

Gadsden GAB

February 2016

Issue 310

A P U B L I C A T I O N O F B I S H O P G A D S D E N

View the *GAB* online at www.bishopgadsden.org

Winter
2016



GET INVOLVED AT BG

Sallie Gough

Are you bored? Are you staying inside too much? Are you taking too many naps? Are you snacking, instead of interacting? The answer is on its way!

This spring, on Wednesday, March 23, from 10 AM to noon in Blackmer Hall, BG will hold an exposition of in-house activities to join and in-house places to volunteer. In one session, you can talk with BG residents who participate and volunteer and are eager to peak your interest and get you involved. It will be a perfect time to ask questions about how to learn a game or task, when and where it happens, and how to join up and talk with residents who are already involved. You can even introduce your own idea of an activity you would like to organize.

We have activities and classes to keep you fit and are easy to join. In the pool and great fun to watch as well as participate: water volleyball, water aerobics, and water walking. In the Fitness Center: stretching, strength training, Yoga, bend & stretch, Tai Chi, balance & posture. Another great activity to watch and play, held in the Palm Court: bocce ball.

Games to play: Duplicate Bridge, Party Bridge, Canasta, Mahjong, and Poker. Things to learn or practice: Italian, Great Courses, art, iPad and Mac computer help, BG Purls (knitting, needlework, stitching, etc.). Opportunities to reflect, study, discuss, pray: God's Gals, Chapel services, and centering prayer. Bettering mind or body: Weight Watchers, and current events. Communing with nature: beach walk.

Announced on the Yellow Sheet with opportunity to join at the sign-up table: excursions for shopping, dining in local restaurants, mystery trips, museum trips, and local tours. A brand new start-up activity, instituted by residents: BGMYC (Bishop Gadsden Model Yacht Club), an excellent chance to build and sail a model yacht or to watch and root for your favorite sailor.

How about the volunteering opportunities at BG? In the BG Chapel, you can sing in the choir, usher, serve, read the lessons, you can join the altar guild, count the collection money, or take communion to those who cannot attend church. If you enjoy anything to do with retail, you can volunteer in the Village Shop and in Eliza's Attic: you can be a cashier, assist with scheduling, be part of the sorting and pricing group, be a hostess to show customers around. You can help choose the movies to be shown; stuff the cubbies in the mailroom; change out the daily schedules in the elevators. You can volunteer to bring our wheelchair residents to events. Other opportunities for enhancing the BG environment: join the Flower Guild or be part of the Allison Library staff. An important part of volunteering is recording the hours in the book located in the mailroom. As a CCRC, BG is obligated to give back and must report the hours volunteered and monies donated, as well as tell the BG story to our local and state community.

There are probably a multitude of volunteer opportunities and activities not listed in this article. Additionally, we have many BG residents who participate in activities off-campus and volunteer hours to charitable organizations. However, the purpose of this article is to focus on what we can do right here under our own roof.

So consider your interest, and talents or whatever you might want to learn and come to the Volunteer and Activity Fair on March 23. Join up, have fun, help out...as a participant or as a volunteer.

INSIDE THIS ISSUE:

- 2 Thyroid Awareness
- 2 Souper Bowl
- 3 Message from Vice President/COO
- 3 Do You Remember?
- 4 Camp Road Project
- 4 Funny Story
- 5 Considerate Life
- 5 Nursing Internships
- 6 From the Heart
- 7 Restaurant Review
- 7 Duck Heaven
- 8/9 Happenings/Calendar
- 10 Birthdays
- 10 Movies
- 11 **Chaplain's Update**
- 11 History of February
- 12 Did You Know?

JANUARY WAS THYROID AWARENESS
Walt Ector



The thyroid gland is a very important gland in our bodies. It is the butterfly shaped gland located in the front of our necks. This gland produces Thyroxine, an important hormone that controls our metabolic rate.

Too much thyroxine, known as hyperthyroidism, causes an increased BMI, with weight loss, jitteriness, rapid heartbeat, difficulty sleeping, and heat intolerance. Too little thyroxine, known as hypothyroidism, causes weight gain, sluggishness, drowsiness, hair loss, dry skin, and cold intolerance and is found most often in women aged 60 and older.

There are a number of conditions that cause problems with the thyroid gland:

GOITER—Iodine is a necessary mineral in our diets that the thyroid gland needs in order to produce thyroxine. A diet low in iodine causes the thyroid gland to enlarge, causing what is termed a “goiter.” This is usually associated with hypothyroidism with the above listed symptoms and signs. Also, if a pregnant woman has a diet too low in iodine, the baby may be born hypothyroid and mentally challenged. In the 1920s, goiter was fairly common in a great many parts of the US. Interestingly, South Carolina was not one of these, probably because of the high iodine content of seafood. At one time, all of SC license plates carried the slogan “The Iodine State.” A simple arrangement, adding iodine to table salt, essentially did away with goiter in this country. I do not know why iodine is no longer added to most table salts.

THYROID NODULES—for some unknown reason, thyroid glands may develop lumps. A large percentage of these nodules are benign; however, cancer can occur in the thyroid gland and presents the

same way, and so diagnostic procedures must be done to exclude cancer.

THYROID CANCER—this is not nearly as common as many other forms of cancer and fortunately can be fairly easily controlled. However, it usually occurs with no other symptoms except a lump in the gland. Ultrasound and needle biopsy may be needed to differentiate. Fortunately, thyroid cancer is easily controlled with surgical removal of the gland followed by treatment with radioactive iodine. Iodine is taken up by the thyroid gland and no other tissue, so the radiation kills the thyroid cancer cells, while not effecting the other cells. Sometimes radioactive iodine alone can be curative. There are about 45,000 cases of thyroid cancer diagnosed each year in this country, but it causes fewer than 2,000 deaths.

THYROIDITIS—inflammation of the thyroid gland is the most common cause of hypothyroidism. This is an autoimmune disorder in which our antibodies attack the gland. The cause is obscure. Thyroiditis usually causes an initial rise in the output of thyroxine, causing the signs and symptoms of hyperthyroidism. This is soon followed by a diminution of thyroxine output, and hypothyroidism. This requires supplemental thyroid hormone treatment, T4, for life. This can also be easily controlled.

GRAVES DISEASE—bulging of the eyeballs occurs, treatment is usually accomplished with surgical removal of all or part of the gland and radioactive iodine.

This article is the first in a series sponsored by the Health and Wellness Committee. The *GAB* staff is hoping that we will have one article a month to publish. Having so many retired physicians in our resident population gives us a unique opportunity to tap their knowledge, or hear about personal experiences. If the series proves successful, we hope to launch another series from lawyers, engineers,

The BG Model Yacht Club is in Full Swing!

Residents and their “yachts” are setting sail. If you would to participate, please contact Resident Dave Warner.





MESSAGE FROM THE VICE PRESIDENT/COO
Sarah Tipton

I write this month from San Antonio, where I am attending a program for the Leading Age Leadership Academy fellowship I began in October. What an incredible experience it is!

The 2016 class of Fellows is divided into small work groups of 8, and these teams join together to share experiences as larger group. I am surrounded by senior living leaders from all over the country. In my work group alone, we come from the states of PA, CA, FL, CO, SC, CT, IA and MA, and represent leadership from a diverse group of not-for-profit senior living organizations, including large multi-site systems, single-site communities, affordable senior housing, and even an organization of multiple senior centers. It is an energetic team, immersed in study, experience and dialogue about how to fulfill our mission of serving seniors in a rapidly growing and changing environment.

Innovation in all dimensions of senior living is the theme of the week. We toured communities in San Antonio to see "neighborhood" models for both memory care and skilled nursing rehab. Built for maximum therapeutic benefit and quality of life, these small 14-resident houses were connected into neighborhoods to create spacious environments specifically designed to support residents in their independence, regardless of health condition. Enhancing the overall rehab experience was a major topic of discussion, including how dining options influence satisfaction each step of the way. A geriatric-specific nursing simulation lab at one community trained nurses in post-acute care competencies, reducing hospital readmission rates by half in less than one year. Another community developed an extensive online resource of highly engaging caregiver training videos which has grown into a consumer education site used by spouse/family caregivers throughout Texas and the entire country. Social accountability and charitable care continue to be widely discussed as organizations seek innovative ways to make care affordable and provide more charitable care to meet their mission.

What has most certainly been reinforced over the past few days is that innovation requires embracing change, trying new things, taking calculated risks and not being afraid to fail. Successful innovation is evident all around us at Bishop Gadsden. The timely work of the Strategic Planning Committee is moving us forward into new and exciting endeavors that will ensure the continued success of this special Community. What a dynamic moment in the field of senior living. I'm so grateful that Bishop Gadsden is right in the center of it!

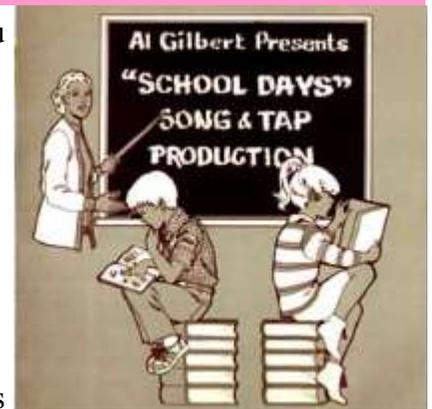
DO YOU REMEMBER?
Frances Fawcett

Do you remember when we sang "School Days" in school? Do you remember the words?

School days, schools days,
Dear old golden rule days,
Reading and 'riting and 'rithmetic
Taught to the tune of the hick'ry stick
You were my queen in calico
I was your bashful, barefoot beau
And you wrote on my slate, "I love you, Joe"
When we were a couple o'kids,

This song probably could not be sung in school today. Some of the words would not be acceptable. A hickory stick? Would a teacher or a principal dare threaten a child with a stick; and the innocent expression of love would probably be considered sexual harassment.

I have such wonderful memories of this song. When my class was asked to perform I always tap-danced. I would ask the audience to sing "School Days" accompanied by the piano teacher. The rhythm was great for tap-dancing and the students loved participating.



CAMP ROAD PROJECT

Walt Ector

Early in 2012, at a meeting of the Bishop Gadsden Health and Wellness Committee, Johnny Jordan brought up the idea that a sidewalk from Folly Road, down Camp Road to Riverland Drive would be a healthy addition, not only for residents of Bishop Gadsden, but also for the children and teachers of the nearby Fort Johnson Middle School. The committee enthusiastically endorsed the idea, and Johnny, Susan Legare, CFO at the time, and COO Sarah Tipton got involved. David Parler, Principal at Ft. Johnson, was also excited about the idea. The idea was presented to the proper authorities, and it was determined that there was some money available for such projects, but the priority had not been established. Susan ran with the idea, meeting with officials, and recently resident Ike Smith has picked up the project. Ike has been able to push the project off the dime, and recently he has received word that the sidewalk project has been approved.

Not only the sidewalk project but also renovations for the unsatisfactory intersection at Folly and Camp

Roads and a probable roundabout at the intersection of Camp Road and Riverland Drive have been agreed upon. Strong consideration for a bike path from Camp Road to the James Island County Park is also on the table however, this is not yet as clearly “in the works.”

Initial engineering studies for the sidewalk have been completed and \$301,500 has been awarded for completing the engineering and beginning the construction of the sidewalk. It will be five feet wide and constructed of concrete. The project is expected to begin in April or May of this year.

Improvements at Folly/Camp intersection will be widening, with additional turn lanes, and the drainage system will be enhanced so the flooding that occurs with every heavy rain will be, hopefully, eliminated. This project has been awarded to Banks Construction Company, and is also expected to begin in April or May. Most of the work will be done at night.

Many thanks to the people who have pushed this project along, especially Johnny Jordan, who first proposed the idea, and to Ike Smith who has continued to apply pressure.

FUNNY STORY

Frances Fawcett

My first husband, Bill Harvey, the father of my son Larry Harvey, was a banker. One day he brought home a baby Blue Jay that had fallen from its nest. The bank’s attorney had sent it to our two-year-old son.

Of course it became my duty to care for “Jay.” It hadn’t feathered out enough to fly, so I kept it in a box in the kitchen. Jay was a repulsive little creature and needed to be fed and cleaned often. I would drop food in its mouth, and immediately its rear-end would pop about a quarter of an inch. Larry loved to watch the feeding process. He thought what I was putting in Jay’s mouth immediately ran through and came out the other end. He wanted me to continue putting food in Jay’s mouth. To him it was funny; to me it was nauseating.

I took Larry and Jay outside to play in the fenced-in backyard several times a day. Jay was thriving but showing no desire to fly. He followed Larry step-for-step. One day I had them outside while I hung clothes on the line. Larry had a small stick and was throwing it around. I didn’t see what happened, but Larry told me Jay was asleep. When I checked, its neck was broken. I called Harvey at the bank to tell him we would have to have a funeral when he got home. Jay was dead and I didn’t know what had happened. He liked the little bird and was looking forward to our relationship once it could fly.

At the funeral Harvey asked that Larry and I be forgiven for any part we played in Jay’s death. I did feel guilty because I was so glad Jay was gone. I also sent word to the bank’s attorney that if he sent a replacement for Jay, I would sue him.



The GAB Electronically! Please let us know if you would like to receive the *GAB* via email. Email stephanie.ochipinti@bishopgadsden.org to be placed on the electronic mailing list. The *GAB* is always viewable on our website—www.bishopgadsden.org, as well as on the internal resident website *BGlif*e.

THE CONSIDERATE LIFE
Sallie Gough

A little consideration, a little thought
for others makes all the difference.
Winnie the Pooh

Observing how we, the BG family, react to new residents, to each other, and also to employees, we hope to make this a regular column in order to highlight helpful hints on making life a little better for everyone and to raise the sensitivity and awareness for us all.

For the first situation of our “Considerate Life” awareness effort, we’re highlighting the dilemma of feeling comfortable in the café. If a resident is courageous enough to come up to your table and ask if he or she might join you, there are three choices for your answer: ‘Yes, of course’...’Let’s squeeze in and make room for you’...’Let me find someone for you to join.’ Only one answer should never be given: “NO.”

Second: It’s not that we are a shy or retiring group, but unless it is stated that “All Are Welcome,” we tend to assume that the general public is not invited. We know the activities and meetings listed on the day-by-day schedule of the Yellow Sheet and in the elevators are open to all. However, special announcements (not listed on a continuing basis) should be labeled “All Are Welcome” or not posted in public or on the back of the Yellow Sheet.

Third: We are so beautifully supported and served here at Bishop Gadsden. Occasionally, there may be a delay in service, or instructions misunderstood. Whatever the situation, we treasure our staff and employees. Losing patience is not the way to go. There are managers in each department to deal with the complaint.

Please write up or submit your suggestion for “The Considerate Life”, and the *GAB* staff will consider including it in the next issue. If you observe an event with unintended results, which may be inconvenient, hurtful, impolite, or even hazardous, please mention it to your Resident Council member or management staff.

NURSING INTERNSHIPS AT BISHOP GADSDEN
Brittany Hill, Trident Technical College
Nursing Program, Class of 2017

Coming from various walks of life, some timid, some excited, and others confident...we all walked through those doors together in order to pursue something that we all felt was important. Although with different goals and different stories we all share the same dream...to become nurses, and Bishop Gadsden was the first stop on our journey towards success.

As nursing students, being invited to Bishop Gadsden gave us the capability to help others as well as applying what we learned. Through this experience we are able to assimilate what we have learned in the classroom along with what we have learned in our simulation labs. Not only were we able to gain knowledge from staff members, but the residents gave us more than enough opportunities to aid in their daily routines. Without the kind and welcoming nature of residents, paired with the assistance from staff members we would not have been able to learn and practice as much as we did.

We were able to learn about medication administration, daily activities, transferring, wound dressings, communication skills, head to toe assessments of residents, and a great deal more. We were given a huge puzzle at the beginning of our journey as nursing students, and by having this clinical experience we were able to start piecing that puzzle together. This experience enabled us to understand the hard work, dedication, and selflessness that nurses and staff members take on each and every day.

So what did we walk away with? Confidence, knowledge, and a whole new appreciation and respect for what nurses do. Of course we also all walked away with great stories from the staff and residents. We thank you all for your hard work and long lasting impressions!



IN LOVING MEMORY



Joan Lucas
9/15/1929-1/19/2016

Julian Keil
10/30/1926-1/20/2016

Joan Knauer
10/31/1934-1/21/2016



FROM THE HEART

Tina Hobgood, Branch Manager of NBSC at BG



I LOVE to serve the Bishop Gadsden Community and I believe February is a great time of year to say THANK YOU for your continued support of me and NBSC, the bank at Bishop Gadsden.

Proudly serving this community since July 13, 1999, it was with great pleasure I began my service on the Bishop Gadsden campus. The bank's mission, then and now, is to create lasting relationships. It is my personal commitment to demonstrate how much we value your decision to use our bank by offering

you the finest personal service and banking products delivered by caring bankers who take 100% responsibility for meeting your banking needs.

I would like to say thank you to each resident and employee who chooses to bank with NBSC. I must say banking at NBSC Bishop Gadsden is unique for me and you. I enjoy folks visiting the branch and I enjoy helping families consolidate their banking to NBSC, which is conveniently located next to Eliza's Attic in Myers Hall. I have been blessed to be welcomed by the Bishop Gadsden family and included in many areas of day-to-day life on campus. Serving this Community includes residents, staff, friends, and family of Bishop Gadsden. While I am attending a function for the residents or a workplace function I am always thankful for the opportunity to participate in the BG Community life and share the abundance of faith, fitness, and financial wellness with everyone here and outside these gates.

We have your best interest at heart, and we will be pleased to share information about our special interest rates for our neighbors at BG!

I welcome you to stop by NBSC, a division of Synovus, and meet the bankers, including myself and Judy Emmons-Rubino. We look forward to learning about you and sharing our story too. Visit our branch in February and enter to win lunch with your bankers at Heart Woodfire Kitchen.

Hours of operation are Monday-Friday, 9:00 AM—Noon, or by appointment, Monday-Friday, 2:00 PM—5:00 PM. You can also call us at 843-795-5495.

Save the Date



Celebrate
April in Paris

FRIDAY 15 APRIL

Honoring Bishop Gadsden's
2015 Donors and Volunteers

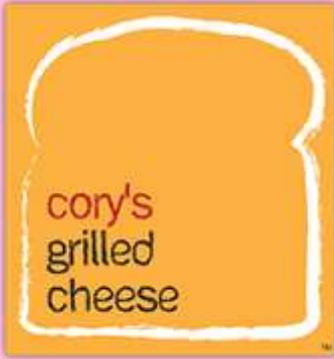
5:30 PM

The Commons at Bishop Gadsden

Invitation and RSVP to Follow

RESTAURANT REVIEW: COREY'S GRILLED CHEESE

Marilyn Watts



If you have even a slight spirit of adventure, then there is a treat for you at the corner of Folly Road and Maybank Highway. It is called COREY'S GRILLED CHEESE. But if you are looking for ambience, you won't find it there. The chairs and tables all look as if they had been rescued from various garage sales. The left front of the room is full of musical instruments, mikes, and stands. The place is spotlessly clean. If it is possible, try to go on a Tuesday night, which is open mike night. Folks from all around come to sing and play various instruments. There are some characters there, some young, some not so young.

Everyone who works there is a musician. The woman who brought our food plays piano, violin, and guitar. Cory, himself, plays several instruments and has a successful band called PINKERTON AND THE BRINKS. He played some music for us—it was pretty good. It is a friendly warm place and everyone has a story to tell and is eager to share it with you.

The menu consists of sandwiches, soups, and salads. Also a terrific breakfast selection. No alcohol is served, but they have coffee, tea, and the usual soda fare for reasonable prices. Considering the great quality of food, all prices are very reasonable.

I never knew there were so many variations on a cheese sandwich. You can order a named sandwich or build your own. I had the DOWNTOWN, which is brie, fig spread, chevre, crisp apple, and fried onions on sourdough. One bite and I wanted more and more and more. My partner had the LOWCOUNTRY consisting of pimento, Muenster, avocado, and bacon on sourdough. It disappeared fast. The restroom is spacious, very neat and colorful. They are open from 9:00 AM to 9:00 PM, Monday through Saturday and 9-5 on Sunday. They also have take-out.

Everyone in the place is happy making food and music, and they want you to also be happy. We came away with smiles on our faces, warm tummies, and for two old folks, a feeling of having had a charming adventure.

DUCK HEAVEN

Carroll Rivers

With this year's rains, the swamp (between the Grove and the Woodlands) is brim full, also full of wood ducks.

Katy Huger and I cleaned out the three wood duck boxes in the swamp five or six years ago, but neither of us had waders or even wanted to do it this year. We didn't wish to have the wood ducks move on, seeing as how they rarely come to the swamp in drier times, so I enlisted my son, Buist, to do the work.

He and his waders and my ladder policed the boxes, removing nasty stuff and skeletons. The lid to one was not waterproof, so that had to be repaired. He then added sawdust for bedding to the boxes. They now should tempt these beautiful birds to make their home here...as we do.



KEEP ON LAUGHING

Emmy Lou Anderson

Laughter
always the best medicine

Laughter is a powerful medicine that provides many positive benefits for physical and mental health. Make an effort to incorporate humor into your daily routine. Pursue activities that make you laugh—watch a favorite sitcom,

read amusing books, read newspaper cartoons, swap jokes, or share funny stories about yourself with friends. One researcher learned that even faking a laugh can get the same physical and mental results that a real chuckle can provide. Even a smile can raise your endorphin levels—the chemicals that increase alertness, improve your mood, provide a sense of wellbeing and help reduce negative feelings like stress, anxiety, anger, and depression. Five minutes of laughter a day can have a significant impact on your health.

WHAT'S HAPPENING!

*Karmen Quakenbush, Jenny Juhasz,
Robin Kauffman, and Christy Smith*



Bette Fogel has been considered a good neighbor at Bishop Gadsden for over a decade! She was one of our original cottage residents back in 1999. Since then, she has been very activity-driven, and now well in her 90's, she shows no sign of stopping! Whether she's attending Noel Ferguson's Current Events or going to bingo, she is always ready to go. She is known for her love of dinner parties, with friends from Myers and the apartment/cottages, usually with some of her own *hors d'oeuvres* and of course place cards! Her relationship with staff is also one to witness, as she has a way of holding people accountable yet with love and respect, and it works! She reaches out to visitors and new residents as she has plenty to tell them about how things work. Join us in congratulating Bette as 2016's first Good Neighbor!

BG's NEW YEAR'S PARTY by Barbara Burbello

"Oh what a night!"...New Year's Eve at BG—champagne, great food, laughter, and dancing. Plus...some of our BG gentlemen were decked out in their handsome tuxedos—ooh la la! Some of our ladies really got into the theme of the party and were convincing flappers. Now, for the next party with dancing, how about getting those pleasing Citadel cadets for all the single ladies to dance with. Now that would be awesome!



WHAT'S HAPPENING!

*Karmen Quakenbush, Jenny Juhasz,
Robin Kauffman and Christy Smith*

Mark Your February 2016 Calendars

February 1 at 4:00 PM

Piano Concert by Solomon Eichner
Chapel

February 2 at 3:30 PM

Happy Hour with Music by Jesse Cockcroft
Morse Activity

February 3 at 11:00 AM

Speaker from Charleston City Police Department
Blackmer Hall

February 4 at 12:30 PM

Tech Assistance by Charleston Collegiate
Polly's Pub

February 5 at 11:00 AM

Music and Humor with Al Mahan
Morse Activity

February 12 at 2:30 PM

Hat Ladies Annual Valentine Social
Morse Activity

February 12 at 7:00 PM

Chamber Music Charleston
Chapel

February 13 at 4:00 PM

Piano Music by Joe Clarke
Morse Activity

February 15 at 3:30 PM

Great American Songs with Alton Cox
Morse Activity

February 16 at 4:30 PM

Milton Boykin and Friends in Concert
Chapel

February 19 at 10:30 AM

Hymns with Will Parker
Morse Activity

February 25 at 11:00 AM

Traveling Serendipity Singers
Blackmer Hall

February 28 at 4:00 PM

Tea and Poetry
Myers Hall Living Room

Charleston February Events Calendar

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

- | | |
|-------------|---|
| February 1 | “Beaches & Boardwalks”
The Charleston Museum
843-722-2996 |
| February 4 | <i>A Streetcar Named Desire</i>
Footlight Players Theatre
843-722-4487 |
| February 9 | Brazilian Carnival at the Library
Charleston Library Society
843-723-9912 |
| February 12 | SEWE Begins
Locations Vary
843-723-1748 |
| February 15 | Yanni
N. Charleston Performing Arts Center
843-529-5000 |
| February 16 | Revealing a Masterpiece
Circular Congregational Church
843-722-2706 |
| February 19 | Behind the Scenes at “Masterpiece”
Carolina Yacht Club
843-723-1623 |
| February 23 | NOT by the Book: Dr. Wayne Weart
Charleston Library Society
843-723-9912 |

Resident Update Meetings

Myers Hall: Thursday, February 11, at 11:00 AM
Myers Hall Activity Room

Apt/sCottages: Wednesday, February 17,
New Resident Coffee at 9:30 AM (Prior to Meeting)
Resident Update at 10:00 AM
TBD

Read Cloister: No Meeting Scheduled

FEBRUARY BIRTHDAYS

Welcome New Residents

Tom & Faye Burke
 George & Emma Christopher
 Mac & Nancy Cramer
 Rae Denmark
 Doug & Faith Dodge
 John & Shelton Hisley
 Tom & Jill Messervy
 Robert & Dee Schafer
 John & Sue Scofield
 Cecil & Char Stricklin
 Bill & Kathleen Turner
 Leonard Yaeger

3 Hal Aronson	11 Nancy Scott	18 Frances Alexander
3 Greg Stahly	12 Allan Jaffe	19 Nancy Edwards
3 Sandy Tedesco	12 Joan Ladd	19 Jackie Fleet
4 Peggy Bird	13 Lee Boatwright	22 Betsy Loeser
5 Mitzi Boatwright	13 Jan Marrs	23 Trudie Cooper
5 Margaret Duffy	14 Bev Edwards	24 Bill Gregory
5 Doris Rollins	14 Carol Walker	25 Jean McIlwain
5 Kitsy Westmoreland	15 Polly Eells	26 Doris Lifton
6 Patricia Labonge	15 Joan Ward	28 Jemison Gale
7 Ron Tedesco	15 Marabeth Wedewer	28 Johne McTavish
9 Joe Hahn	16 Linda Lear	29 Eileen Van Horn
10 Jean Simmons	17 Margaret Tucker	It's Leap Year!



MOVIES (FROM THE SENIORS' PERSPECTIVE)

Sallie and Jamie Gough

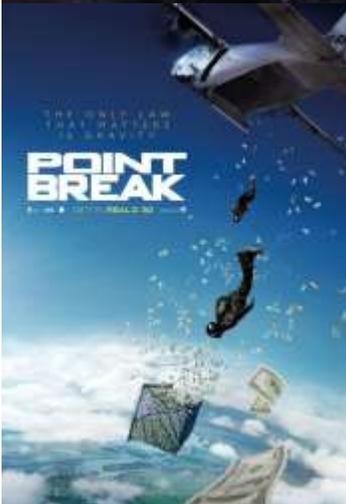


Youth starring Michael Caine, is an absorbing movie, with relatively little plot or action, but an interesting examination of an aging man, still a famous conductor and composer. This is a complex mixture of regret and introspection, with all the symptoms of getting old and out of step. The film would probably not interest the young, but makes us older folks feel quite comfortable and empathetic.

Returning from seeing *Point Break*, we have undergone just about every imaginable extreme sport in 3D! An extraordinary experience, wondrous filming, and the most beautiful visions of sea, snowy mountains, vertical rocks, and sky that you can imagine. Not great stars or plot, but the visual effects are nothing short of stupendous.

If you are a fan of Quentin Tarantino's movies, *The Hateful Eight* will be one of your very favorite movies. Set in the old West, with a wonderfully told plot and excellent character development, the movie is almost three hours long and excessively bloody. An excellent choice for the BG Men's Night Movie, but not for the faint of heart, or queasy stomach.

Carol is definitely all about Cate Blanchett, her smile, her beauty, her perfect figure, her immaculate hair. So why wouldn't a woman fall under her spell? That's the movie in two sentences. I want her smile, her beauty, her figure, and her hair, but I can leave out the sexual preference.



Revenant with Leonardo DiCaprio as legendary mountain man, Hugh Glass, is a gripping story of survival, revenge, and redemption. Spectacular scenery, lengthy episodes of survival in the harshest conditions immerses you in Glass's excruciating fight to live. More realistic but not as compelling as its predecessor, *Jeremiah Johnson* with Robert Redford.



THE SEASON OF LENT
The Rev. Frank Russ, Jr., Chaplain

It became the custom of the Church to prepare for [the days of the Lord's passion] by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism...and when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church...[The Church invites you] to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's Holy Word (from the Invitation in the Ash Wednesday liturgy, *Book of Common Prayer*, pages 264-5).



Ash Wednesday liturgy, *Book of Common Prayer*, pages 264-5).

Most people know the time of year Lent occurs and some of the Lenten disciplines we uphold (listed above). But what is the meaning of the word *Lent*, when did the season of Lent originate, and what is the background for the Lenten customs and disciplines?

The term Lent is derived from a Middle English word *lente* and an Old English word *lencten*, which is akin to Old High German *lenzin* meaning "spring." The earliest observances of a time of fasting prior to Easter lasted only two or three days. The Canons of Nicaea of 325 A.D. first mention a 40-day period, referring to the custom of the prescribed fast of candidates for baptism on Easter morning. The period of 40 days suggested the 40 day fast of Jesus when he wandered through the wilderness as he was tempted by Satan according to three of the Gospels. In the Western tradition of the Church, the Season of Lent begins on Ash Wednesday and concludes on Holy Saturday. The season actually covers a 46-day period, but each of the Sundays in Lent is not considered as a fast day, as "all Sundays of the year are feasts of our Lord..." (*Book of Common Prayer*, page 16) and commemorate the resurrection of Jesus. Hence there remain the 40 days of fasting and solemnity.

The use of ashes on the first day of Lent has a basis in the Old Testament, where dressing in sackcloth and covering one's self in ashes was an act of mourning and penitence. The custom of imposing ashes first occurred in the church by the seventh century when public penitents at Rome were ceremonially set apart to begin their period of penance on Ash Wednesday. This was symbolized by the imposition of ashes on the heads of clergy and people, a rite still ordered in the Roman Missal. This custom was preserved in the first English Prayer Book (1549) and its subsequent editions.

Lenten Observances at Bishop Gadsden

Return palms from last year to use on Ash Wednesday–February 7

Ash Wednesday Liturgy with Holy Communion–February 10 at 10:30 AM in the Chapel

Weekday Eucharist–Each Tuesday at 10:30 AM in the Morse Activity Room

Sunday Eucharist at 10:30 AM in the Chapel

In next issue we will explore the meaning of the term Easter and customs of the Season. In addition, the schedule for Holy Week and the Easter Day services will appear.



THE MONTH OF FEBRUARY
Emmy Lou Anderson

"February" is from the Latin name februa which is the Roman festival of purification, held on February 15. A Leap Year has 366 days and was established to keep our calendar year synchronized with our astronomical year. It was first used in 1582. Years divided by four are the ones that have 29 days in February. February 29 is also called Leap Day. This day is added to the calendar in leap years as a corrective measure, because the earth does not orbit around the sun in precisely 365 days. Days to celebrate in February include—Groundhog Day, Valentine's Day, President's Day, and some other interesting days—Do a Grouch a Favor Day, Love Your Pet Day, and my favorite No Brainer Day.



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Did You Know?

- ◆ Allison Library biographies are shelved in TWO places: in “New” Book Nonfiction to the right of the reading table and regular Biography to the left of the fireplace. All biographies are alphabetized by LETTER for the subject of the biography—not by author as the other books.
- ◆ In advance of Allison Library renovations, volunteers are going through each shelf to eliminate some of the collection. Books will be donated to our local public library if they have not been read or are in poor shape. Don’t forget that the public library probably has the book you can’t find here, and you can request that the bookmobile bring it to you when it comes.
- ◆ The *GAB*’s continuing series “How It’s Going” is ending its run, since “It’s all just about Gone” (construction, that is). Please consider submitting suggestions for other series.
- ◆ An amazing thing happened to Jack and Jackie Bowe. They now live in an apartment in Myers Hall, and someone knocked on their door recently. It was one of the workmen who are refurbishing their vacated apartment in independent living. He had found Jackie's wedding ring as he worked on removing the old cabinets and wanted to return it to her. It had become lost some time before, but showed up wedged between the cabinets. What a lovely thing to happen and what a nice thing for the workman to have done.

If you have any tidbits for “Did You Know,” the *GAB* staff would be very pleased to consider any suggestions.

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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