

THE SERENDIPITOR

The Brooks-Howell Official Newsletter

STAY HEALTHY AT BROOKS-HOWELL WITH WATER EXERCISE

Brooks-Howell offers Independent Residents the opportunity to stay healthy through aqua exercise in its lovely pool in an atrium setting. Steve Solana, a physical therapist with Rehab Care, provides leadership and an impressive resource for such exercises. Rehab Care is Brooks-Howell's on-site therapy company which provides physical, speech and occupational therapy both for Brooks-Howell's Health Center residents and its Independent Residents.

Steve grew up in south Georgia and went to the University of Georgia where he received his doctorate in physical therapy. His experience includes work in a hospital setting, sports medicine and home health. He has been with Rehab Care for two years. Rehab Care is one of the largest rehabilitation staffing companies in the country. It's philosophy is patient-centered, patient first. Sheila O'Connor is the Program Director of Rehab Care here at Brooks-Howell.

Steve shared, "Aquatics provides a safe environment for exercise and has interesting physical properties which allow the person to move easier with less pain. It has been shown to improve circulation, improve strength, cardiovascular function and to decrease pain."



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Rehab Care offers free consultation for residents, and Steve will provide not only handouts regarding exercises, but also he has set-up educational posters in the pool to allow residents to develop their own aquatic exercise program.

"I enjoy the positive atmosphere at Brooks-Howell and am impressed with the nursing staff in which residents problems are addressed and their voice is heard." He enjoys the residents and is continually impressed with the high intellects of residents.

Come take advantage of this wonderful resource to benefit your health!

RESPIRE CARE AT BROOKS-HOWELL

By Dixie Liggett, Brooks-Howell Advisory Board Member

Respite care is an opportunity for a caregiver of a loved one to be able to rest and rejuvenate their spirits while their loved one is cared for at Brooks-Howell for three to thirty days. Dixie Liggett, a Brooks-Howell Advisory Board member, shares her recent respite care experience.

I am on the Brooks-Howell Advisory Board, and so I "sort of" knew about respite care at Brooks-Howell. But now because my husband's health does not allow me to leave him home alone, I took a closer look at what is available. I talked with Jill Knight, the Admissions Coordinator, and with great trepidation, I applied for respite care for my husband so that I could attend the WNC Conference Spiritual Growth Retreat at Lake Junaluska. (I say with great trepidation because, as I told Jill, I never even left our dog in a kennel. How could I trust anyone else to take care of my husband?)

Respite care at Brooks-Howell turned out to be the best thing I could possibly have done. My husband had a private room and excellent nursing care, meals in the dining room, chapel participation, and time for visiting with Brooks-Howell's residents. I had the break I needed to refresh my own spirit. Will I do it again when I have an out of town meeting? Absolutely!

If I sound like I am singing the praises of Brooks-Howell, I am. If you are in need of respite care for someone for whom you are responsible, call Jill Knight at 828-348-7270 for more information. You will be singing, too!



YOUR NEIGHBOR'S STORY: DOUG WINGEIER

By Gail Hipkins,
Independent Resident

Independent resident Doug Wingeier is a prime example of one who follows Brooks-Howell's organizational moto, "Called, Served, Serving Still".

Born in 1930 into a Christian family in Lowell, MI, Doug was called to follow Jesus in Sunday School when he was just 15 years old. While volunteering for a Methodist Youth Caravan in Abilene, TX, he met the love of his life, Carol Ann Wise.

After receiving a BA from Taylor University, he went on to Boston University to study for his STB and PhD degrees. Soon Doug was called to missions. Doug and Carol were assigned to Singapore where Doug taught at Trinity Theological College, training young people to become pastors and church leaders.

Doug and Carol returned home to 27 years of teaching and administration, first at Evangelical and then at Garrett-Evangelical Seminary. In 2013, Doug and Carol retired to Brooks-Howell. Sadly, Carol recently passed away and she is truly missed. He enjoys frequent visits from his four children and nine grandchildren who are scattered across the United States.

Doug and Carol were world travelers. In addition to service in Singapore, Doug taught, and did research and consultation in Haiti, Israel/Palestine, Samoa, South Korea, East and West Malaysia. Doug's rich overseas service includes leading travel seminars to the Holy Land, China, Cuba, and the Rio Grande Valley, and a work team to Nicaragua helping to build a primary school. In all of his work, Carol shared and supported him as well as founding and directing bilingual kindergarten in Singapore.

Doug is now a retired clergy member of the Michigan Conference of UMC, and serves in the local Central UMC as well as in the Brooks-Howell Home. He is a member of the Methodist Federation for Social Action, the local chapter of the United Nations Association, Christians for a United Community, and other organizations which work for peace, justice, equity, and welfare – the common good for the common people.

WELCOME NEW RESIDENTS

GILLIAN MAXWELL



Brooks-Howell welcomes Gillian Maxwell as a new Independent Resident who joined its community in June 2019. Gillian was born in London and had residency in London and United States until permanently settling in the United States.

Gillian was a full-time mother with four children, and then began a long career as a Registered Nurse in skilled care facilities and hospitals. After retiring, she moved to Asheville five years ago and enjoys cooking and is an avid reader.

She moved to Brooks-Howell to be closer to her daughter, Katie, and grandson, Aiden, and as a life-long United Methodist, enjoys the connections with other United Methodist residents and others. "It's conveniently located, is a secure environment, and I enjoy the nice, friendly residents."

Hundreds of artifacts throughout Brooks-Howell were donated by past and present resident from their service around the world.

ARTIFACTS: TESTIMONY TO WORLD SERVICE



WILLY WONKA DAY!



RESIDENTS HONOR THE EARTH

Brooks-Howell's residents and staff celebrated Earth Day to honor the Earth by planting flowers in its stunning gardens. Joe Bruder, Brooks-Howell's gardener, not only helped plant the flowers, but also shared his vast knowledge of the plants. Residents also enjoyed music by Deaconess Nan Gordon, Independent Resident, and Deaconess Tracey Owens, Director of Activities.

Earth Day is an annual event celebrated around the world to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries with more than one billion people participating in different activities to help benefit planet Earth.

These flowers nestled in the Earth are a symbolic tribute to the residents' passion for caring for God's Earth.



The Chapel Alter



UMW's Founding Comes Alive at Brooks- Howell

Rev. Cathy Turman of the West Lincoln charge in Vale, North Carolina, made the founding of the United Methodist Women organization come alive at Brooks-Howell with her lively reenactment of the event on March 23, 1869 which was the catalyst for the founding of UMW. Independent Resident Barbara Campbell, Deaconess, provided the historical information to Rev. Turman who wrote the script.

According to the UMW website, "In 1869, Mrs. William Butler and Mrs. Edwin Parker, wives of missionaries to India, were home on furlough. They spoke to a group of eight women in Boston. Mrs. Butler told about the desperate spiritual and physical needs of women in India. A male doctor could not treat women. Schooling for girls was almost non-existent. Single, trained and dedicated women were needed for medical and educational work.

The women who were present called another meeting of women, wrote a constitution, and organized the Methodist Woman's Foreign Missionary Society (WFMS). By November 1869, the newly formed organization raised funds and sent Isabella Thoburn, an educator, and Dr. Clara Swain, a doctor, to India." From there, UMW and Brooks-Howell's residents have continued the passion for service with over 800,000 members.

Today, UMW's service includes addressing human trafficking, domestic violence, racial justice, climate justice and much more.

Our thanks to Rev. Turman for reminding us of the inspiring 150 year legacy of UMW!

Contact Us

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www.Brooks-Howell.org

**Fun Activities? Yes!****How do I choose?**

Noodle Ball, Yoga, Chairacise and Body Recall. Beginner Knitting & Crochet, Tavelogue to Foreign Countries, Music Sing-along, Origami, Ice Cream social, WNC Nature Center and Biltmore Symphony Orchestra at Brooks-Howell, July's Beach Day, Chapel, Bible Study and so much more.

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



U. S. POSTAGE
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BROOKS-HOWELL HOME
 266 Merrimon Ave.
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