

THE SERENDIPITOR

The Brooks-Howell Official Newsletter



Called, served, serving still

NEW INDEPENDENT LIVING RENTAL OPPORTUNITY

Brooks-Howell is pleased to offer a new rental program to live in our Independent Living Community. Residents may rent an apartment or townhome on a yearly contract which includes utilities, trash, cable and routine housekeeping services. Residents will have a view of Brooks-Howell's 10 acres of landscaped grounds and can enjoy the delicious food in our dining room for a reasonable cost. For additional fees, the resident has access to our beauty salon, on-site therapy services, transportation services, weekly medical clinic, blood pressure clinic and our Health Center.

How does this differ from the standard contract? The rental rates per month are higher and the rental program does not include the 14 days free in our Health Center, nor the free meal each day. However, the rental program does not require an entrance fee.

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The standard criteria for residency still applies which is a resident must be a United Methodist church member who has been active for ten years or more. For more information, contact Jill Knight at jknight@brookshowell.org.

RESIDENTS CARE AND LEARN

Residents attended Dementia Friendly Western North Carolina's awareness session to learn more about creating a community where people with dementia feel welcomed, safe and connected to others. Residents continue to enrich their passion of caring for others.

ENJOY AMENITIES



Exercise with friends in our pool, then visit the International Room displaying artifacts donated by past and present residents from their service around the world.



ACTIVITIES ABOUND!

“There’s hardly enough room on this page for the activities!” exclaimed one Independent Living resident while looking at the monthly calendar. Brooks-Howell’s Activities Department is committed to offering daily and weekly scheduled events from exercise, crafts, spiritual development opportunities, special holiday parties to community outings and monthly theme-based activities.

Residents can attest to the fun-filled theme activities just by remembering the recent Wizard of Oz celebration.

In addition, the Activities team members recognize the importance of bringing the community TO Brooks-Howell. Residents have enjoyed a presentation by the WNC

Nature Center, a Renaissance dance troop, and the Biltmore Church Orchestra – just to name a few. Deaconess Tracey Owens, Director of Activities, said it best. “Each member of the Activities team strives to provide meaningful and enjoyable activities which meet the physical, emotional, and spiritual needs of the residents. In my Activities Director’s course, I learned that Fun + Meaning = Success (Rowlett & Laker, Inc. – 2006). That is our goal. You will find a well-rounded monthly Activity calendar that involves both Health Center and Independent residents.”

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 3 10:55 Central UMC Worship Service Channel 57 3:30 4 Leaf Clover Blessing Craft – BTU Lounge 10 Daylight Saving Time begins 10:55 Central UMC Worship Service Channel 57 3:30 Still Life Painting BTU Dining 17 St. Patrick's Day 10:55 Central UMC Worship Service Channel 57 3:30 Marble Shamrock Painting – BTU Dining 24/31 10:55 Central UMC Worship Service Channel 57 3:15 24" – Leave for Symphony 3:30 24" – Tape Resist Painting – BTU Dining 31st – Butter Craft – BTU Lounge	 4 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Hymn Sing – CHU 11 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Kindred Strings Quiltmaker Concert Chapel 18 9:00 Body Recall – MR 10:00 Chaircise – MR 3:00 Memorial Service Jim Hopkins – Chapel 25 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Rhythm Instruments BTU Lounge	 5 Fat Tuesday/Mardi Gras 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Health Center Mardi Gras Party – MR 12 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 JINGO – MR 19 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Travelogue – Ireland 26 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Window Cling Art BTU Dining	 6 Ash Wednesday 9:00 Body Recall – MR 10:00 Ash Wednesday Service – Chapel 13 9:00 Body Recall – MR 10:00 Noodle Ball – MR 3:30 Book Review – MR 3:30 Musical Memories BTU Lounge 20 Spring begins 9:00 Body Recall – MR 10:00 Noodle Ball – MR 3:00 Grocery Shopping Main Dining Room 27 9:00 Body Recall – MR 10:00 Noodle Ball – MR 3:30 March Birthday Party Main Dining Room 31st BIRTHDAY!	 7 MR – Media Room IR – International Room CHU – Cummings Unit AB – Activities Building BTU – Bancroft-Taylor Unit Special concerts/events are in italics. All activities outside the facility are in bold. 14 10:00 Music Sing-A-Long Media Room 2:45 Choir – Chapel 3:15 Chapel Service 21 10:00 Music Sing-A-Long Media Room 2:45 Choir – Chapel 3:15 Chapel Service 28 10:00 Music Sing-A-Long CHU 2:45 Choir – Chapel 3:15 Chapel Service – Lenten Hymn Sing	 8 9:00 Body Recall – MR 10:00 Chaircise – MR 11:00 Video on 57 3:00 Movie on Channel 57 Pizzeria's "Coco" 3:15 Great Decisions – MR 3:30 Mardi Gras Beads – CHU 15 9:00 Body Recall – MR 10:00 Chaircise – MR 11:00 Video on 57 11:30 Independent Lunch Bunch to Red Lobster 3:00 Movie on Channel 57 "Clay's O'Clock & the Little People" 3:15 Great Decisions – MR 3:30 Pi Day Craft – CHU 22 9:00 Body Recall – MR 10:00 Chaircise – MR 11:00 Video on 57 11:15 Health Center Lunch with Families to Olive Garden 3:00 Move on Channel 57 "Grease" 3:15 Great Decisions – MR 3:30 Meditation & Music – Chapel	 9 10:00 "Sunday" School – MR 3:30 Mardi Gras Mask Making – BTU Dining 16 9:15 Pet Therapy – MR 10:00 "Sunday" School – MR 3:30 Irish Folklore & Art BTU Lounge 23 8:30 Leave for Blue Ridge UMW Prayer Breakfast 9:15 Rise-n-Shine with Laura 10:00 "Sunday" School – MR 3:30 March Madness Basketball – BTU Lounge 30 9:15 Rise-n-Shine with Laura 10:00 "Sunday" School – MR 3:30 Spring Flower Art BTU Dining

1950'S SOCK HOP

By Joyce Hill, retired missionary



The music rocked and the wheel chairs rolled at the Brooks-Howell “Remember the 50’s Sock Hop”! “My feet used to be the first ones on the dance floor,” laughed one “roller” as hers was the first wheel chair to get in the groove. Another, leaving his walker behind, remembered the steps he used to flaunt as the music called him out and a partner joined him. In another area of the room a 98-year old dancer amazed everyone with her steps, twirls and dips! Eyes sparkled, smiles wreathed the faces as bodies moved to the Hokey-Pokey filling the air. “I couldn’t do that in the 50’s, and I sure can’t do it now,” observed one as she enjoyed watching those who did then and still do today. So, what if some muscles ached the next day!

Days of sipping sodas and ice cream sundaes at the counter of the local drug store were relived as staff members served up scoops of ice cream, covered by different flavors of syrups and whipped cream, and then topped off, of course, by a cherry! Poodle skirts, rolled-up jeans and saddle shoes were not forgotten and were worn by some of the participants. They added to the Sock Hop atmosphere created by the juke box music and scenes of sock hop dances and drive-in movies shown on the television screen. Just talking about it the next day brought back smiles and chuckles.

Our thanks to those who made a joyous occasion possible: our creative staff, CNAs, and tireless volunteers!

1950'S SOCK HOP FUN!



An inside
"drive-in" movie



Margaret and Shane
Moodie "hop" it up!



**June Fischer enjoys
Body Recall**



**Come have fun at Brooks-Howell!
Monthly Birthday Party**

NORMA PODOS

Kitchen Manager



Norma smiles as she shares about her work at Brooks-Howell as the Kitchen Manager. Her journey to Brooks-Howell started when she was just 14 years-old and worked at the Great American Cookie Company, her first job in the food industry. Norma has a Restaurant Management degree which honed her skills in culinary arts. She went on to other positions and worked as a manager at a private catering company and brought her baking talents to weddings. Norma has been working at Brooks-Howell for two years,

and stated she has always felt supported by her supervisor, Maria Diprima, Director of Food Services. Residents, staff, and guests can attest to her baking talents by enjoying cupcakes topped with the Emerald City for Brooks-Howell's Wizard of Oz celebration and Halloween-themed delights. Her passions include hiking, camping and being in the outdoors. She has been married for ten years and has several "fur babies": 2 dogs, one cat and two turtles. Brooks-Howell is indeed fortunate to have Norma as an integral part of our team!

Contact Us

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www.Brooks-Howell.org



WHY JOIN OUR COMMUNITY?

You are not ever alone. There's a wonderful feeling in the community of cohesiveness, and we also care for the community that surrounds us. Brooks-Howell is indeed a community within a community.
 ~Ann J., retired deaconess

Go Green! Notify living@brookshowell.org to receive The Serendipitor by email.



BROOKS-HOWELL HOME
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