

Gadsden GAB

July 2018

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AROUND THE BG CAMPUS

M. P. Wilkerson

What's new or different coming up in July? Here is what some of the Department Directors and others said:

Britt Lock, Resident Events Coordinator

Among the many activities going on, July 5 is an important day. It is a blood drive. Britt said one pint saves three lives and blood is badly needed. All people have to do is sign up in the activities book. She is also planning a 50s theme Sock Hop that will be complete with an old-time soda fountain shop with Root Beer Floats. This will be at the end of the month.

Did you know: Up her sleeve are plans for a "Be a Tourist in Your Own Town" adventure that will include the Charleston Museum, a Gullah Tour and a Sunset Cruise on the Carolina Girl.

Comfort Richardson, Wellness Manager

The Myers Hall 300 Mile March will be July 16 to August 13. Six teams made up of residents will be in competition to walk 300 miles in 30 days. For example, six laps around Myers Hall equal one mile and even group exercise classes are credited one mile. Each team will have a mentor that is a staff person and all Myers Hall, Arcadia Close and Read Cloister residents are invited to join in the fun.

Did you know: The monthly average number of visits to the Wellness Center is over 800 and over 750 residents participate in group exercise classes each month.

Daniel Larrabee, Director of Environmental Services

July will be a busy month for his department both inside and outside the campus. On the agenda for the outside is closing out the South Face project better known as the Pineapple Fountain. Included is not only the fountain itself but also its drainage component, redoing the landscaping according to the master plan, and replacing the parking lot surfaces where needed. In

the back pond, the drainage pipe will be replaced to restore the proper water level. The engineered draining system for the dog park will also be implemented. In addition, The Glebe site work will begin followed by 12 months of construction. The croquet pavilion will also be done with a November 1 operational date.

Inside, Daniel is hoping to begin the enlargement of Polly's Pub with the enclosure of Chet's Porch. New fireplaces in a size appropriate to the room, will be installed in the commons area. The painting of corridors in the Independent Living areas will be completed and new carpet and wallpaper is scheduled for August and September. Pressure washing will continue in July with window cleaning in August and September

Did you know: We stock the lakes with fish? It improves the water quality naturally and keeps the algae down. It also provides fishing opportunities for grandchildren, but please catch and release.

Jim Epper, Director of Culinary Services

July and August are the first breaks in this department's busy schedule. It is also a time when managers take vacations. In the works are plans for some change-of-pace dinners in Winningham Court such as a lobster night and a pasta night. Winningham will be closed Monday and Tuesday nights starting July 3 to August 28. In June and July the kitchen will be doing its own pickling, which Jim says is a labor of love.

Did you know: During the rest of the year the Culinary Department serves 30,000 meals a month which includes catering, which means they create 1,000 meals a day!

Katie Jayne, Director of Community Life Services

The department is making plans to host the Senior Games at Bishop Gadsden in the fall and will even change up some of the events that will be offered. These games were held at The Village at Summerville last

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AROUND CAMPUS CONT'D

year. The department is also actively working on hurricane preparedness as the season is upon us.

Did you know: The Wellness Center has started a Parkinson's exercise group that is geared specifically to people with Parkinson's and other individuals who have similar neurological symptoms.

Kimberly Borts, Director of Charitable Giving and Communications

July 27 is Generous Spirit Bingo, which is being renamed Full Moon Generous Spirit Bingo this one time because it is held during a full moon. It will benefit Hallie Hill Animal Sanctuary. There will be fun prizes and a visit from an adoptable dog.

Did you know: Kimberly's department has a Back to School Gift Card Program that provides gift cards to staff members under a certain salary level to help purchase school supplies for their children ages 5 to 18. The funds to purchase these gift cards come from fellow staff members who give to the Employee Assistance Fund.

Mindy Crawford, Assistant Resident Events Coordinator

Mindy is creating a new program where different teachers of such things as calligraphy will be brought in to teach a class. To find out what residents want to learn,

she is devising a survey which will be sent to everyone to fill out.

Did you know: Tucked into the Miller Art Loft on the second floor is a gallery where residents' art work is on display and available for sale at reasonable prices. The current display will be coming down soon and a new one is going up in July.

Ted Jackson, Executive Chef

In the works are big plans for the July 4th extravaganza.

If you look out the door across from the Market Place Café, you will see the culinary garden they have planted. There are herbs and all the flowers are edible. Besides the garden, there are plans for a new food station where the healthy food station is currently located. It will be Asian food from around the world with a healthy twist. Ted is doing the recipes and an intern is doing the calorie and dietary information. This will appear at the end of July or August.

The Culinary Department works with local farmers and recently bought a lot of strawberries that were unsellable because they were not pretty, with an eye to making jam, along with Anna Abram, the pastry chef.

Did you know: Besides herbs, Ted has planted orange and chocolate habanero peppers in the culinary garden?

OUR NEW HOUSEKEEPING MANAGER, ROWENA ANTARAN *Faith Dodge*



Rowena came to Bishop Gadsden as Housekeeping Manager in May of this year. While "Row", as she is affectionately referred to, has worked in the hospitality industry all her life, she has found Bishop Gadsden to be the most hospitable of all places. All of our residents certainly agree.

Rowena received her BS Tourism Degree from the University of Santo Tomas and MBA from Angeles University Foundation in the Philippines. She was Housekeeping Manager for Carnival Cruise Lines for 11 years, Executive Housekeeper at Fontana Resort and Casino for two years and Widus Hotel and Casino in the Philippines for one year.

Rowena and her husband, Ian, both worked with Carnival Cruise Lines and their assignments required them to be away from their child for six to eight months at a time. When Ian was petitioned by Carolinas Hospital Systems to come to the United States, they both received Permanent Resident Status here that allows them, after five years, to become United States citizens. Rowena stayed at home with her child when they moved to this country and then they were blessed with their second child. Rowena later went to Residence Inn Marriott in Florence, South Carolina as Executive Housekeeper prior to moving to Goose Creek. She and her husband Ian, an ER Nurse at MUSC, now have the advantage of scheduling their hours so they can spend more quality time with their family.

While in the Cruise industry Rowena had approximately 220 people reporting to her. At Bishop Gadsden, she has approximately 30 Housekeepers and Floor Techs. She most appreciates the consistency in working here, having the opportunity to work with a budget and time frame within which she can strive to improve quality and see her results materialize.

When asked how she enjoys her new position, Rowena says she is happy to come to work every day and have the opportunity to work with such supportive management. Rowena adds, "I am honored to be part of the BG family and feel proud to tell others I work at Bishop Gadsden."

All residents must feel a sense of contentment knowing we have such caring people watching over us. Every employee here touches our lives and it is a pleasure to know that management puts the time and effort into hiring the best there is. Rowena certainly is that.

MESSAGE FROM THE PRESIDENT / CEO

Bill Trawick

As the summer is now in full swing, we have seen a good number of our friends depart for cooler locales. We will miss them and look forward to their return, but lots of great things will be going on here as well. Britt is so full of stimulating ideas, and Mindy also has the ability to stir our “creative juices.” Cindy, Carol, Jenny, Brittany and Cecilia in healthcare and assisted living are always busy with amazing activities to keep everyone in those areas of our Community engaged. I continue to be told that the grounds are more beautiful than ever. With the many active outdoor opportunities to enjoy—the walking trails around the ponds and through the wetlands, with their wide variety of flora, fauna, birds, and other wildlife; Regan Pavilion; Community Garden; and croquet court. All things to enjoy while it’s cool. When it’s too hot, come in and work out with Comfort, Nathan, Shannon, Jenn, and David (thankfully, these amenities are open to both residents and staff), or have a swim in the pool or meet friends in the pub. And all this in addition to the many opportunities to eat!

No one anywhere at BG needs to be bored or inactive, unless they so choose! So let’s savor the summer!

As for us in administration, neither will we be bored. We are working through the last required approval and then construction on the eight cottages of The Glebe can begin. Along with this will be construction of the croquet pavilion. Design of our healthcare center will get back on track after we had to take some time at the completion of schematic design to obtain our first realistic cost estimates. As expected, we will need to continue to find ways to bring costs down, but now seem to be on the right track. We will also submit our Certificate of Need (CON) application for the healthcare center. And, difficult as it is to believe, we will soon begin budgeting for 2019!

Bottom line is, like Joel Grey said about the Cabaret, here at BG, whether you live or work here, “There’s something for everyone”!

Stay cool!!

GOD STORIES

Jack Canter

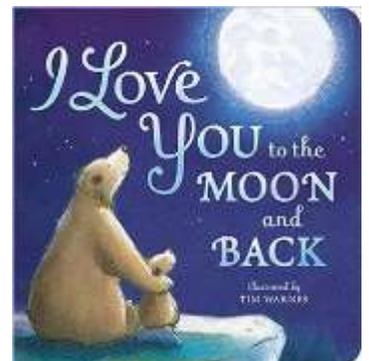
Recently, a friend and fellow Christian, Lee Boatwright, shared a seldom-told faith story by the Apollo 11 astronaut Buzz Aldrin about his taking the sacrament of Holy Communion on the moon in July 1969. Aldrin openly described his Communion experience in print several times, *LIFE* magazine, *Guideposts*, and his book, *Return to Earth*. He also documented this account in his book, *Magnificent Desolation*.

Although his communion was not broadcast live over the radio as intended, he continued taking the sacrament as Neil Armstrong watched. Aldrin commented in his book, “I could think of no better way to acknowledge the enormity of the Apollo 11 experience than by giving thanks to God.”

Aldrin’s story of his secret communion service on the moon only emerged after the mission. He had originally planned to share his communion event with the world over a live radio broadcast. However, at the time, NASA was still being overly cautious after a lawsuit filed by the atheist Madalyn Murray O’Hair for the Apollo 8 broadcast of reading the Genesis creation account in orbit. O’Hair wanted a ban on NASA astronauts practicing religion on earth, in space or “around and about the moon” while on duty. She believed it violated the constitutional separation between church and state.

This faith story brought to mind words from a children’s book I read to my grandsons called *I Love You to the Moon and Back*:

*I love you to the moon and back
I love our time together as we start each happy day
I like to share the magic of the shining skies above
And think of all the different ways that we can share our love
Our love is always with us, and it never, ever ends
I’ll love you to the moon and stars my precious little one
I love you to the moon and back*



As a Christian, Jesus instructs us to have the faith of a child and to worship Him at all times, in all places and in all circumstances. Do we recognize and anticipate God stories all around us everyday? Let us not be fearful but bold in expressing our faith and love for our God – Loving Him to the moon and back everyday!

LITURGY FOR THE SEASONS

Dr. Bruce Ezell, Jr.

Our lives seem more and more like the coming
and going of the seasons. When we are born, it is
spring, and we are new, tiny, and fresh.

Unsullied by any hardening experiences,
we look to others for our very survival.

With the sun in our face, and surrounded by loved ones,
we seek our place in the Garden.

Plant like, we eagerly reach for the life-giving light.

As time passes, there is the occasional empty chair,
and a few voices are stilled and heard no more.

But no matter, "Life is long," we bravely say and mean.

Our summer comes, as quietly and as naturally
as a flowing brook.

Through ignorance or arrogance or both,
we suffer from the delusion that we earned all of this.

In summer, we are strong in mind and spirit, our roots
are planted firmly...and the notion of change,
or even another "season," seems only a remote
possibility.

Now, surrounded by friends and family, we stand
aright, thankful for their nurture, but capable of
meeting the forces of nature.

"I can handle it," we say and mean to those who
nurtured us.

Thanks to you, I have my place in the garden
in which I was born.

Our paths seem clear and our wills are strong.

So we blossom and flourish and our petals
embrace those around us... and we belong.

We look with fondness at our family, and we are happy
for we have attained our measure of our ancestors'
beauty, strength, agility, and courage.

Because they once passed this way, so shall we,
for there is no denying those from whence we came, the
very rocks from which we were hewn.

Like bifocals, Fall arrives... a little sooner
than we had heretofore expected.

Fall arrives and our days grow shorter.

We come to know real loss, physical and emotional.

We miss our dead, and *only now*, in their deaths,
do we realize our true debts.

What we thought we did alone,
was accomplished by their silent
and unrecognized help.

Alas, how we would thank and how we would
acknowledge...if only that could be!

We grow cold.

No longer is the sun warming us; the days are ever

shorter now.

Even our influence recedes,
like a spent wave upon a nameless beach.

We grow tired, but take some comfort in a strange and
new contentedness,

taking the form of watching what shall soon be,
the beginnings of a new generation. Our blooms are
fading and our petals curl at their edges.

Fingernails grow brittle.

But...the mind (to our joy) seems, strangely,
much the same as that of bygone youthful years.

Unlike the fall, winter arrives right on schedule, and
somehow, we shall "know" the time is nigh
for our taking our leave and leaving this world
as we have been allowed to know it.

It is true that "Parting is such sweet sorrow,"
but strangely we are ready for the Journey.

And if we are brave, and not inclined to melancholy,
we are not sad because we know that soon we too shall
return to God's earth,

and continue the circle of life as we know it.

For there is some vicarious joy in knowing that
we shall be, in no small way,
a part of those yet to come.

Could this be the Creator's final gift?

Therefore, we grieve not for the wilted flower,
nor the bruised reed.

"Bare ruined choirs" do not frighten us,
nor the snow-encrusted bare fallen leaf.

For even now, new life is being prepared.

For in spring, new seedlings shall emerge and
beauty, in the form of new life, shall blossom.

And so, grieving not for past generations and times, we
look instead to the coming spring,

when tiny sprouts, tentative, yet tenacious, appear full of
lusty courage and a longing for sun and new days. And if
you look closely, you shall see again what once was.

And so it is, that each of us, individual and generation,
has its time in the garden.

We do not leave this earth totally, but instead become a
part of future generations and
shall be remembered as such.

Thus, as shadows lengthen and temperatures fall,
let us look during winter to children and those from
whence they came.

For if you look close enough...you will see those who
were once part of this earth,
and rejoice for those yet to be.

Health Tip

Tick season is upon us. To remove ticks, try this simple trick: Apply a glob of liquid soap to a cotton ball. Cover the tick for 15 to 20 seconds. The tick will retreat on its own and stick to the cotton. This is a great idea for children, pets, and squeamish adults! -Dr. Jack Hisley

AN IRISH GENERAL

Ray Houlihan

Sooner or later, with a name like Houlihan, it was time to write about a true but little known Irish American patriot. The story begins in 1155 when Pope Adrian IV authorized English King Henry II to conquer an unruly Ireland which he called, "A country of rude and savage people." The pope that announced the wayward Irish people needed to be brought under control and the English king was just the man for the job.

Now we fast forward 700 years and the battle against the Irish was still raging. Our real story begins in 1823 with the birth of Thomas Francis Meagher into a wealthy Irish family of shop owners and shipbuilders. After his college years in England, Meagher returned to his beloved homeland. Much to the astonishment of his parents, their son joined a group of young activists shouting for Irish independence. Shortly after making a particularly offensive speech attacking the English crown, Meagher was arrested, given a brief trial and sentenced to death by hanging.

Thanks to the kindness of Queen Victoria, his death sentence was cancelled and replaced by an order that Meagher be shipped half way around the world to the remote island of Tasmania. He was not expected to be heard from again.

Instead, our young Irish hero was destined to embark on a new life in America. He accomplished this from his jail in Tasmania by bribing the captain of the English ship *Elizabeth Thompson*, where he joined the crew and spent many weeks on the open sea before landing in New York City. He thrived in his new country where he quickly acquired a law degree and became a hero to the Irish American population that had been arriving in droves from across the Atlantic.

A few years later as the Civil War was getting underway, President Lincoln needed manpower fast and Meagher was just the man to recruit an Irish brigade to fight for the Union cause. The brigade fought bravely at Second Battle of Bull Run, Antietam and Fredericksburg during the early years of the war. The courage shown by Meagher's troops brought them unexpected appreciation from the president, as well as many citizens on the Union side. Raised to the rank of brigadier general, Meagher gallantly served his new country through to the end of the war.

Following the war, our hero decided to pursue his dream to head for the far west and the big sky country of the Montana territory. In the weeks before arriving at his destination, President Johnson appointed him Lt. Governor of this new territory. Strangely, he was met by Governor Sidney Edgerton who promptly announced his retirement and left on the next stagecoach. That left Governor Meagher scrambling to discover his new responsibilities. He was quickly challenged by vigilantes who appeared to have de facto control of the territory. Several unsolved murders were attributed to this cut throat gang. Nevertheless, this resourceful new governor, showing no fear, spent endless days pushing for schools, roads and sanitation. Although admired by the townspeople for his mighty efforts, the vigilantes viewed Meagher as a serious challenge to their unlawful authority.

Professional government was clearly on its way and the days of the outlaws seemed to be numbered, but they did not intend to go quietly. Sadly, on July 1, 1867, the governor was invited to spend the night on a Missouri stern wheeler, the G.P. Thompson. The next morning he did not appear on deck for breakfast. A wide search of the wild Missouri river proved futile and the governor's body was never recovered. It may have been a strange accident, but it was widely thought to be the handiwork of his many enemies. Years later, in 1905, a statue of Thomas Meagher was unveiled in front of the Governor's mansion in Helena. He is seated on his horse in full uniform brandishing his sword. This dramatic statue is a small reminder of one Irish American who helped to make a difference in his adopted country.



The Heat Is On!!!!

Be sure to stay hydrated. There is a water station now available in the Market Place Café, as you enter from Winningham Court. The water is especially refreshing as it usually has summer-fresh flavors added to it! Drink Up!



BG EATS OUT: FELIX

Adelaide Wallinger

Small plates at Felix Cocktails and Cuisine on Upper King Street make a fun party for you and your friends.

You'll also know small plates by the Spanish word "tapas" which means "cover or lid." Look it up and King Alfonso X is part of its legend. In the 16th century or so he ordered a glass of sherry that came topped with a slice of ham to keep out sand and even flies. He liked it so well that he requested the same for his second drink. Thus tapas has developed and traveled around the world. It's gotten much fancier as an hors d'oeuvre or a main dish and it's often shared and passed around at a restaurant table.

We went to Felix at 8:30 PM on a Saturday night (with a reservation) to celebrate our granddaughter Ellen's 22nd birthday. (I am always searching for a "cool" restaurant to take our grands to – after all, I want them to think I am more "with it" than I really am.)

Felix Landrum and his wife, Leslie, along with executive chef, Elizabeth Schultenover, have created an attractive French bistro at 550 King Street. It has a large welcoming curved bar, two high tables that seat ten, three tables for four with comfy stuffed chairs and a number of banquette tables for two. The queen table is a corner round one with a crystal chandelier.

Our drinks were as delicious as they sounded: a classic KIR ROYAL (\$10) made with rosemary infused Cassis Noir and Champagne, an AMERICAN IN PARIS (\$13) with Vodka, Byrrh, grapefruit and fresh tarragon, and UNCLE JACK'S ARMCHAIR with Apple Jack, Calvados, blended Scotch, Genepy des Alpes, Lapsing Demerara, lemon, Peychaud's and Angostura Bitters (\$13). The last set of ingredients call for a trip to the dictionary for sure.



We decided to share our hors d'oeuvre small plates: the LOBSTER DEVEILED EGGS (\$9) were deliciously filled and we were glad we ordered two (three to a plate). The FROMAGE FORT (\$9) featured a seasonal cheese dip with radish, honeycomb and toast. The TARTE FLAMBEE (\$15) was a delightful combination of flatbread, savory mushroom, truffle oil, fingerling

potato, onion, rosemary, arugula and chevre. We decided that one small plate is best shared by three diners—not four.

Everyone ordered a favorite main-dish small plate. Mine had to be the PETIT STEAK-FRITES (\$19), a four ounce grass-fed organic sirloin with beurre rouge, delicate local greens and fries. Scott ordered the classic French hot sandwich, CROQUE MONSIEUR (\$15), featuring country ham, mustard, gruyere, and blistered mornay. Caroline ordered the RACLETTE BURGER (\$16) with grass-fed organic beef, caramelized onion, dijonnaise, raclette, sesame bun and fries. The birthday girl ordered SALAD D'AUTOMNE (\$12) with butter lettuce, pear, fennel, soft herbs, walnut, lavender brie and champagne vinaigrette.

We had hoped to order the COGNAC MILKSHAKE, with French vanilla ice cream, port whipped cream and parlor toppings (\$12). But the combination of filling hors d'oeuvres and main dishes signaled the end of a marvelous meal.

Felix is open daily from 5:00 PM to "late". Happy Hour is from 5:00 PM to 7:00 PM Monday through Friday. Sunday Brunch is from 10:30 AM to 2:00 PM. There is a parking garage right behind it—turn right off of King Street just past the restaurant to enter it. We paid \$5 for parking 2 ½ hours.

BACK IN TIME: TIN LIZZIE (1908)

Dr. Jack Hisley

In 1893, the development of the carburetor in Europe made a gasoline-powered internal combustion engine a practical invention. Many Europeans as well as Americans began building automobiles mostly by hand. In 1896, Henry Ford built his first car in the barn on his family farm. Early on he wanted to find a way to produce cars that were affordable to the average man. By 1903 Ford had opened the Ford Motor Company as its principal owner. During that first year, 57 other carmakers in the US also opened for business. Interestingly, 27 of them were forced to declare bankruptcy during that same year.

Ford introduced his famous Model T, commonly known as the "Tin Lizzie" in 1908. This vehicle was designed to be cheap and rugged while costing only one penny per mile to run. That same year, a staggering 10,607 Model T's were sold, priced at \$850.00 per car. In 1913, Ford implemented the revolutionary assembly line in his factory and by 1916 the Ford Motor Company had sold an astonishing 730,041 cars at a mere \$360.00 per car.

By 1920, Henry Ford's company had earned the proud distinction of being the manufacturer of over one half of the world's cars. At that time the automobile industry alone consumed 20 percent of the nation's steel, 80 percent of its rubber, and 75 percent of its plate glass. The ever-expanding need for roads also gave a big boost to America's construction industry and Ford became one of the most famous people in the world. In fact, in Aldous Huxley's futuristic novel *Brave New World*, first published in 1932, people of the world reckoned time from the birth date of Henry Ford!

SHORT ESSAYS ON NATURE AT BISHOP GADSDEN

#11 CYPRESS TWIG GALL

Norman S. Walsh and Katy Huger

next year in May. There are many Cypress trees on St. James pond but very few were found to have galls. The galls do not harm the trees in any way. The photograph shows galls on a tree, an enlargement of a gall (above left) and a gall transected to show the larvae inside.

If you were to walk to the gazebo at St. James Place you will see a cypress tree on the left that appears to harbor numerous small mothballs. Since I had recently published an essay about Oak Galls in the *GAB*, I thought these objects might be similar, and they are. These are Cypress Tree Twig Galls that are caused by the Cypress Twig Midge, which is in a classification with our sand gnat, also called no-see-ums.

The gall is stimulated when the small fly lays eggs on the leaf stem and injects chemicals. Each gall may contain 15 or more eggs. Once the larvae hatch, each creates its own chamber within the gall. This is in contrast to the Oak Gall (*GAB* June, 2018), which contains only one egg. Another difference is that the Cypress twig falls to the ground in the fall and the larvae grow and pupate within it until they emerge as adults the

BABY HATS

M. P. Wilkerson

Olive Smith has an amazing record. She has knitted not a 100, but over a 1,000 hats for new born babies.

The knitted hats were donated to babies at Roper and Saint Francis Hospitals. "They would put the caps on as soon as they were born," said Olive, who lives in Myers Hall and learned to knit in high school. "It keeps them warmer and its better for them and they go back home with one on."

The project was started around 2000 by Bishop Gadsden resident, the late Fran Ireland, whose daughter Janie Cook is Administrative Assistant to the chaplain. "It included Marilou Watts and Jeanne Myers and about 10 others and went on for at least 10 years," said Janie.

The Bishop Gadsden knitting group at that time was called Sit and Stitch and met in Crafters Corner which is now part of the Market Place Café. Olive said she was working in the Village Shop then and when she was through her shift, she would come and watch the knitters and that is how she got involved.

"Fran had the pattern and made copies of it. The hats were easy to do and inexpensive. I would sit at night and could do one a night," said Olive. She didn't keep a record of how many she totaled over the many years she made them, but at one point she had done 431 hats in five years. "I enjoyed doing them," she said

The hats were pretty little bonnets, said Marilou, who lives at Bishop Gadsden. "They had a personal touch." The colors were not only pink and blue but also green and yellow. "We would mix them up," said Marilou, who also knit hats. "We would make stripes and we put beads on the top or buttons with faces on them. We could do that because the babies were too small to swallow them."

Marilou delivered them to the maternity ward at the hospital, "And we had the nicest thank you from the person who was responsible for the volunteer program," said Olive.

Over the years, she has knit a lot of different things. These included Afghans, lap robes, scarves for soldiers to put under their helmets, and sweaters for her children.

"I been very fortunate in life," said Olive. "I've had good health and I've had a wonderful life at Bishop Gadsden and been involved in (many) aspects of life here."

"It was a nice group," she said, "and I am pretty proud of what we turned out."



L to R: Olive Smith and Marilou Watts



One of Olive's many knitted baby caps.

WHAT'S HAPPENING!

Jenny Juhasz, Britt Lock, Cecilia Moore, and Christy Smith



Carolina Girl Yacht

*Meet your Neighbors
Sunset Cruise with Franke at Seaside
Retirement Community*

Tuesday, August 7

6:00-8:00 PM

\$35 per person

Hors d'oeuvres & drinks included

*Don't miss out on an after dinner evening filled with
laughter and fun with friends.*

Limited Seating Available-Sign Up in the Activities Book

Full Moon Generous Spirit Bingo
Benefitting Hallie Hill Animal Sanctuary
"Let's Howl at the Moon"

Friday, July 27, 4:00-5:30 PM

Cards on Sale in the Café

Monday, July 23-Wednesday, July 25

\$5 per card, 5 cards for \$20



Reminder—

Tea time in the
Anderson Conservatory
is Monday and Saturday
at 3:00 PM.



**GIVE
BLOOD**

**Sign Up to Save A Life
American Red Cross
Blood Drive**

Thursday, July 5
11:00 AM—4:00 PM
Blackmer Hall



Clean Up with the Village Shop
Soap Sale

**Tuesday, July 3
11:30 AM-2:30 PM
Anderson Conservatory**

The perfect gift for any occasion!



Hallie Hill Animal Sanctuary

Meet & Greet
Saturday, July 28, at 11:00 AM
Morse Activity Room

Come meet some adorable dogs looking for love and friendship!

WHAT'S HAPPENING!

Jenny Juhasz, Britt Lock, Cecilia Moore, and Christy Smith

Mark Your 2018 July Calendars



Wednesday, July 4, at 3:00 PM

Dreamland Band
Morse Activity Room

Saturday, July 7, at 11:00 AM

Smooth Saxophone with Dan Jani
Morse Activity Room

Tuesday, July 10, at 2:00 PM

Official Watch Party
2018 World Cup
Polly's Pub

Tuesday, July 10, at 3:30 PM

Audubon SC Lecture:
Raptors of SC
Myers Hall Activity Room

Monday, July 16, 9:30 AM

Charleston Museum Tour
Depart from the Commons

Tuesday, July 17, at 2:00 PM

The Original Malt Shop
Anderson Conservatory

Saturday, July 21, at 11:00 AM

Summer Tunes & Sippin Lemonade
with Edd Carney
Morse Activity Room

Monday, July 23, at 12:30 PM

Gullah Tour
Leave from the Commons

Thursday, July 26, at 3:30 PM

Poetry & Popsicles
Myers Hall Living Room

Tuesday, July 31, at 3:30 PM

Myers Hall Art Show & Reception
Miller Art Loft

Charleston July Events Calendar

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

- | | |
|----------|---|
| July 1 | Stars & Guitars
Boone Hall Plantation
843-844-4371 |
| July 4 | Sea Stars and Stripes
South Carolina Aquarium
843-720-1990 |
| July 4 | Fourth of July Fireworks Blast
Patriots Point
843-881-5984 |
| July 4 | Fireworks Harbor Cruise
Charleston Harbor Marina Dock
843-284-7022 |
| July 5-6 | Live Painting with Russell Gordon
Wells Gallery
843-576-1290 |
| July 12 | Race the Landing
Charlestowne Landing
843-224-7878 |
| July 13 | Conversations with a Curator
The Heyward Washington House
843-722-2996 |
| July 15 | <i>Let the Good Times Roll</i>
Charleston Music Hall
843-853-2252 |
| July 15 | The Curious Incident of the Dog
in the Night Time-Screening
34 West Theatre
843-901-9343 |
| July 25 | The Art of Jazz: Chantale Gagne
Gibbes Museum of Art
843-722-2706 |

**No Resident Update Meetings
for the Summer**

HAPPY JULY BIRTHDAYS

1 Doug Dodge	11 Barbara Keil	17 Betsy Smith	24 Ginny Weckel
2 Dick Gregory	11 Jane Waring	17 Dilly Stevens	25 Martin Bowen
3 Linda Bondurant	12 Vista Grayson	19 Helen Woodbridge	25 Barbara Buckley
4 Bill Daley	12 Chance Scrantom	20 Betty Carter	25 Phoebe Marti
5 Field Boatwright	12 Bill Stokes	20 Richard Gridley	25 Betty Scott
5 Don Moore	13 Jody Anderson	20 Ted Halkyard	26 James Quattlebaum
5 Don Wedewer	13 Jonathan Campaigne	20 Ted Mappus	28 Frances Hutson
7 Phyllis Miller	14 Joan Bamberg	20 Doug Plate	29 Eloise Brooks
7 Jackie Pincus	15 Sara Breibart	20 Leonard Yaeger	29 Mickey McBride
11 Jim Blakely	15 Bud Garforth	21 Leona Finch	29 Robert Stewart
11 Jackie Bowe	15 Darrell Lund	22 Janice Perlman	31 Frankie Calcote
11 Patty Fei	15 Mary Wheeler	23 Eleanor Levy	31 Ann Trees
11 Donna Hethington	16 Emma Christopher	24 Betsy Walsh	

Welcome New Residents

Charlie & Edie Dixon

Elaine Johnston

Sandy Perot

Marie Read

TWIDDLEMUFFS: WHAT ARE THEY?

Carol Evers, Read Cloister Activities Coordinator

Members of the BG Knots and Needles group have been knitting up a storm recently and for a very good cause.

Such members as Joan Halkyard, Kim Blakely, Barbara Mann, and Carol McLaren have produced these brightly colored muffs filled with beads, buttons and more for the residents of the Read Cloister and Arcadia to enjoy. But what exactly is a Twiddlemuff and what are the benefits?

A Twiddlemuff is a knitted tube with accessories such as ribbons, buttons, pompoms and other fun pieces sewn onto them. They are usually made up of yarn of different colors and textures, with notions sewn on the inside and outside of the muff. This allows for the person's hands to stay warm while they are able to twiddle with the bits and pieces inside.

For many of our residents with dementia having something to hold and manipulate, something to "twiddle" or fidget with, can have quite a calming effect. The textures, the gadgets, the warm coziness of the muff are all there for just that reason. The stimulation the muffs provide truly adds to the individual's quality of life by helping to keep one's hands and minds occupied. In fact, some anecdotal studies from memory care facilities across the globe show that providing a person with a Twiddlemuff can reduce the need to turn to medication in many cases.

As you can see, the ladies of Knots and Needles have already produced some incredibly beautiful muffs which I can wholeheartedly say have been used, loved, and enjoyed by the residents and frankly a few staff members looking for a little calming time. If you are interested in learning how to make a Twiddlemuff or would like to see one in person please let me or one of the ladies know. You might be surprised at how much fun you have!



IN LOVING MEMORY



Blake Putney
7/16/1923-6/19/2018

Helen LaPorte
9/16/1923-6/19/2018



CHAPLAIN'S UPDATE

Rev. Tom Wilson, Director of Pastoral Care

Over my 18 months as Chaplain, many have asked, "How did you come to be here?" or a variation of that question. When they learn that prior to Charleston I lived almost my entire life in Kansas—

I am REALLY asked, "How did you come to be here?"

Sometimes my answer is short—"God"; other times, I share variations of what steps and choices brought me to be here. This week, a conversation with a resident got me to reflect differently upon the question.

This time, my reflection focused upon which people or actions "prepared" me for my journey to Charleston? Here are some of the quotes, scripture, and statements, which helped "prepare" or "equip" me to come here. They are in no particular order, nor are they the only ones I could list.

However, on reflection I recognize how they helped "form" and "prepare" me:

1. In everything do to others as you would have them do to you; for this is the law and the prophets. **—Matthew 7:12**
2. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! **—2 Corinthians 5:17**
3. A healthy marriage is learning to live with your spouse's shortcomings, while recognizing your own. **—Unknown**
4. Stop doing wrong and learn to live right. See that justice is done. Defend widows and orphans and help those in need. **—Isaiah 1:16-17**
5. Though fear tries to tell me otherwise, the truth is that the size of my failures will never eclipse God's ability to redeem them. **—Unknown**
6. The rule for us all is perfectly simple. Do not waste time bothering whether you 'love' your neighbor; act as if you did. As soon as we do this we find one

of the great secrets. When you are behaving as if you loved someone, you will presently come to love him [or her]. **—C.S Lewis**

7. What is the value of a Christianity in which Jesus is worshipped as Lord, but Christian discipleship... 'the way of Jesus' is regarded as largely irrelevant to life in the modern world? **—Rene Padilla**
8. A year is nothing but the amount of time it takes for the earth to go completely around the sun before it begins the trip all over again. The completion of a year, then, is not a sign that things are ending. It is more the realization that life repeats itself unendingly. We have a chance to do everything again: better this time, more comfortably this time, more joyfully this time. **—Sister Joan Chittister**
9. Be yourself; everyone else is already taken. **—Oscar Wilde**
10. What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like. **—Saint Augustine of Hippo**
11. The only thing worse than being blind is having sight but no vision. **—Helen Keller**
12. Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened. **—Winston Churchill**
13. Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin. **—Mother Teresa**
14. Not all of us can do great things. But we can do small things with great love. **—Mother Teresa**
15. A person who never made a mistake never tried anything new. **—Albert Einstein**

I want to thank everyone for continuing to welcome me; and to thank you for encouraging me to consider just how I got here, both in Charleston and at BG.

JUNE'S EMPLOYEE OF THE MONTH



Debbie Parker, Director of Read Cloister, with Employee of the Month, CeCe Dantzler, and Sarah Tipton, Vice President/COO.

CeCe Dantzler, LPN, has worked in Bishop Gadsden's Read Cloister for three years. When asked what is her favorite thing about working at BG, she replied, "The residents and your co-workers become your family. The group of women I work with are amazing and kind. It is also wonderful to hear from your residents that they look forward to seeing you."

Congratulations to CeCe on being June's Employee of the Month!

**The GAB will now regularly feature Bishop Gadsden's Employee of the Month. Don't forget 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.*

DOC TALK: VACCINE ACT OF 1813

Dr. Jack Hisley

Smallpox has been a scourge on humanity for centuries. Asian populations used inoculation to protect themselves from the disease by rubbing scabs from an infected person over a scratch in the skin of the person to be inoculated. The procedure was successful if the inoculated person suffered only a mild case of smallpox, rendering them immune to the more lethal form of the infectious disease. Unfortunately, dismal outcomes often resulted and the inoculated individuals developed full-blown smallpox and subsequently died. Over the ages, the mortality rate for the severe form of the infection varied between 30 percent and 90 percent.

Inoculation was not an acceptable practice in Europe until 1717. King George I permitted the inoculation of his two granddaughters, which turned out to be successful. Afterwards, smallpox inoculation became more commonplace in Europe. During the latter half of the 18th century, smallpox accounted for a mere 10 percent of all deaths.

In 1751, George Washington developed immunity to smallpox when he acquired a mild form of the infection during a stay in Barbados. He was caring for his ailing half-brother Lawrence who was ill with tuberculosis. Knowing that British soldiers were routinely inoculated later inspired General Washington to order inoculation for his small army while housed at their winter quarters at Valley Forge.

In England, Edward Jenner, a physician and scientist, observed that dairymaids who developed cowpox,

which is not lethal, were immune to smallpox. Often called “the father of immunology,” Jenner’s experiments demonstrated that cowpox protected against smallpox and that naturally acquired cowpox could be transmitted from person to person, providing community-wide immunization. Thus there would be a constantly increasing reservoir of individuals immune to smallpox. By 1800, based on Jenner’s sound experimental data, vaccination using dried cowpox serum had become a widely accepted practice.

In the United States, Harvard Professor Benjamin Waterhouse performed the first vaccination using cowpox serum received from London in July of 1800. After reading about Jenner’s work, President Thomas Jefferson became an enthusiastic promoter of smallpox vaccination. Jefferson arranged for the vaccination of 200 relatives, neighbors, and slaves at his Monticello homestead. However, since supplies were scarce and expensive, very few families could afford to be vaccinated.

During this time, scores of Americans continued to die from smallpox while most European countries had successfully curbed the deadly infectious disease. Because of Jefferson’s persistence and President James Madison’s support, Congress passed the Vaccine Act of 1813. An agency was developed to maintain stocks of the vaccine and supply it free of charge to any person who requested vaccination. Soon the federal government was providing a free health care entitlement to thousands of needy citizens each year. The passage of the Vaccine Act of 1813 wasn’t in the least controversial as it successfully addressed one of the major disparities of health care delivery— cost.



**Bishop Gadsden is honored to announce that we have been awarded the
2018 Organization Philanthropist of the Year**
by the Lowcountry Association of Fundraising Professionals.

Bishop Gadsden will be celebrated alongside the following winners:

2018 Philanthropist of the Year: *Martha Rivers Ingram*
Corporate Philanthropist of the Year: *Nucor Steel*
Small Business Philanthropist of the Year: *Coastal Expeditions*

We will celebrate with 500+ of our closest philanthropists, businesses, and fellow nonprofits on November 15, 2018 at the Gaillard Auditorium.

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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