



The CHATTER

A Publication for the Independent Living Residents of Homewood at Frederick

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Celebrating Our 25th Year

APRIL 2024



Red-headed woodpecker photo by Lynn Chapman

INSIDE THIS ISSUE ...

Introducing Our New Food Services Director ... Latest WRRR Scholarship Winners ... Yard Sale Preview ... Legislator to Address ALOHA ... Update on APP Revisions ... And More ...

THE MAINSTREAM ...

Notes from Executive Director Karen Main

I am happy to report that we have completed our search for an Associate Executive Director for our campus! This position is new to Homewood and will be focused on resident services and programs. Please welcome Rusty Mitchell as he begins his new role on campus this month. He comes with experience being an Executive Director from a CCRC / Life Plan community in Maryland. Living in Frederick County, he will enjoy a 15-minute commute to work compared to his previous one-hour-plus trip to Baltimore County.



During his first few months, he will be spending time acclimating himself to our campus and going through orientation with each department to learn about our daily operations. His office will be located on the Crumland Farms campus, in the first office on the right-hand side of the reception desk—across the hallway from the administrative suite. Rusty is excited to become part of our team and

share in the mission of making Homewood a great place for our residents to live and for our co-workers to serve.

We will have a Meet-and-Greet to welcome Rusty on **Tuesday, April 9 at 9:30 a.m.** in the Multi-Purpose Room at Crumland Farms. Please plan to join us!

The next Campus Connection is **Thursday, April 4** at 9:30 a.m.

Enjoy your Day!
Karen



Eleanor and Richard Radune (at the center of the photo), who were the first Homewood residents to move into the new wing of The Lodge, were given the honor of cutting the ribbon to celebrate the Official Opening of The Lodge Expansion. President and Chief Executive Officer of Homewood Retirement Centers, Thad Rothrock, thanked those who contributed to the success of the project, specifically mentioning Executive Director Karen Main and her team for their efforts and Wagman

Construction for completing the construction on time and on budget. Recognizing that Homewood is one of the largest employers in Frederick County, many Frederick City and County dignitaries were in attendance. Following the ceremony, residents and guests were treated to a delicious appetizer buffet prepared by the Homewood Food Services staff. *(Photo by Nancy Hamstead)*

CHAPLAIN'S CORNER

I've been humming a few hymns lately. Perhaps you're familiar with the term, "earworm." An earworm is a song that gets stuck in your head and keeps repeating. Frequently, I suffer from earworms. Sometimes it happens because I've heard a particular tune recently and it sticks with me. Other times, a song seems to come out of nowhere and takes up residence in my mind. In the case of the hymns I can't seem to turn off, they contain important messages I need to hear, contemplate and share.

A few weeks ago, I heard a recording of Susan Boyle singing "Make Me a Channel of Your Peace." Even if you're not familiar with the hymn, you can probably guess that it is based on the famous prayer attributed to St. Francis of Assisi, "Lord Make Me an Instrument of Your Peace." The prayer has been set to a number of hymn tunes, including one by Sebastian Temple. It is a well-known hymn in England and has gained international recognition, especially after its inclusion in the funeral service of Princess Diana in 1997. I've found this song can be a wonderful source of solace when wrestling with troubles on a personal and global scale.

As Earth Day approaches, another hymn, "God of the Sparrow, God of the Whale," has been swirling in my psyche, even as the first verse speaks of "God of the swirling stars." If you don't know it or haven't sung it for a while, I invite you to look this one up. A hymn of praise, it beckons to humanity to care for the Earth and all of its inhabitants. The second half of each stanza poses a question beginning with "how." I love the open-ended nature of the words. It is an invitation to each of us to figure out how we will respond to the blessings we receive and the needs we encounter in the world around us. Like the first hymn I referred to, the themes of peace, grace and mutual care are present in this song as well.

Finally, the hymn "Won't You Let Me Be Your Servant?" resonates strongly as I celebrate 15 years of service as a chaplain at Homewood. I spent a year at the downtown location at the former Francis Scott Key Hotel. After a serving as a fulltime mom and then a local pastor for a few years, I welcomed the opportunity to return to Homewood. This time, I joined the pastoral care staff at Crumland Farms. It continues to be a privilege in the words of this hymn, to "share your joy and sorrow till we've seen this journey through."

--Chaplain Suzanne Morris



***The Religious Life Committee
will meet on Tuesday, April 2 at 2:00 p.m.
in the Crumland Farms Independent Living Activities Center.***

A MESSAGE FROM THE WRRRA PRESIDENT

Collaboration...What is it good for?

Although most of you have seen the WRRRA objectives for 2024, one of the areas I haven't spoken too much about is our desire to work collaboratively with Homewood management to address resident concerns and improve resident satisfaction. So, this month I thought I would share a few of the positive changes that have already occurred as a result of this collaboration, including:



- The We Care Connect resident satisfaction survey process has been changed to allow us to provide our input regarding the questions, the process and the communication of results to residents.
- An updated Benevolent Care Policy was developed to clarify how the program works for Independent Living residents who may have outlived their financial resources through no fault of their own.
- Regularly scheduled meetings are now occurring with our Executive Director, the Environmental Services Director, and some members of the Corporate staff. This allows better two-way communications and a timelier opportunity to resolve problems.
- New computer systems are now being discussed with resident representatives during the planning process to ensure that our concerns are addressed in the plans and in the system selection, training, and implementation processes.
- Semi-annual meetings are being held with the Association Presidents of the other four Homewood campuses. This allows us to share solutions to common problems as we learn the effectiveness of actions taken by other campuses.

These examples show that collaboration is producing great results so far, with the expectation of more to come. Additionally, collaboration has improved the on-going trust between Homewood and our residents which fosters better communication among all parties.

And as you've heard me say before, better communication is essential to solve resident problems and improve overall satisfaction with campus life. So, let's keep our focus on collaboration as we move forward in 2024.

--Bruce Robertson, WRRRA President

April hath put a spirit of youth in everything.

—William Shakespeare

MEET YOUR NEW NEIGHBORS



New Lodge resident **BRENDA BARNHARDT** is passionate about two things—cats and animals. She and her two cats Lia and Mango moved here in December 2023 because of Homewood’s good reputation and the continual care facilities available.

Born in Washington, DC, Brenda attended schools in Montgomery and Frederick counties, graduating from Governor Thomas Johnson High School in 1970. She received a B.A. degree from Monmouth College in New Jersey and a Certification in Data Processing from Frederick Community

College. After 32 years, Brenda retired in 2006 from Eastalco (ALCOA) Aluminum Company in Frederick where she was a Programmer Analyst.

Besides animals, Brenda is also interested in quilting, knitting, crocheting, photography, cooking and food. She is a *founding member* and a Lifetime Member of the Animal Welfare League of Frederick County. An avid and accomplished quilter, Brenda is an active member of the Clustered Spires Quilt Guild of Frederick where she has held various offices. Currently she is their newsletter editor and photographer, and serves on several committees. Maybe there will be an opportunity for Brenda to share her varied quilting projects with Homewood.

Brenda has enjoyed moving into The Lodge, meeting many new people, and getting involved in the activities here at Homewood.



LYNNE and DON KYLE moved into the new wing of The Lodge in January 2024 from their home in Ocean View, Delaware. They are both from the Baltimore area where they prepared for careers in teaching.

Lynne earned a B.A. and an M.A. at Towson University and was an elementary teacher for 30 years, after which she was a manager of The Peake House in Annapolis. Lynne was an active member of the Lord Baltimore Women’s Club.

Don taught high school social studies for several years and was his school’s athletic director. As computers became an essential part of life, he moved into the information technology field and taught computer science courses at Anne Arundel Community College. Don was active in his church, serving as a Eucharistic minister and leading the parish council, as well as officiating soccer and lacrosse. He loves playing bocce ball and hopes to find others here to play the game with him. Their cat, Margaret Thatcher, shares their new Homewood apartment.

--Jacque Janss and Leslie Hobbs

MEET YOUR NEW NEIGHBORS



MARGIE and BILL CAMPBELL, both natives of Pennsylvania, moved into The Lodge in November 2023 from nearby Worman's Mill.

Margie prepared for a career in nursing at the West Penn Hospital School of Nursing and at American University where she earned a Bachelor of Science in Nursing. In addition to working at various hospital positions, she also taught nursing at Montgomery College in Takoma Park and was involved with community and occupational health programs as well as school health. She has been a CPR instructor and now enjoys books, card games, genealogy, container gardening and recreational shopping.

Bill attended Penn State, earning both Bachelor's and Master's degrees in Engineering. After working as a structural engineer and an architect, he taught engineering and related courses at Montgomery College in Rockville for many years, retiring as Professor Emeritus in 2000. Bill has always been active in the community in which they lived. Since moving to Frederick, he was a member of the Community Foundation where he reviewed scholarship applications. He enjoys pickleball, golf, skiing, tennis and other sports as well as bridge and poker. He is especially interested in ping pong and looks forward to playing with others at Homewood.

Margie and Bill like to travel and visit their son and grandchildren in Colorado.



BUNNY LUCE came to Homewood from Doylestown, Pennsylvania in November 2023 as one of the early residents of the new part of The Lodge. She was born and raised in Frederick, graduating from Frederick High School in 1957 before attending Towson University to prepare to be an early childhood education teacher with the Frederick County School System. She also studied at the University of Maryland and Hood College. After moving to Massachusetts, she taught in Hopedale and Canton.

Bunny has been a hospital volunteer for more than 40 years in Frederick and Doylestown, and was a Girl Scout leader when her children were growing up. She now enjoys tai chi, walking, gardening, reading and loves following college and NBA basketball games.

--Leslie Hobbs



April gets you out of your head and out working in the garden. –Marty Rubin

MEET YOUR NEW NEIGHBORS



JUDY GOODYEAR is glad to be in her new apartment in The Lodge. She liked the design of the apartments in The Lodge and she liked the city of Frederick—so she moved here in December from Reisterstown, Maryland. Judy has found the residents and staff to be very friendly and helpful. After earning her B.A. from Hartwick College in New York, she received a Master of Library Science from San Jose University, a B.F.A. from Maryland Institute College of Art in Baltimore and a Master's of Modern Studies from Loyola College in Maryland.

Judy has had various positions as a librarian—even a short stint as a prison librarian. She retired as the reference librarian at Carroll Community College. Another interesting job she had was a flight attendant for an international charter airline which allowed her to travel to and enjoy many countries. For 12 years she volunteered for the Literacy Council of Carroll County and hopes to volunteer soon for the Frederick Literacy Council. Since her father and grandfather were jewelers, it is in Judy's blood to design and make jewelry. She has been a member of the Baltimore Bead Society for many years. You can see her wearing many of her creations around campus. She also enjoys art works of all types, and reading. Judy is hoping to try her hand at designing and making quilts. We look forward to seeing her creations!



HELENE KEEFNER moved from Middletown, Maryland into The Lodge in November after hearing her friends rave about it and seeing the extensive amenities and the beautiful apartments. She has been busy ever since, meeting new people and investigating all the opportunities on campus.

Helene was born in Brooklyn, New York and grew up in Queens, which Helene says afforded her so many experiences. Via bus, train or subway she could partake in all that New York City and its environs had to offer, go to the beaches, visit the museums and art galleries and enjoy Coney Island. After graduating from Hofstra University with a major in Education and a minor in Art, Helene began teaching fourth grade. She later changed to teaching art full time in the schools which could offer challenges, as often she had to travel between several schools and teach “art on a cart” as she moved between classes – but she loved it.

Helene was a volunteer with the Girl Scouts program and her church, teaching children's classes. She belongs to two local art clubs through the Delaplaine Arts Center and is glad to see such a vibrant art group here at Homewood. Some of Helene's interests are traveling, reading, gardening, astronomy, painting and playing games, especially cards and dominoes. She has two children and six grandchildren.

--Jacque Janss

PLANTS that are POISONOUS to CATS



A Field Guide



SAGO PALM



DAFFODILS



AUTUMN CROCUS



HYACINTH



AZALEAS



DIEFFENBACHIA



CYCLAMEN



TULIPS



OLEANDER



LILIES



RHODODENDRONS



KALANCHOE

chewy

Last month we featured some outdoor blooming plants that could cause distress to our canine companions if ingested. This month we focus on both indoor and outdoor plants that can be lethal to our feline friends.

This is good information to know because several of these blooms are found in indoor decorative bouquets sold by florists or used alone as indoor potted plants during the spring season.

Not only can the blooms be harmful if nibbled on, but also pollen from these plants, **especially those in the lily family**, can prove deadly if gotten on a cat's coat and the animal licks it off.

This is also important to keep in mind if you're ordering a floral arrangement for a friend who has a cat—nothing in the lily family should be included, PLEASE!

(source: chewy.com)



John held the audience's rapt attention during a recent cooking demonstration. (Photo by *Jacque Janss*)

RISOTTO, RISOTTO, RISOTTO ...

There was a large group of residents who watched and learned tricks for cooking risotto recently from JOHN WALLA, the new **Food Services Director** for Homewood at Frederick. Although John has been on the staff only since December, he has already been working on instigating some new ideas here. One is the cooking workshops. Each month he will be giving a demonstration on some type of food preparation, including a tasting.

Growing up watching his father and Julia Child cook helped stimulate John's interest in cooking and food. After getting a degree

from The Baltimore Culinary College, which is no longer in business, he apprenticed at Chez Fernand, a French restaurant in Baltimore. Then he went on to other jobs as a sous chef, a banquet manager and even an ice carver at different restaurants and hotels. He says he is out of practice, but maybe he could be talked into an ice carving demonstration some day??

Then John joined the Navy not as a cook as you might imagine—but as a photographer!! This is another of his interests. After leaving the service, he worked at the Lord Baltimore Hotel and the Stone Manor restaurant in Middletown.

In 2003, John took the plunge and opened his own deli, restaurant, and catering business in Hagerstown, The Black-Eyed Susan. With this business thriving, he opened another larger restaurant also in Hagerstown, The Black-Eyed Susan North. After 15 years of owning, managing and often cooking in these restaurants, John decided that it was time to try another outlet for all his experience.

He joined Somerford House in Frederick, an assisted living and memory care retirement facility, where he was the Food Services Director for five years. Looking for a more challenging position with a larger, more diverse population, he saw Homewood as a welcome opportunity. Overseeing the food services and staff for The Lodge and Crumland Farms with Independent Living, Assisted Living and the Healthcare units should give him what he is seeking.

(cont'd on p. 10)

RISOTTO, cont'd

John understands that there are challenges here at Homewood, but he is working on various ways to meet the staffing issues and raise interest in the consistency, quality, and creativity of the foods here within budget, staff, and corporate guidelines. He says there is already a good team here and he hopes to continue that team spirit.

Everyone has been most welcoming to him and John wants everybody to know that he has an open-door policy for his office across from the Independent Living Activities Center in Crumland Farms. If you have a suggestion, a complaint, or an “atta boy,” he is always willing to listen. If you are looking for cooking tips or suggestions and an enjoyable time, be sure to sign up for his monthly demonstrations.

--Jacque Janss

A REMINDER ...

Our Frederick County liquor board license doesn't allow residents or guests to bring their own liquor into the dining room or public space and doesn't allow residents or guests to take liquor from a dining room or event out of that area. You are allowed to consume/serve your own liquor in your apartment or home only.

PLEASE EXCUSE OUR DUST ...

The Lodge Library Committee is “spring cleaning”!

To encourage you to visit the Main Reading Room on the first floor at The Lodge, we have moved the **LARGE PRINT** collection to that area. While you are there, enjoy the **Who's Who** biography section and our extensive **Presidents and First Ladies** collection.

Thanks to generous funds from the Willow Road Residents Association, we were able to purchase two new bookshelves for the new wing. Looking for a good murder mystery? Visit the **Murder, Mystery & Mayhem** collection on the 3rd floor D wing. You will find your favorite authors such as Margaret Truman, Louise Penny, and a huge donation of Mignon Eberhart's mysteries. (Eberhart won the Mystery Writers of America Grand Master Award in 1971.) **Nancy Marron** donated her entire collection so we may all enjoy her passion for this writer. Thanks, Nancy!

The Meditation Room has been refreshed and many of those **Words of Wisdom** have spilled out onto the bookshelves at the top of the stairs.

Spring cleaning is a work in progress, and we hope to have an Open House in June. Stand by for date and time. Remember, we use an honor system in The Lodge.

Select a book! Enjoy it! Return it to the book cart by the coffee station!

--Pat Curchin and Jenny Shull



SCHOLARSHIP AWARDED TO CO-WORKER'S SON



WRRRA President-Elect **Jerry Fuss** (r) congratulates scholarship winner Bryant Linthicum as his mother Jenny looks on.

(Photo by Barbara Kirk)

The Appreciation Fund Committee of the Willow Road Residents Association (WRRRA) has received a number of scholarship applications this year from both Homewood co-workers and their children.

One of the latest scholarships awarded to children of Homewood employees went to 19-year-old Bryant Linthicum, son of Crumland Farms Secretary/Lead Receptionist Jenny Linthicum.

When Bryant graduated in 2023 from Middletown High School, he had already earned 60 college

credits and Associate's degrees in both Biology and Chemistry from Frederick Community College as part of the Early College Program offered at his high school. Last fall he began studies at the University of Maryland's College Park campus, majoring in Microbiology. He plans a career in biomedical or genetic research, with the goal of attaining a Ph.D. at some point in the future.

Bryant always knew he wanted a career in the science field. While in high school, among other activities, he participated in the Medicine Debate Club, entered several science competitions and was president of his school's Builders Club, which is a Kiwanis-sponsored organization promoting youth involvement in community service.

Despite his busy schedule with studies and school-related activities, Bryant still managed to find some time for fun. He says he enjoys getting together with friends, skateboarding and music. Although he can play five instruments, his main concentration is the guitar. He credits his father, who is also a musician, for encouraging him to develop his talent along those lines.

--Barbara Kirk

Please be a good neighbor. Return the Homewood courtesy carts to the space where you got them as soon as you're finished using them so that they're available when others need them!





LWV CANDIDATE FORUMS FOR THE PRIMARY ELECTION ANNOUNCED

The Frederick County League of Women Voters will be hosting live/online candidate forums in April. The **Frederick County Board of Education** candidate forums will be held on **April 25 and 30**. Since there are 17 candidates running for three open School Board seats, the candidates will be divided into two groups alphabetically and only half of the candidates will appear on each of the two forums. Maryland has a closed primary election so if you are registered as an Independent voter, the only race you may vote in is the Primary Election.

For the **Congressional Races in District 6**, the **16 Democratic candidates** will be split into three groups alphabetically and will appear in forums on **April 11, 16 and 23**. The **seven Republican candidates** will appear in a forum on **April 18**. Because Maryland has a closed primary, you will only be able to vote for candidates in the party listed on your Voter Registration card.

All forums will be broadcast from **6:30-8:30 p.m.** and available for viewing live on YouTube at:

<https://www.youtube.com/@frederickcountylwv313/streams>

The forums will also be **recorded and posted** on YouTube at:

<https://www.youtube.com/@frederickcountylwv313/videos>

If you prefer to use Facebook, you can view them on the Frederick County League of Women Voters Facebook page at:

<https://www.facebook.com/FrederickCountyLWV/videos>

They will also be available on the League of Women Voters website at

<https://my.lwv.org/maryland/frederick-county>

Drs. Betty Mayfield and Michael Powell will serve as moderators.

--Esther Ziegler

An Invitation to the Passover Seder

The annual Homewood Passover Seder will be held on **Tuesday, April 30**. This beautiful and meaningful celebration of the Exodus from Egypt has always been an event enjoyed by our residents and this year the seder will be led by **Judi Adams** and catered by our wonderful chefs. Seating is limited. Refer to the April Activities Calendar for more information about location, time and how to make a reservation.



ALOHA PRESENTS...

STATE SENATOR KAREN LEWIS-YOUNG: 2024 General Assembly Legislative Wrap-Up

Senator Karen Lewis-Young*, District 3/Frederick County has been member of the Maryland Senate for two years. Before that she was a member of the Maryland House of Delegates from 2015-2023. She serves on the Senate Energy and the Environment Committee, Joint Committee on Federal Relations and Education sub-committee. She is known for her constituent service and is a long-time advocate for mental health services.

Among many other issues, Homewood has the Senator to thank for the much-needed southbound ramp extension on US 15, adjacent to Willow Road.

Last fall, the Senator was a guest speaker for the Current Events Club, speaking about the upcoming 2024 General Assembly. As a follow-up to that popular program, ALOHA is pleased to have Sen. Lewis-Young return to Homewood, focusing on the 2024 Session and what is in store for Frederick County!

Please join ALOHA (Active Ladies of Homewood Association) on **Friday, April 26 at 3 p.m.** for this informative program.

LOCATION OF THE PROGRAM IS TO BE DETERMINED. PLEASE CHECK THE HOMEWOOD APP OR THE CHANNEL 970 ANNOUNCEMENTS FOR THE LOCATION. SHUTTLE SERVICE WILL BE PROVIDED.

ALL HOMEWOOD WOMEN are invited to a social gathering at **2:30 p.m.** prior to the program. Please sign up on the APP so that we will have enough desserts and beverages for everyone. **ALL HOMEWOOD RESIDENTS** are invited to the program at **3 p.m.** Questions?? Contact Jenny Shull at 240-421-6087 or shulljenny@gmail.com.

*For more information about Senator Lewis-Young, please refer to the Maryland Manual. She can be reached during session at 1-800-492-7122 #3575 or anytime at Karen.Young@senate.state.md.us.

NEW TUSCARORA DINING ROOM POLICIES

- ♦ Effective April 1, 2024, To-Go Order pick-up times will be limited to the following: Lunch 11:30 a.m. and 12:45 p.m.; Dinner 4:30 p.m. and 6:00 p.m.
- ♦ To-Go Orders will no longer include non-alcoholic beverages. No beverages will be given to be taken out of the dining room.
- ♦ Non-alcoholic beverages will still be available to purchase in the dining room, to be consumed with your Dine-In meal. Specials will include a non-alcoholic beverage for Dine-In only.



Bruce Robertson (l), WRRRA President, congratulates Jennifer Burgett on receiving a scholarship, while Patrick Dellinger, Assistant Food Services Director–Healthcare Dining looks on. *(Photo by Barbara Kirk)*

FOOD SERVICES CO-WORKER AWARDED A WRRRA SCHOLARSHIP

Jennifer Burgett is one of our newer co-workers to take advantage of the scholarship program set up by the Appreciation Fund Committee of Willow Road Residents Association (WRRRA).

When she joined Homewood at Frederick last summer as Food Service Supervisor in Healthcare, Jennifer saw it as the next step toward her goal of one day becoming the director of a Dietary Department in a retirement community setting. She will be using her scholarship funds to become a Certified Dietary Manager through online courses offered by the University of North Dakota.

Jennifer had worked for eight years at another nearby retirement community, starting out in the Dining area and working up to the position of Dietary Aide where she had the opportunity to actually do some of the cooking. She felt she had found her niche, and when the opportunity to advance in the field came up at Homewood, she applied and was thrilled to be offered the position.

This entry into the food services area marked a drastic change from the career direction that Jennifer had originally taken. She has a Bachelor’s degree in Music Education, majoring in Voice, and had spent several years as a music teacher. Besides her vocal training, she also plays piano and violin. Feeling that a teaching career wasn’t giving her the fulfillment she sought, getting her first job in food service was, as she describes it, “a fluke,” and things took off from there.

In her spare time, Jennifer enjoys spending time with her family. She is the mother of 20-year-old twins (a son and daughter) as well as a 13-year-old daughter. She is a voracious reader, finding time to read every day, with her books of choice being fiction or material on nutrition.

--Barbara Kirk

SAFETY TIP OF THE MONTH: Traffic on Willow Road has increased. Never assume a driver sees you coming. Look across ALL lanes and proceed carefully.



WE'RE SPRING-FLINGING OUR THANKS!

Thanks to all who helped make our late-March Spring Fling Free Card Giveaway another popular success! Many residents, staff members, and friends walked away with free cards and other useful items for all occasions, saving money and keeping perfectly good stuff out of landfills in the process.

We couldn't have done it without our dedicated volunteers, who included **Cindy Abbott, Truby LaGarde, Nancy McIntyre, Sonja Rasmussen, Janie Rhine, Debbie Ross, Jenny Shull, Joyce Smith, Hazel Stewart and Jean Thompson.**

And, keep on saving your cards, gift-wrapping supplies, totes, etc. for our next Holiday Card Giveaway coming in November. Saving money and resources never goes out of season!

--Deb Ehart

POISON CONTROL CENTER HELP AVAILABLE TO ALL AGES

While many parents of little kids call the poison center if their child has ingested something toxic, the Maryland Poison Center is **also available to assist older adults and their caregivers** who may have experienced unintentional medication errors, accidents with non-pharmaceutical substances, adverse reactions and more. **This is particularly important information to remember if a situation occurs while you are off campus and out of the range of PalCare.**

Some of the common reasons older adults have reached out to the Maryland Poison Center include:

- Taking medication twice
- Taking the wrong medication
- Taking the incorrect dose
- Using the incorrect dosing route
- Taking someone else's medication
- Taking medication too close together



When you call the Maryland Poison Center at **1-800-222-1222**, free and confidential health treatment advice is available around the clock from pharmacists and nurses trained in poison information. You can also find additional resources at mdpoison.com.

(Source: Maryland Department of Aging)

DO WE HAVE A NEW FITNESS STAFF MEMBER?

Fitness Assistant Courtney Jackson began a recent Sittercize class at Crumland Farms with a surprise “Meet and Greet” feature, as her dog Rocky meandered through the room to receive warm welcomes from the group of delighted exercisers. Then, at Courtney’s direction, Rocky jumped up onto the table mat where he could carefully monitor his newfound friends as they executed a variety of exercise routines, all with smiling faces that day. Who knew what joy a bit of “pet therapy” could bring!

--Nancy Hamstead



Above right: Rocky, a 4-year-old Australian Shepherd-Poodle mix, gives **Jenny Shull** some encouraging “woofs” about her exercise routine.



At left: Rocky oversees the class from his spot on the table, keeping a close eye on **Terry Higgins** in the front row as Courtney leads the group through a routine.

(Photos by **Nancy Hamstead**)

A REMINDER ABOUT THE CRUMLAND FARMS 2ND FLOOR LIBRARY DVD COLLECTION

Did you know ...

- ◇ It is still located in the Cafe but has moved across the room to stationary shelving.
- ◇ There are over 400 titles, from multiple genres, and more are added periodically.
- ◇ All titles are standard DVD discs. **Standard DVDs can be played on Blu-ray machines, but Blu-ray discs cannot be played on standard machines.**
- ◇ There are no charges or fees. Keep and watch your choice a couple of times. But please, be courteous to other residents. They may want to watch it also.
- ◇ Reminders about returning DVDs are sent out when needed.

NURSING ASSISTANT AWARDED WRRRA SCHOLARSHIP

Another recent recipient of a scholarship through the Willow Road Residents Association (WRRRA) Appreciation Fund Committee was Alexis Main, who is a member of our Healthcare nursing staff.

Alexis was born and raised in Frederick County in the Urbana area. Growing up, she was surrounded by family and friends who were in the medical field, many at volunteer fire companies in the area. I had the feeling as she spoke that Alexis always knew she would be in the medical profession. In high school she was a student in the Career and Tech program which led her to a position at age 17 as a Geriatric Nursing Assistant at Homewood at Frederick, starting January 1, 2021.

Alexis is now in the process of pursuing her dream of becoming a Registered Nurse (RN). When she completes her “prerequisite” courses, she can apply to the Nursing program to obtain a Bachelor of Science degree (BSN) at Frederick Community College.

With working and going to school, there’s not much time for “fun” activities, but she does find time to work at the firehouse to assist in their fundraising activities.

--Shirley Erdmanis

FRENCH CLUB TO RECONVENE



Bonjour, mes amis, the Homewood French Club will reconvene our conversations on April 3, after a winter hiatus. As before, we will meet the first and third Wednesdays from 3 p.m. to 4 p.m., in the third floor Library at Crumland Farms.

We are hoping to reconnect with our members and hoping to welcome newcomers as well. French language proficiency is not a prerequisite.

Many of our friends took up the language in high school or college and speak haltingly but with enthusiasm. Others just like to participate (not to talk) but to listen, and that’s okay, too. We try to speak on a range of topics (no politics!) and stick to French or “franglais.” The hour we are together is always fun, and often there is a snack of apple cider and home-baked *petit gateau*. *A bientot*.

--Lillian Rohe



WRRRA President **Bruce Robertson** congratulates scholarship winner Alexis Main (c), as Director of Nursing Vicki Keriakos looks on.
(Photo by **Shirley Erdmanis**)

UPCOMING RECYCLING EVENT IN THE AREA


St. Katharine Drexel Roman Catholic Church, 8428 Opossumtown Pike, will be holding a Spring Cleaning Recycling Event from 9 a.m. to noon on Saturday, April 27. This event is part of their environmental stewardship effort and is open to the general community. The following are examples of material that can be recycled that day:



Paper: Any documents that you want securely shredded. Limit 3 banker's boxes per car.

Textiles: Old Pillows, sheets, towels, curtains, fabric bags, shoes, non-wearable clothing.

Scrap Metal: Broken small appliances, lawn tools, metal furniture, anything metal. **No TVs will be accepted.**

Styrofoam: Must have  hard white molded packing Styrofoam. **NO food service containers, cups or plates and NO packing peanuts.**

Eyeglasses: Any prescription eyeglasses that are no longer useful to you will be collected and recycled through an area optometrist's office.

DRIVER SAFETY: TIPS ON PASSING BICYCLISTS

- ❖ Pass a bicyclist as you would any slowly moving vehicle.
- ❖ Be prepared to slow down, wait until oncoming traffic is clear and then allow at least three feet of clearance between your car and the bicyclist when passing.
- ❖ The same three-foot clearance applies if you are passing a bicyclist in a bike lane, on the shoulder, or in the same lane as your car.
- ❖ After passing a bicyclist, check your mirror to ensure that you have completely passed the bicyclist with enough room to move safely back to the right.

EVENT KICKS OFF FUNDRAISING FOR ALZHEIMER'S



Ten residents participated in this year's Polar Plunge, braving the 57-degree water temperature and 58-degree air temperature in the pool area. In the photo at left, **Pat Mayernik** and **Pat Atkins** take the plunge into the frigid water, while **Sue Rock** and **Dave Chapin** look on. Other participants were **Sue Chapin**, **Margaret Perry**, **Janet Davis**, **Margo Stevenson**, **Judy Goodyear** and **Ginny Hecklinger**. A total of \$800 was raised for Alzheimer's Association.

(Photo by Gretchen Smith)



WE NEED YOUR STUFF!

THE HOMEWOOD
YARD SALE IS COMING
October 3 - 5, 2024

SAVE THE DATES!

The 2024 Willow Road Residents Association Frederick Community Yard Sale will be Thursday, Friday and Saturday, October 3 - 5 **at The Lodge**. Please start setting aside items that you no longer use so they are ready to donate. In the coming months, *The CHATTER* will have “How to Donate” and “How to Volunteer” articles, as well as other general information.

The 2024 Yard Sale will be in The Lodge because of the expansion plans for the Multi-Purpose Room at Crumland Farms. This is the major fundraiser for the Residents Association. Its proceeds fund many projects, such as hosting coffee hours and buying music for the Noteables, that the WRRRA undertakes for our community. It is also a campus-wide time of fun and camaraderie, and we look forward to your participation.

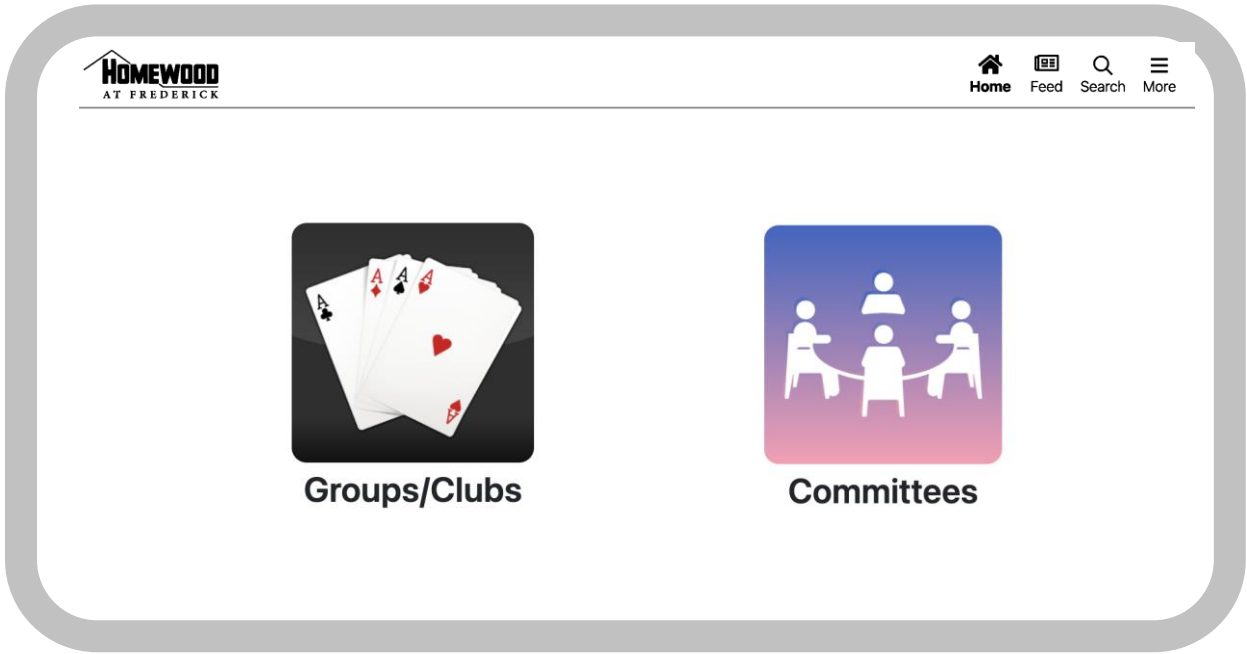
VOLUNTEER OPPORTUNITIES

Donating items; setting up, breaking down and cleaning up; teaming to collect donations from The Lodge and Crumland Farms apartments; sorting and pricing; working the sale and the raffles; cashiering, greeting, and so on. Please volunteer.

ITEMS TO DONATE

- ◆ Treasures
- ◆ Collectibles
- ◆ Jewelry
- ◆ Scarves, Handbags, Belts
- ◆ Puzzles
- ◆ Musical Instruments
- ◆ Luggage
- ◆ Sports Equipment
- ◆ Games and Toys
- ◆ Hobby Items
- ◆ Housewares
- ◆ Linens
- ◆ Wall Art and Frames
- ◆ Holiday Items
- ◆ Electronics
- ◆ Books (except textbooks, dictionaries, Bibles and encyclopedias)
- ◆ CDs (No VHS or Cassettes)
- ◆ Outdoor/Garden and Patio
- ◆ Smallish Furniture, Rugs
- ◆ Small Appliances
- ◆ Miscellaneous (anything else except clothes)

If you have questions, please call or e-mail Jean McGraw or Joyce Smith, the 2024 Co-Chairs. (Jean: 240-877-7216 / ocracokefan@comcast.net. Joyce: 520-820-8510 / joycesmith1279@gmail.com.)



HOMEWOOD APP IMPROVEMENTS UNDERWAY

Spring cleaning is in full force in the Technology Committee as we continue to make improvements on the Homewood APP, most recently with the latest accurate information for the Groups/Clubs, and Committees icons. If you're looking for a new activity or a report on a Committee's progress, check out these areas on your Homewood APP.

The Technology Committee will continue to review and improve parts of the APP to help you find what exactly you are looking for as we increase accuracy in each of the areas. Watch for news in future *CHATTER* articles.

--Lynn Chapman



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DEADLINE to submit copy: 15th of the month for the following month's issue. Copy can be emailed to the Editor, given to the receptionists to be sent through in-house mail to CF #443 or placed in the box in the CF coatroom near the reception desk.

Newsletter Committee Meeting: the second Friday of each month at 9:30 a.m. in the 3rd floor library at Crumland Farms.