

# Gadsden GAB

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## YEARS OF DEDICATION BY OUR STAFF: PART ONE OF A SERIES *Faith Dodge*

To kick off this special series, it was a pleasure for me to have the opportunity to chat with Jonna Cook about her years here at Bishop Gadsden. It is quite uplifting to have the opportunity to interview such dedicated people for the *GAB*. Marthenia (Maude) Brown, Beverly Grampus and Linda Moore are under Jonna's supervision and she made it possible for me to have the opportunity to talk with them as they each have over 20 years of service to our community. Therefore, we will begin our *SERIES: YEARS OF DEDICATION* with these three ladies.

### **JONNA COOK**

Jonna Cook has recently been promoted to Director of Health Services. She will oversee the administration of Myers Hall Assisted Living, Arcadia Close Memory Care and Read Cloister Skilled Nursing.

Jonna began her career in Upstate New York, then began working in Skilled Nursing in Summerville before joining the Bishop Gadsden Community. We are very fortunate to have Jonna not only because of her skills, but because of the dedication she shows to the residents and to her staff.

Jonna began here as a staff LPN and continued to advance to a supervisory role and the last five years was Director of Assisted Living. Jonna holds a BS in Organizational Management with a concentration in Healthcare Management. This past year Jonna received her Master's Degree in Organizational Management from Charleston Southern University.



### **MARTHENIA (MAUDE) BROWN**



Maude has been with Bishop Gadsden for 20 years, according to Administration's records, and 23 years, according to Maude's calculation, having started at the Cloister in 1994 for two years. Whichever number is correct, we are certainly blessed to have Maude with us for such a long time. She earned her LPN Degree at MUSC and worked there for 22 years. She left to go back to school and finally returned to us in 1998. She worked in Arcadia for 13 1/2 years. It was quite different back then. Each week they would set up the Activity Room with chairs and hymnals for the weekly church service. We did not have the beautiful Chapel we have today and Arcadia had no porch at that time.

Maude then moved to Myers Hall where she has a special closeness with the residents in her care. She realizes the challenges and the love shines through as she speaks of the time she simply sits and talks one on one with each of the residents, giving them the feeling of comfort and love. How fortunate we are to have had her dedication these 20 or 22 years!

### **BEVERLY GRAMPUS**

Myers Hall was dedicated in 1988 and expanded to the Cloister in November of 1992. Beverly began her Bishop Gadsden career in the Cloister in 1994 and worked there until 1998 when she transferred to the newly opened Arcadia. Beverly is a Certified Nursing Assistant and had the special tenderness that is apparent as she speaks of her children



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## YEARS OF DEDICATION BY OUR STAFF

and three grandchildren. She has much love and passion for all members of her family and feels the residents under her care here at BG are her family as well. When speaking of our President, Bill Trawick, her eyes brighten as she has such love and respect for Bill who has always been there for her and all the staff. Beverly has devoted her life to Bishop Gadsden and says she is, "Honored to be a part of the BG Community".

This devotion makes one realize how fortunate we are to be living here at BG and have people like Beverly to care for us.



### LINDA MOORE

Linda is a Certified Nursing Assistant and has been at Bishop Gadsden for 29 years. While working as a Housekeeping Supervisor at the Sheraton Hotel in Charleston, she attended Trident Tech and received her Certification as a Nursing Assistant. When she came to Bishop Gadsden in 1989 there were no Apartments, no Cottages, no Quay—only Myers Hall. Having just been dedicated in 1988, it was not filled to capacity and the Concierge area was their dining room and what is now Eliza's Attic was their kitchen. Linda is a delight to just sit back and listen to because her love of the residents and their families shows vividly through her stories. She has a constant smile and a contagious laugh. Again, how fortunate we are to have had her dedication these past 29 years!

## DOC TALK: TYPHOID MARY

*Dr. Jack Hisley*

In countries where sanitation is primitive, Typhoid fever, caused by *Salmonella Typhi* bacteria, is an important cause of illness. The disease occurs where the water supply is likely to be contaminated with sewage. Flies play an important role in the transmission of Typhoid fever, which is usually spread by carriers who infect other people through the contamination of food. Carriers pass the bacteria in their stools and urine. The organism may live in the gallbladder for years after one recovers from the disease.

Following exposure, the onset of Typhoid fever is insidious. After a few days, victims develop high fever, a rash, and flu-like symptoms. If untreated, abdominal distention with enlargement of the spleen occurs in 7 to 14 days, along with bloody diarrhea. By the third week, victims become increasingly ill from overwhelming sepsis and often lapse into a coma and die.

Mary Mellon immigrated to the United States from Ireland in 1883. She was an excellent cook and worked professionally in numerous upper class households throughout the state of New York. While in her 30s, Mary became ill with Typhoid fever and recovered, but like approximately 12% of those who survive the disease, she became an asymptomatic carrier. As a carrier, Mary Mellon unwittingly infected many people.

In 1906, Dr. George A. Soper, a sanitation engineer, was asked to investigate a Typhoid fever outbreak in a New York City household. During his investigation, Soper discovered that during the years between 1900 and 1906, a number of other households throughout



New York State had also experienced outbreaks during Mellon's tenure as cook in their kitchens. After yet another Typhoid fever outbreak in a Park Avenue home, Dr. Soper presented his findings to Dr. Josephine Baker, who was a physician with the New York City Public Health Department. In the 1908 issue of the Journal of the American Medical Association, all outbreaks were reviewed. Mary Mellon, deemed to be an asymptomatic carrier of the disease's causative bacterium *Salmonella Typhi*, was labeled "Typhoid Mary". By 1908, only a small number of asymptomatic carriers of the organism *Salmonella Typhi* had ever been identified, as

laboratory testing was not always reliable. Mary Mellon vehemently denied that she was a carrier and the sole cause of the outbreaks that had previously been reported by Dr. Soper. Mary claimed that she was a healthy person, and maintained that healthy people don't spread disease. According to Mary, the fact that she had been present during the many outbreaks that she was accused of causing was nothing more than coincidence. Because of her strong denial and flat refusal to change her occupation, Mary was quarantined for three years to protect the public's health.

In 1910, Mary was released after she swore to never again return to her only skill, which was professional cooking. Nevertheless, Mary did return to cooking. While cooking at the Sloan Hospital for Women and Infants, 25 patients contracted Typhoid fever; two of them died from the disease. Although Mary continued to deny culpability, she was quarantined once again. In isolation, Mary lived out the rest of her life on a deserted island in the East River, and died 23 years later.

## MESSAGE FROM THE VICE PRESIDENT / COO

*Sarah Tipton*

Happy February! My sense is that we are all welcoming this short chilly month with a bit of relief as we adjust to the significance of the year ahead. We can see the Glebe construction fully underway, the Commons renovations wrapping up, and behind the scenes, much progress is being made toward beginning construction later this year on our new state-of-the-art health care center. And of course, the announcement of Bill's transition to a new phase of life (formerly known as "retirement") is a big milestone for a highly cohesive Community like BG. We have all shared an array of emotions over the past weeks—from delight in Bill's new opportunities ahead, to melancholy as we imagine day-to-day life changed, to gratitude for the immeasurable gift of his leadership, vision, and friendship over the past three plus decades.

As we discover all this new terrain, a swell of appreciation and passion for our mission as a Community has emerged. Though it was developed some 18 years ago, our mission statement encompasses principles and values that guide us as much or more today than ever before. It speaks to the purpose of our lives together while affirming and celebrating each person's individuality. For our staff and management, it informs decision-making, behavior and expectations at all levels. Our day-to-day work and commitment to excellence, resource allocation, charitable activities, and short and long-range planning all grow right from these intentional phrases.

At this unique moment in our history, nurturing the mission of Bishop Gadsden is, more than ever, a dynamic and SHARED responsibility. Whether you participate through volunteer work, serving on a resident committee, visiting neighbors or helping friends in need, supporting the charitable fund, or simply holding the Bishop Gadsden Community in prayer, each of us is blessed with an important role to play. This mission—of first and foremost embracing God's call to ministry—reminds us that we are all called to engage in caring for each other and the greater community. It is our solid foundation as we approach the changes and exciting growth ahead. It is also the surest way to honor Bill, our great leader and friend, now and in the future!

*Our Mission Statement*

*Bishop Gadsden, a life care retirement community,  
embraces God's call to ministry.*

*We affirm positive living for all  
who live and work here.*

*We serve with integrity.*

*We exercise wise stewardship.*

*We reach out with a generous spirit.*

## CROQUET UPDATE

*John Boatwright*

On Friday, April 5, we will open the inter-club event at Spring Island to the entire group that belongs to both the BG Croquet Association and the Competitive play group. Play will be competitive (i.e., a club winner will be determined through competitive matches). White attire is required in all Inter-Clubs. Play will be in accordance with the 5th Edition of Golf Croquet Rules adopted effective November 1, 2018. We will take a bus or car pool depending on players' choice (we need 10 to afford a BG bus at \$505, with the cost to be divided equally among the riders.) Players and bus riders are limited to 12 people, of which, Jack and Mimi MacNeish, as our BG organizers, will be two. Our announcement will name the day and time that the sign-up sheet will be posted in the reservation book on the Activities table. No committee member, nor their spouse, may sign up sooner than 24 hours after the time the sign-up sheet is posted. Morning matches are from 10:30 AM until noon, followed by lunch with afternoon play ending at 3:00 PM. If a bus is chosen, it will leave at 8:00 AM from the Commons and be back at 5:00 PM that evening. Players will choose "bus" or "car" at sign up and will be liable for their portion of the bus fee at that point if that option receives at least 10 players/spouses. Non-playing spouses are allowed for lunch. Selection is on a first to sign up basis with a waiting list.

Thank you to all the residents who turned in their "pink" slips for outside organizations to receive a 2019 Bishop Gadsden Grant Application. We sent over 51 organizations grant applications on Friday, January 25. Applications are due February 13, so remind your organizations to get them in!

Save the date for Friday, March 8, at 2:00 PM in Blackmer Hall where you'll hear from the finalist organizations.

## BG EATS OUT: THE ROYAL TERN

*Adelaide Wallinger*

What a surprise! The Royal Tern was full of people on a MONDAY night.

That's good news for two reasons: to have a good restaurant open on Mondays (unusual) and one with exceptional food and service to attract diners so early in the week.

Royal Tern has only been open about five weeks and is already going great guns. Brothers John and Bill Williams, restaurant veterans, have created a modern, rather dramatic restaurant at 3005 Maybank Highway, located halfway between the Wild Olive and the Fat Hen on Johns Island. David Pell, former Coast Chef, rules the open kitchen. Seafood is queen at the restaurant with steak, chicken and sandwiches second in command. Seafood towers, oysters raw and cooked, carpaccio and ceviche are raw bar headliners. Its large bar opens Monday through Friday at 4:00 PM.

As usual, Scott and I ordered more than we could eat (our lunches the next day are always delicious with leftovers). He ordered the POTTED SHRIMP AND GRAVLAX (\$16) with rye toast, buttered crackers and crudités. It arrived on an attractive platter and would make a wonderful meal with room for dessert. Then he ordered the SEA SCALLOPS (\$31) served with a tangy pesto sauce and beautiful rice with orange beets and pine nuts.

To begin, I ordered my favorite PEI MUSSELS (\$12) steamed with red ale, shallots, fresh sorrel and sweet cream served with grilled toast. For my dinner, a whole GRILLED VERMILLION SNAPPER (\$33) bathed in an elegant beurre blanc sauce – the best grilled fish I have ever had. The presentation of the scored, golden-brown fish was superb. (Too big to finish.)



We ordered two sides: GARLIC FRENCH FRIES (\$5) with sea salt and parsley and ROASTED MUSHROOMS (\$8) with truffle, Parmesan cheese and chives.

No room for dessert for us, but there are three: CRÈME CARAMEL (\$8), POT DE CRÈME (\$8) AND BREAD PUDDING (\$8) with apples and pecans.

Next time we'll try the wood-fired steak – the BAVETTE (\$23) with bacon-seared greens, mushrooms, garlic puree and red wine just sounds good. There is also a Ribeye (\$36) and a FILET MIGNON (\$38). The SEAFOOD CHOWDER (\$13) and the CHOPPED SALAD (\$9) with romaine, iceberg, bibb, cucumber, buttermilk and bacon would make a great meal together. Add ribeye steak to salad for \$14, salmon for \$10 or shrimp for \$10.

I'm sure the GRILLED SALMON (\$28) with brussel sprouts, pine nuts, harissa and chermoula would be delicious as would the GRILLED SHRIMP (\$21) with citrus, garlic noodles, scallions and toasted benne.

There are fried dinners from \$21 to \$26: shrimp, oysters and fresh fish served with garlic fries and coleslaw. Sandwich selections include CHICKEN (\$13), fried thigh with aioli, bacon and a toasted Hawaiian bun. The OYSTER PO BOY (\$16) comes with herb mayo, hot sauce and French bread. The MARKET FISH has coleslaw, house tartar and a soft bun.

The Royal Tern is open Monday through Saturday from 5:00 PM to 10:00 PM. Reservations: Call 843-718-3434. Just before we left for the restaurant, I got a text message that I had 30 minutes to get there, urging me to carpool for the sake of parking. (There are 60 parking places at the restaurant.)

## JANUARY EMPLOYEE OF THE MONTH



*L to R: Bill Trawick, President/CEO, with Jametta and Daniel Larrabee, Director of EVS.*

A quote from Jametta "I like to keep my residents' homes like I would my own." And she does!!

Each week she has a plan of attack for a different part of the apartment and what is not emphasized then will be on the agenda for the following week. This may mean moving something to be able to clean behind it or rolling a small rug up and out of the way to thoroughly clean the kitchen floor. Many times a new hire comes with her and she mentors these people with tact and care. It's always a pleasure to have her come for she truly is a very nice person. She is the epitome of the BG Way. – Joan Ward on Nominating Jametta

*\*The GAB now regularly features Bishop Gadsden's Employee of the Month. Be sure to nominate a special employee*

*who has gone above and beyond for you, whether resident, family member, or fellow staff member. You can do so by using the nomination form located at the Activities sign up station.*

# THE WORLD ICE CARVING CHAMPIONSHIP

*M. P. Wilkerson*

BG's Executive Sous Chef Stuart Grayson is sharpening his chain saw and checking his carving tools for his next adventure. He has been asked to participate in the world famous Ice Alaska sculpting competition in Fairbanks, held on February 20 to 24.

"This is a world-wide ice carving competition," said Stuart, of the 2019 World Ice Art Championships. "I will be competing with the best of the best in the world. If I just get my name on the wall, I will be happy."

Stuart is responsible for the beautiful ice sculptures that grace Sunday Brunch and major events at BG. "I am a chef," he said of his profession. "Ice carving is just something I do."

A graduate of Johnson & Wales University, Stuart learned ice carving at the Atlanta Marriott Marquis hotel when he made it a provision of accepting his job that they teach him ice carving. Banquet chef Young Su Ye from Korea was his masterful teacher. "They did grand ballroom carvings," he explained. "They were over the top."

The Ice Alaska competition lasts for a week, and the participants can choose their own theme. Stuart is entered in the pairs level with Brian Connors, who owns Ice Age Ice Sculptures, an ice sculpting company in Summerville for which Stuart has done work. They chose the theme "from the sea."

Stuart and Brian will be creating a huge sculpture made from two 8-foot by 10-foot by 10-foot blocks of



ice, which collectively weigh thousands of pounds. And the ice must be special. This ice, harvested from a frozen lake, is crystal clear with a blue tint, and has already been cut. Interestingly, ice must age for several months or it will not carve correctly.

Susan Warner, daughter of BG's Katie Kelsey, lived in Fairbanks for 15 years and said she made it a point to see the exhibit of the Ice

Alaska sculptures, which were always, "Stunning and are even lit up at night." You can see some of the award-winning past sculptures at [sculptures.icealaska.com](http://sculptures.icealaska.com)

Stuart and Brian have three days to carve their 16- by 20-foot sculpture, which will be an entire scene. They have chosen an octopus reaching for crabs along with coral and seaweed. "The sculptures are massive," Stuart said, "and the detail is incredible. We will work from sun-up to sun down and they have lights so we can work at night."

Although there are cash prizes, Stuart said that for him, "The prize for the competition is bragging rights, and I have always wanted to go."

Stuart said that one can visit the web site [www.icealaska.com](http://www.icealaska.com), then go to "participants," and click on his name to watch him carve. There is also a place to vote for the People's Choice Award.

Jim Epper, director of Culinary Services remarked, "This is a wonderful opportunity for Stuart. He adds so much to our residents' pleasure with his wonderful ice sculptures and we are glad to support him and wish him good luck."

## EVS UPDATE

*Daniel Larrabee, Director of Environmental Services*

- ◆ Pub Enclosure (Chet's Porch): Project back underway. It is moving along well, goal is completion for use during Valentine's event.
- ◆ Apartment Hallway Renovations: Carpet for all floors has arrived and will be installed during the month of February. A schedule will go out in advance of work so residents are aware of impact.
- ◆ Worxhub (computerized work order system): Being updated to resolve some user issues with the help of fellow resident Ike Smith. Intend to host introduction/instructional opportunity in Blackmer Hall during the month of February. If you are a current or former user, please know this "fix" will result in you no longer having to log into the system to submit a work order, instead the system will automatically open when you log into BG Life automatically! In the interim, call EVS directly with any needs you may have and we will gladly submit a work order on your behalf.
- ◆ Landscape Master Plan Implementation: East and West sides of Apartment Building designated to be next which includes drainage element. Work will begin with demo in February, followed by drainage, with new design implementation following. Project duration expected to last through May. Specifics of how each resident is impacted will be communicated directly as the project moves along.
- ◆ Bus Replacement: A team has been shopping for the replacement of our 33 passenger bus. Purchase is planned for the month of February

**\*Future updates will be done on a quarterly basis.**

## BACK IN TIME: JOSIAH GORGAS 1818 - 1883

*Dr. Jack Hisley*

Josiah Gorgas, who was born in Pennsylvania in 1818, graduated from West Point in 1841. Young First Lieutenant Gorgas was assigned to the U.S. Army's Ordnance Department, which was responsible for weapons acquisition, maintenance, and distribution. He was stationed at several arsenals before his service in the war with Mexico from 1844 to 1846. During his assignment at the Mount Vernon Arsenal near Mobile, Alabama, Gorgas fell in love with and later married Amelia Gayle, who was the daughter of the former governor of Alabama, John Gayle. A son, William Crawford Gorgas was born on October 3, 1854. Following the birth of William, then Captain Gorgas traveled to Europe to study various foreign armies and in particular how other countries managed ordnance.



daunting feat was promoted to Brigadier General on November 10, 1864.

After the war, the Gorgas family moved to Brierfield, Alabama in 1866 where Josiah invested his scant savings in a blast furnace and planned to spend the remainder of his life manufacturing iron. Problems with heavy expenses and limited capital soon led to business failure. However, for Josiah Gorgas, the good followed the bad because at that time, the leaders of the Episcopal Church were in the midst of establishing an Episcopal university at Sewanee, Tennessee.

The University of the South opened in September 1868. Upon the recommendation of Robert E. Lee, who was president of what is now Washington and Lee University in Lexington, Virginia, his friend Josiah Gorgas was named headmaster of the Junior Department. Son William Crawford Gorgas, known by those close to him as Willie, received his AB degree from the University of the South on August 5, 1875. By that time, his father Josiah served as Vice Chancellor of the university. In 1878, Josiah Gorgas resigned the vice chancellorship to accept the Presidency of the University of Alabama, where he remained until his death on May 15, 1883.

Special Note: Bill Gorgas, a direct descendent of Josiah and his son William Gorgas, and Bill's wife Kate are residents here at Bishop Gadsden.

When the American Civil War became inevitable, Captain Gorgas resigned from the U.S. Army. Although conflicted, owing to his devotion to Amelia and his respect for her deep Southern ties, Gorgas joined the Army of the Confederacy and was commissioned major and Chief of Ordnance. Although faced with the South's lack of resources and manufacturing, by 1863, Major Gorgas had the Army's Ordnance Bureau operating efficiently in that he was able to respond to their needs in a timely fashion. Essentially, Gorgas created an armament industry in the South from scratch, and for this

## NEW AGE HEALTH TECHNOLOGY

*Jamie Gough*



As I fell, I knew it was going to hurt but it wasn't as bad as I was afraid it would be. I was reaching down the face of a sand bunker to retrieve my partner's ball in the sand trap while a fellow golfer held my arm for support. I slipped and careened into the soft sand. Checking, other than my dignity, everything else seemed OK. As I was extricating myself, my Apple Watch started vibrating. Checking it, the message read, "It appears you have suffered a hard fall. Do you need assistance?" I tapped "No" and started out of the bunker. About ten seconds later another vibration and a message asked, "Are you sure you are all right?" and gave me emergency numbers to use if I needed them. My watch is the new Series 4 with the ECG, heart rate monitor and Health Mate apps.

John, a friend of mine, was playing golf in Florence, SC, and got a call on his watch from a doctor at Stanford University Medical Center. The doctor said he had been alerted through John's watch and that he needed to get to the emergency room immediately. The doctor had been alerted when John's watch activated after detecting a heart irregularity. John did go to the emergency room and three days later underwent triple bypass surgery. This is pretty amazing technology that is just beginning to be developed. Tim Cook, Apple's CEO, recently said that in the future, Apple will be known for its contribution to health more than anything else. Both of our sons are reaching their fifties and for Christmas, I sent them Apple watches just for the purpose of getting them started into this new age of health and prevention. Besides being useful, I like my watch because it's fun feeling like Dick Tracy when I use it as a phone and talk to my wrist.

**The GAB Electronically!** If you would like to receive the GAB electronically, email [stephanie.ochipinti@bishopgadsden.org](mailto:stephanie.ochipinti@bishopgadsden.org) to be placed on the mailing list.

## INFLUENZA PREVENTATION

*Dr. Bill Wilson, Putman Clinic*

- Wash your hands thoroughly (sing “Happy Birthday to You” twice) before and after meals and after each visit to the restroom.
- Wash your hands before and after any activities such as playing cards, working with puzzles, and handling any community books, magazines, newspapers, etc.
- Symptoms of a runny nose, cough, or generalized fatigue that is sudden in onset, need to be evaluated by a physician; avoid contact with other residents until the symptoms have resolved or you have been cleared by a physician.
- The use of hand sanitizer is good for an emergency or when soap and water is not available. However, soap and water are the best method for cleaning the hands. The use of hand sanitizer more than seven to eight times a day reduces its effectiveness.
- You have only 48 hours from the onset of flu symptoms to begin using the Tamiflu medication. Otherwise, the illness will have to run its course, which is usually 7 to 10 days. During that time, you will need to be isolated from the other residents.
- If any family members are visiting, make sure that they have not been exposed to the flu and are not experiencing any flu-like symptoms. They are potentially a danger to you and to the other residents of Bishop Gadsden.
- The fitness center, pool, woodworking shop, art studio, dining rooms, auditoriums, Chapel, and YES, EVEN THE PUB!!! are public places where potentially infected individuals can endanger all other residents.
- Proper handwashing is a major strategy for containing the flu. Also, remember to avoid rubbing your eyes, nose or mouth, which may serve as a potential portal of entry for the virus.

### COLD AND FLU SYMPTOMS AND PREVENTION



## CSO CONDUCTING WORKSHOP AT BG

*Britt Lock, Resident Event Coordinator*

Have you ever wondered how conductors practice? Unlike instrumentalists, conductors are expected to have perfected their training and craft before getting their hands on their instrument - the orchestra. As you can imagine, “podium time” opportunities for young conductors are extremely rare but are absolutely essential if they are to hone their craft and gain experience.

The Charleston Symphony Orchestra (CSO) provided this opportunity in an inaugural Conducting Workshop held at Bishop Gadsden from January 6 to 10. The exciting new event featured nine young, up-and-coming conductors from all over the world who worked with the Charleston Symphony, ending in a free concert conducted by the young conductors on Thursday, January 10 in the Chapel.

Daily sessions involved the young conductors working with internationally renowned conducting teacher Maestro Mark Gibson (University of Cincinnati), Professor Aik Khai Pung (University of Cincinnati) as well as, Ken Lam and the CSO musicians in workshops and classes. It is a rare opportunity to get a glimpse into how a conductor effectively leads an orchestra through their expressions and gestures. The young conductors were in various stages of their training, some had already finished their graduate studies, while others are current undergraduates in music performance degrees at the most prestigious conservatories but looking to pursue the path of a conductor. They were competitively selected based on their talent and potential.

This was a wonderful opportunity for Bishop Gadsden residents to watch how young conductors learn and witness their progress. The final symphony included the CSO’s principal musicians being led by the newly trained conductors – it was truly magical. We hope to welcome them in the near future!



## IN LOVING MEMORY

*Mary Robinson*  
1/5/1934-1/5/2019

*John Townsend*  
5/1/1943-1/31/2018



## WHAT'S HAPPENING!



It is a new year for our *Myers Hall Way Award*—that we have been presenting for the past eight years!

The *Myers Hall Way Award* for January goes to a resident who is friendly and inviting to all residents and staff daily. She is rarely without a smile and always has a kind word to share. She is known for inviting residents to programs and is the first to welcome a new face. She is friendly with staff having built amazing connections with the staff members of Myers Hall during her short length of time here. Kind is another word to describe this resident – she thanks staff after events and congratulates them for a job well done.

Please join us in congratulating Jody Anderson as this month's *Myers Hall Way Award* recipient!

### 2019 Continuum of Care Series

The Continuum of Care Series is a forum for open communication between residents and staff about how to navigate this continuing care retirement community and the resources that are available to residents. Please mark your calendar for the sessions below and sign up for each session in the book. All sessions are in Blackmer Hall.

LUNCH SERVED AT 11:30 AM  
PROGRAM BEGINS AT NOON

February 7	Transitions
February 14	Read Cloister & Medicare
February 21	Assisted Living & Home Health
February 28	Support Services & Connections
March 7	Emergency Services & Compliance
March 14	Advanced Directives & End of Life

### PICCOLO SPOLETO FESTIVAL

CHARLESTON, SOUTH CAROLINA



Representatives from Piccolo Spoleto Festival will be at Bishop Gadsden to assist with the purchase of tickets for their upcoming season. Please remember to bring checks or credit cards.

**Friday, February 1**  
**2:30 PM**  
**Anderson Conservatory**

### *Looking Forward to Celebrating All Things Lowcountry with Our 2018 Donors & Volunteers*

If you received your invitation and haven't RSVP'd yet, please let us know if you'll be joining us for the festivities by February 19.

Thursday, February 28  
5:30 PM  
Bishop Gadsden Common Areas



**Please Note: DO NOT** give any personal information over the phone to companies who call you. The IRS, your bank, Apple, Microsoft, etc. will not call you for information—they will always send you a letter for you to contact them.

## WHAT'S HAPPENING!

### ***Mark Your 2019 February Calendars***

**Friday, February 1, at 2:00 PM**

Women's Health Forum  
*Blackmer Hall*

**Monday, February 4, at 3:00 PM**

Finance Town Hall  
*Blackmer Hall*

**Tuesday, February 5, at 4:00 PM**

Charleston Historic Foundation  
*Blackmer Hall*

**Wednesday, February 6, at 4:30 PM**

Paul Roberts Art Show Reception  
*Miller Art Loft*

**Saturday, February 9, at 3:00 PM**

Piano & Singing with SOA Piano Majors  
*Morse Activity Room*

**Tuesday, February 12, at 3:00 PM**

Bald Eagles Presentation with Emily Davis  
SC Audubon Staff Member  
*Myers Hall Activity Room*

**Thursday, February 14**



**Saturday, February 16, at 4:00 PM**

Academy Award Songs-Winners & Nominees  
*Blackmer Hall*

**Thursday, February 21, at 3:30 PM**

Poetry Club  
*Myers Hall Activity Room*

**Friday, February 22, at 3:30 PM**

Valentine Music Trivia with Alton Cox  
*Morse Activity Room*

**Tuesday, February 26, 11:00 AM**

New Healthcare Building Town Hall  
*Blackmer Hall*

**Tuesday, February 26, at 3:30 PM**

Ann Gridley Antarctica Presentation  
*Myers Hall Activity Room*

**Wednesday, February 27, at 10:30 AM**

Serendipity Singers  
*Morse Activity Room*

### Charleston February Events Calendar

*Please note, these are not Bishop Gadsden events; therefore, no transportation is provided.*

- |              |   |
|--------------|---|
| February 1-2 | Royal Fireworks<br>Gaillard Center<br>843-723-7528  |
| February 2   | Beauty & History: Camellias<br>Middleton Place<br>843-556-6020  |
| February 5   | Shanghai Opera Symphony Orchestra<br>Gaillard Center<br>843-242-3099                                      |
| February 10  | Sonatas & Sonnets<br>South Carolina Society Hall<br>843-763-4941  |
| February 13  | Gracie & Lacy: My Funny Valentine<br>Forever Charleston Theatre<br>800-838-3006                           |
| February 19  | <i>Rodgers &amp; Hammerstein's Cinderella</i><br>Gaillard Center<br>843-242-3099                          |
| February 23  | Slavery to Civil Rights in Charleston:<br>Author Talk<br>Charleston County Public Library<br>843-530-7582 |
| February 26  | Chamber Music Charleston<br>Dock Street Theatre<br>843-763-4941   |
| February 27  | Alvin Ailey American Dance Theatre<br>Gaillard Center<br>843-724-5212                                     |

### **Resident Update Meetings**

Myers Hall: Tuesday, February 12, at 4:00 PM  
*Myers Hall Activity Room*

Apt/Cots: Wednesday, February 20,  
9:30 AM Resident Coffee, *Anderson Conservatory*  
Meeting at 10:00 AM  
*Blackmer Hall*

Read Cloister: No Meeting

## FEBRUARY BIRTHDAYS

## HAPPY BIRTHDAY

1 Donald Shannon  
 3 Hal Aronson  
 3 Edith Montano  
 3 Greg Stahly  
 3 Sandy Tedesco  
 4 Peggy Bird  
 4 Karen Davis  
 4 Anne Partin  
 4 Martha Tucker  
 5 Kitsy Westmoreland  
 6 Pat Labonge  
 6 Kay Skidmore

7 Ron Tedesco  
 8 Linda Forrester  
 8 Henry Fralix  
 10 Joe Hahn  
 10 Lois Randall  
 10 Marie Read  
 11 Nancy Scott  
 12 Allan Jaffe  
 12 Joan Ladd  
 13 Jan Marrs  
 13 Kathleen Turner  
 14 Bev Middleton  
 14 Carol Walker  
 15 Polly Eells  
 15 Joan Ward  
 15 Sara Breibart  
 15 Marabeth Wedewer  
 16 Edie Dixon  
 16 Gerry Gherlein  
 16 Linda Lear  
 17 Margaret Tucker  
 18 Frances Alexander

18 Hutchie Cummin  
 19 Nancy Edwards  
 19 Jackie Fleet  
 20 Carol Galvan  
 20 Shermalyn Kelce  
 20 Helen Leonard  
 25 Joyce Gherlein  
 25 Jean McIlwain  
 26 Jemison Gale  
 26 Doris Lifton  
 26 Suzanne Scofield  
 28 Alive Levkoff  
 29 Eileen Van Horn

**Welcome New Residents**

Anne Prussing  
 Tommy Thornhill

 MOVIE REVIEWS  
*Adelaide Wallinger*


*On the Basis of Sex* is all about being young and struggling just like everyone else—even though you are going to be very famous later on as a Supreme Court Justice. This is the story of Ruth Bader Ginsberg as a young woman. It opens as she and her husband, Martin, parents of a baby, are both in law school. He gets a life-threatening cancer diagnosis and she has to take over his class-work and do hers until he recovers.

It also tells about her first case to stop discrimination on the basis of sex. But this one (Moritz v. Commissioner of Internal Revenue) is actually about discrimination against men, not women. Felicity Jones plays Ruth and Armie Hammer plays Martin—and their synergy as husband and wife and young lawyers is beautiful to watch.

Bravo to Emily Blunt, in *Mary Poppins*

*Returns*, for taking on the role of nanny Mary Poppins, which Julie Andrews made famous 55 long years ago. She doesn't play it like Julie but she does it well. And her voice is just as marvelous as Julie's was.

If you like a musical now and then and a good story, go see this one. The Banks brother and sister, all grown up, face unhappy times with the loss of his wife. Michael is also facing loss of his home if he can't track down missing stock certificates. Mary Poppins (Emily Blunt) sails back, umbrella open in hand, to help. Lin-Manuel Miranda (of *Hamilton* fame on the New York stage) plays Mary's friend, Ben, the lamplighter, and adds lots of verve to the film.

Colin Firth plays the dishonest banker, Meryl Streep plays Mary's kooky cousin and Dick Van Dyke makes a cameo appearance at the end.



**The GAB Electronically!** If you would like to receive the *GAB* electronically, email [stephanie.ochipinti@bishopgadsden.org](mailto:stephanie.ochipinti@bishopgadsden.org) to be placed on the mailing list.

## CHAPLAIN'S UPDATE

*The Rev. Tom Wilson*

Often, while driving to work, I listen to music. Recently I heard a song by Tracy Chapman. That song was "Change".

Here are a few of the first lines from the lyrics: "If you knew that you would die today, if you saw the face of God and love, would you change? Would you change?"

As happened when I first heard them, they still touch my heart. After over 25 years, these lyrics continue to impact my life. Today, I more readily recognize when I am hiding in the shadows, rather than being fully honest in my answers. Today I am more willing to truthfully and with God's guidance, look at my life's choices.

Here are examples of questions that I first started to ask, over 25 years ago: "Am I satisfied with what I see in my personal relationships?" and "Is this where I want to be in life at this age and with these obligations?" and "Is how I am living today also how I want to spend the next 5 years?" The questions could be endless.

After wrestling with many questions, I learned that truthfully answering fewer questions was a better route. One way I test how truthful my answers are is by talking with Ruth. She continues to speak truth to me in love, as she lovingly reflects back to me what she hears me say;

then she will compare my answers what she sees me doing. To no surprise, there is always a gap. Over time, thankfully the gap is smaller.

For anyone who might embark on a journey of self-discovery such as I have described, I have a simple suggestion. There is really only one question that we need answer. It is this: "Am I living life as God wants me to live it?"

For me, after years of being self-directed I reluctantly came to this answer: "My greatest peace and sense of fulfillment comes, when I am trying to follow God's path or plan for me."

I say reluctantly, because for much of my life, I tried to do and live as I believed was best. My best was not enough. From today's vantage point I can readily see that my best delivered a life where too often I was heartsick; too often I felt empty and aimless.

Today, my life is far from perfect. However, I can look back and see that one positive turning point was to seriously consider Tracy Chapman's questions, "If you knew that you would die today, if you saw the face of God and love, would you change? Would you change?"

## NAVY, WORLD WAR II

*Bishop Alex Dickson*

During World War II, I joined the Navy at the age 17. I was afraid that the war would be over before I "got there". When I "got there", I very soon wondered why I was in such a hurry.

I served on a Destroyer in the Battle for Okinawa. We lost 30 destroyers during that battle. They were hit by kamikaze planes, which were Japanese suicide planes that would deliberately crash into one of our ships. Fortunately, our ship, the John A. Bole, was never hit.

After the Japanese surrender, that brought World War II to an end, the task of our armed forces was to destroy all of the Japanese armament. Our ship was involved in this process. We had several assignments, one of which I would like to share with you.

Our ship was sent to a large island called Saishuto, which is about 40 miles south of the southern tip of Korea. Our mission was to receive the surrender of the 5,000 troops based there and destroy their armament. Our one ship was accompanied by two small LCM boats (Landing Craft), each of them carrying 50 soldiers. We were told that the Japanese were ready to surrender. While we were sailing to Saishuto, they asked for 20 members of our crew to volunteer to be the initial landing party. The soldiers would come ashore later. There were no volunteers. So the Captain chose the 20 "volunteers". I was one of them. We were each given a Browning automatic rifle. I had never fired one. Each of

us was then given gunnery practice on the way to the island.

We anchored in the harbor and the 20 of us, plus one young officer (an Ensign) as our leader, boarded a boat from our ship. The plan our Admiral had given us was to send in a deliberately small force so as not to make the Japanese think we were coming in to fight.

We proceeded toward the dock. The Ensign was standing up and holding a large American flag. The dock was filled with Japanese soldiers as far as we could see. They were all quiet. Our boat docked, the Ensign stepped out on the dock holding the flag, and suddenly a great shout came from the thousands of Japanese soldiers. We were petrified! We thought they were shouting "banzai", their war cry. In reality, it turned out to be a joyous shout because the war was now over for them. You can imagine our relief.

In the days that followed, our 100 soldiers came in on the two landing craft and supervised the work details of the Japanese as they brought load after load of artillery and other arms, plus huge amounts of ammunition, then carried them off shore and dumped them in the ocean. They also burned airplanes and tanks that were on the island.

During this process, each of our officers were given a Japanese sword and handgun as a souvenir, and each crew member was given a Japanese rifle, which I brought home with me. It is now in the hands of one of my grandsons.

# OUR ANTARCTICA ADVENTURE

## Ray Houlihan

If one of your big time retirement plans is unusual travel, then a trip to Antarctica is a must. Throwing caution to the winds, Sally and I signed up and made that very trip last December. It's tempting to write only about the obvious well known high points of a trip of this nature; the penguins, the seals, the humpbacks and orcas, the snow covered mountains, icebergs and glaciers. Instead, I'm focusing on our amazing shipboard experience on the Seaborne Quest.

Consider this—on the second day of our voyage we were introduced to the expedition team. Twenty five amazing explorer/experts who knew everything relating to the Antarctic experience. Most had at least a PhD and all had been involved in scientific explorations. Following their early introductions our next days were filled with lectures on their special interests. They spoke with eloquence and passion and all without notes. We both felt we were back in college working toward special advanced degrees.

We also were treated to some fascinating films, among them the harrowing and famous Shackleton expedition that began in 1914. Their ship was eventually crushed by ice, leaving the crew of 28 men in dire jeopardy. Shackleton and four men journeyed to find help and after two years of abandonment, every man was saved and the survival story went into the history books.

Now, were we ready for the freezing temperatures facing us on our arrival in Antarctica?? The answer...Absolutely! We donned silk underwear, several sweaters, special lined waterproof pants, an inner down jacket and a very warm outer hooded jacket

*Gentoos nesting.*



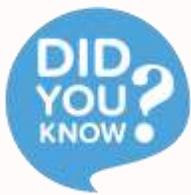
plus gloves, wool hats, heavy socks, heavy rubber boots, life jackets and ice poles to help with walking.

After being checked that our life jackets were secured properly and our ID cards were attached to our jackets, we were helped into our heavy duty zodiacs to be delivered to the ice in the company of some of our expedition experts. The penguins were everywhere and oblivious to our

small landing party. The Gentoos were focused on constructing and maintaining their nests of stones while keeping one or two large eggs warm. Maintaining the nests is a very dirty business. One of the partners would finally call it quits and go off to sea to clean up, fish and turn into an acrobatic torpedo while the other guarded the home front. We visited other colonies and were always delighted by these enchanting birds, stealing stones from other nests, fighting off marauders with indignant squawks or waddling down to the sea to get clean. The rock hoppers with their wonderful "Dagwood Bumstead" cowlicks were also fascinating to watch.

It's important to note that the expedition team went to each landing area before we were allowed to follow. They set up trails with flags and warned us not to deviate from the route. When the last guest had left, the team swept away our footsteps, looked for any scrap of litter and left each place we visited absolutely clean. The rules are very strict, as they must be, to maintain the pristine beauty and health of the Antarctic.

We covered much of the same route as Shackleton but with 21st century equipment and luxury living. We urge anyone looking for a special adventure to a magical continent to seriously consider a trip like ours. It wasn't easy, but it was well worth the effort.



The Village Shop is currently carrying two lines of merchandise that benefit national and international organizations! **That's All** is a line of coasters, cards, and mugs that bring humor to everyday life. A portion of the proceeds goes to fight against ovarian cancer. **Sips**, a line of party items, paper products, wine carriers, and tags, goes to help drill a well in a Ugandan village in need. Come this Fall, The Village Shop will carry **Turkey on the Table**—an adorable knit turkey with customizable feathers. Each turkey sold provides 10 meals for people in need through their partnership with Feeding America.

So not only does your shopping help the Charitable Fund, it also helps those in need throughout the nation.

The *Gadsden GAB* is a monthly publication written by and for the residents of Bishop Gadsden. Submissions from all residents and staff are welcome and are used on a space-available basis.

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