



# Homewood at Frederick

## ILRA PRESIDENT'S MESSAGE

### THE FUTURE AND WHAT IT HOLDS FOR EACH OF US

by Shirley Erdmanis

Don't we all wish we had a crystal ball and could see where each of us and Homewood at Frederick will be in 10 years?

When we were young most of us had our life planned for us until we graduated high school. Then came a time of what's going to happen next? Should I go to college, should I pursue a career, should I get married, should I have a family and I could go on and on with the should I's.

By this time we've gone through most of the should I's in our life, and we made the decision to move to a retirement community to enjoy the rest of our lives as long as we are able. We still have to plan about where our future at Homewood will take us. That is the reason and beauty of moving to a CCRC and all the levels of care it provides for us as we journey along life's path.

Karen Main, our Executive Director, is attempting in a very positive manner to allay our apprehension about the future. She is communicating to us as much as she knows at this time. Her monthly article in *The CHATTER* will give much of the same update information she gave in her Campus Connections meeting. If you are unable to attend or forget some of the points she made, it will be a good review.

Imagine how the Administration of the United Church of Christ felt when they learned in 1929 that George C. Pearson had left a bequest of \$100,000.00 in his Will to the Potomac Synod of the Reformed Church to establish an "old folks" home.

In 1930 a charter was issued. In 1932 the first 12 residents moved into a home at 1805 Virginia Avenue in Hagerstown, MD, known as Homewood. In 1951 a new home with accommodations for 58 residents opened in Williamsport, MD.

The Homewood Administration has always looked forward to the future and accommodating the needs of future residents.

Here we are in 2019 experiencing more growing pains. As the administration did 87 years ago, we have to have faith and trust and enjoy our wonderful community. I heard on TV today "nine times out of ten the things we worry about never happen."

*The CHATTER*

# ***EXECUTIVE DIRECTOR***

Recently, there has been a welcome coolness in the air to prepare us for a new season! I love the fall season with the traditional colors and tastes that we all can share. Along with the change in seasons, I am sharing campus news and updates.

The landscaping and trees along Pearson Boulevard will be completed at the end of our Phase 8 construction. This allows large equipment to come onto Pearson and not damage the plantings.

The State of Maryland Styrofoam Ban will go into effect July 1, 2020. Our corporate purchaser is currently researching alternative supplies through our vendors.

The Hearing Loop project proposal has been presented to the Resident Council for their consideration to fund the project.

I am currently interviewing applicants for the Food Service Director position. I expect to have the person selected in place by October.

Our next RLEEF event is Saturday, October 5<sup>th</sup> featuring the Frederick Symphony Orchestra. We continue our 40<sup>th</sup> Anniversary Celebration with beautiful music and a surprise. Please see posters for time and location.

There was discussion about residents having difficulty at the Motor Vehicle Administration (MVA) while applying for a driver's license. The MVA did not recognize Homewood as a residential community. We will begin to place a letter in all new move-in materials to help those who may encounter this.

Key Court Grand Opening is scheduled for Friday, November 1<sup>st</sup> from 2:00 PM to 4:00 PM.

With help from one of our residents, we are in touch with a professional putting green installer. He plans to visit our campus and look at a good location for a putting green. He will also give us his thoughts on the pickle ball court. There are plans to convert it to a bocce ball and shuffleboard court.

There was good discussion on fire drills and evacuations in the apartment buildings. Greg is aware of the request for a more formalized fire/evacuation drill for The Lodge. There are four stairs in The Lodge to be used in the event of evacuation or elevator repair.

KONE, an elevator company, has been in to inspect and adjust The Lodge elevators.

We are still working on the completion of some capital projects for 2019, landscaping the chapel and Willows Courtyard.

Update on spraying campus areas: The spraying that took place September 3rd was fertilizer which is why some experienced a smell after application. Also, there is new organic weed killer being used on campus, not Round-Up.

Recently there was a person on campus representing a 2020 Census Taker. We have contacted the U.S. Census and requested that anytime there is a person assigned to visit our campus we

will be notified in advance. As always, if there is someone at your door that you are not expecting or is not with a Homewood co-worker, please do not open your door. We will be using Onecall to make notice of such visits as soon as possible.

Join me for our next Campus Connection Wednesday, October 2<sup>nd</sup> at Crumland Farms.

*Celebrate the new season,*

*Karen*

## **CHAPLAIN'S MESSAGE**

Chaplain Suzanne Morris

Often I hear folks around campus talk about having chosen to live at Homewood because they have experienced an extravagant welcome in this place. Our residents and staff are known for being friendly, caring, and helpful. These attributes are true of many of our four-footed friends who call Homewood home, too. Animals grace our lives with unconditional love. They bring smiles of joy and contentment to those who may be feeling lonely or discouraged.

On Wednesday, October 2<sup>nd</sup> we will be celebrating our pets on campus with a Blessing of the Pets at 11AM at Homewood's dog park. Please note all pets - furry, feathered and finned (and their caretakers/parents) are encouraged to participate. All animal lovers are welcome to join us as we gather in the tradition of St. Francis of Assisi, whose feast day is October 4<sup>th</sup>, and who loved all creatures and wrote a *Canticle of the Creatures*, an ode to God's living things.

At the end of October, Chaplain Shelley and I will lead quarterly memorial services in Meadows/ Assisted Living and Willows to remember residents who have died during July, August or September 2019. The Meadows and Assisted Living memorial service will be held in the Assisted Living Activity Center on Thursday, October 24<sup>th</sup> at 10:30 AM. The Willows and Key Court service will be held in the Virts Lounge in Willows on Monday, October 28<sup>th</sup> at 10 AM. Everyone is welcome to attend these services.

As we look ahead to next month, we will be celebrating All Saints Sunday during our 10 AM chapel service on November 3<sup>rd</sup>. We will remember the members of our community who have died since last year at All Saint's Day, by reading their names and sharing a prayer in memory and thanksgiving for their lives.

In a follow-up to our recent school supply drive, I'm pleased to report that we collected 10 bags of supplies and cash donations totaling \$805 to benefit Frederick area students in need. Thank you to everyone who contributed to help young people in our area start the school year prepared to learn.

The Religious Life Committee will hold its next meeting Tuesday, October 1<sup>st</sup> at 2:30 PM in the Chapel. New participants are always welcome. Speak to one of the chaplains if you have questions.

As always, it is truly a privilege to serve the Homewood community. Blessings to all!

# NEW RESIDENT PROFILE

by Leslie Hobbs and Lora McClain Schucker



**L**ucky Brittain moved from Walkersville to an apartment at Crumland Farms in August, 2019. Over the years he often joined in activities at Homewood with many friends from his church who live here. He feels very fortunate to now be

part of the Homewood community.

Lucky is a native of Frederick. After graduating from Fork Union Military Academy in Virginia he served in the U.S. Army. Until his recent move he had his own shop, making custom furniture and cabinets. He enjoyed a long career in the construction field, including design draftsman/salesman and project manager for Floyd L. Culler, Inc. Lucky has been a very active member of First Baptist Church all his life. His service is to make a difference in the lives of others.

**J**o Zimmerly and Joe Berman moved to a patio home from their home in Frederick in July, 2019 to be close to friends. Jo was born in New York City and later moved to Hagerstown where she prepared for a career in nursing. She spent 34 years caring for people in the emergency and trauma departments before becoming a nursing educator and patient advocate. Jo has been an active volunteer in Frederick serving Meals on Wheels, the food bank and community gardens. She enjoys dancing, pickle ball, aerobics, hiking, reading and travel.



A native of Boston, Joe has also spent his life in the medical field having earned degrees from Clark University, Tufts School of Medicine and John Hopkins School of Public Health. As a physician, Joe worked at Sinai Hospital in Baltimore and was Deputy Secretary of the Maryland Department of Health and Hygiene. He was president and medical director of Maryland Blue Cross Blue Shield and served in the wound care department of Frederick Memorial Hospital. Joe also served in the U.S. Army Medical Corps.

**S**haron and Panagiotis Govotsos moved from their home in Gerrardstown, WV to a patio home in April, 2017 to be closer to their family. Sharon was born and raised in Frederick. After graduating from Bridgewater College, she taught home economics at the Frederick School for the Deaf. She continued her education earning an MA from Hood and an MSW from the University of Maryland, Baltimore in preparation for a long career as a kindergarten teacher, social worker, counselor and therapist in Frederick and Washington Counties. She has been a volunteer for organizations addressing the impact of violence on children and families. Sharon, who has three grandchildren, enjoys crafts, needlework, reading and camping.



Panagiotis was born in Washington, D.C. He spent his career in the computer service and security field. He is a Microsoft Certified Systems Engineer and worked at both Fort Detrick and IBM. In addition to computers, he enjoys cooking, reading and camping.



# RESIDENTS' UPDATE

## PARKINSON'S "LARGE AND LOUD" EXERCISE PROGRAM

by Lora McClain Schucker

Early in the summer during a *Gab with Gretchen*, residents with Parkinson's disease and their family members indicated an interest in having the Fitness Department lead a program of large and loud exercises that can be beneficial to people with Parkinson's disease.

Gretchen followed up on this feedback, and residents enjoyed the first session of Homewood at Frederick's Large and Loud Parkinson's Exercise Program on Tuesday, September 3rd. The exercises move the whole body and benefit everyone's physical fitness and brain health. All residents are invited to the weekly sessions on Tuesdays at 10 AM in The Lodge Fitness Center Classroom.



## SHOWTIME SINGERS VISIT HOMEWOOD

by Judy Vandever & Pat Curchin

Look for the red, black and bling of the Showtime Singers on Sunday, November 24th at 3 PM in the Event Center of The Lodge.

This mixed group of 35+ singers aims to entertain you with songs old and new accompanied by their own in-house big band sound. **Judy Vandever** now at The Lodge was a member of this dynamic group before she moved to Homewood. Mark your calendars today so you don't miss this event. Bring your friends and family to this fun afternoon. We look forward to seeing you.



# "TIDBITS" FROM YOUR ILRA PRESIDENT

by Shirley Erdmanis

## SOME THINGS I NEED TO COMMUNICATE AND TO REMIND YOU!

- **End of Month dining room spending:** I remind you again to monitor your dining receipts regularly and distribute your spending throughout the month. Please do not wait until the last day of the month to "use your money."
- **Carry Outs:**
- **Crumland Farms**

### Lunch

To request a specific time and items call extension 5265 or 301-644-5601 extension 5265. You may leave a message even when the Dining Room is closed.

Dietary has issued a new Policy - **No Carryout orders can be placed or picked up until 12:30 PM if the order has not been placed by phone.**

### Dinner

Carry out meals must be ordered at the Reception Desk, extension 6000 or 301-644-5600 by 3 PM. To request a specific time and items call extension 5265 or 301-644-5601 extension 5265.

### The Lodge

Carryout meals and the time the resident will pick them up are to be ordered at the front desk, at **extension 4000 or 301-644-5601 extension 4000.**

Dietary has issued a new Policy - **No Carryout orders can be placed or picked up until 12:30 PM if the order has not been placed by phone.**

## FINALLY:

The Summary of the Resident Survey from all three Neighborhoods has been communicated to all residents and Karen Main. A "Tracking" system has been developed and will be implemented within the next month.

My sincere thanks to all the residents who participated. I also thank all the officers and council from the ILRA for all the hours spent conducting and summarizing the Summary.

## HOMESWOOD AUXILIARY 2020 MEMBERSHIP DRIVE

by **Diana Corl** Membership Chairperson

Each Wednesday in October (2, 9, 16, 23 and 30) will be designated as *Homeswood Auxiliary Membership Day*. Auxiliary representatives will be in the Community Center at Crumland Farms from 11 AM to 1 PM and in the lobby at The Lodge from 2:00 to 4:00 PM for you to join or renew your membership. Auxiliary membership is \$3.00 per person. The Auxiliary also will take orders for the *Wreaths Across America* project.

Please join us for the 3<sup>rd</sup> annual *Taste of Fall* fundraiser at both locations on Wednesday, October 23. Stop by and enjoy delicious gingerbread, whipped cream and McCutcheon's cold apple cider. This event will be at the same time as the membership drive.





# CASINO NIGHT

NOVEMBER 1, 2019  
at the Lodge

5PM-9PM Shuttle Provided

**Blackjack\*Craps\*Roulette\*Poker\*Money Wheel**

**5PM Rat Pack Band & Reception**  
**6PM-9PM Casino Games**

**Black Tie dress optional**  
**(Professional Photographer**  
**available for picture taking)**



**This event is free to residents**  
**and funded by RLEEF**

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## NOTEABLES TALENT SHOW

by Lora McClain Schucker

On Friday, September 13th at The Lodge and Saturday, September 14th at Crumland Farms a talent show was held featuring members of the Noteables singing group.

L to R **Claude Revis** performed an act as Willie Nelson. **Maxine French** read an original poem, "Aging." **Pat Michener** and **Anita Tayabas** did a Tiny Tim act with ukuleles, singing *Tiptoe Through the Tulips*. **Ted and Nancy Marron** sang "Whatever Will Be Will Be" (Que Sera, Sera).



## WREATHS ACROSS AMERICA

by **Pat Curchin**, chairperson

Our campaign has begun. Visit the donation stations at CF (11 AM to 1 PM) or The Lodge (2 PM to 4 PM) each Wednesday until Veteran's Day. Each wreath is \$15. The Homewood Auxiliary receives a \$5 rebate for each wreath. These funds will support our Health Care Center needs. Last year we helped design a video travel program for Willow residents, purchased more robotic cats and dogs for the dementia wing, and gave iPods for individual needs.

If you would like to help us lay the wreaths on December 14th please check the travel packet and sign up for the Homewood bus.

For more information about "Wreaths Across America" visit their website at

<https://www.wreathsasscrossamerica.org/>

Thank you for your support.



## SIGN HANGING IN MY OFFICE

by **Jerry Hammond**

During the years when I served as a high school administrator in the 60's, 70's and 80's, I interviewed hundreds of students due to teacher referrals to the office. It became apparent that I was starting to hear the same type of excuses from the students. Because the school setting is supposed to be an environment for learning, I decided to post a sign in my office which caused the students to be creative. The sign read:

*Although I have already heard the excuse you are about to tell me, I'll listen to yours anyway. It may be a little more creative and different, or you can save us both some time and tell me the truth now.*

Truth usually prevailed.



# VOLUNTEERS OF THE MONTH

## MARY CATHERINE BRAKE AND AVADNA COGHILL

By Liz Kannenberg



**Mary Catherine Brake** and to learn so much about the help that is available,” says Mary Catherine.

Visionaires, a Homewood support group for blind or low-vision residents, was founded by Mary Catherine Brake at Homewood back in 2005. For the past 14 years, Visionaires has been a beacon of light for people dealing with the physical and emotional challenges of blindness or low vision.

Visionaires is a supportive and compassionate group that shares common vision challenges and resources. They host a wide variety of speakers, including an optometrist and a person who works with guide dogs, among other speakers. “We’ve even had the chaplain talk about the emotional challenges of vision loss. This is important because it is very hard to realize that you are losing your sight. Any loss of ability is hard, so it’s been enormously helpful to have guidance

Avadna Coghill, also a Homewood resident, is legally blind. She took over leading the Visionaires in 2014 in the hopes of keeping it around Homewood. She says her biggest challenge when she first began losing her sight was giving up reading. Once an avid reader, she now listens to books on tape offered free of charge through the mail through the Maryland State Library. Avadna has made adaptations that make living with blindness easier. One trick she uses is putting safety pins in the waistband of her pants to help identify the color to coordinate her outfits. “One for dark blue, 2 for green, 3 for red. If there are no pins, the pants are black” says Avadna. Her grandson gave her an electronic virtual assistant called Alexa. When instructed, Alexa can play music, play audiobooks, and provide weather, sports, and other real time information, like the news.



**Avadna Coghill**

She says she can only see shadows, but can identify people she knows by their shape and how they walk. “It’s always helpful when they announce themselves, and say something like, ‘Hi Avadna, it’s Sherry.’ ”

Attendance at Visionaires meetings is free and open to all Homewood residents and the larger Frederick community. Everyone is welcome! The group meets the first Tuesday of the month (except for July and August, when they take a summer break) at 10:30 AM in the Gardenview Room at Crumland Farms. Refreshments are served.

For more information on Visionaires or books on tape for the Blind and Physically Handicapped contact Liz Kannenberg, Volunteer Director at 301-644-5646 or [lkannenberg@hmwd.org](mailto:lkannenberg@hmwd.org)

# FREDERICK HISTORY

## BAKER PARK CARILLON

by Sal Cosentino

*A bell's not a bell 'til you ring it. A song's not a song 'til you sing it. Love in your heart wasn't put there to stay. Love isn't love 'til you give it away! Oscar Hammerstein (7-12-1895 to 8-23-1960)*

If you look at the photo of Joseph Dill Baker (4-2-1845 to 10-6-1938), in *The History of Frederick County From The Earliest*, Vol. 2, page 710,

[https://books.google.com/books?](https://books.google.com/books?id=SjBRAQAAMAAJ&pg=PA809&source=kp_read_button#v=onepage&q&f=false)

[id=SjBRAQAAMAAJ&pg=PA809&source=kp\\_read\\_button#v=onepage&q&f=false](https://books.google.com/books?id=SjBRAQAAMAAJ&pg=PA809&source=kp_read_button#v=onepage&q&f=false)

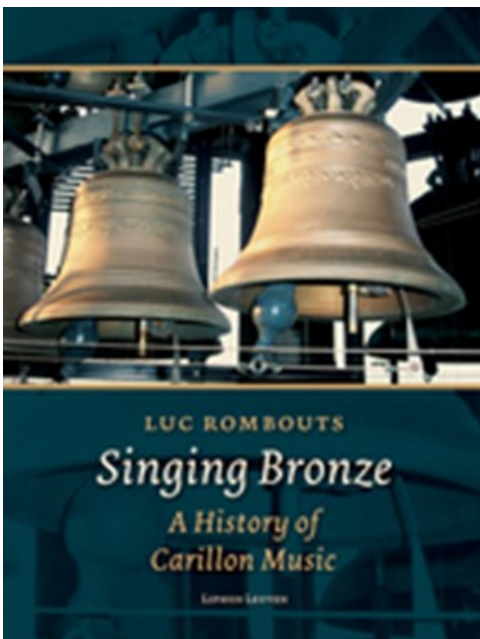
you would hardly guess that he is responsible for the carillon that bears his name, or the sentiment “A bell’s not a bell ‘til you ring it.” If you consider J.D. Baker’s legacy, it is appropriate to equate the love in his heart to the money in his bank account that he gave to his home town. He gave it away for Baker Park and the carillon.

J.D. Baker forfeited an opportunity to be Governor of Maryland due to his views on temperance (he opposed the sale of alcohol), and he was ahead of his time on the issue of integration (he opposed segregation).

Specific details about the J.D. Baker Carillon are given in an article written by Terry Higgins in the June, 2018 *The Chatter* (pg. 15 of 16).

If you want to dig deeper into the subject of carillons vis-à-vis pipe organs, (since it seems they had similar origins despite the differences in keyboards), it is interesting to find at least two instances where each is located: 1) Longwood Gardens in Pennsylvania and 2) Foreman Organ and Carillon in Simsbury, Connecticut.

<https://longwoodgardens.org/events-and-performances/music-performance-and-theater/our-resident-instruments>



<http://www.simsburyumc.org/clientimages/38760/carillon/the%20foreman%20organ.pdf>

On the other hand, all you ever wanted to know about Carillons, but forgot to ask, much can be found on “jstor.org” (see below).

<https://www.jstor.org/stable/j.ctt15hvwrh>

The book traces the origin of carillons from the bells of the Bronze-Age (3000BCE) in China, across the silk road to Italy, and beyond (via the Benedictine order of the Roman Catholic Church) and ultimately into the present era.

It is amusing to imagine a bronze age smithy dropping a bronze goblet intended for the Emperor, only to hear a bell tone, and then holding it upside down and striking it with a hammer to repeat the sound. It was the beginning of bells and carillons.

# GROUPS AND PROGRAMS

## HOBOS MEET IN October

by Jim Spiller

*Medicine: the Good, the Bad, & the Ugly*

Homewood resident George Smith, retired physician, former medical director of Homewood and several other places, famous banjo picker, and all-around nice guy, is our speaker on Thursday, October 17th. HOBOS will enjoy lunch together at noon, and the program begins at about 12:45 PM and is open to all. For the second month in a row, we'll be at The Lodge, since the MPR is reserved for another activity that day. George served six years in the Air Force and then 32 years in private practice in Frederick. He was Vice President for Medical Affairs and a board member of Frederick Memorial Hospital. He says his remarks at our meeting will center mostly on "the ugly" part of medicine.

Remember to reserve your spot for lunch by signing the lunch register at The Lodge reception desk or call 301-655-5601, extension 4000, and the receptionist will sign on your behalf.

## LUNCH BUNCH

by Nancy Boltz

The Lunch Bunch cordially invites you to attend their Tuesday, October 15th lunch at Crumland Farm (dressed for Halloween if you have a need to). We will meet in the MPR at 11:30 A.M. for gossip, have our lunch at Noon, then have fun as usual. Please call **Ev Higbie** at 301-304-0903 to RSVP to experience the fun, learn the secrets of your neighbors, or have nothing better to do!

## ALOHA

by Sue Chapin

Our Aloha meeting on October 25<sup>th</sup> in the Multi-Purpose Room at noon will feature a luncheon for the women and a presentation for all men and women by D. Larry Romane entitled "Medical Marijuana – Yea or Nay",

Dr. Romane is a graduate of Temple University Medical School in Philadelphia, a 35-year Emergency Room Physician, an instructor at FCC and a volunteer for *Mission of Mercy*.

ALL MEN AND WOMEN ARE INVITED TO THE PROGRAM FROM 12:45 PM TO 1:30 PM. Dr. Romane will speak on the current subject "Medical Marijuana - Yea or Nay". If you haven't ever attended one of his presentations, you will find him entertaining, understandable and informative. Dr Romane always welcomes questions from the audience.

## VISIONAIRES

by Avadna Coghill

The next meeting of the Visionaires will be on Tuesday, October 1st at 10:30 AM in the Garden View Lounge at Crumland Farms.

Our guest will be Tanya Artis, an Occupational Therapist and Clinic Manager in Homewood's Rehab Department. She will present info that would be helpful for people who have diminished vision.

Refreshments will be served.



# COMMITTEE OF THE MONTH

## HOMEWOOD TRAVEL COMMITTEE

by Sandy Brunken

The Travel Committee exists to facilitate opportunities for experiencing events/attractions/museums/art endeavors, etc. around the Mid-Atlantic region. Our trips are local, regional and occasionally overnight. Each month a detailed list of all Homewood trips is published.



L to R: Standing: Ruth Lea-Wilson, Nancy Molesworth, Bob Wolpert, Margaret Huddy, Doris Alexander, and Jackie Werner. Seated: Cindy Abbott, Sandy Brunken - Chairperson, Howard Smith, Jim Sasiadek, and Nancy Revis. Missing from the Picture: Jim Hubbard.

We facilitate resident input on travel opportunities. We do this by collecting comment cards and surveys to obtain information from Homewood residents about destinations they would like to attend. We also collect reports from trip attendees regarding their reaction to a trip.

### NOTICE - IDEAS TO IMPROVE *The CHATTER*

Members of *The CHATTER* staff are interested in your ideas about content that you would like to see in *The CHATTER*. To that end we encourage your participation in the production of each issue. You can contact the editors by phone, email or drop a note in the places mentioned at the right. You can also contact Leslie Hobbs at 301-304-5465, email [leslie.hobbs502@gmail.com](mailto:leslie.hobbs502@gmail.com)

Finally, all residents are encouraged to attend the staff meetings where we discuss the contents of the next issue. The next staff meeting will be held on October 18<sup>th</sup> at 9:30 AM in the 3rd floor library at Crumland Farms. Please let the editors know if you plan to come so we can have space for you.

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