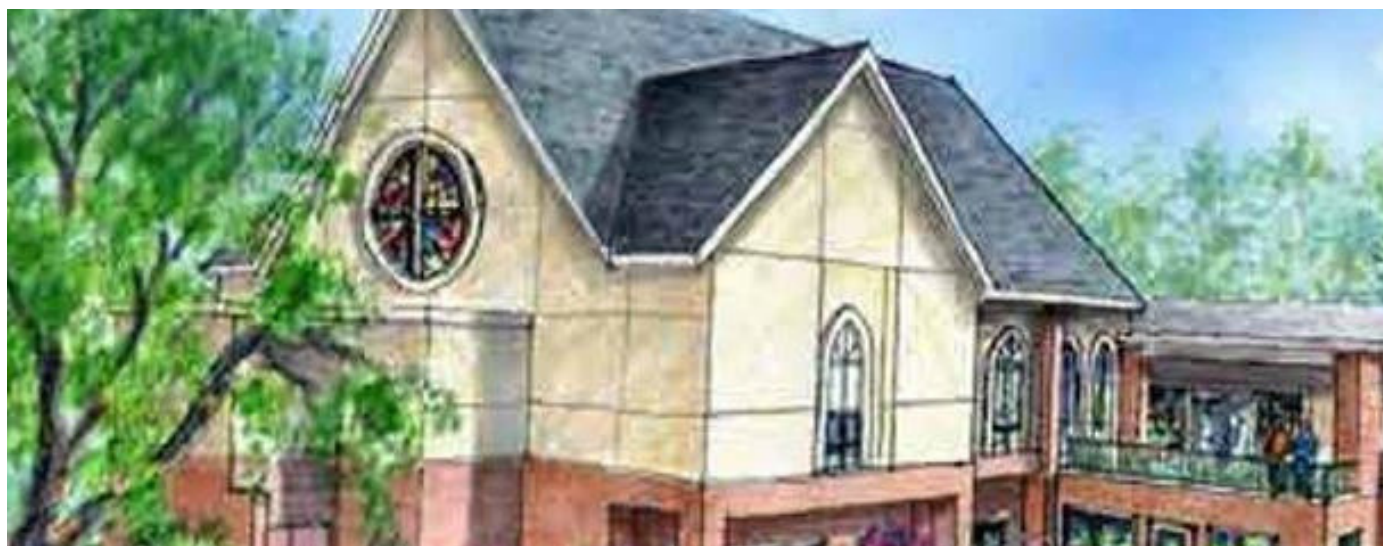


THE SERENDIPITOR

The Newsletter of Brooks-Howell, a United Methodist Retirement Community



The Power of Bold

by Betty Letzig, Deaconess

"The Power of Bold" was the theme of the United Methodist Women's Assembly in Columbus, Ohio on May 17-20 at which Brooks-Howell was well represented. The theme was based on the life of Mary, who answered to Gabriel, "I am the Lord's servant. Let it happen as you have said". Her life as a teenage mother, as a migrant refugee, and as a faithful follower/grieving mother as she stood beside Jesus's cross was an example of what it means to answer "yes" to God's call despite life's challenges. Her story touches many women today amid the turmoil that exists in many countries from wars, natural disasters, and heartless and oppressive governments.

Brooks-Howell residents Esther Megill, Barbara E. Campbell, Betty and Art Swarthout, Nan Gordon, and Mary Z. Longstreth and I attended along with former Brooks-Howell staff: Thelma McGraw and Nancy Garrison. Brooks-Howell Advisory Board members also attended: Chair Joanie Strohm, Gwen Harris, Dixie Liggett and Jeannette Byrd who is also a former staff member. Brooks-Howell staff hosting our booth in the Experience Hall was Carole Gilham, Administrator/Business Director, Deaconess Tracey Owens/Director of Activities and Jill Knight, Admissions Coordinator.



Carole and Tracey at the booth

Brooks-Howell was one of the sponsors of the Assembly as well as the sponsor of the Deaconess/Home Missioner Workshop.

The Assembly provided great opportunities for reunions and making new friends as it brought together people from around the world. I visited again with Dr. Sunita Charles, president of Isabella Thoburn University, whom I had visited twice in India; with Deaconess Chita Framo from the Philippines, former president of International Diakonia with whom I worked closely, and with long-time friend Emma Cantor, also from the Philippines, one of United Methodist Women's Regional Missionaries. With my list of former colleagues and former Board Members of the Women's Division/United Methodist Women, I visited with fifty-plus friends.

One highlight of the Assembly was

the consecration of 24 Deaconesses during the opening worship service, most of whom have spent some time at Brooks-Howell during their special studies.

In the closing worship service, we were challenged by Harriett Olson to "recommit to mobilize for justice" – as "now is not the time to rest; we must use our own bold actions to say 'yes' to God".

A Day in My Life

by Virginia Miller, Deaconess

Food and Friends: The day began with breakfast with friends and some reading in my cozy apartment, and then a visit with a friend in the Health Center. I was glad to find her at breakfast and feeling much better than before. We're truly a community of care. Next stop was to my sister's room for a short chat and to check email. What a blessing to have my sister living at Brooks-Howell too.

Exercise: Physical therapy followed where I did my personalized plan developed by the therapist in the physical therapy room which is

conveniently located on-site. Then I participated in the “Body Recall” exercise group where a delightful volunteer led the class in reclaiming and strengthening muscles. Our leader’s encouragement urged us as we struggled to match her ease of movement while admiring the way our 97-year-old English friend seemed to have no difficulty with the exercises. What an inspiration.



Virginia Miller, Deaconess

Beauty and Serving: While my sister enjoyed getting her hair done in our on-site Beauty Shop, I took the opportunity to shop for refreshments which we are providing for our upcoming Unit of United Methodist Women's meeting. Brooks-Howell hosts many meetings of the United Methodist Women, and we help in any way we can.

Fellowship: Lunch in the dining room is for me a time to check in with other residents and share bits of info about the many upcoming Brooks-Howell activities. I am a volunteer in the on-site Gift Shop, so after lunch I'm able to ensure it's open for residents to shop for needed items. We not only have gift items, but also general items for residents to buy.

Fun: Then for the big event of the month. It's Wizard of Oz day, all planned by our Activities Director, Tracey Owens. Several staff and residents were the characters, and watching the cast was more fun than the movie!

After my busy day, it was back to my apartment for an evening of rest to be prepared for my next busy day.

Follow the Yellow Brick Road

by Ann Janzen, Deaconess

There was a notice on our bulletin board: "FOLLOW THE YELLOW BRICK ROAD". We looked at the pictures on the announcement and shared memories of the time, long ago, when we had first seen the "Wizard of Oz". We kept on looking at the notice and wondered how our staff in the Activities Department would manage this one.

Then, the day, that special day we had marked on our calendars, came. We would on this afternoon find the yellow brick road and follow it with Dorothy and Toto.



Maria, Jill, Tracey and Art



Alycia, Laura, and Nan

So many people were walking the road made of stout yellow paper! Residents in wheelchairs were making their way along the road. Men and women with their walkers were talking about what fun this was going to be, sharing their memories. When we came into our chapel, we were greeted by a flurry of characters. A laughing witch nodded at us, and the cowardly lion stood by timidly. There was Dorothy playing with the munchkins, the tin man, the scarecrow, and the flying monkeys.

The good witch was incredibly beautiful in a light blue outfit, and the wizard even had a stovepipe hat to match his smile. We entered into the spirit of this special movie and became young again. We had followed the yellow brick road. We had relived one of the rare and memorable moments that had followed us from the special land of childhood.

Why I Live at Brooks-Howell

by Debbie Pittman, Deaconess

When I was asked what it meant to live at Brooks-Howell, two words came to mind: “home” and “community”. Brooks-Howell is my home. I live here, work here, volunteer here. I live in an independent apartment which is far enough away from the main building to maintain my individual space, but close enough that I can fully participate in the life of Brooks-Howell.



Debbie Pittman, Deaconess

Because of the Brooks-Howell community, I feel like I belong. There are others here who have heard a call in their life to serve on God’s behalf, whether close to home or on the other side of the world. As missionaries, deaconesses, and others who have served the United Methodist church, we share a common understanding of what it means to be called and set aside for missional work and ministries of love, justice, and service.

Another beautiful part of living at Brooks-Howell is that all of us are encouraged and enabled to continue to serve as we are able. Our motto is certainly appropriate: “Called, Served, Serving Still”.

When my health required me to leave my full-time deaconess appointment teaching in southern Appalachia, I wondered how God would use this self-identified “geek” at Brooks-Howell. Boy was I surprised! Teaching computer classes where the oldest students were in their 90’s, helping spec out a new audio-video system for chapel (twice... we wore out the first system!), upgrading the in-house TV information system, and now a new project to implement live-streaming of memorial and other special services all keep me out of trouble and boredom. There is never a dull moment at Brooks-Howell!

Cherries and Berries and Bears. Oh My!

by Maria Diprima, Director of Food Services



Many of you are aware a mamma bear and her three cubs visited Brooks-Howell. As it turned out mamma bear was simply bringing her babies to feed on the cherry tree in the courtyard. So the question is, if mamma bear is willing to bring her babies around so many people for food, then is there something to these tasty, sweet little pieces of heaven?

As it turns out, not only do berries taste delicious, but they also have several health benefits as well. For starters they are loaded with antioxidants which help keep the free radicals in our bodies under control. Free radicals result from the breakdown of chemical reactions that happen within our body. Having some free radicals helps keep bacteria under control,

but too many can become a problem. Think of it as a positive and a negative charge. When they are paired, all is well, but when a negative charge is all alone it can wreak havoc. Antioxidants provide a positive charge that keeps the free radical from doing damage.

Anthocyanins are the antioxidant that gives the berries their purple, blue or red color (depending on the pH level). Berries are also high in fiber. They also may help to improve insulin response and provide significant levels of vitamin C plus other minerals. They contain anti-inflammatory properties, and they help prevent wrinkles, as well as other health benefits.

Just remember that the berry season is short. You can buy fresh berries when in peak season and freeze them. Simply rinse and then spread the berries in a single layer on a pan with plastic wrap and freeze. When frozen, transfer to a ziploc bag or Tupperware. Most berries make delicious frozen treats. Dried berries are also great.

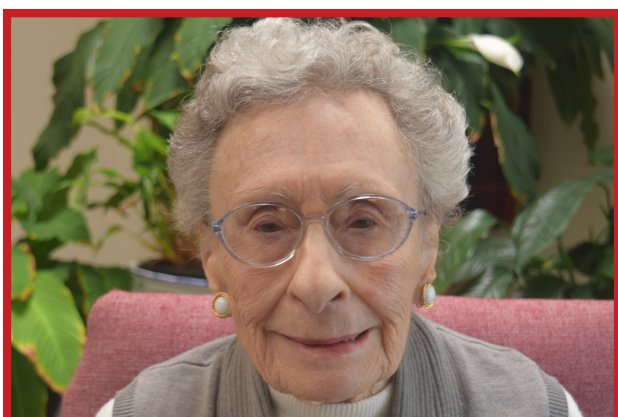
Just remember that serving size matters because the sugars are concentrated.

So remember to eat your colors, especially for those of you who cannot have dark green veggies! Those colors in fruit and vegetables have real health benefits. Just save some for mamma bear and babies.



That's my two cents.

Get to Know your Neighbors: Sarah Frances Bowden, Missionary



Sarah Frances Bowden, Missionary

A native of Brazil and a daughter of missionaries, Sarah came to the United States and attended the Southern Methodist University in Dallas and completed her degree at Texas Woman's University in Denton, Texas.

Sarah also attended the Garrett Biblical Institute in Evanston and Scarritt College in Nashville. She was

commissioned a missionary in 1950 and returned to Brazil in 1952 where she served as a Bible teacher in a secondary school. She also coordinated the Regional Ministry of Social Action where her work included challenging churches to become involved in outreach ministries. In addition, she worked with children in slums and started a Child Center which offered after-school tutoring, food, music, dental assistance and physical education. She also organized a shelter for homeless persons in part sponsored by the Annual Conference. A resident of Brooks-Howell since 2001, Sarah Francis is surrounded and supported by others who share her passion for helping others.

Contact Us

Brooks-Howell
266 Merrimon Ave.
Asheville, NC 28801
828-253-6712
www.Brooks-Howell.org

**Expanded Admissions Criteria**

Have you heard? Brooks-Howell has expanded its Independent Living criteria to include men and women who have served in one or more service capacities in the United Methodist Church for 10 years or more such as a Sunday School teacher, members of UMW, Director of Music and much more. Brooks-Howell also offers skilled nursing care in our Health Center. Contact Jill Knight, Admissions Coordinator, at 828-253-6712 or jknight@brookshowell.org. Spread the word!

**BROOKS-HOWELL HOME**

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