

Gadsden GAB

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THE ALLISON LIBRARY *M. P. Wilkerson*

Dr. Marjorie Mengedoht has brought her love of books and unique organizational skills to the Allison Library. Her task: to tame a library of over 5,000 books and keep them in order in a logical, user friendly way. “It is just good, old fashioned organization,” the retired pediatrician explained, of the alphabetized rows of books, lined up in their appropriate categories, making it sound easy.



mailboxes and cubbies, the library lost shelf space. This situation put her on her creative and organizational toes, challenging her to design plans for accommodating as many books as possible while not giving up the reading table.

The tracking system readily allowed Dr. Marji to see what was not being used and explore areas where books could be housed in new homes. For example, she gave

Dr. Marji took over the reins of the library in 2010 from Maggie Shore, who was one of the original 10 founders when the library was formed in 1999. It is named in honor of C. Fitzsimmons Allison, retired Episcopal Bishop of South Carolina. Her hardest job is making the decision of what books go where, what to keep and what to remove. To help with this task, she has established two tracking systems in what she calls her “bible,” a notebook in which she records everything that goes on in the library. One system tells which books people are reading by the number of returned books, which average 271 per month, plus newspapers and magazines. The other tracking system tells when an individual book has been used. Approximately 75% of the books borrowed are fiction, 12% are nonfiction, 4% are biography, 3% are history, and another 6% are media, a category that includes the DVDs and CDs housed in the mail room.

Dr. Marji, who as a child was not allowed comic books so she read the encyclopedia instead, is married to Dr. Dan Mengedoht, a retired pediatrician. They met when they were in the same class at the Medical University of South Carolina and practiced together for 38 years. She said the library space once included a larger part of the mailroom but in 2016, when mailroom space was needed for The Quay

art and photography books to the Miller Art Loft and gardening guides found their way to the Community Garden shelves. The long shelves of bibles and bible studies were welcomed at the BG Chapel and the large print texts made their way to the Myers Hall Library. Reference books not being used and duplicate books went to the Charleston County Public Library and received a charitable donation credit for BG. Over the past year, this credit has added up to an impressive \$5,535 for 16,566 books.

When Dr. Marji finally had the library plan worked out, there were 5,000 books waiting in boxes to be returned to the shelves. Katie Jayne told her, “Let me take care of it.” So Katie, Shannon Jones, and Comfort Richardson arrived. Dr. Marji told them where each book should go and, amazingly, in only an hour and a half, all of the books were in place. “We don’t get rid of things people use,” she explained, “but we can’t keep duplicates and we have to know what to get rid of so that we have enough space for new books.” On average, there are about 144 donations (books, magazines, CDs, DVDs, and puzzles), each month. The library is run on an honor system, where books are taken out for two to three weeks and then returned. She even has a colored dot system that tells what year a book was published.

The Bishop Gadsden authors section, houses books written by or edited

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THE ALLISON LIBRARY CONT'D

by past or present residents, has grown from two books in 2010 to a two-shelf collection in 2019. “I am proud of this,” Dr. Marji said. She has a team of volunteers; each member is responsible for keeping track of books on certain shelves. They also alphabetize the books, and update the BG life biographies in the residents’ book. “The volunteers are so helpful, I couldn’t do it without them.” she said.

What gives Dr, Marji the greatest pleasure is having someone say thank you. “It makes all the minutes and hours spent worthwhile to know people are enjoying the library.” she said.

And her biggest wish? For more space.

For a tour of the library and its treasures, call Dr. Marji

at 843-406-7818.

Did you know—The Allison Library was donated by Eve Kinloch Evans in honor of Bishop C. Fitzsimmons Allison, who was a dear friend as well as the former Bishop of our Episcopal Diocese. Eve was an avid reader, so this was a particularly appropriate way for Eve to honor her friend “Fitz,” who is known for his intellect.

In addition to the library Eve, who passed away recently, was a generous donor to the initial building fund for Myers Hall naming one of the parlors in memory of her mother, and to the building of our Chapel. Eve’s husband, Jimmy, lives in Myers Hall.

THE AGE - WELL STUDY

Katie Jayne, Community Life and Compliance Director

At one point in your life you determined what type of retirement you desired and decided to invest in a Life Plan Community, and ultimately chose Bishop Gadsden. Many of you can list why Bishop Gadsden has been a great fit for you and your retirement, but can you quote measureable improvements to your life? Well now you can!

Bishop Gadsden is part of an association of similar communities called Novare. One of the benefits of this association is our participation in the Mather Lifeways Institute on Aging’s Age Well Study: Comparing Wellness Outcomes in Life Plan Communities vs. the Community-at-Large. This is a five year study that looks at responses from 5,148 independent living residents from 80 life plan communities in 28 states. The first year survey was administered from January to May of 2018 and Bishop Gadsden had 71 participants. Responses from residents were compared with responses from older adults in the community-at-large.

First we will look at overall results from the study. The study reports that life plan community residents pursue more intellectual activities such as reading, games, trainings or other educational offerings, and they use social media and meet with friends more often than older adults in the community-at-large. Life plan community residents also reported greater satisfaction with life, more physical activity, increased personal connections, higher frequency of volunteering, more optimism, greater life purpose, better self-reported health and fewer chronic conditions. Residents of life plan communities reported more healthy behaviors and scored higher on positive measures of emotional, social, physical, intellectual and vocational wellness than did older adults living in the community-at-large. The one area in which adults in the general community scored higher than life plan community residents was spiritual wellness, including spirituality and frequency of praying privately.

How did Bishop Gadsden participants stand in these findings? We are proud to report that Bishop Gadsden residents who participated in the study ranked a higher

satisfaction in 93% of all questions when compared to all Life Plan Communities and Community-dwelling older adults. Our top performing question reports that 71% of our residents who participated in the study pray frequently compared to 61% of other life care community residents and 65% of older adults in the community-at-large. Our lowest performing question (by a slim margin) reports that Bishop Gadsden residents participating in the study have a healthy diet 76% of the time while other life care community residents self-reported 77% of the time. We like our cookies! Other questions on which we performed favorably included lower feelings of hopelessness, pessimism, and stress. It is reassuring to know that these Bishop Gadsden residents feel they have resources on our campus to help sort through these feelings.

Along with individual questions, the report grouped all the questions into six categories: emotional, social, physical, spiritual, intellectual and vocational wellness. Our highest scoring category was social wellness, with 68% of participants reporting an improved social impact. It is reassuring to know the social offerings at Bishop Gadsden are creating a higher sense of wellbeing. While our highest scoring question was spiritual-based, our lowest scoring group was Spirituality with only 48% of participants reporting an increase in spiritual wellbeing. Fifty one percent reported neither an improvement or reduction of spiritual wellbeing, so maybe all our residents come to Bishop Gadsden with their Spiritual needs already met? Answers from the second year of the study will tell more in this category, as several questions have been added to ask about spirituality more broadly.

Overall this report demonstrates that residents in life plan communities have a higher degree of satisfaction with their lives, more frequent social interaction, a greater sense of purpose, and are more active than older adults in the community-at-large. The second year of questions are due on March 15th, so if you would like to participate, please contact Katie Jayne at 843-406-6300.

MESSAGE FROM PRESIDENT / CEO

Bill Trawick

I want to say again how much we appreciate that so many of you attended Sarah's February 27th Town Hall presentation on the new health care and assisted living. As you know, the planning of these monumental projects have been on-going for the past 3+ years. The process has been somewhat like creating a ceramic object out of mushy clay. It has required a great amount of gentle and patient forming and tweaking, but now, as with the ceramic object, a thing of beauty is beginning to appear that you believe will bring joy to the user for years to come. I see these combined projects as the most important development in our community life since our major expansion 20 years ago. Our new health care center will profoundly affect the quality of life of our residents, from enhancing physical well-being through therapeutic rehabilitation thereby enabling the continuation of an active life, to

assuring compassionate and dignified memory care in a supportive and secure environment, to affording the most gracious and home-like environment for those most fragile in skilled care. Our assisted living apartments will provide more opportunity for our residents to live in an environment they not only need, but desire. Really—what is there not to be excited about when you can be a part of making such a difference, both potentially in your own life, and the lives of others as well!?!?!?

Also, it is always a wonderful occasion to celebrate the generosity which has always been an important part of the BG culture, but which is also receiving greater recognition throughout the Charleston area. The event on February 28th, with the theme *All Things Lowcountry*, reaffirmed that the generous spirit of our BG Community, and our desire to be a contributing member of the quality of life of the greater community of which we are a part, is alive and well. Again, all of this causes us to reflect on our culture and mission and, I believe, find a tremendous source of (“unvain”) pride.

ECONOMICS & THE 21ST CENTURY COLD WAR

Ray Houlihan

Russia's current dictator, Vladimir Putin, is having a wonderful time pretending to be a world leader. Instead, more accurately, he is having a good time being a first class menace and a big time bully. In the age of globalization he has demonstrated that he has neither the skills nor the inclination to compete in the economic arena. If it weren't for Russia's vast oil reserves, his country could easily be classified as third world.

Aside from trying to name himself “Dictator for Life,” his other claim to fame was gobbling up the Crimea and disabling the eastern Ukraine. Along the way he is enjoying being the darling of most of the World's two-bit dictators. His single big success is keeping Bashir Assad on the throne. This is the man who killed hundreds of thousands of his own people and encouraged millions more to flee his country seeking better lives almost anywhere.

When the USSR collapsed in 1989, it marked the end of the Cold War that had dominated the latter half of the 20th century. It established the success of democracy and economic power over “tank power.”

The dawn of the 21st century brought the “creative”

Russian dictator to power. While the world was moving in a different direction, our boy Vladimir was caught in the wrong century. He was dedicated to building an army so as to scare his neighbors, but building a first class economy was beyond his interest.

The economic facts of life in the new century have not been kind to most of the world's dictators (Venezuela is the best current example). The US and its allies fought a horrendous world war against Germany and Japan. These two countries had the good sense to embrace economic and political freedom and became wonderful success stories. Contrast that story with one of the war's winners, namely the USSR, but dictator Joseph Stalin chose to go in the opposite directions with cataclysmic results for his country. No one can predict the future with accuracy but one thing seems quite certain, globalization is here to stay and dictators will fail to compete.

In 1934, Hitler's National Socialist Party was bent on ruling the world. At that very time, Albert Einstein left Germany for America. Thanks to this man the democratic world was going to be saved from dictatorships. How many times will democracy and globalization have to win before dictatorships prove failures.

IN LOVING MEMORY

James “Jim” Aichele
12/27/1926-2/4/2019

Nicholas “Nick” Zervos
10/18/1930-2/5/2019

Eve Evans
1/19/1930-2/11/2019

John “Jack” Lillich
12/10/1922-2/14/2019

Theodora “Doe” Warren
5/23/1926-2/20/2019

Sara Breibart
7/15/1920-2/24/2019

Sheila Christie
4/27/1929-2/26/2019

BACK IN TIME: WILLIAM CRAWFORD GORGAS

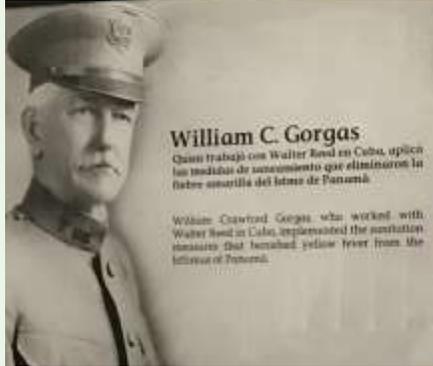
Dr. Jack Hisley

While on duty at the Mount Vernon Arsenal near Mobile, Alabama, First Lieutenant Josiah Gorgas fell in love with and married Amelia Gayle, daughter of John Gayle, a former governor of Alabama. William (“Willie”) Crawford Gorgas, their first child, was born on October 3, 1854, in the old governor’s mansion in Mobile. When the American Civil War became inevitable, then Captain Gorgas resigned from the U.S. Army and accepted a commission as Major and chief of ordnance for the Confederacy. Conflicted, Gorgas, a West Point graduate from Pennsylvania, joined the Confederate Army out of respect for Amelia’s deep southern ties. He quickly rose in the ranks and when the war ended, Josiah was one of only a few northern-born general officers in the Confederate Army.

At an early age, young Willie wished to follow in his father Josiah’s footsteps - go to West Point, and become a career U.S. Army officer. Although he was an outstanding student, an appointment to West Point was not to be. Instead, Gorgas earned his AB degree at the University of the South and completed his medical studies at the Bellevue Medical College in New York City. First Lieutenant and Doctor William Crawford Gorgas then entered the U.S. Army Medical Corps, moving from post to post over the next 20 years. While stationed at Fort Brown, Texas in 1882, he encountered many cases of yellow fever, and indeed, contracted a mild case himself. This experience sparked a life long intellectual interest in the disease. At Fort Brown, he rendered care for Miss Marie Doughty, the post commander’s daughter, who was struggling with yellow fever; she was eventually cured. Romance soon followed and William and Marie married in 1885.

Although Dr. Gorgas personally rejected the theory that mosquitoes were vectors for the disease, the Army Medical Corps nevertheless recognized him as a yellow fever expert because his management techniques had successfully lowered the Army’s overall death rate. At the time, disease management standard of care centered on the “lighted torch”. Since many physicians held to the belief that flames destroyed germs, all infected bedding, clothing, and other such personal items were routinely burned.

In 1898, newly promoted Major Gorgas became Sanitation Officer for the City of Havana and was quickly faced with endemic yellow fever that had plagued the old city for some 150 years. In fact, not a single day had passed since 1762 that someone in Havana had not succumbed to the disease. By the end of the 1800s, many scientists believed that mosquitoes were vectors for the disease, but their views were not universally accepted. William Gorgas and his colleague Dr. Walter Reed soon began to question their long-held personal rejection of the mosquito/vector theory. They turned their focus and resources to the widespread elimination of mosquito



breeding sites by calling for the elimination of standing water and the draining of swamps. These actions were met with rapid, remarkable success and by September 1901, yellow fever ceased to be a threat in Havana. The Cuban population was forever grateful, and Gorgas’s smashing success in Havana prompted Dr. Reed to comment, “That you have succeeded in throttling the epidemic of yellow fever in Havana appears to be beyond question and is to your lasting credit as an energetic health

officer who saw an opportunity and grasped it”. By a special act of Congress, Major Gorgas was promoted to the rank of Colonel.

On November 18, 1903, exactly 15 days after Panama was declared independent of Columbia, a convention was signed granting the United States the right to construct a waterway across the Panamanian isthmus. The French had previously attempted the construction of such a canal across the isthmus but had been forced to halt the project because of soaring worker death rates from yellow fever and malaria. Now it was up to the Americans to finish the job.

Gorgas was relieved of his duty in Havana and transferred back to the states to familiarize himself with the medical hazards of the Panama project. After studying the sanitary problems encountered in the building of the Suez Canal and the multitude of obstacles that had defeated the French in their construction attempt on the isthmus, Gorgas was convinced that the U.S. would not succeed in Panama unless they were able to curb the deadly threat of yellow fever and malaria. Others on the Canal Commission didn’t agree with the magnitude of the threat of the tropical diseases. Although Gorgas was named Chief Sanitary Officer of the project, he received little support in terms of staff and supplies. Alas, his most feared predictions came true, as the Isthmus of Panama was experiencing one of its worst ever yellow fever epidemics. Once again, Gorgas was frustrated with his superiors who would not accept the fact that mosquitoes transmitted the disease. Over time, however, he was able to convince the higher-ups as he launched his anti mosquito campaign. Large-scale drainage projects converted swamps into dry land, standing water was reduced, and mosquito-breeding areas were eliminated. Death rates from yellow fever began to fall and soon the deadly infection became a disease of the past. Because of Gorgas’s insights and methods of mosquito control, deaths from malaria began to decline as well.

Meanwhile, in South Africa, miners were dying from pneumonia at an extraordinary rate. Authorities in Johannesburg turned to Colonel Gorgas for help. Gorgas traveled to South Africa and conducted a thorough study of the miners’ living quarters, diet, and general sanitary conditions. He concluded that the conditions associated with living in the overcrowded barracks constituted the major problem. Upon his recommendation, large barracks were soon replaced with smaller, less crowded cottages, and before long, the miners’ death rates from pneumonia declined.

A few months prior to the beginning of World War I, Colonel Gorgas was promoted to Brigadier General and named Surgeon

BACK IN TIME CONT'D

General of the Army. On March 4, 1915, by a special act of Congress, he was recognized for his achievements in Cuba, Panama, and South Africa, and promoted to the rank of Major General. Considered a pioneer in the field of public health and tropical medicine, William Crawford Gorgas steadfastly practiced his beliefs that deaths from disease should never exceed combat injuries in modern warfare.

America's standing army consisted of 150,000 soldiers in 1914. As tensions with Germany increased, President Wilson initiated a draft in 1916 that mobilized approximately four million recruits. Training camps were crowded and infectious disease epidemics quickly became rampant. At the time, the government's main focus centered on training and mobilizing an army. Very little funding was available for the Medical Department. In 1917, Dr. Simon Flexner, Director of the Rockefeller Institute, suggested that the Institute be incorporated into the Army as a support for the war effort. Major General Gorgas didn't hesitate to accept the offer, fully aware that the Army's Medical Department was both understaffed and under funded. Gorgas was concerned with the increasing number of deaths in the training camps from influenza, measles, meningitis, pneumonia, and other infectious diseases. He soon realized that over crowding in the camps was a major part of the problem, similar to what he had discovered in South Africa. As a medical corps officer, he had much difficulty in convincing the senior line officers – including the Secretary of War - of the health related perils of overcrowding. Nevertheless, Gorgas eventually prevailed. At

his direction, additional tentage was supplied, and as overcrowding diminished, infection rates began to fall. In addition to addressing the overcrowding issue, Gorgas also insisted that new recruits who were the potential carriers of new infection from their civilian lives should be separated from the troops who were scheduled to be shipped to Europe.

At Major General William Crawford Gorgas's retirement on October 26, 1918, numerous honors were bestowed upon him in recognition of his preventive medicine and sanitation skills that had led to unparalleled successes in Cuba, Panama Canal Zone, and South Africa. Also, he alone had recognized and publicized the fact that more soldiers died from infectious disease than from bullets. Gorgas's innovative infection control policies implemented in the U.S. Army training camps prevented epidemics that would have crippled America's war efforts leading up to the First World War. Thanks to his understanding that the mosquito is a vector of infectious disease, yellow fever virtually disappeared from the North American continent.

While in London in 1920, William Crawford Gorgas became ill and died on July 4, in the Queen Alexandra Military Hospital in Milbank. During a bedside ceremony King George V knighted him and conferred the high honor of "The Most Distinguished Order of Saint Michael and Saint George". He was given a special funeral in St. Paul's Cathedral after which he was returned home and laid to rest in Arlington National Cemetery.

Special Note: Bill Gorgas, who is a direct descendant of William Crawford Gorgas, and his wife Kate are residents of Bishop Gadsden.

ICE FOR YOUR CELLPHONE

Dr. Bill Wilson, Putman Clinic



The best way to be able to share your medical information with health care providers, which include EMS, is to program your cellphone with I.C.E. I will explain how to do this in the information below. The contact called ICE is the first thing EMS will look for on your cellphone and the information there could save your life. This is especially important if you are unable to communicate with the emergency health care provider. In addition, if you travel, the information will be very helpful for medical personnel who do not know you and have no immediate access to your medical records.

1. In your contacts you first enter the contact "ICE" in all caps.
2. You put in the person's mobile phone number, along with work and/or home phone number.
3. Scroll down past add email, add address, birthdate, etc, to "Label" and enter the person's relationship to you and their name. You may add anything else you like in those other screens if you wish.
4. Then scroll down to the "Notes" section where you can enter the following information:
 - A. Enter all the medications that you take.
 - B. Enter any ALLERGIES THAT YOU HAVE.
 - C. Enter all the medical conditions that you have.
 - D. Enter all of your physicians and their telephone numbers.
 - E. Enter any special diets, whether you have a pacemaker or not, and any other devices such as an artificial joint, or lens in your eyes, etc.
 - F. You can also place a note in this section to direct them to your "Photos" section to see any photos of your EKGs, pertinent X-ray reports etc.

Again, this information can be easily accessed by EMS or hospitals so that you can get the fastest and most complete care.

BG EATS OUT: FUJI

Adelaide Wallinger

My knowledge of Japanese food is just like what I know about the Japanese language—ZERO.

That's why we asked our daughter, Caroline, and her friend, Tim, to join us for lunch at Fuji at 585 King Street, near where Spring Street crosses King. Tim lived in Hawaii when he was in the Army and knows a lot about Sushi, Sashimi, etc. Between the two of them and our excellent waiter, Will, we ordered a banquet of a meal. That was nice since we were also celebrating Tim's January birthday.

We first heard of Fuji when good Seabrook friends Lynne and Allan Keener invited us to the Fuji at Freshfields near Seabrook Island. We had a great time, loved the food and decided to check out the King Street branch, which would be closer for you.

Here's what I recommend—go to Fuji for lunch. We went at 2:00 PM on Saturday. It was quiet as a mouse except for a few people at the bar, way back in the restaurant. Brunch is served on both Saturday and Sunday from noon to 4:00 PM. And there is a Lunch Special from 11:00 AM to 4:00 PM, Monday through Friday if you prefer those days.

Two drinks, Happy Hour Specials, especially caught our fancy, the Pomegranate Margarita with tequila, pomegranate liqueur, triple sec, club soda and lime, and the Peach Fizz made with Three Olives vodka, and peach schnapps topped with Ruffino Prosecco. And there are others you'll want to try. Happy Hour is daily from 4:00 PM to 7:00 PM.

As you know, we always order several starters to share. We picked the Pork Belly Bun (\$14) with pork belly marinated in Asian barbecue sauce with scallions, fried or steamed. Ours was steamed. Then there was Gyoza, a Japanese pan-fried dumpling (\$7) and finally Yasai Gyoza (\$7) featuring steamed vegetable dumplings, my favorite.



Now to the main dishes: my pick was the BENTO BOX (\$13.95), an actual box full of Oriental goodies. Mine held Shrimp Teriyaki, Rice, Herimake (a fried spring roll) and sliced California Roll. It is served with either Miso soup or salad. I recommend the soup. You could substitute chicken, tofu, steak, or beef instead of the shrimp.

Scott had Nigiri Maguro (\$7) with raw tuna over pressed vinegar rice. Also, the Steak Negemaki (\$16), New York Strip wrapped with cream cheese and scallions.

Tim chose the Valentine Roll (\$12), the special of the day: with salmon, tuna, cream cheese, mango, tempura fried and topped with lobster salad, mango, eel sauce and spicy mayo. He also enjoyed the Rainbow Roll (\$14), a California roll topped with tuna, white tuna, salmon, yellowtail and avocado. Both of his dishes were as delicious as they were beautiful to look at.

Caroline had Shrimp Tempura (\$9) and the Maguro Nigiri (\$7) that Scott had. Provincial as I am, I told the waiter I did not want anything with eel or eel sauce: all I could think of was the eels we sometimes catch at the Creek – not my cup of tea. Evidently eel is very marvelous fare in Japan and here, too.

Dessert time became sharing time again: The Tempura Ice Cream (\$7) ice cream wrapped in pound cake, deep fried and topped with whipped cream, caramel and chocolate syrup. Then for the chocoholics: Molten Chocolate Lava Cake (\$7), molten chocolate lava cake served with ice cream and also topped with whipped cream and chocolate syrup.

Sorry I don't have room to tell you about more good things to eat at Fuji – but I hope you'll check it out –make it a party with at least four diners.

Fuji is open Monday through Thursday from 11:00 AM to 10:00 PM, from 11:00 AM to 11:00 PM on Friday, from noon to 11:00 PM on Saturday and from 12:00 PM to 10:00 PM on Sunday.

FEBRUARY EMPLOYEE OF THE MONTH



L to R: Comfort Richardson, Wellness Manager, with Nathan Calhoun, and Bill Trawick, CEO/President.

Nathan Calhoun, Wellness Trainer, was nominated for Employee of the Month by several residents, all who agreed that Nathan exemplifies the BG Way. Many talked about Nathan's excellent attitude and spirit, as well as his caring and compassionate nature. Nathan goes above and beyond and reaches out to all! Congratulations to Nathan for being awarded February's Employee of the Month!

**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.*

View the GAB online at www.bishopgadsden.org

MOVEMENT ENHANCEMENT PROGRAM

M. P. Wilkerson

BG Wellness has a unique class and BG is one of the few places it is offered. It is a Movement Enhancement Exercise program designed for those with movement disorders and you don't have to be diagnosed to attend.

A one of a kind class, it is structured around improving activities of daily living, said Nathan Calhoun NSCA, CETI who with Kelly Bowling AAI, ISMA, run the program, "with the ultimate goal of maintaining and improving independence."

The class is designed to improve the mind-body connection in all areas, said Comfort Richardson, Wellness Manager, "and that includes balance, gait, dexterity, agility, multitasking, and confidence."

While the class includes exercise, it is different from the typical classes. The objective is not to push the individual to their maximum effort, as BG Wellness offers this with several other class options. The objective of ME (Movement Enhancement) is to focus on improving the fundamentals of daily living by practicing cognitive training exercises, improving cardiovascular capabilities and building muscular strength endurance. Group outings on the BG Trails are offered on off days to enhance the serene advantages of being outdoors. At Bishop Gadsden, just because you may have balance issues, does not mean you can never take a walk (ride) in the woods.

"The goal is to find out what your neurological and physical thresholds are and explore how to push pass those limitations comfortably and safely. By following and respecting each individual's parameters, participants can leave class each day with a sense of accomplishment and confidence," said Comfort.

The group setting of four or less participants allows the instructors, Nathan and Kelly, to tailor each work out to specific needs that other classes would not offer. "Past participants said this class has increased their coordination, improved their balance, increased their muscular strength and reduced their symptoms," said Comfort.

The classes are held Tuesdays and Thursdays at 1:00 PM or 2:00 PM. The cost is \$160 for four weeks. For information call Comfort at 843-406-6425.

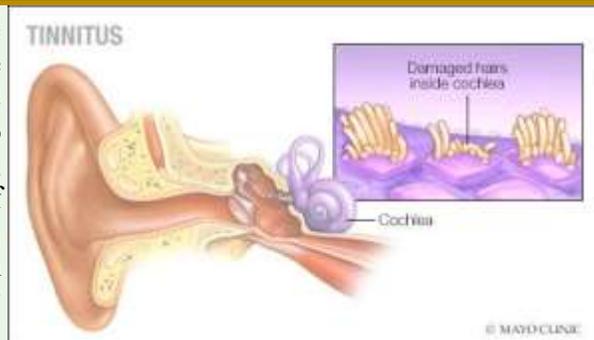
DOC TALK: TINNITUS

Dr. Jack Hisley

Millions of persons worldwide are affected by tinnitus (buzzing in the ears), which can be debilitating in its most severe form. The condition is so common that almost everyone will experience at least one episode of tinnitus during their lifetime. Interestingly, tinnitus is more common in older individuals, particularly males. Only 20% of people who experience tinnitus actually seek treatment. Not infrequently, tinnitus is associated with diabetes mellitus and other autoimmune disorders. Repeated exposure to loud noises such as those associated with rock concerts or leaf blowers can predispose one to tinnitus. Individuals with clinical depression or chronic anxiety disorders often experience an increase in symptoms when they also experience tinnitus. Understandably, sleep disorders and concentration difficulties are not uncommon in those with severe chronic tinnitus.

There are two categories of tinnitus: the "subjective" type that has no identifiable cause, and the less common "objective" type that does have an identifiable cause. Both types can be associated with a sensorineural hearing loss (hearing loss caused by a lesion or disease of the inner ear or the auditory nerve).

Unfortunately, the treatment success of subjective tinnitus (no identifiable cause) is disappointing because buzzing or other aberrant sounds that are produced by the inner ear are poorly understood. Like most poorly



understood diseases, specific remedies are not available. Treatment options include medication, biofeedback, and sound masking techniques, to name a few. Elimination of impacted earwax, cessation of smoking, and elimination of ototoxic drugs such as antibiotics, aspirin, and caffeine may be helpful. Prevention of tinnitus through education should be a major strategy. Addressing occupational

noise with the routine use of hearing protection, and avoiding the overuse of recreational electronic musical devices are simple strategies that will go a long way in the prevention of subjective unidentifiable tinnitus.

A person with persistent severe chronic buzzing in the ears most often suffers from objective or identifiable tinnitus. Since there are numerous medical conditions that can cause this type, a thorough evaluation is necessary to identify a potentially serious problem. Management of the objective type of tinnitus can usually be successfully treated with a specific remedy.

Any disruption of the auditory pathway can distort sound. Current research is focused on attempting to explain why individuals with similar levels of hearing loss can differ so widely in their tinnitus symptoms. Ongoing investigative studies are providing a better understanding of the underlying mechanisms that cause the condition. This information will enable physicians to medically target specific areas that will hopefully result in improved therapeutic outcomes.

WHAT'S HAPPENING!



Myers Hall resident, Hal Aronson, celebrates his 100th birthday! Pictured with daughter Rhetta and granddaughter Leigh.



At our February 20 Resident Update, Bishop Gadsden awarded \$223,000 in donations from our Charitable Fund to four wonderful local charities: Lowcountry Food Bank, Sea Island Habitat for Humanity, Turning Leaf, and Vantage Point Foundation. (Pictured above.)

At the end of the update, Margaret Blackmer, our Board President, was presented the *2019 Leadership Award* from our state organization LeadingAge SC. (Pictured below.)

Finding Your Inner Artist By M. P. Wilkerson

Artist Paul Roberts' career was as an engineer so he had mastered how to draw straight lines, screws and bolts; but he had always wanted to paint but never had the time until he moved to Bishop Gadsden.



"I was busy working, traveling, and raising children and I had no time for anything that was just for fun," he said, "Being here at BG has given me a chance to acquire a few of the most basic artistic skills and to get myself motivated. It has also provided the time and the place to do it without making a big mess in the apartment," he said.

He began by coming to the art class that Mindy Crawford, Activities Coordinator, holds at 1:30 PM on Thursdays in the Miller Art Loft and Gallery. She provides everything needed for a small fee and the class is open to everyone at every level of artistic training. "I am so impressed with the artistry she can elicit from us," he said. "And in addition she is just a wonderful human being to be around."

"At these art sessions Mindy teaches a range of different media—from watercolor, to charcoal, pastels and oils," he said. "It is a chance to try different things and the first thing you know, you do something that is not too bad."

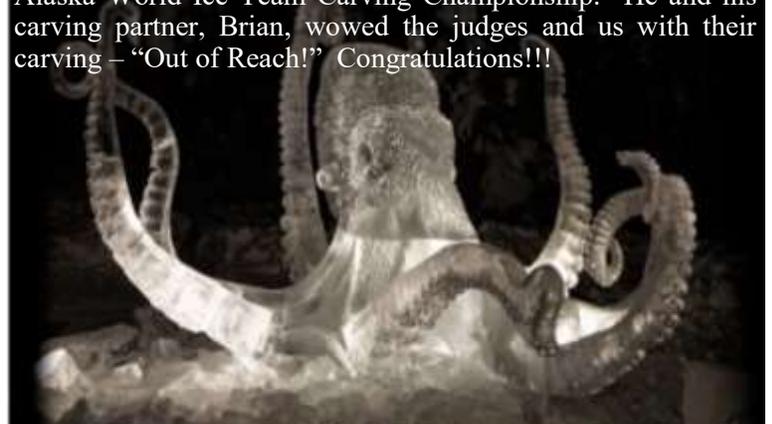
That is what happened to him. He started coming every Thursday, got hooked, and now comes almost every day.

"Paul is the hardest working guy I know," said Mindy. "He loves creating art. He comes to the Thursday class and whatever he tries, he excels at. It's wonderful," she said.

"It's also fun," he said.



Bishop Gadsden is very proud to announce that our own Stuart Grayson, Executive Sous Chef, placed 8th out of 21 in the 2019 Alaska World Ice Team Carving Championship. He and his carving partner, Brian, wowed the judges and us with their carving – "Out of Reach!" Congratulations!!!



WHAT'S HAPPENING!

Mark Your 2019 March Calendars

Tuesday, March 5, at 11:00 AM

The Village Shop Spring Event
Anderson Conservatory

Thursday, March 7, at 11:30 AM

Continuum of Care: Emergency Services & Compliance
Blackmer Hall

Friday, March 8, at 10:00 AM

Nonprofit Presentations for 2019 Charitable Fund Giving
Blackmer Hall

Friday, March 8, at 4:00 PM

Oyster Roast
Palm Court

Saturday, March 9, at 4:00 PM

Bach Society of Charleston
Chapel

Sunday, March 10, at 3:00 PM

Chinese Mama Dance Group
Morse Activity Room

Monday, March 11, at 5:00 PM

Charleston Men's Chorus
Chapel

Tuesday, March 12, at 3:00 PM

Audubon Program: Bird Migration with Matt Johnson
Myers Hall Activity Room

Tuesday, March 12, at 4:00 PM

Johnathan Green Presentation
Blackmer Hall

Thursday, March 14, at 11:30 AM

Continuum of Care: Advanced Directives & End of Life
Blackmer Hall

Monday, March 18, at 3:30 PM

Irish Tunes
Myers Hall Living Room

Tuesday, March 19, at 4:00 PM

Synovus Scam Presentation
Blackmer Hall

Friday, March 22, at 4:00 PM

Generous Spirit Bingo
Blackmer Hall

Charleston March Events Calendar

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

March 2	<i>Romeo & Juliet</i> Gaillard Center 843-723-7528
March 6	<i>Steel Magnolias</i> Dock Street Theatre 843-577-7183
March 6	Charleston Wine & Food Festival Marion Square 843-727-9998
March 8	Black Violin Gaillard Center 843-342-3102
March 13	Festival of Houses and Gardens Varies 843-723-1623
March 14	Masquerade! Gaillard Center 843-723-7528
March 15	Charleston Antiques Show Gaillard Center 843-722-3405
March 29	Mozart's Requiem Gaillard Center 843-723-7528
March 30	Volvo Car Open Volvo Car Stadium 800-677-2293

Resident Update Meetings

- Myers Hall: Thursday, March 14, at 3:00 PM
Myers Hall Activity Room
- Apt/Cots: Wednesday, March 20, at 10:00 AM
Blackmer Hall
- Read Cloister: No Meeting

MARCH BIRTHDAYS

1 Bob Xidis			19 Lillie McGougan
2 Lillian Gale			21 Mary Butler
2 Norman Walsh			21 Betty Murrell
4 Scott Wallinger	7 Gail Macomson	12 Patricia Bell	22 Lyn Kerner
5 Marji Mengedoht	7 Ed Phelps	12 Inge Gabler	23 Henny Miles
5 Polly Smythe	7 Gene Witchger	12 Bev Hoover	25 Betty Weber
6 Paul Roberts	8 Bob Johnstone	12 Colton Smith	26 Judy Chitwood
6 Dot Willis	9 Jim Brooks	14 Ellie Cooper	27 Charlotte Harrell
7 Louise Dougherty	9 Jim Buckley	14 Marcia Keene	27 Clare Pittman
7 Polly Graustein	9 Ruben Shoheit	14 Min Richardson	30 George Christopher
7 Jeanne Herndon	10 Ann Maxwell	15 Fred Thomas	30 John McIlwain
7 Trudy Hill	11 Bob Cowles	17 Jim Chitwood	30 Gus Middleton
	11 Jerry Cummin	17 Ann Gridley	30 Tom Springer
	11 Geoff Place	17 David Warner	
	11 West Woodbridge	19 Jean Howe	

Welcome New Residents

Mary Gadsden
Joe & Dottie Sanders



MOVIE REVIEWS

Adelaide Wallinger



Cold War takes you back to the early '50s when Poland suffered under Russian domination. It is shot in black and white which points out the gritty existence of the Poles after World War II and after surviving Hitler.

It's the passionate story of two lovers who really don't belong together but can't forget each other either—that old story of two people in love who can't live together.

Pawel Pawlikowski co-wrote the story and directed the 89-minute movie. Wiktor (Tomasz Kot), musician and pianist, is besotted with a spunky blonde singer named Zula (Joanna Kulig). The movie is the story of their 15-year on-again-off-again romance.

We've all seen old films of World War I—grainy, jerky, black and white—but never in true color looking like modern film, until now. I am so happy to tell you to go see *They Shall Not Grow Old*, Peter Jackson's new documentary about World War I and the men who fought, lived through or died in this massive conflict.

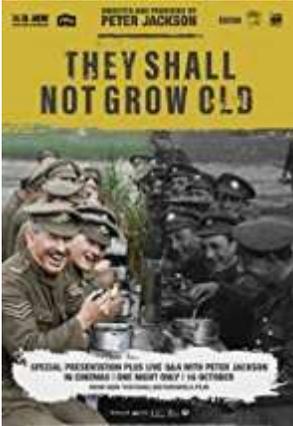
In an endeavor that took years, Jackson and his crew studied 100 hours of film and many drawings of the conflict by artists. They used state-of-the-art restoration, colorization and 3D technologies to show the real war, on and off the battle field. Actual voices (selected from 600 hours of archival and historical interviews of World War I soldiers) back up the film footage realistically. An interesting example of Jackson's bringing the years between 1914 and 1918 to life: He knew grass was the hardest thing to colorize. So he went back to old battle fields and took pictures so the colorists could make the grass the right color. He also assembled various uniforms with insignias so that those could be correctly colorized. They were many colors of khaki (British) and battle gray (German) and many uniform insignias.

When you slow down ancient film, brighten or darken it and finally color it, scenes become their real selves, just like in a movie. Scenes of thousands of young men off the battle field are absolutely riveting, all hanging together to bear the war they were living in the middle of.

It's not surprising what a great job Jackson did. After all, he was the director, writer and producer of the *Lord of the Rings* trilogy as well as the *Hobbit* trilogy. The film is showing at

both The Terrace and at Citadel Mall. (At times, this film is very graphic. So I must warn you about the filming of the dead, even the decomposed.)

On a side note—we are not surprised that *Green Book* took home Best Picture at this year's Academy Awards. Congratulations are in order!



CHAPLAIN'S UPDATE

The Rev. Tom Wilson

As I write this March *GAB* article, I am also in the process of prayerfully setting my Lenten goals. I am excited about the upcoming Lenten season.

Still, remembering prior years, I make no absolute promises. In the past, I often began Lent with positive intentions, ultimately to fall short of the goals that I had set.

When I fall short of a goal, often my first response is to offer "reasons" it could not work; actually and honestly, my reasons are excuses. My goals would have been met, if I had gotten out of my own way.

Almost uniformly what happens is I set my own path; almost as a given, my way is rarely heart centered. My way usually has intellectual detours and discussions that keep me from seriously allowing time to be still and with God.

Eventually and usually in a fit of frustration and often confusion, I remember this truth. The "truth" that I remember is that God wants to be with me. I do not need to impress nor to come armed with knowledge, interesting insights nor precision prayers.

The truth is, any time of the year, I am better off, when I acknowledge my conflicting goals and my racing mind. The barrier that often stymies me is this: I am trying to think my way to God. It is only when I realize what is going on, that I am able to stop. I remember (once again) that I cannot do it all; then I remember that God will help me to meet all of my needs.

Once again, I make the decision to surrender and let go of living in my own will. I surrender, by trying to let God lead me, rather than trying to live my personal agenda. It is only when I allow God to take the lead, that slowly a sense of peace envelopes me.

This column is not ending up where I thought it might go. Instead, of describing my Lenten preparations, now my hope is to surrender. I want to surrender to God, which is my ultimate freedom. I begin again with the certain knowledge of my heart, "I can't, God can, and I am going to let him!" Thanks be to God!

RECYCLING PROGRAM AT BG

Issy DeFino, Community Life Services Intern



Bishop Gadsden's mission statement calls us to be wise stewards of our resources, including our planet. This year, Bishop Gadsden is being more intentional in our approach toward these efforts.

There are many benefits to recycling, many of which

include preserving and restoring the natural environment. However, there are also many other benefits of recycling that may go unnoticed. Recycling itself is the action or process of converting waste into reusable material. By reducing the amount of waste sent to landfills, we decrease the amount of chemicals and greenhouse gases released into the air and water, as well as conserve natural resources. The energy and money needed to make new products greatly surpass the energy needed to recycle materials. For example, one ton of recycled plastic saves 5,774 kWh of electricity, 16.3 barrels of oil, and 30 cubic yards of landfill space. Some other benefits of recycling include supporting American manufacturing and creating jobs in the recycling and manufacturing industries.

There are efforts already in place at Bishop Gadsden to encourage green practices, in particular by Culinary Services. Two years ago Culinary Services sought support from Bishop Gadsden to invest the time and

money in ensuring that many of the plastic materials used in Culinary Services were recyclable. Some of these items include the to-go containers, plastic cups, dining trays made with starch components, and biodegradable coffee cups. By definition, something biodegradable breaks down or decays naturally by bacteria or other natural organisms. Therefore, when these coffee cups are thrown away, they do not cause any additional pollution to the environment.

For 2019, we are now working on establishing a process in the back of the house, as well as during events, to separate aluminum and glass products so that they can be properly disposed of and recycled. If we recycle one aluminum can, we can save enough energy to run a TV for around three hours. While this number varies depending on the energy consumption of your TV, it gives you an idea as to just how much energy can be saved during the process of recycling products. As Culinary Services staff has invested in green products and practices, we too must work together to continue their fight and protect their investment.

More garbage is generated now than ever before. As our waste quantity grows, so will the pressures on our landfills, our resources, and our environment. There are many things that we can do as a community to combat this trend. Keep a lookout for news from Bishop Gadsden's Recycling Committee on ways that you can help Bishop Gadsden uphold our mission. We are responsible for preserving and protecting our resources for ourselves and future generations!

SIGHTS AND SOUNDS, APRIL 22 - 26

Faith Dodge

The objective of *Sights and Sounds* is to create events that encourage all residents and staff to share their talents, interests, collections and awards with the Bishop Gadsden Community.

It has been two years since we have had the opportunity to display our precious collections, demonstrate our culinary skills, perform a skit or read a favorite poem.

Participation forms have been distributed to all residents. Please respond by telling us that you want to share your crafts, treasures and talents. You can choose your event to be in your own apartment or cottage or in the common areas of the main building. We will have golf carts available to transport residents throughout the campus for the various events.

The deadline for the participation forms is April 12 and should be returned to Britt Lock, Events Coordinator. We will have a "Kick Off" Party on April 12 to disclose the exciting events that will be presented. We invite all participants and all residents who will be looking forward to this exciting week of sharing.

We won't have another opportunity to share our treasures/talents until 2021. So, please get your forms in to Britt Lock by April 12! See you at the Party!

WHY TAI CHI

Joan Halkyard

Tai Chi, an ancient Chinese practice, can be defined as balance and harmony.

Are you having trouble with balance? Do you find yourself moving through your day too fast? Are you in such a set routine each day that you move by instinct rather than thinking? Or maybe you find it easier to be stationary, not moving your body any more than you absolutely must?

The gentle Tai Chi class we offer in the Wellness Center each Tuesday and Thursday at 10:00 AM may be just what your body is begging for! Our bodies

WANT to move. It has been written that people are like water. Water that moves and flows freely is clean and healthy. But water that is stagnant cannot achieve health. Slow, controlled movements of each part of our bodies is a beautiful thing both to do and to feel. We can easily achieve a Tai Chi flow either sitting in a chair or standing, whichever position is more comfortable. Balance and harmony.

Do think about joining us every Tuesday and Thursday in the Wellness Center at 10:00 AM. Your body and your mind will thank you!

WELLNESS WEEK, APRIL 8 - 12

Comfort Richardson, Wellness Manager

We have so many exciting activities planned for this year's Wellness Week, please be sure to mark your calendars! You will receive further details of events in the Wellness Week trifold, on the activities and Wellness boards, and in the weekly Yellow Sheets. We look forward to seeing you and cheers to your wellbeing!



Water Volleyball – Residents vs Staff

We need resident cheerleaders! Cheerleader signups will be available March 18.

Seated Tai Chi Workshop in Arcadia Close

Jazzy Races in the Read Cloister parking lot

Myers Hall Bocce

Going the Distance Spiritually with Shelley Stahly

Dance Party – Instructor Medley

The Wellness Expo – Retail Therapy Theme

Walk to End Alzheimer's with a Dog Costume Contest

Cooking Demonstration

with Anna Abram, Pastry Chef & Ryan Bentley, Executive Chef



The *Gadsden GAB* is a monthly publication written by and for the residents of Bishop Gadsden.

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