



BROOKS-HOWELL

A retirement community that is called, served, and serving still

The Serendipitor

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June/July/Aug 2024



Sue Rawls

In January, Sue Rawls began work as the new executive director, bringing a wealth of knowledge and experience. Having served as an administrator for 13 years with Sava Senior Care and as an owner/operator of seven health care facilities in North Carolina, Rawls has a proven track record

in strengthening and growing facilities like Brooks-Howell.

Upon arrival, the residents and staff of the Brooks-Howell community significantly impacted Rawls' realization that this was indeed a unique and special place. "My first impression of meeting people, and mainly the residents, was the kindness and love that enveloped me," she remarked. "We have such a diverse group of people. It is just wonderful to be around them."

The residents offer a treasure chest of experiences through their stories in ministry, artifacts from mission fields around the world, artwork and their commitment to Christ's call upon their lives. These factors make Brooks-Howell residents different from others with whom Rawls has worked. "Look at who have been drawn to us and I think it has been through their love of God and through that love of continuing that mission they've done all of their lives," she observed. "The campus is filled with missionaries committed to God and ministry who are just as involved as they can be."

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Sounds of Summer

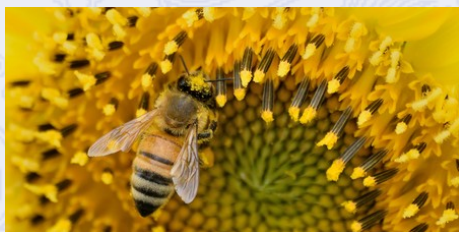
When you step outside during the summer, you're likely to hear the buzzing, chirping and humming of insects. It's their way of communicating. Get the buzz on some sounds of the season:

Cicadas. One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

Crickets. When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

Katydid. Named after their repetitive calls of "Katy did, she did," these green, leaf-shaped insects are most active at night.

Bees. Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.



Summer Hydration

Hydration, especially water, is critical for overall health. Water makes up 50-70% of our body weight and is crucial to life. Water regulates body temperature, supports the immune system, promotes digestion and improves mood and sleep. During the warmer days of summer, it is important to stay hydrated and water is the best way.

Here are some creative ways to use water for better hydration and health.

- Add slices of cucumber to your water.
- Infuse water with mint and berries.
- Freeze berries in ice cubes and add to sparkling water or seltzer.
- Make slushie water using lemons and limes.
- Watermelon and watermelon Popsicles.

I hope you have a wonderful and hydrated summer.

Bon Appétit,

Susan Gerrie CDM CFPP FSD



Kelly Dotson

Rev. Kelly Dotson has been appointed to be the new Chaplain at Brooks-Howell Home. This is made possible by a grant from the Western North Carolina Conference of the United Methodist Church.

She will be part-time since she is also the new pastor of Mars Hill United Methodist Church. She will begin her work at Brooks-Howell the week of July 1st.

We look forward to meeting her and welcome Kelly to the Brooks-Howell family!



Rawls wasted no time in addressing the challenges Brooks-Howell Home currently faces.

Finances continue to be problematic due to the low census. Rawls remarked, "My responsibility is to build up the census, fill up all the independent living apartments to increase our cash flow." Currently 14 apartments need to be renovated before leasing. The cost for completing each unit is between \$14,000 and \$18,000; depending on size and updates needed.

Additionally, Rawls plans to reach 35 skilled-care patients by the end of July. Thirteen rooms are awaiting major renovation to

help them comply with Medicare regulations. These rooms will generate significant additional income from Medicare.

Several ways are available for people to participate in the ministry of Brooks-Howell Home. Volunteers are always needed and invited to participate in the renovations.

Donations are now accepted for the apartment renovations. And groups are always welcome to visit Brooks-Howell Home to experience this loving community and all that it has to offer. To find out more, go to www.brooks-howell.org or contact Sue Rawls at srawls@brookshowell.org.



Welcome New Residents

Be Sure to Introduce Yourself!

- June Smith
- Marcy Cox
- Gary Long
- Joe Kimmel
- Maureen Wilson (TBD)

Volunteer Corner

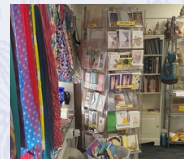
International Room



Our volunteers, Shelley McManus and Maurie McClure, spend countless hours choosing just the right pieces to feature from our historical archives.

Our current collection is "AT HOME AROUND THE WORLD." This collection highlights the common and unique tools that world citizens have traditionally used in their day-to-day lives.

Gift Shop



Looking for the perfect gift? Stop by our Gift Shop. Hundreds of items to choose from!

Virginia Miller and Bobbie Markham, along with other resident volunteers, make sure you have the perfect gift for any occasion.



Word Search

Category: Let Freedom Ring!

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| J | X | E | D | A | R | A | P | M | F | R | E |
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1. Fireworks
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- 20.

Word Search Solution:

1. America
2. Blue
3. Declaration
4. Eagle
5. Fireworks
6. Flag
7. Fourth
8. Freedom
9. Independence
10. Justice
11. Liberty
12. Old Glory
13. Parade
14. Patriot
15. Red
16. Stars
17. Stripes
18. Uncle Sam
19. Unity
20. White

