

Gadsden GAB

A publication by the BG Community, for the BG Community

Meet Kayshawn - Employee of the Year

By Linda Dove

Highlights

Page 2

Eye-catching Art
in the New and
Renovated Myers Hall

Page 3

A Message from our
Senior Vice President

Page 4

Did You Know?
Fascinating Friends

Page 6

Croquet

Page 7

BG Eats Out: Brasserie
La Banque

Page 10

Doc Talk

Kayshawn McCoy will tell you first thing that he is a "people person." That is a good thing because

Kayshawn's job is "people." Named Bishop Gadsden's Employee of the Year, Kayshawn has just finished 18 months in his first "real job" after college as a full-time member of BG's Human Resources Department. Add to that a semester as an intern in Community Life and Kayshawn says he's been at BG "a long time."

His job title, Employee Engagement Coordinator, is a relatively new position at Bishop Gadsden but one that has become increasingly important as recruitment and staff size take on more and more importance. "Happy, involved employees are the key to success at Bishop Gadsden and I am thrilled to be working to involve and recognize the great team members who work here," he says.

Kayshawn is an important contributor to everyday employee life at BG. He plans and administers events for team members – special days, fun activities, and opportunities to highlight individuals and groups of employees. His weekly new hire report has become a much-anticipated part of each employee's Friday reading, updating workers not only on new hires, but also on the successes of current team members.



"I really look forward to the new employee orientation classes", a weekly event that he helps oversee.

"It is not only the chance to meet new teammates, but to share our mission and vision statement" according to Kayshawn.

Janet Lay, BG's Director of Human Resources, notes Kayshawn's pivotal role in the department. "He is generally the first official person new team members meet as they enter HR for the first time. His warmth and positive nature set the tone for what they can expect from our unique BG community. He is truly a treasure and has proven to be such a great fit for the HR department."

Favorite part of his job? Staff support. "Everyone in the HR Department works closely with employees. The best part is being able to provide professional and personal support to our new family members."

But when he is not working, Kayshawn's passion is music. In off hours, he's writing new songs, rehearsing, appearing before new audiences. He began his music career at the College of Charleston (a public health major) and is working to schedule more appearances, often traveling to Myrtle Beach, near his hometown of Loris, a small town in rural Horry County.

He's just begun working with a music public relations company headquartered in London and is releasing new music with their...

(continued on page 6)

Eye-catching Art in the New and Renovated Myers Hall

By Lynn Conley

Once again Bishop Gadsden's leadership team has teamed with Art Expressions, BG's vendor partner, to locate and select eye-catching art for the new and renovated Myers Hall. Each of the unique pieces was carefully chosen for a specific space in the expansive, beautiful residence.

When entering the main reception area, one's eyes are immediately drawn to the hand-thrown clay pieces above the mantel on the right side. The distinctive pieces are by Debra Steidel. Debra has more than 45 years of experience working with clay. Debra throws each piece individually on the potter's wheel using a porcelain stoneware blend of clay. Additions are initially sculpted in clay; some are then cast in lead crystal glass. Through heat and time, the marriage of simple earth elements of clay, oxides and silica create a canvas of color and crystal patterns that are as singular as a fingerprint. Nature has been Debra's constant source of inspiration. The plasticity of clay with its endless possibilities has kept her inspired over her entire artistic career.

Continuing down the hallway, still in the reception area, is a striking, colorful and large abstract glass and metal art creation prominently displayed on the wall. This magnificent installation is by Bonnie Hinz, a former interior decorator who took one glass blowing class and became fascinated with the art form. In 2004, Bonnie became a full-time glass blower, and also began to develop her skills in metalworking.



Bonnie is mesmerized with the way dissimilar materials work in harmony with one another. The fragile, organic nature of glass is a counterpoint to the industrial, durable strength of metal. As a former interior designer, she has a natural affinity with color; therefore, her designs swirl with layers of bright and arresting colors. Her inspiration comes from diverse organic shapes such as leaves, flowers, pods, and the curving lines of grasses.

There are also many new giclées (a French term meaning "to spray", referring to a technology for fine art or photograph reproduction using a high-quality inkjet printer to make individual copies) in Myers Hall from well-known artists. Two of the artists are local –

Thomas Hamm and April Moffatt.



Thomas Hamm is a native Charlestonian who now lives on James Island. He is not only an accomplished artist, but also a photographer, graphic designer and watercolorist. His giclée in Myers Hall is of the iconic



Ravenel Bridge; however, it is not the usual painting or photograph of the bridge. Thomas' work shows the bridge in the distance with a vast, incredible, yellow and blue sky reflected in the river below. This giclée, presented on canvas, is breathtaking in its beauty and serenity. His art is generally very photo-realistic, drawing much of his subject matter from nature and wildlife and often incorporates the use of iridescent powders, washes, glazes and unexpected additives to achieve a certain look or feel. Thomas is an exhibiting member of the Charleston Artist Guild and the Folly Beach Art Guild. He was a founding member of the Island Art Gallery on James Island. He has earned many awards from exhibitions and juried shows. Professionally, Thomas works in communications and marketing for the Medical... (continued on page 9)

A Message from our Senior Vice President

By Aaron Roop

I can hardly begin to realize that we are preparing to start another new year here at Bishop Gadsden. The year 2022 was certainly one for the record books as we celebrated growing our community through the opening of Gadsden Glen, the expansion of Myers Hall, and the subsequent welcoming of so many wonderful new residents and team members. With 2022 ending and the excitement of 2023 beginning, it would be easy to think of the things we celebrated in 2022 as historical milestones, but it struck me that these were not just one-time events, but were actually seeds that were planted in 2022 with their flowers blooming in 2023 and beyond.

I have heard time and again this year from guests, family members, and residents across the community how impressed they have been with the friendliness and caring nature with all of our new team members; frequently asking how we have been so lucky to find them. When I think about how we have been so fortunate to be able to add these wonderful new team members during a time when so many businesses are struggling to find anyone, my mind is drawn to two primary differentiators that make it not an act of luck, but the results of intentional effort. The first of these is our team member referral program - after all, birds of a feather fly together, right? Nearly half of all the team members who joined the Bishop Gadsden community this year joined because a current team



member actively recruited them to apply.

For those who are successful gardeners with thumbs greener than my own, you can have the best seeds in the world, but if you don't have fertile soil and purposeful attention you will not reap the benefits of the seeds. The same is true of the seeds that we planted when adding new team members in 2022. I truly believe that there is no better soil for the seeds we planted than what we have in our Bishop Gadsden community. It all begins with our stellar human resources team and

the 2022 employee of the year, Kayshawn McCoy, welcoming and orienting team members during their first days. From there, the welcoming and encouraging culture of the community that promotes positive living lets anyone new to our community know that they are at home.

Looking forward to the seeds we will be sowing in 2023, I can't help but think about the tradition of New Year's resolutions. Instead of a singular resolution, I am going to be thinking about goals that build upon our current excellence and specifically how we can continue to help all of our seeds grow and flower in the new year and beyond. Being part of the welcoming process during orientation and finding ways to spread smiles through intentional acts like expressing appreciation regularly or telling a corny dad joke are the first two goals that I have set for myself. Please feel free to let me know what goals you are going to set in the new year so that I can celebrate our shared successes!

In Loving Memory

Marabeth Wedewer
2/15/1928-12/14/2022

Martha Virginia
"Ginny" Schroeder
5/6/1929-12/15/2022

Eleanor Akers
5/4/1925-12/20/2022

Frances Grimball
05/29/1921-12/30/2022

Did You Know?

Fascinating Stories About Fascinating Friends

Compiled By Elaine Johnston and Linda Dove

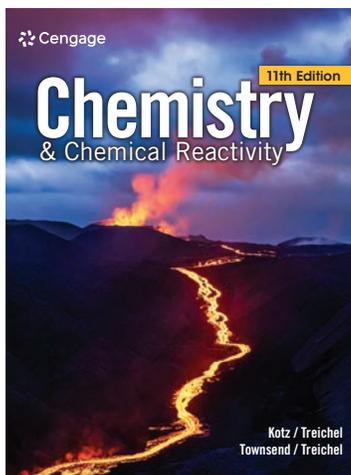
Time for another visit with the fascinating people who live and work at Bishop Gadsden. Things you may not have known about your friends and neighbors.

DID YOU KNOW...?

JACK KOTZ did not set out to write a bestseller. It was 1980 and he was just excited about his subject and was looking for a way to share his knowledge and to get others interested in his topic.

It took him eight years to write his book and shepherd it through the publishing process but it quickly became a publishing phenomenon. The book sold over 100,000 copies, an unexpected and astonishing number for . . . a beginning Chemistry textbook.

Chemistry & Chemical Reactivity was the first chemistry textbook using color pictures and illustrations. The latest edition of the 1300 page tome, the 11th, will be released in February, complete with an action



photograph of an erupting volcano on the cover.

Now in both printed and digital format, *Chemistry & Chemical Reactivity* has become the standard textbook for many college freshmen and sophomores taking introductory chemistry classes.

Retired after 40 years of teaching at the State University of New York at Oneonta, Jack, and his ever-patient wife Katie, have traveled all over the world lecturing and working with other scientists.

"It is definitely a labor of love", says Jack, who along with his three current co-authors, devotes hundreds of hours to updating and revising the book every four years. "Science changes and evolves and we want to be sure that our book reflects those changes," he reports. In his spare time, Jack is an accomplished and widely recognized photographer— but that's a story for another time.

Living at Bishop Gadsden can be a family affair. Lots of cousins, aunts, uncles, brothers and sisters have found their way to the BG campus. Some of our neighbors really do reflect BG's reputation as a 'family' place.

Meet the MUSGRAVE sisters -- MELLY TROIA (the youngest), MARCIA KEENE (middle sister), and DOTTIE PAGLIARO (reputed to be the oldest but no one is willing to go on the record).

The sisters were born in frosty Gloversville, NY, a village built around the glove industry in upstate New York into a family which –



no surprise -- made their living creating the lining for exclusive fur-lined gloves. All three sisters worked in the company through their school years before life took each of them in a different direction, eventually bringing them to Bishop Gadsden.

Marcia, who had operated a B&B in Cape Cod for many years, was the first to arrive at Bishop Gadsden, introduced to the campus by sister Dottie who was then living on Kiawah but was serving as a member of the Bishop Gadsden Board of Trustees. Before too long, Dottie, a former teacher who spent 30 years founding and working with her husband at Citadel Capital, came next. Last to arrive was Melly, a nurse anesthetist, who had moved to Greenville, SC from Florida, eventually relocating to the Charleston area. Soon she was convinced that she too should become part of the BG lifestyle.

While they do share a lot of family time, each also has created her own place on campus. Marcia is chair of the Special Events Committee, including the very popular Bingo series, working to raise funds for the Charitable Giving Fund. Dottie continues her campus and community outreach, having served as chair of the Residents' Council nominating committee, and as President of the... (continued on page 5)

Did You Know? (continued from page 4)

Sea Island Habitat Board of Directors.

For Melly, her time at Bishop Gadsden has allowed her to spend more time with her favorite friends, her AKC champion purebred Cavalier King Charles spaniels. She works with several colleagues in North Carolina breeding, training and showing her dogs.

"We do know that we are very lucky to continue to be close to each other, but the good thing about Bishop Gadsden is that there is such a range of people and activities that we've also made new friends and found new interests," says Melly. "Best of both worlds," says Marcia.

Centering Prayer

By The Reverend Colton Smith

It is very difficult to hear another person when you are talking. Is this true in our relationship with God? How do we hear (respond to) God, if we don't give God an opportunity to be heard?

Prayer is described as "responding to God, by thought and by deeds, with or without words." This section on prayer from The Book of Common Prayer (pages 856-857) further describes the principal kinds of prayer. Adoration is one kind: "the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence."

Fr. Thomas Keating says, "God's first language is silence." (Thomas Keating: *Open Mind, Open Heart*, page 57). In the silence of our words, in the silence of our minds, and in the silence of our hearts, God is present. God is present in the depth of our being. We don't often experience this presence because the noise of the world around us and the noise of the world within us

drown out "that still small voice." (1 Kings 19:12.)

One of the ways we can experience God through adoration is "centering prayer." Centering prayer is based on the wisdom of Jesus: "But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you." (Matthew 6:6.) Centering prayer is a method designed to move us beyond "conversation with God" to "communion with God."

Each Friday at 3:30 PM in the Chapel, we at Bishop Gadsden have the opportunity to share in this method of adoration. This time of prayer, cultivated by freeing ourselves from the distractions of the world and in silence, allows us to be in God's presence as his beloved children, for so we are. "Be still, then, and know that I am God." (Psalm 46:10.) This spiritual exercise will last about 20 minutes.

Come join us!

Employee of the Month: Marvin Cuylear

The December Employee of the Month is Marvin Cuylear!

With a smile always on his face, Marvin exemplifies the BG Way every day. Knowing that the task he has just completed may soon be scuffed or marked, he is never deterred in working to keep Bishop Gadsden's walls and trim fresh and clean. We could all learn a bit from Marvin and that is why he is the December 2022 Employee of the Month.

Congratulations Marvin on being named December Employee of the Month!



Croquet

By Debbie Stanitski and Anne Moss

OH!! the things THE GADSDEN GATOR saw swinging on his vane, perched atop Anderson Croquet Courts He gazed down in September and saw the return of some of his favorite programs. He couldn't rush to sign up for them, BUT YOU CAN!!

Wine 'N Wickets, open to all residents, novices to old-timers, is scheduled for the third Sunday each month in the afternoon. This event is organized by Gwen McCurdy with the assistance of Nathan Calhoun, Culinary and EVS.

Wicket Women is every Tuesday afternoon for players of all stripes and is organized by Char Stricklin. Mallet Men, similarly, is every Wednesday; Ed Hay organizes it. Beginners Mentoring is every Friday; Ann Crane is in charge. Intermediate Play is offered monthly on Thursday afternoons. It is aimed at those players not yet at Tournament level but interested in becoming so. It is organized by John Hollingsworth.

Swinging in the winds of OCTOBER he was amazed to see Coastal Carolina Clubs happily playing and picnicking. It was organized by Mollie Fair with Ellen Hollingsworth, Wendy Kemper, and Kate Gorgas assisting.

Octoberfest, a new festivity, was initiated by Lee Crawford and Gloria Smith. The players competed in round robins enjoyed by all.

The GATOR was truly AMAZED TO SEE Sarah Tipton, Aaron Roop, Katie Jayne, Nathan Calhoun and crew out for brief lessons and games one lovely afternoon. They looked quite professional in their whites, even making a JUMP SHOT or two.



Then came NOVEMBER. BGCA Chairman Pete Trees led the ANNUAL MEETING. The weather cooperated perfectly and THE GADSDEN GATOR WAS PLEASED to hear who will be on the Croquet Committee next year. Russ Crane, Chair, and Lee Crawford, Vice Chair, will lead with continuing members: Wendy Kemper, Debbie Stanitski, Ellen Hollingsworth, Gwen McCurdy, Bob Voigt, and Mollie Fair, along with new members Carolyn Titus and Arnie Marcus.

JIMINY CRICKET!!

No, not a saying, but a new mentoring program for Arcadia residents. Four of our croquet veterans taught and played in an inaugural session with residents Eloise Brooks, Bill Daley, and Jean Howe. We look forward to more of these.

The Gator peered down on December and saw... The ANNUAL SKILLS TEST to determine the 16 Tournament Players and subs was held on December 5th and 6th. There were 49 participants this year, an increase from 37 last year. The final decision was not made at the time of this writing but is based on the average score of three attempts at 6 wickets.

The HOLIDAY PARTY on December 6th for BGCA members and significant others was held in the Gage Sun Porch and adjacent Middleton Dining Room. Over 80 people attended and it was great to see everyone dressed up and not in white. There was carol singing accompanied by Bob Voigt on keyboard.

The Gator says "exhausting, isn't it - but what fun."



Meet Kayshawn – Employee of the Year (continued from page 1)

world- wide promotion in the upcoming year.

"My inspiration is Taylor Swift, and she has really inspired me to write my own music since 2014. The lyricism, melodies, and style of her music are what speak to me. I hope to tour in the future and release my very first album."

BG Eats Out: Brasserie La Banque

By Adelaide Wallinger

Eating at a French brasserie is one of my very favorite ways to dine out.

And BRASSERIE LA BANQUE, at the corner of East Bay and Broad Streets (1 Broad Street), does not disappoint. Scott, Caroline and I spent an enjoyable evening in the Parlor Room of the restaurant whose building was once a bank and dates from the 1700's.

LA BANQUE, inspired by French Brasserie cuisine, features a menu that offers seasonally driven hors d'oeuvres, crudites, entrees and desserts as well as innovative raw bar preparations. The restaurant is spacious with high ceilings and windows looking out on Broad Street. It is elegant in an understated way and very comfortable.

Executive Chef Jared Hammond has crafted a menu that offers traditional French dishes and more innovative fare as well. Steve Palmer, Managing Partner, opened the restaurant a little over a year ago as part of the Indigo Road Hospitality Group that owns many restaurants around the Southeast.

To begin with, BRASSERIE DE BANQUE offers lots of exotic cocktails – it's hard to choose. But I chose the FRENCH DAIQUIRI (\$13) with rum, pineapple, banana and citrus. Caroline had LA COLOMBE (\$15) with tequila, French grapefruit liqueur, botanic bitter, house citrus and ancho chile spice. Scott went with a single malt. There is also wine by the glass and by the bottle, and beers in both bottles and cans.

We began by sharing the CHILLED OYSTER ON THE HALF SHELL PLATE (market price) with cocktail sauce, mignonette and lemon. Succulent and delicious!

Next course had to be FRENCH ONION SOUP (\$12) with provolone and brioche. (Think of all the different versions of onion soup you've had and even prepared.) La Banque's is as good as we expected it to be.

I knew ahead of time that I'd have to have the STEAK FRITES (\$39) (Hanger Steak version) with pommes frites and sauce de la banque (you can also order the

C.A.B. Prime Strip version (\$69.) I could eat this dish every night.



Caroline ordered the COQ AU VIN (\$32) with roasted chicken breast, mushrooms, onions, bacon, red wine, chicken jus, watercress and Banyuls vinegar. So wonderful like the Provencal chicken we love to roast at home. And Scott, the hunter, went for the DUCK CASSOULET

(\$37) with confit leg, garlic sausage, onion, celery, carrots, tomato, and white beans.

To go with our entrees, we ordered two sides to share: HONEY ROASTED CARROTS (\$12) with charred tomato and leek, pumpkin seeds, crème fraiche and chive oil. And PETIT PAINS (\$6), a house-made brioche with whipped butter.

Another time, we may just have drinks at HAPPY HOUR at BAR VAUTE (see below) and come back to the restaurant later to share the TOUR DE LA BANQUE (\$80) with 12 oysters on the half shell, ½ pound shrimp, and crab salad and herb crackers. We'll top that off with desserts like PROFITEROLES (\$12) with hot fudge sauce and vanilla ice cream. Also available are PEAR TART (\$12) with ginger Chantilly cream and almond crumble and DARK CHOCOLATE MOUSSE (\$12) with chocolate crumbs, raspberry and Chantilly cream. Nice meal for a special evening!

BRASSERIE DE BANQUE is open Monday through Thursday from 5 pm to 10 pm and on Friday and Saturday from 5 pm to 11 pm and closed on Sundays.

You'll find BAR VAUTE (THE VAULT) down a set of stairs to the English basement of the restaurant. HAPPY HOUR (4 pm to 6 pm) features OYSTERS at half price and wines (house red, white and rose) for \$6 a glass. For \$8 at HAPPY HOUR, you can order a MARTINI, a MANHATTAN or an OLD FASHIONED.

BAR VAUTE, "the bar beneath the street", is open from 4 pm into the evening Monday through Saturday and closed on Sundays. A secluded cocktail bar and evening eatery, it features soft lighting and Art Deco-influenced furnishings. There is also a bar in the restaurant on the main floor that is open during restaurant hours. To make reservations, call 843-779-1800.

Gloria in Excelsis!

By The Reverend Charles E. Jenkins

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.



Many of you may recognize this piece as the Gloria which is a part of the Eucharistic liturgy for the Episcopal Church and many other denominations as well. Every now and again, I like to use this space to talk a little bit more in depth about parts of our liturgy that many of us have memorized, but perhaps may not know where it comes from or why we say it.

Part of the Gloria is considered one of the four ancient Advent Hymns of the church. It is a joyful song of praise, and the opening lines come from Luke 2:14: "Glory to God in the highest heaven, and on earth peace among those whom he favors!" These words from the gospel of Luke are the words of the heavenly hosts who proclaim the birth of Jesus to the shepherds of Bethlehem.

The incarnation of our Lord is still as joyful and triumphant as it was on that day, and thus we share in the Angels' proclamation and the Shepherds' reception of the coming of our king. The Gloria reminds us that humanity is not alone in our worship of God. The whole heavenly hosts join

us in adoration of our savior.

The Gloria's acclamation that Jesus is the Lamb of God who takes away the sin of the world and sits at the right hand of the Father is the Easter message. Jesus, the one who died and rose again, now lives and invites us to live with Him. This is why the Gloria is connected with our Sunday worship. Sundays are always a celebration of the incarnation of our Lord and his victory over death.

As you hear Gloria in Excelsis this Christmas season, may we ever be mindful of what C.S. Lewis wrote about the incarnation: "The central miracle asserted by Christians is the Incarnation.... Every other miracle prepares for this, or exhibits this, or results from this.... It was the central event in the history of the Earth—the very thing that the whole story has been about" (*Miracles*, chapter 14). Let us not miss the opportunity to celebrate the great miracle this Christmas season!

Small Giving Opportunities Available Weekly in the Chapel

Would you like to have a small, but meaningful way to remember or honor a loved one or occasion here at Bishop Gadsden? Starting in 2023, the altar flowers that adorn our Chapel every Sunday will be available to give in memory or honor of someone or something.

Each week we will note in the bulletin that "The flowers on the altar are given to the Glory of God and in memory/honor/thanksgiving of whatever you choose."

By participating in this wonderful expression of giving, you will not only help beautify our worship space, but you will also help defray the operating costs of our Chapel here at Bishop Gadsden. You will also be more than

welcome to come and take some or all of the flowers on the Wednesday morning following the Sunday you have chosen (thus allowing the flowers to remain for our Catholic services on Tuesday afternoon).

The cost for both vases of flowers is \$250 and is fully tax deductible as all donations will go through the Office of Charitable Giving.

If you are interested, please contact Pat Hunter in the Chaplain's Office at patricia.hunter@bishopgadsden.org or by calling 843-406-2467.

Many Thanks in Advance, Charles Jenkins, Chaplain

Eye-catching Art in the New and Renovated Myers Hall (continued from page 2)

University of South Carolina.

Another now local artist is April Moffatt who lives in Summerville, South Carolina. April grew up in a small rural town in California, and, although as a child she wanted to be an artist, life and family responsibilities delayed her dreams. Finally, when her youngest child was in high school, she had an epiphany and decided it was time to try to paint. Now after selling many paintings, April believes she is still learning every day. She has stated that she plans to be a perpetual student of painting, always learning, and never having arrived. April is influenced by the classical impressionists, but strives to bring about elements of expressionisms as well into her paintings. She uses color fearlessly and strives to “capture the light.” “I want my paints to invoke the emotions of my subjects and especially the wild feelings of being out of doors surrounded by the beauty of nature.” April’s giclée on paper displayed in Myers Hall does indeed capture the light. The work is of a meandering stream through the marsh. What is captivating about this particular giclée is the use of color – the fantastic sky and its reflection in the stream. When gazing on this splendid artwork, it is easy to agree that April has achieved her goal – the feeling of being out of doors surrounded by the beauty of nature.

There are many more lovely pieces of new art by talented artists on display in Myers Hall: porcelain leaves and a ceramic wall sculpture by Amy Meya; several giclées on paper, all very vibrant, by Jennifer Black and some beautiful pieces by Brenda Peake. All of the art beckons Bishop Gadsden residents to pay a visit to Myers Hall, when time permits, to view the art at an enjoyable leisurely pace.

January Birthdays

1	Laura Wallace	12	Marge Palmer	16	Margaret Tarbox	25	Barry Hollingsworth
2	Mary Turner	13	Anne Johnson	17	Anne Mariani	25	William Tate
4	Bob DeMarco	14	Lucia Childs	18	Barbara Burbello	26	Lynn Conley
4	John Hollingsworth	14	Sarah Darwin	18	Joe Mendelsohn	27	Lindsay Henderson
5	Helen Foxhall	14	Irma Larsen	18	Gloria Smith	28	Judy Cassatt
6	Ray Willeford	15	Dori Helms	22	Lynda Kerin	30	Helen Clement
6	Connie Wyrick	15	Julie Klaper	23	Keith Emge	31	June Warner
8	Edward Hay	16	Lenora Brownlee	23	Bob Prioleau		
10	Cal Calcote	16	Hank Greer	24	Dan Wooldridge		
12	Marty Klaper	16	Joyce Howe	25	Bill Harms		

Don't want your birthday included on this page? Email us at officeofcommunications@bishopgadsden.org

Welcome to BG!

Ann Black
Kathleen Geraty

Meredith Jamison
Emmy Mitchell

Pete Mitchell
Warren Paul

Robert & Waties Kennedy
Ruth Sloan

Doc Talk: Vaccinations for Senior Citizens

By: Jack Hisley, M. D.

Since flu season is here, vaccination for influenza is most important. Influenza is highly contagious and can be deadly when it infects the very young and the elderly. The human host becomes a germ dispensary when coughing and sneezing of virus particles ensures transmission of the disease. Since individuals are infected and contagious 2 to 3 days prior to the onset of symptoms, vaccination is the preventive method of choice.

Ronald Ross, a British Army surgeon, set the stage for a new way of thinking about infectious disease outbreaks for which he was awarded a Nobel Prize in 1903. Herd immunity was his insight: vaccinate a sufficient portion of the community and the disease will not spread and endemics will not occur. Mass vaccinations work even if a few individuals are left unprotected - when there are no susceptible individuals left, the disease dies out.

Approximately 150 million Americans are vaccinated for influenza each year. However, thirty-three thousand of those who are not immunized will die of the disease. The cause of death is acute respiratory distress syndrome (ARDS) related to overwhelming viral pneumonia or super imposed bacterial pneumonia that requires mechanical ventilation and ICU care. Most community hospitals cannot handle large numbers of cases, which is why prevention is so important.

In addition to vaccination, a few other preventive tips include the following:

- Cough or sneeze in your elbow. Virus-laden droplets travel to the feet.
- Wash your hands with soap and warm water for at least 15 seconds (while singing "Happy Birthday to

You", a tune that lasts 15 to 20 seconds).

- Use a hand sanitizer when you cannot wash.
- Avoid touching your eyes, nose, or mouth.

Vaccination for pneumonia is recommended for those over age 65. Unlike influenza, which is an annual infection, the pneumonia vaccine is a one-time event.

Vaccination for chickenpox is suggested for

anyone who has not previously had chickenpox. If you are not sure, a varicella blood titer can identify existing immunity.

Vaccination for shingles is suggested for individuals over age 60, even if you have had shingles in the past. This debilitating disease can recur. If you haven't had chickenpox,

you are not susceptible to shingles.

Vaccination for Hepatitis A is recommended for travelers to Latin America, Asia, and Africa, particularly for those with chronic liver disease

Vaccination for Hepatitis B is recommended for frequent travelers to high-risk areas. There is a combined vaccine for hepatitis A and B.

Staff at our Putnam Clinic can offer specifics regarding your individual needs. If you are planning a trip abroad and need additional information, the website <https://wwwnc.cdc.gov/travel> may be helpful.

Hence, the WHO recommends the Salk killed virus injectable vaccine for routine use. Presently, the Sabin vaccine is only recommended for unvaccinated people who are traveling to endemic areas such as Nigeria. Now it appears that the next problem most nations will need to address is the challenge of modernizing their aging water filtration plants.



What to Watch

By Adelaide Wallinger

Long ago, January always seemed depressing to me – but now I look forward to it as a time to lie back, read and watch TV.

One of the most publicized series lately is HARRY & MEGHAN on NETFLIX, starring Prince Harry and Meghan Markle. Its six episodes follow their courtship all the way to their exit from royal life as they make their home in Montecito, California. Each episode is 40 to 60 minutes long and tells in their own words about their past lives, their engagement, their wedding and what led them to leave royal life and end up in the United States.

If you've ever read novels by popular author Louise Penny, you'll appreciate THREE PINES, the new mystery series on AMAZON PRIME. It's about Inspector Armand Gamache of the Surete du Quebec, played by Alfred Molina, who investigates murders in the seemingly idyllic village of Three Pines. Each case takes two episodes to solve and there are eight episodes to see this year.

Another mystery set in 1830, THE PALE BLUE EYE on NETFLIX, premieres on Friday, January 6th. It's about a retired detective played by Christian Bale, who investigates a crime and is assisted by a West Point cadet, who just happens to be future famed author Edgar Allen Poe, played by Harry Melling.

THE GOLDEN GLOBE AWARDS are on Tuesday, January 10th, on NBC at 8 pm. Nominees for BEST PICTURE (DRAMA) are AVATAR: THE WAY OF WATER, ELVIS, THE FABELMANS, TAR and TOP GUN: MAVERICK. AVATAR will be in theaters and later in February can be rented or bought on AMAZON PRIME.

ELVIS can be rented on AMAZON PRIME FOR \$5.99. THE FABELMANS is in theaters now but might be released on PEACOCK in the future—"might" is the word. You can watch TAR for \$19.99 on AMAZON PRIME. And finally, TOP GUN:MAVERICK is streaming on PARAMOUNT PLUS.

The 27th season of ANTIQUES ROAD SHOW premieres in 2023 on PBS with 25 episodes. One show even involves a musical instrument worth \$200,000. It's on SCETV at 8 pm. For each episode, people in a specific U.S. city sign up for time slots between 8 am and 5 pm to get their "antiques" appraised. The program each week is about the most interesting antique finds.

Also on SCETV, ALL CREATURES GREAT AND



SMALL, premieres on Sundays starting on January 8th and running through February 19th. There will be a lot going on: A wedding, a new home for Helen at Skeldale House, Tristan finally as a fully-qualified vet, a possible romance for Mrs. Hall and World War II on the horizon.

GOOD NIGHT OPPI (105 minutes on AMAZON PRIME) is about the famous NASA Rover OPPORTUNITY that we sent to Mars back in 2003. It was supposed to send information back to earth for three months. But, instead, it communicated for 15 years. A large group of NASA scientists communicated with it all those years, waking it up each day and sending it to explore the red planet, looking for water that could sustain microbial life (which it found in one area). After a very severe, Mars-wide dust storm, OPPORTUNITY stopped communicating in June of 2018. (Its partner SPIRIT was also successful but stopped working in 2011 with wheel problems.)

If you are a JAMES BOND 007 fan like me, you will love watching THE SOUNDS OF 007 on AMAZON PRIME. Performers, many of them who sang in Bond movies, present songs from DR. NO in 1962 (when it all began) all the way to Billie Elish's NO TIME TO DIE performance in 2021. The concert takes place in the Royal Albert Hall with a very responsive audience.

On January 13th, a Friday, A MAN CALLED OTTO (117 minutes) opens at local movies. It is the second film adaptation of the novel A MAN CALLED OVE. Tom Hanks plays Otto, a grumpy old man who has lost his wife. His life changes when a young family moves next door and he finds that life is sweeter when shared.

SURVIVING PARADISE: A FAMILY TALE (79 minutes) on NETFLIX is a spectacular way to watch animals as they strive to survive climate change and the worsening dry season in the Kalahari Desert. Rege-Jean Page narrates as an elephant herd, a pack of wild dogs and a lone lioness (and many other animals) search for food and water to keep their young alive and away from hungry predators. Beautiful photography and scenery in the Okavanga Delta of Botswana.

On Friday, January 13th, watch DOG GONE (95 minutes) on NETFLIX, starring Rob Lowe. A father and son have only two weeks to find... (continued on page 12)

What to Watch (continued from page 11)

their lost dog – that’s when the dog needs his important medication to survive. So they take off on the Appalachian Trail to find their beloved Gonker. The film is based on the book DOG GONE and is a true story.

LOVE AND SACRIFICE on AMAZON PRIME is a WALTER PRESENTS series that takes place in the Belle Epoch Era before World War I in Italy. It’s the story of an Italian town that makes its living in the nearby carrera marble quarry. There is the family that owns and runs the quarry and the workers, somewhat restless, who work there. There is a huge contrast in the owners’ life, home, and gardens and the workers’ abodes. This is the story of how the two diverse groups interact. There are twelve episodes, each 43 minutes long.

MY NEXT GUEST (44 minutes) with David Letterman is a series on NETFLIX. The latest one is an interview with Ukrainian President Volodymyr Zelenskyy. The interview takes place 300 feet underground on an active Kyiv subway platform. Letterman ventures to war-torn Ukraine to conduct the interview. You might want to check out some of his other interviews from the past, too.

HAPPY NEW YEAR!

New Year, New Opportunities!

Looking to give back in 2023? Volunteer at BG! Whether it’s bringing your furry friend to visit residents for pet therapy, forming connections as a resident buddy, or sharing your own talent, volunteering can benefit you and your community. Share your knowledge, time, or talent on your schedule! Arcadia, Myers Hall, Estes Community, Eliza’s Attic, the Village Shop, Flower Guild, and the Chapel are all looking for new volunteers and would greatly appreciate your involvement, no matter how small. To find all the ways you can get involved, check out the BGTogether brochure outside the Communications office or email healthcare.activities@bishopgadsden.org.



Writers Welcome! The GAB is looking for new contributors in 2023. If you enjoy writing, have previous experience, or even have ideas you’d love to share in our monthly newsletter, join us this new year. GAB meetings are held once a month with articles generally due the 23-25 of the month. Contact the Communications office to see what you can bring to the GAB!

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