, books, etc. After meeting with people in the Baltimore City Library for advice and procedures, Ruth Houck used these funds, plus donations which were solicited from residents, for purchases.

Ruth then became the whirlwind who stocked and rearranged shelves, cataloged, and headed the entire project until her unexpected death in 1987. At that time, the Library proudly boasted 3,000 books, and we are even prouder to state that, at this time, we have three times that many and are still buying!

So, when you see the picture behind the desk, you can silently thank Ruth H. Houck and enjoy the fruits of her labor.

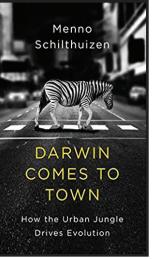
Thanks to Joan Powell, one of our volunteers, who has offered to chair the Library Committee. If you have questions or concerns, please call her at 410-314-9594. Thanks for stepping up, Joan!

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

### **Book Review**



Do you know what you see? - OR -Do you see what you know?

**Darwin Comes to Town by: Menno Schilthuizen**Tuesday, March 19
7:00 p.m. in the
Auditorium

As I write, two invisible scientific laws are in force. Five hundred years ago neither of them was seen or known. Today, the effects of both are known but some deny one of them. One is gravity and the other, coined by Charles Darwin, is Natural Selection.

For instance: If I step off my balcony I'll fall. The law of gravity is at work. The other law, Natural Selection, is also at work, even though it has endured much controversy, especially in the United States, over the past 100 years. The law itself doesn't care! It just goes on and on.

What is actually being addressed here is what in the West we call "truth." Now, if you are part of an organization that has decided it defines what all truth is, whether 500 years ago or now, you have problems if something or someone(s) challenges you.

The Church, in the West, has this problem. There are thousands (probably millions) of people in the United States who do not believe in Natural Selection. They call it Evolution. A member of an ELLIC class said last week that Evolution was a "non-issue." "It has been proven to be factual over and over," he said. Yes, for him. But, as Emile Durkheim said at the end of the 19th century, if many people believe something to be true (and behave as if it were true) it makes little difference for them if it's true or not.

Menno Schilthuizen, a professor at Leiden University in the Netherlands, has written a book, the subtitle of which is: How the urban jungle drives evolution. The main title of the book is: *Darwn Comes to Town*. Ted Durr will review this book on March 19, at 7:00 p.m. in the auditorium.

Schilthuizen proves that with the growth of cities, Natural Selection (Evolution) has speeded up! He writes: "I hope, that by reading this book, your eyes have been opened to the wonders of HIREC, Human-Induced Rapid Evolutionary Change."

Mine were.

Janet Neer



Please join us in March for these auditorium events. Non-members \$5.00 at the door.

**ELLIC Registration is ongoing.** 

The Dreaded Onslaught of Mosquitoes and Ticks: What's the Threat, and How Do We Protect Ourselves Instructor: Michael Pelczar

A discussion related to the appearance, lifecycle, and habitat of the mosquito and tick, how they interact with us and the diseases which result from their bites and self-protection.

**Friday, March 1, 2019** Auditorium, 10:00 – 11:00 a.m.

#### A Celtic Evening with Jared Denhard and Richard McCready Instructors: Jared Denhard and Richard McCready

A selection of music and humor reflected from Celtic lands and influenced by the Ancient Celts. Experience the haunting and evocative sounds of harps, dulcimers, guitars, flutes, and pipes as Jared and Richard take us on a musical journey.

**Thursday, March 14, 2019** Auditorium, 7:00 – 8:30 p.m.

## Challenges to the Young in Young Africa Instructor: Roberta Sabin

This talk will present some of the realities of dayto-day life for young Africans and suggest how Americans can respond to these needs. Roberta Sabin, a Baltimore native, has been a lifelong Maryland resident. She and her husband served in Malawi via the Fulbright Program in 2013-14. Her lecture will draw from these experiences.

> Wednesday, March 20, 2019 Auditorium, 1:00 – 2:30 p.m.

### Travelogue: A Trip to Israel Instructor: Steve Harders

The travelogue will show highlights of what resident Steve Harders saw and experienced during a trip to Israel in April 2011. The show is neither political or sectarian. Whether you are a secularist or a believer in one of the three monotheistic religions (Judaism, Christian, Islam), today's Western world cannot be understood without some knowledge of the Middle East. Modern daily life in Israel is intrinsically linked to the past as many archeological sites will demonstrate.

**Thursday, March 28, 2019** Auditorium, 7:00 – 8:30 p.m.

Stay informed by watching your lobby bulletin boards, Channel 972, via the MyErickson app, or online via <a href="mailto:ccicharlestown.org">ccicharlestown.org</a> on their home page by clicking on the icon "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

Gallery visitors will be happy to learn that the current Artist of the Month exhibit not only features two Charlestown favorites, it will be on display nearly twice as long as usual. That is because, with the Spring Members' Show slated for the very end of April, it seemed sensible to leave it up until that opening ... and, with two artists, the longer time period was appropriate.

No more suspense! Our two artists are **Betty Caldwell**, photographer, and **Carol Schimpff**, watercolor painter, whose complementary nature-based work is perfect for a spring exhibit.

As a high school student backpacking in the Three Sisters Wilderness in Oregon, Betty had her first taste of engagement in the natural world, and her photography, which draws us in, lives up to its name of "meditative photography" when seen on channel 972.

Betty's work has been featured in many juried exhibits in such prestigious venues as the National Wildlife Center, The National Institutes of Health, Naturevisions Photo Expo, the Frederick Camera Clique Juried Exhibition, The Chesapeake Bay Foundation, the University of Maryland, and the Howard County Conservancy, and have been published by *Columbia Magazine* and the Tai Sophia Institute.

This exhibit highlights pictures taken in Yellowstone National Park, as well as in "wild" areas of Charlestown. Don't miss Betty's pictures of our own wonderful foxes!

Carol Schimpff began her working life as a medical research assistant, then graduated from the University of Maryland Architecture School and worked in that field before she became an Asset Manager in commercial real estate. But after she retired, art became a key focus in her life. She began painting in watercolor as well as volunteering as a Docent at the Walters Art Museum.

Her love of exploring the outdoors began in childhood. Now she and her husband spend their vacations in Canaan Valley, West Virginia, where they hike in the Potomac Highlands. The forests and trees, as well as the vistas from the mountain tops, and always-changing sky inspire much of her artwork. They provide images for her to share and the chance to learn new painting skills as well.

Don't miss this exhibit. And if it sparks an interest in art, plan to attend a meeting of the Fireside Artists. The next one will be on March 12, at 10:00 a.m. in the CTS card room. We hope to see you there.

Jody Primoff



#### The Red Cross: A Helper in Time of Need

Barbara Riester is a Charleston resident who does not spend much time here. For instance, last year she was in Florida, the Carolinas, Saipan, and northern California. Maybe by the time you finished the list you connected Barbara to disaster. If you did, you were right. Barbara organizes and manages Red Cross responses to natural traumas that affect human beings in major ways.

She was scheduled to speak at Charlestown at the January meeting of Pollination. However, in December the Red Cross asked her to remain in California where she was helping FEMA provide trailers and shelters to over 14,000 families whose homes had been destroyed by the Camp Wildfire. They had to set up a whole town with governance, utilities like running water, electricity, etc. The Red Cross said they would pay for her flight here and back to California. Obviously, the interruption would mean at least a three-day interruption to her work there.

So, with lots of help from Ann MacKay (another resident who is a nationally-recognized person on Aging) and Sam Cushman, Pollination in January (extended into February) presented its program on Ageism – a series that last summer the late committee member Betsy Blades had suggested we have.

The Red Cross is a well known organization that is recognized globally. In countries where Islam is the majority religion, the Red Cross is known as the Red Crescent.

It is a value based group that organizes volunteers, victims, and staff to respond to natural disasters. This month, Barbara Riester will do what she would have done in January, tell us about her 'adventures' in responding to Nature's ways, which aren't always compatible with human ways. Maybe we should try harder to consider Nature when we make our plans. But that's another topic!

The Red Cross (according to its published Fundamental Principles) seeks to bring together donors, victims, volunteers, and expertise to "alleviate human suffering ... to protect life and health ... (and) promotes mutual understanding, friendship, cooperation and lasting peace among all peoples." It "makes no discrimination as to nationality, race, religious beliefs, class or political opinions..."

Barbara Riester will speak at Pollination on March 12 at 7:00 p.m. in the auditorium.

Ted Durr



#### "Around Town Tour"

Make your reservation for the next tour.

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

Doris Cooney, 410-737-1556

## PET LOVERS ASSOCIATION TO COLLECT PET ITEMS AND DONATIONS FOR MARYLAND SPCA

The Pet Lover's Group at Charleston will once again sponsor a drive to collect supplies and donations for the Maryland SPCA during the week April 1 - 5. The MD SPCA has been very supportive of us and our pets for the last five years

#### We will be set up at the following locations:

April 1 — Chesapeake/Shortline 11:00 a.m. – 6:30 p.m.

April 2 — Atrium 4:00 – 6:30 p.m.

April 3 — Fireside 11:00 a.m. – 6:30 p.m.



April 4 — Refectory 2:30 – 6:30 p.m.

April 5 — Terrace 8:00 – 6:30 p.m.

#### The following items are needed:

- Pet Food canned dog and cat food, dry dog and cat food, soft dog treats.
- **Pet Toys** empty toilet paper rolls, scratch pads for cats, cat and dog toys.
- Pet Care scoopable kitty litter, fleece material and washable blankets (no sheets), puppy pads, latex exam gloves.
- Laundry/Dishes for Pets dishwashing gloves, paper towels and large sponges, scrubbing sponges; towels: hand, dish, wash and bath; plastic measuring cups.

The Maryland SPCA cannot accept donations of medication, pillows, sheets, catnip or dog bowls.

If you care to make a financial donation, checks should be made payable to Maryland SPCA.

## 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, March 1, 2019 Charlestown Square Classroom 116 2:00 p.m.

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

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

#### 3 DIFFERENT PROGRAMS

Bring your friends...it's FREE!



### **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.



#### **MARCH UPDATES**

Memory Fitness Article #3: Exercise for Brain Health

There are countless benefits to regular exercise. Regular exercise helps to improve your strength, stamina and balance to name a few. But did you know that exercise plays a major role in the health of your brain also? A study published in the Proceedings of the National Academy of Sciences found that regular exercise sessions can increase the size of a region of the brain called the hippocampus. This part of the brain plays an essential role in learning and memory. A larger hippocampus is linked to improved cognition. There are several opportunities to stay physically active at Charlestown. Contact the Charlestown Fitness Center to find a program that is right for you. The Memory Fitness Program focuses on regular physical activity as one of the major components for good brain health.

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!

#### ... Continued from page 1

Without our Charlestown Leaders, the Community Resources and Volunteer teams could not fulfill their duty to help residents live better lives. Each individual leader contributes his or her unique gifts and talents to the overall vibrancy of our community, and not just for their fellow residents but for employees as well. They help us reach our mission of celebrating life 24/7 – 365 days a year. With its diverse population and varied interests of residents, Charlestown owes its success to all of our resident leaders who see a void and fill it with their hard work and dedication.

On behalf of Charlestown employees, Community Resources and the Volunteer Program are honored to extend this very special Mission Moments recognition to Charlestown Leaders for Living the Mission and demonstrating the Erickson Living Values each and every day!

Pat Kasuda, Resident Mary Evans, Community Resources Manager



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

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

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



#### My Erickson Sign-Up and Support Sessions

#### 1st Wednesday of Every Month

11:00 a.m. – Noon Chesapeake Fireplace Lounge

#### **Appointments Only**

One-to-One resident peer support in your apartment!
(Contact: Tech Tutors - Howie Nixon at 410-501-3572 or hlnixon2@gmail.com)

3rd Wednesday of Every Month 1:00-2:00 p.m.

Fireside Fireplace Lounge

SIGNUP AND ACTIVATION IS

BRING YOUR LAPTOP OR DEVICE!

**NOW EASIER THAN EVER!** 



#### **AARP Tax-Aide for 2018 Taxes**

### AARP TAX-AIDE PREPARATION APPOINTMENTS AT CHARLESTOWN ARE FULL!!

AARP Tax-Aide preparation is a service provided by AARP trained volunteers. Please be advised that Charlestown is not able to guarantee appointments. Currently there are waiting lists at the Cross Creek and Charlestown Square Front Desks. You may be placed on a waiting list. If an appointment becomes available, we will contact the names on the waiting list in the order in which they appear. The following Senior Centers also provide AARP Tax-Aide Services. Please contact any of them to see if they have any open appointments.

 The Catonsville Senior Center:
 410-887-0900

 Arbutus Senior Center:
 410-887-1410

 Elkridge Senior Center:
 410-313-5192

 AARP:
 888-687-2277

Thank you for your understanding from your Community Resources Team!



#### **DISPLAY CASES**

In March, the display case in the Cross Creek Lobby will feature Cecilia Walsh's 'Snow Babies' collection. If you would like to reserve one of our display cases for one month, please call 410-737-8838 ext. 601-8570.

## Volunteer Program



#### HOW TO BECOME A CHARLESTOWN "PET VOLUNTEER"

"Prince William" (left) lives with his Charlestown family, the Pelott's, and is an official Charlestown Pet Volunteer.

We have so 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 that have a desire to serve, Erickson has an official Pet Volunteer program that is 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

### **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: <a href="http://www.ccicharlestown.org/resident-life/events/">http://www.ccicharlestown.org/resident-life/events/</a>

If you have questions regarding performing arts events at Charlestown, please contact:

Jennifer Tillett Concert Coordinator 410-737-8838, ext. 8577 Jennifer.Tillett@Erickson.com

#### CHAPEL CONCERT SERIES

Members of the Chapel Concert Committee cordially invite you to join other music lovers for all of the concerts mentioned below. Admission is free, but an offering to help cover concert expenses will be taken during intermission. For more information, please call Gale Jenkins at 410-247-9066. The Chapel Concert Series at Charlestown is supported in part by the Maryland State Arts Council (msac.org) and the Citizens of Baltimore County.

## IRISHMAN'S CHORALE Sunday ~ March 3 ~ 3:00 p.m. Chapel



The Irishman's Chorale was founded in 1985 by Larry Feeley and is one of the largest male Irish choruses in the United States. The Chorale is dedicated to the preservation of Irish culture and history through music. Approximately 50 members come mainly from the central Maryland area. Their music is comprised of both traditional and contemporary music by Irish composers and lyricists, and includes a variety of patriotic, spiritual, ballad, sea chanty, and fun songs.

The Chorale performs annually at major Irish functions in the Baltimore area. Some other performances include singing the National Anthem at Camden Yards and Cal Ripken's Ironbird Stadium, Gettysburg National Cemetery and the United States Naval Academy. Each year the Chorale performs at senior centers, nursing homes, and churches around the Baltimore area. They are favorites here at Charlestown.

The Director of the Chorale is Mr. Leslie Lucco. Mrs. Bonnie Davis is the Assistant Director and Accompanist.

## F.A.M.E. ORCHESTRA Sunday ~ March 10 ~ 3:00 p.m. \*\*Auditorium\*\*



F.A.M.E. (For the Advancement of Musical Ensembles) is a non-profit organization, founded in 1985, for the promotion of a regional youth orchestra. The orchestra is open to students, grade seven through college, who qualify by audition. Each young member of the group, made up of students from public, private and home schools, continues the study of his or her instrument and receives training in string orchestra and ensemble repertoire. Certified music teachers and professional musicians coach youngsters from Baltimore City and surrounding counties. These young musicians experience opportunities for advanced musical expression in a stimulating atmosphere. Their needs are met through the exchange of ideas and techniques at regular rehearsals and concerts. F.A.M.E. Orchestra performs not only in Baltimore area but has been invited to perform internationally.

PLEASE NOTE: Due to the upcoming Conference Center renovations, the location of this performance concert has been moved to the Auditorium.

#### **OLOA CONCERT SERIES**

MARY E. SLOMBA, SOPRANO Sunday ~ March 17 ~ 3:00 p.m. Chapel

Join Soprano Mary Slomba as she presents the music of Barber, Bernstein, Fucini, and Donaudy. Admission to this program is free, but a freewill offering to cover concert expenses will be taken. Your support is greatly appreciated. For further information, please contact Brenda Doetzer at 410-737-8838, Ext. 601-8298.

## COMMUNITY CONCERT SERIES

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

## 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.

## CATONSVILLE HIGH SCHOOL STEEL BAND Friday ~ April 5 ~ 7:00 p.m. \*\*Auditorium\*\*



FUN FRIDAY flies to the Caribbean as the Community Concert Series hosts the Catonsville High School Steel Band on

Friday, April 5, at 7:00 p.m. in the Auditorium. The Catonsville High School Steel Drum Band, directed by Jim Wharton, was founded in 1991, and for seven years was the only school steel drum program in the state of Maryland. Formed as a means for students to study and perform music from a culture other than their own, the band shares the music of Trinidad and Tobago with audiences throughout the Maryland region. Over 30 spirited performances are given each year in settings as diverse as school assemblies, the Inner Harbor Amphitheatre, university conferences, state and national conventions of music educators, community festivals, and church and synagogue social events and services. Additionally, the band has performed with internationally known steel drum artists Andy Narell and Robert Greenidge at the Berks County Jazz Festival in Reading, Pennsylvania.

Because this concert will take place in the Auditorium, tickets are required and will cost \$5. The advance sale will take place on Monday, April 1 from 4:00 - 5:30 p.m. in the Cross Creek Lobby and the Fireside and Terrace Café lounges. There will be a limit of four tickets per person. Any remaining tickets will be available at the door starting one hour before the show. For more information, please contact Jennifer Tillett at ext. 601-8577 or Jennifer.Tillett@erickson.com.



The Tuesday, March 5, meeting of the Little Theatre Company at 1:30 p.m. in the Cross Creek Creative Arts Studio will be a full hour of celebration of the two successful performances of the Charlestown Follies of 2019. The air will ring with thanks to the residents for supporting the effort, thanks to the performers, and thanks to all the backstage helpers, to the directing personnel, the ticket sellers, the ticket takers, the publicity pushers, and members of the Charlestown staff who helped all along the way.

The only real business item on the agenda was the naming of a new LTC committee to help decide the gift amounts from ticket sales to be allotted to the various upcoming Charlestown Community fund drives.

#### **MORE PERFORMANCES**

Please join the **Charlestown Band** as they celebrate the "Luck 'O the Irish" and present a special St. Patrick's Day Program on **Thursday, March 14, at 3:00 p.m. in the Fireside Pub Lounge**. For more information, please call Paul Bagley at 410-242-8950.

## MORE PERFORMANCES CONTINUED

Heritage Instructional Services (HIS) is a two-day-per-week home-school tutorial program meeting on Mondays and Wednesdays at St. Hilda's Episcopal Church in Catonsville, Md. We offer classes for 1st – 8th grades in several classes, including drama.

Our purpose is to ASSIST parents in homeschooling their children. This year, our drama class set out to perform "Malice in the Palace," a musical portraying the amazing story of Queen Esther. You will thoroughly enjoy this performance, as you listen to the sweet voices of Heritage's children as they sing and act. They have exceeded the expectations of their tutors and parents. We hope you can join us for this special event on Thursday, March 7, at 2:30 p.m. in the Auditorium.

## KC COMBO Wednesday ~ March 13 ~ 1:30 - 3:00 p.m. Charlestown Square Lobby



Kirk Palchefsky, a regular at the Friday night singalong at the Fireside Lounge, and Charlie Jones (singer/guitarist) will perform a variety of songs, featuring The Beatles, The Everly Brothers, and John Denver. We look forward to seeing you there! The concert is free. For further information, please call 410-737-8838, Ext. 601-8577.



League of Women Voters Mini-film Series presents

"RBG" – Ruth Bader Ginsburg Wednesday, March 12 7:00 p.m., CTS Room 116

Remember how exciting a kaleidoscope was to your young eyes? Moving it the least bit made different colors and patterns appear. Viewing a film with others, followed by discussion, can bring new insights to mind. If you are thinking that you have already seen the film, "RBG," you may find the discussion following the LWV showing will enhance your understanding of her life. Come watch with us on Wednesday, March 12 when we see "RBG" together with discussion at 7:00 p.m. in CTS 116.

We will talk about which court case she argued before, or ruled upon with, the Supreme Court was most important – to you. How about her deft handling of a case on men's rights which really dealt with equal rights for all? As older adults, we may fully understand her seeming to nod off during the 2015 State of the Union address. But let's also acknowledge her early struggle juggling a 2-year-old child with her husband's and her own law school studies. Do you remember your own early challenges? With 25 years on the Supreme Court, she has often written dissenting opinions which bear witness to her keen mind and independent thinking. She shows she is no couch potato as she works with a personal trainer. Younger people see her as a role model. Do we?

Join us for the final film in this year's LWV mini-film series as we watch together and learn from each other in the discussion.

Phyl Lansing LWV Volunteer



#### Lighthouses of Prayer Scripture and Prayer

## Watch TV Channel 972 Daily 8:15 a.m. and 11:15 p.m. March 6 – April 22

Two new devotionals each week of Lent, repeated twice a day for a week

Devotionals are always available on MyErickson:

- Click on "Community Videos"
- Scroll down to find "Lent"
- Click on devotionals in numerical order

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

### OUR LADY OF THE ANGELS AUXILIARY 13069



Officers of Our Lady of the Angels Auxiliary are busy planning a St. Paddy's Basket Raffle to take place during the week of March 4-8, 2019 in various dining rooms throughout Charlestown. Information about our Ladies' Auxiliary and its activities will be available.

PLEASE LOOK FOR US!



Thursday,
March 28, 2019
Charlestown Square
Gallery & Fireside
Pub Lounge

YOUR <u>TOP 3</u> FAVORITE VENDORS WILL BE PRESENT:

**K & J \$6 SALE** 

(9:00 A.M. - 5:00 P.M.)

**VAN DYKE & BACON SHOES**(9:00 A.M. – 2:00 P.M.)

JRC JEWELRY WATCH BATTERY REPLACEMENTS

(9:00 A.M. - 2:00 P.M.)

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





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

### 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. If you are interested in learning more about this important roll, or any other job within the Treasure Sale, please contact Emily Fowler at 410-737-8892. Training will be made available.

Would you like to make a donation to the next Treasure Sale? Please call the Treasure Sale Pickup Line at ext. 601.8124 to arrange a pickup. For larger donations such as tables, chairs and lamps, please contact Emily Fowler at 410-737-8892 so that your donation can be approved prior to pickups from Housekeeping. This is to ensure that donations are in saleable condition. Please do not leave large items outside the Treasure Sale sorting rooms or by the collection baskets in stairwells. If you are contacted by a family working on an apartment cleanout, please direct them to speak with Emily Fowler so they can be advised about 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

 $\begin{array}{l} \textbf{Open Every Tuesday} \\ 10:00~a.m.-2:00~p.m. \\ \textbf{HERBERT'S RUN T-LEVEL} \end{array}$ 

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 January to Benevolent Care in memory of Thomas Christian, Ethel Ferte, Carroll Files, John Isaac, Michael Meade, David Pollitt, 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

A gift made during the month of January to the Benevolent Care Fund in honor of Howie Nixon for the wonderful work he does with Tech Tutors. A gift was also made in honor of Lila and Ralph Strong's wedding anniversarycongratulations!

#### MEMORY WALK



The Spring 2019
Memory Walk
Dedication Ceremony
will be held on
Monday, April 8, at
10:00 a.m. in the
Chapel followed by

refreshments in the Refectory. Shuttle service will be available to visit the memorial walk. All are welcome to attend.

Bricks to form the Memory Walk will be laid down for the spring ceremony as tributes to Virginia Burch, Carroll Files, Julia Hershfield, John Knoll, Robert Kraemer, Maryann Munn, Elliott Perrett, Jr., David Pollitt, Manuel Teixeira, and Anna Marie Ugarte.

Join attorney Steve Bailey for his next presentation:

Estate Planning ... One Year After Tax Reform Tuesday, March 26, 2019 1:00 p.m. in the Auditorium



The presentation will last 45 minutes followed by Q and A.

#### **Presenters:**

## **Steve Bailey Principal and Estate Attorney**

Law Office of Stephen E. Bailey Owner, Chesapeake Retirement Solutions, LLC Towson, Maryland

#### David Campaigne Senior Private Wealth Advisor

Ronald Blue Trust Hunt Valley, Maryland

Sponsored by the Charlestown Philanthropy Department



#### SCHOLARS

### SCHOLARSHIPS: LIVING LEGACIES

The residents of Charlestown continue their generous focus on promoting education for our

staff members. It is this time of the year that the Scholarship Campaign kicks off to recognize staff members seeking to enter or continue pursuing educational career goals. In addition to making a contribution to the Scholarship Campaign, there is a LIVING LEGACY opportunity for residents to consider Named (special) scholarships to assist with this campaign.

Here is an example of what the Virginia Niccolai family did to honor her. When former resident Virginia Niccolai moved from Pennsylvania to Charlestown, she immediately continued her passion for education. As an artist, she got involved with teaching art classes and volunteered to assist with registration for classes at CCBC. Upon her death, family members felt no better way to honor her and the teaching career than to continue her legacy through the establishment of a scholarship in her name. Annually, a contribution is made to the Student Scholarship Program encouraging young men and women to pursue a degree in education.

This is just one example of a scholarship legacy keeping memories alive. Named (special) scholarships can be established for general education or designating a particular career path. The following are more examples of such legacy memorials.

In 2005, Martha Yeager sought to honor her brother, Andrew Murray Meyers. This memorial scholarship recognizes a man of integrity always seeking opportunities to assist others. Ms. Yeager hoped, in honoring her brother, she could encourage scholar recipients to live with his values of honesty and integrity. He is remembered as a quiet man, never seeking recognition, but volunteering for the joy of providing service to others.

The Charlestown Treasure Sale Scholarship focuses its award on a student who demonstrates volunteer hours of service.

Special scholarships need not be memorials but can also be established as a living tribute, honoring friends and/or family members. Imagine what a delight a family member or special friend would have meeting a scholar who will be benefitting from such generous giving. These scholarships need not designate a career path or educational focus.

The residents of Charlestown are very fortunate to have the opportunity to meet and mentor young folks, who work for us daily to make our home a wonderful place to live. Encouraging them to enhance their education is a privilege that should be pursued at every opportunity. If you are interested in learning more about the establishment of a Named (special) scholarship, please contact the Philanthropy Office and discuss options with the Director, Patti Santoni.

Add more Living to your Life\*



5 REASONS why the Erickson Advantage® Guardian (HMO-POS SNP) Plan may be a good option for you.

The Erickson Advantage Guardian Plan is a special-needs insurance plan designed specifically for Erickson residents living in longterm care.

- 1. The plan costs just \$33.10 a month and provides cost savings through low premiums and zero co-pays for many services, such as hospitalization and doctor visits.
- 2. Our nurse-care coordinators, located in the community, support the coordination of your care among providers and facilities.
- 3. Hearing Aid allowance provides up to \$600 every 24 months.
- 4. Transportation to medical appointments is covered in full for 24 one-way trips each year.
- 5. \$1,160/year of health-product credits is offered for items selected from the Health Products Benefit catalog. This includes personal care items, such as body lotions, toothpaste, canes, compression stockings, adult incontinence pads and more!

To learn more about the Erickson Advantage Guardian plan, call Jennifer Simon, your Charlestown licensed sales agent at 443-297-3110, TTY 711, and request a free copy of the 2019 Health Products Benefit catalog.

Plans are insured through UnitedHealthcare Insurance Company or one if its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone living in a contracted nursing home. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/ coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

> Jennifer Simon Health Insurance Resource Manager, Erickson Advantage

#### Solution from page 7

#### **ACROSS**

1. PUDDLES

3. FLOWERS

6. SLICKER

10. TADPOLE

11. MELT 12. BULBS

13. GARDEN

14. PASTEL

15. BLOOM

### **DOWN**

2. DAFFODIL

4. RAINBOW

5. GREEN

7. KITE

8. BUTTERFLY

9. ROBIN

10. TULIP

### Medical Center Update



### **Erickson Health** Medical Group

**MEDICAL CENTER TEAM** 



**Medical Director** 



Practice Administrator

Deneen Bowling, MD

Abebe Imiru, MD

Ming Yi, MD Terry Tan, DPM

Ann Butterworth, ANP-BC

Amy Mutch, GNP-BC

Assiatu Barrie, FNP Hilda Lively, NP

Daina Buivys, PMHCNS-BC

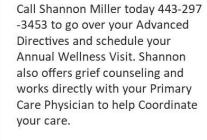
Shannon Miller, LCSW-C

### **CHARLESTOWN NEWS**

JANUARY 2019

### **Medical Center Tips and Tid Bits**

#### The Medical Center Social Worker:



#### **Prevnar Vaccine:**

Please call the Medical Center today to inquire about the Pneumonia Vaccine that offers better protection.

#### Doctor on Call:

There is a doctor on call 24/7. Simply call the Medical Center at 410-247-5602 and security will contact the on-call doctor after regular office hours.

#### Dr. Bowlin's Departure:

position.

Letters were sent out to Dr. Bowlin's patients informing them of her pending departure from Charlestown after 15 great years of service. We are currently interviewing physician candidates to fill her

#### We are accepting new patients:

The Medical Center currently takes care of all primary care medical needs of 87.5% of all our residents. Another 8% are signed up as CarePath patients in that we only take care of them in emergencies. Please sign up today by calling us.

#### Insurance Verification:

Please bring your insurance cards to the medical center for proper verification of benefits.

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

Did you know you can reach the on-call physician for any medical emergencies after the medical center is closed?

We're just a phone call away! To reach the on-call physician, please call: 410-247-5602.

#### SPECIAL POINTS OF INTEREST

- In 2018, we vaccinated a little over 80% of all CCI residents with the Flu Vaccine.
  - The average after-hours response time for 2018 was five minutes or less!





## 2

## **Bulletin Board**







Patricia Blair	ST-202
Jackie Dunn	BR-319
Elizabeth and David Elder	HR-T01
Ronald Frock	GC9-118
Ellen Rosenthal and James Gabriel	ST-619
Mary Ann and Horton McCormick	BR-413
Irene and Larry Seastrum	ST-317



## The Conservative Values Study Group Will meet in Brookside 1 on Thursday, March 21 7:00 to 8:00 p.m.

Do you judge people individually, or as a "collective?"

Do you believe that the most evil of all Americans is the white Christian male?

Do you believe in free speech, in judging people by their character, and in freedom of religion?

If you disagree with other people, do you charge them with being Racist? Xenophobic? Homophobic?

After watching the short video, "Why I Left the Left," we will have a discussion on the above topics. Our discussion will build on the

basics we discussed in previous meetings, such as Liberty and the freedom of speech; E Pluribus Unum, In God We Trust, and the U.S. Constitution.

Our meetings are limited to one hour. All are welcome to attend. Call Betty Brown Young with questions: 410-242-1386

#### **Pollination Event**

## Here today, gone tomorrow... Deploying with the American Red Cross

Tuesday, March 12 at 7:00 p.m. Auditorium

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

#### **Sunburst Staff**

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

Publisher: Brittany Owens Administrative Assistant, Resident Life

> Editors: Gif Intlekofer, Myrna & Herb Retsky, Dayle Dawes

Deadline for April 2019 issue is

#### March 15

You can submit your article by email: Brittany.Owens@erickson.com

or send it to the Resident Life Office located in the Cross Creek

PLEASE, NO HANDWRITTEN ARTICLES

- Sponsored by the Charlestown Diversity & Inclusion Council

#### **Recognizing Maryland Women in History**



Guest Speaker:
Diana M. Bailey, Executive Director
of The Maryland Women's
Heritage Center



Ms. Bailey will be presenting the social, political and economic experiences and contributions of Maryland Women in History. Ms. Bailey has been an educator and administrator for more than 30 years. Several of Ms. Bailey's roles have focused on educational equity as well as community organizations supporting gender equity. She is currently a member of the Advisory Board of the Howard County Women's Giving Circle and Vice Chair of the National Gender Equity Leadership in Education.

SHE BELIEVED SHE (OVLD, SO SHE DID. When: Friday, March 8 from 2:00 - 3:00 p.m. Where: Auditorium \*Light refreshments will be served\*





## Resident Life

### Sherry Parrish, LCSW-C, Director

#### **Embrace Wellness by Staying Emotionally Involved!**

Staying socially and emotionally involved is critical to developing our full potential as human beings! Socialization is defined as the lifelong social experience by which individuals develop their human potential and learn culture. We require socialization to stay healthy!

However, for some people, as we get older, we may get "stuck" in our ways and this contributes to a reduction in our social outlets. We are more likely to experience losses such as a spouse, a close friend, or pet; it can be very easy to lose perspective on life.

It is all too easy to slip into sadness, seclusion and stop relating with people who once filled an important part of daily life. Children have often moved away and are frequently so heavily involved in their own lives, with work, children and other obligations that they cannot spend a lot of time with their aging parents. Also, because many of us are retired and not working, we are not getting out of the house as much as we did in the past. Therein lies the problem, because it is critical to stay in touch with others!

So what are we going to do about it? Everyone reading this article has already taken the first step. You moved in and became a part of the Charlestown Community!

You may also find a few of these ideas helpful as you seek to increase your level of social activity as a way to enhance your emotional health.

#### Go through your address book for your current and old friends.

Give them a call, just to "catch up." This is a simple, cheap and easy way to stay in touch, and it works great as a way of strengthening relationships!

#### • Throw a party!

This can be a birthday party or just a friendly get-together. Ask all of your close friends to come and tell them that they can bring a guest. Speak with everyone at the party and get phone numbers and contact information from those you do not know and that you share common interests with.

#### Find a buddy!

If you feel reluctant to go out on your own, there are many volunteer organizations that will help by providing transportation. Invite a friend or neighbor to attend events with you. Get back into the rhythm of meeting new friends. Little by little, you'll become less fearful of going out alone.

#### Attend events!

There are many events at Charlestown to participate in the community. Go to the weddings, funerals and parties that you are invited to. Showing that you care about the people in your network, even if you just pop in and say hi, will cause those that are in your 'network' to return the same courtesy.

• Send cards or regular e-mails to friends! Everyone likes to get notes or cards to some of your most valued friends or former

neighbors just to stay in touch. Ask how they are doing, how their family is, how their job is going. Be sincere!

#### Get involved in an important cause! Volunteer in a cause that you believe in such as fighting heart disease or cancer or even a social issue in your area.

#### Take an interest in your fitness! Get involved in walking or other fitness activities you are able to do. Improving your fitness is a great way to build self-

confidence and a healthy outlook on the future.

#### Try something new!

Be open to new suggestions. This may feel uncomfortable at first, especially if it involves new technology. Consider trying new activities that are possible given your level of health and fitness, and that you find interesting. You may discover something you wished you'd tried earlier.

Sherry Parrish, LCSW-C, Director

#### **INTERMISSIONS CORNER**

Greetings from Intermissions! We are excited to see that spring is just around the corner. There are many reasons to celebrate the arrival of March. Did you know that March is Women's

History Month? It's a time to focus on all the amazing things women have done to help shape our culture and society. We will have some educational and interactive programs about our first ladies, female inventors and the many women who entertained us through the years.

In addition to our women's history programs, some of our other highlights for the month are...

- A day to celebrate everything Irish! Programs will include trivia, music, famous Irish folks and some beautiful Irish
- History of Mardi Gras with Mask Display and
- Maryland Day Slideshow and learning about the terrapin.
- A virtual travel presentation of Switzerland.

At the Intermissions program, we use activities like this and many others to provide a fun and stimulating environment for our participants. Most everyone who visits us agrees that when you come to Intermissions, the friendly atmosphere provides a positive and soothing experience. If you would like more information about the Intermissions program, or would like to stop by and just say "hi," call Kayleigh Reese, Intermissions Program Coordinator, at 443-297-

Kayleigh Reese, Intermissions Coordinator



#### **Maureen's Moment**

It always tickles me when we can create something using bits of this and that commonly found in our homes. With Valentine's Day in mind, we took a heavyweight cardboard

cut into the shape of a heart. You can make it as small or big as you like. We then took a ball/ skein/hunk of yarn and taped the end piece to the heart shape. We then began wrapping the yarn all around the shape. You can wrap it any way you want, randomly, in a set pattern, all one way, however you choose. When completed, there should be no cardboard showing. The wrapping has a soothing rhythm to it. This craft is fun to do with kids as well as adults. Some useful tips: we found wrapping points and curves the trickiest, so it may be easier to do them first. Using a solid color yarn that has a sharp contrast to the cardboard makes it easier for those with vision issues and, conversely, you could paint the cardboard form the same color as the yarn to ensure no "show through." Finished shapes can be nestled in a glass bowl or hung. You can make them fancy by adding glitter, sparkles, beads, or whatever you choose.

We are looking ahead to St. Patrick's Day decorating using this method. If you have yarn that needs a new home, we would love to have it. You can drop it off at Caton Ridge 302 or call Intermissions to make arrangements for pickup.

Maureen Potter

<u>tuba</u>

#### **Mind your Memory**

#### **February Challenge Answers: Wacky** Wordies

1. Once upon a time, 2. Those three little words, 3. Heart-to-heart talk, 4. First off, 5. Get out in front of it, 6. Secondly, 7. Split up, 8. Love at first sight, 9. Head and shoulders above the rest, 10. Square the circle, 11. Falling in love, 12. Think before you act.

#### March Challenge: Pass It On

1. Marching band instrument

18. Spring month

\_, vegetable, mineral

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

5. Flock illellibel	
4. LeBron's sport	
5. Colorful beetle	
6. Hand covering	
7. Arm joint	
8. No-cal drink	
9. Street	
10. Garden soil	
11. Paycheck deduction	
12. Percussion instrument	·
13. Our planet	
14. Word of welcome	
15. Church instrument	
16. Telephone-book item	
17. Musical beat	