

GADSDEN GAB

A publication by the BG Community, for the BG Community

HAPPY
new year

Sing Along with Faye Geddis -- Bishop Gadsden's Employee of the Year

By Linda Dove

Bishop Gadsden takes the selection of Employee of the Year very seriously. Team members, administration leaders, residents, friends, and family are all asked for suggestions and nominations.

When the final decision is announced each November, it's a special ceremony. The Chapel is always on overflow. The skills and contributions of all 12 Employees of the Month are recognized and then the annual winner is presented -- with great excitement and circumstance.

This year's ceremony took an unusual but a very happy turn. When Faye Geddis' name was announced on November 30 as the 2023 winner, she hesitated a moment and then turned to CEO Sarah Tipton, asking "Can I sing?" No speech, just the request to break into song. Soon a short chorus of George Gershwin's "Summertime" filled the room followed by loud applause and a room filled with smiling faces.

For anyone who knows Faye, it was no surprise. Singing is her way to celebrate, to provide thanks, to reach out to friends and to support the residents that she serves as part of the BG at Home team.

Beginning her fifth year at Bishop Gadsden, Faye has a clear definition of her role at BG at Home: "I want to be a companion, a friend to my clients but, most of all, I want to help them feel better, and

do the things that they need but can't always do for themselves." And that sometimes involves the singing she loves so much. "My favorite time is when we go for a walk and we sit on a bench overlooking a pond or some flowers and they ask me to sing. That's why I first learned the words to "Summertime."

A Charleston native with four children -- and yes, two "amazing" grandchildren -- who live nearby, Faye's favorite past jobs included being a substitute teacher and working in retail. She and her husband will celebrate their 46th wedding anniversary on New Year's Eve. Besides singing for her clients and

at her nearby church, she loves her garden, especially the fresh vegetables she grows each summer that are part of her other love -- good Southern cooking.

Renee Burton-Middleton is Director of BG Home, overseeing a group of 67 team members.

"We call her 'Faithful Faye'," says Renee. "She never says no when we need her. She's 100 percent dedicated, always ready to help, going far above what's expected when working with residents.

This year she has been the helper and companion to 12 residents recovering from elective surgery,

along with many other short- and long-term clients. The first thing we often hear from residents seeking help from BG at Home: Can Faye come and sing with me? Faye is one of BG's unsung heroes who has now been recognized among many."

Aaron Roop, Faye Geddis, Renee Burton-Middleton, and Sarah Tipton



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The Edwards Family Chapel in Gadsden Glen (Part Two)

By Lynn Conley

In the October 2023 issue of the Gab, Part One about the Edwards Family Chapel in Gadsden Glen focused on the four floating stained glass windows that transform a very ordinary space into a beautiful, serene Chapel. No one is able to pass the Chapel without noticing the gorgeous windows, which are visible from outside the main entrance to the Glen.

Another lovely feature is the Chapel altar, a replica of the one originally located in the “Bee Street Home” for widows and orphans. Since the original altar now resides across the street in St James Episcopal Church, church officials kindly agreed to allow pictures and measurements to be taken of the altar so that Bishop Gadsden could create a replica. Bishop Gadsden’s leadership wished to honor BG’s rich



Altar

heritage, and commissioning a replica of the Bee Street altar was a fitting way to do so. New Holland Church Furniture was selected to make the altar, retable, ambry to hold the reserved sacrament, and lectern/pulpit.

The altar hangings and textiles, donated by Pat and Bob Prioleau, were commissioned from Watts and Company in England. The textiles are beautifully made, and the brocade features nature and Eucharistic elements such as grapes and wheat that are suitable to be used throughout

most of the liturgical year. The dominant colors are crème, blue, and rose with gold highlights. Watts and Company also produced a purple set for use during the season of Lent. Along with the textiles, the Prioleaus also donated appropriately sized altarware for use in the Glen Chapel.

What would a Chapel be without music? Thanks to the generosity of Joan and Ted Halkyard, the Edwards Family Chapel is equipped with an electric piano with full keyboard, which provides the perfect accompaniment to services when needed. The versatile piano allows for volume control and a range of organ sounds.

These beautiful accoutrements, along with the stained glass windows, contribute to the serene beauty of the Edwards Family Chapel within Gadsden Glen. When BG residents visit the Glen to dine at the Bistro or to see a friend or loved one, hopefully, time will permit a visit to this peaceful chapel located on the second floor near the Spa. Perhaps a moment of solitude and reflection awaits you in this beautiful, tranquil space.



Altar Textiles



Chapel Piano



Retable

A Message From Our Senior Vice President

By Aaron Roop

The holiday season at Bishop Gadsden was once again a symphony of happiness and togetherness. The community was adorned with exciting decorations and holiday lights that illuminated every corner, infusing all areas with a special sense of joy for all. Personally, I'm always amazed at what our team members and residents are able to achieve during the busy holiday season. There were so many wonderful opportunities to gather, celebrate, and eat delicious food that one night when I got home my five-year-old daughter ran down the stairs to greet me by referring to me as a 'party animal'.

As the clock strikes midnight and the calendar turns to a new year, it brings with it a natural inclination for reflection and the promise of fresh beginnings. It's that time when many of us contemplate resolutions – goals we set to better ourselves, embrace change, and steer our lives towards greater fulfillment. For many, these resolutions serve as beacons of hope, guiding them toward personal growth and positive transformations. They're not just declarations; they're intentions that pave the way for tangible changes in our lives. Whether it's aiming for better health, nurturing relationships, pursuing passions, or achieving milestones, resolutions provide a roadmap for progress.

According to one article I recently read, only about eight to nine percent of people that set resolutions end up successfully achieving them. While I don't have any supporting data other than personal success with my 2023 resolutions, I feel confident in saying that those statistics have to be much higher for those that are members of the Bishop Gadsden community. I feel proud of what I

was able to achieve with my commitment to wellness and know that it wouldn't have been possible without the personal training package that led me to a habit of visiting the gym early in the morning with great consistency. I know that all of the Bishop

Gadsden personal trainers are ready to help guide any community member if they are ready to start fresh with a wellness commitment or are looking to take their fitness achievements to new heights.

Being at home with my family for the holidays gave me a little time to reflect on what resolution I might be interested in embarking on in 2024. While I have no doubt that I will continue my pursuit of a healthier self with wellness, some of the art gifts that my daughters received for Christmas have me interested in a resolution that will unleash my personal creativity. I was filled with new wonder and excited as I spent many hours creating little sculptures

and using water colors to paint with my oldest daughter at our dining room table. My resolution will revolve around nights and weekends sharing laughter (and maybe some messes) creating art with my girls. Here at Bishop Gadsden, I know that Martha McLeod at the Miller Art Loft is already planning opportunities like fresh group classes and new individual classes for residents to explore if anyone decides to share in my resolution to engage their inner-artist.

Let's carry forward the holiday season's warmth and joy as we embark on this new year here at Bishop Gadsden. I'm sure you are like me and are excited about the opportunities awaiting us and eager to journey together toward a year filled with growth, wellness, and creativity.



Senior Vice President,
Aaron Roop

In Loving Memory

Leo Weber
9/26/1929 - 12/4/2023

Harold Quinn
11/25/1932 - 12/18/2023

Helene Stathis
10/4/1932 - 12/4/2023

Jeanne Dalton
5/25/1926 - 12/27/2023



Building a Treasure

By MP Wilkerson

The new Meade apartments grow toward the sky as construction continues, and much will be going on in January, according to Daniel Larrabee, Vice President of Facility Operations. He is also the Owner's Representative on the project and generally ensures the interests of the owner are protected.

Located between the croquet courts and the Gadsden Glen, ground breaking for construction took place at the end of last May. Each of the three Meade buildings houses five upscale apartments with parking beneath and rooftops designed for entertaining.

"January will top out the concrete block in 8080 (the building closest to the Glen)," Daniel explained. "It will allow for the completion of the wood framing on 8082 (the middle building) and roofing/exterior sheathing on 8084 (the building closest to the croquet courts). The goal is to make each building 'dry' to allow for inside work such as heating and air conditioning, electrical and plumbing to commence; everything is on schedule and I would go so far as to say slightly ahead."

Because the project is on schedule, the team is taking the opportunity to walk through at each phase of construction on the 8084 building so they can verify that each space and its associated features are as intended. They will make adjustments there if necessary before the remainder of the project progresses. "We should be doing that in January, as both floors will be ready," Daniel



added.

Construction work always presents many challenges, besides those associated with the actual construction. One of the biggest is dealing with the city's review and approval process, which must happen before any work can begin. Another challenge centers on having workers show up as agreed. "I am sure each trade partner deals with some of the same challenges as we do so I kind of get it at the same time."

Looking ahead, the biggest challenge will be the physical space. "As the buildings go up and out, we are challenged by the fact that the site is taken up mostly by structures. There begins to be difficulty fitting in all the people involved in working on the building, and their related tools and equipment, as well as the associated materials. Inside space offers an equal challenge due to the fact that multiple trades are

fighting for the same space to work, so to speak. Cooperation becomes paramount, yet any delay in any one thing can completely wipe out progress. It is a constant moving target, and being able to pivot is key".

Daniel has been involved with construction since he was a child living on a farm. He finds the construction business fascinating. "Creating something from raw materials into something beautiful that people can enjoy for years to come fascinates me," he said. It is nice to leave something personal in each project that will go on to live far



Team Member of the Month: Keith Nellenback

The December Team Member of the Month is Maintenance Tech, Keith Nellenback. He is ever gracious and completes repairs promptly and efficiently. Keith seems to have mastered any and all maintenance issues – and does all with smiling goodwill. He goes above and beyond to help keep the café clean. When checking out lunch at the bakery, he always looks around to see if anything needs to be cleaned or fixed. Keith is an excellent worker and a wonderful person. He is always friendly and smiling.

Congratulations, Keith!



Aaron Roop, Dennis Broach, Keith Nellenback, and Sarah Tipton

By Jerry Marterer

The Franco-Prussian War was a disaster for 19th century France. The French Emperor Napoleon III was goaded by Germany into declaring war on the German Confederation in July 1870. The superior German forces captured the French Emperor that year and besieged Paris until it fell in January, ending the war. France was required to pay indemnity to Germany and to give up their two provinces on the Rhine, Alsace, and Lorraine.

The French National Guard seized control of Paris in March of 1871 and reined terror on the city, executing army generals and the Archbishop of Paris. Many aqueducts in the city were destroyed, making fresh water scarce.

A wealthy British Francophile, Sir Richard Wallace remained in his Paris residence during the Commune. He built a hospital to treat the casualties and provided funds for the poor to buy food. But as the water supply was restored, the wealthy neighborhoods had it connected to their homes. The rest of the population had to rely on contaminated water from the Seine.

Sir Richard Wallace



Wallace saw the need to bring fresh water to the neighborhoods via public fountains. He turned to a well-known sculptor from the city of Nantes, Charles-August Lebourg who conceived the idea to make the fountains works of art. He chose the Renaissance style and incorporated four goddesses as caryatids, (columns) holding up a dome. Each figure is unique. Water trickled from the center of the dome to a drain. The nine-foot, 1300-pound statues were made of cast iron by a foundry in the Marne valley. They were painted in a shade of green compatible with the gardens and trees of the city, although today

a few are painted in bright colors. Tin cups were originally attached to the fountain by chains. The cups were removed by the city in the 1950s as unhygienic. Other fountain designs were smaller, more like hydrants that could be placed near parks, public gardens, and hospitals. The first Wallace Fountain was installed in 1872. Today there 100 of them scattered across the city.



I remember first seeing a Wallace fountain in the former village of Batignoles, in its town square, the Place Baret. As I began exploring the old villages of Paris, Wallace fountains appeared in all of them. The 16 former villages that became part of Paris hold 58 of them.

The fountains operate between March 15 and November 16 to avoid damage caused by freezing. They are still a source of clean drinking water and part of the Parisian life and streetscape. The positive



impact on the quality of life in Paris became known in France, and other cities installed them. Today, Wallace fountains can be found in most European countries as well as in South America, the Middle East and

Asia. In North America, there are three in French Canada and one each in New Orleans and Los Angeles.

BG Eats Out: Beautiful South

By Adelaide Wallinger

A Chinese restaurant that is a cut above the average is something I've been searching for - I found it in BEAUTIFUL SOUTH, inspired by the foods below the Yangtze River in Southeastern China.

Open less than six months, BEAUTIFUL SOUTH is at 128 Columbus Street, Suite 101, in a new multi-use development called Courier Square. (You'll recognize the location as the area behind what was the News and Courier building for years.) BEAUTIFUL SOUTH has no parking problem with a parking garage next door to the restaurant and a huge parking lot across the street. It cost us \$3 to park in the garage during our meal.

Chef David Schuttenberg and his wife Tina Heath-Schuttenberg grew up in Phoenix, Arizona, but did not formally meet until they were out of school. "We met through music," says the Chef, who plays guitar. It didn't take long for them to know they were a match. Little did they know then that they'd be owning two Chinese restaurants in Charleston in 2024.

The two have worked together to combine an inviting atmosphere at Beautiful South with delicious food, a place where you can stop by for lunch or go with friends for an excellent dinner.

You'll have a very different experience in their Chinese restaurant: You can get a cup of Chinese tea but there is no wonton soup or egg roll to order.

Tina has done a great job with the interior design of the new restaurant: She worked with a palette of jade and blue to suggest the waterways of South Carolina and China. The restaurant has an up-scale, luxurious feel. There is a long bar, booths and tables to pick from for dining.

As I entered the restaurant, a glass case filled with hanging Hong Kong-style roasted meats (called SIU MEI) caught my eye and I knew I would order one of them for sure. I asked my waitress which one I should choose - it was a CHAR SUI, Cantonese-style sweet and savory barbecued roast served with rice and greens.

At lunch all entrees are served with white or fried rice and greens (beautiful bok choy). I also noticed my second time at lunch that diners ordered lots of little bowls and passed them around to sample at the beginning of their meal. At dinner, there is a family-style feeling as dishes arrive as they are ready.

I actually started with one of the SNACKS and

chose the CRAB "RANGOON" (\$15) with "Too Much Crab" whipped with cream cheese served with a side of sweet chili gastrique, wonton crisps and topped with scallions. What a snack! Next time, I'll try the PORK DUMPLINGS (\$9), locally made toothsome dumplings filled with pork, cabbage and ginger surrounded by bright, tangy vinegar sauce.

A devotee of GENERAL TSO'S CHICKEN (\$21), I ordered it, too. It featured wok fried crispy chicken with dried Tianjin chilies and steamed broccoli topped with scallions. Later, I'll order the MONGOLIAN BEEF (\$23) with fried sliced beef with onions, ginger and garlic over crispy rice vermicelli noodles.

And I'd certainly have the HAINANESE CHICKEN RICE (\$19) again, a popular classic dish, featuring poached tender chicken breast over savory chicken rice served with sides of pickle and ginger scallion sauce.

BEAUTIFUL SOUTH is open for lunch Tuesday through Saturday from 11 am to 2 pm. Dinner is Tuesday through Thursday from 5 pm to 9 pm and 5 pm to 10 pm Friday and Saturday. Closed Sunday and Monday.

HAPPY HOUR at BEAUTIFUL SOUTH is worth a visit from

Tuesday through Saturday from 5 to 6 pm. Choose wine (\$8) or beer (\$6) or any of the exotic cocktails (\$10) like THE SUN ALSO RISES (\$10) with Ten To One White Rum, Golden Raisin Cordial and Lime. And for \$10, the following: MARGARITA, WHISKEY SOUR OR PISCO SOUR, DARK AND STORMY, SOUTHSIDE, EL PRESIDENTE and MOJITO. Have your drinks and then stay for a SNACK.

Actually, the first Chinese restaurant the Schuttenbergs opened some years ago is Kwei Fei on James Island, next door to the Pour House at 1977 Maybank Highway across from The Terrace Theater. The Chef says the atmosphere at Kwei Fei leads with "loud hot vibes", referring to the spicy hot Sichuan food. I visited the restaurant and liked its atmosphere and the fact that it's close to BG. But I decided BEAUTIFUL SOUTH would be my favorite since I don't do hot and spicy anymore. But Kwei Fei is perfect for younger people and those who like their food highly spiced. Hours are 5pm to 9 pm Tuesday through Thursday. And 5 pm to 10 pm Friday and Saturday. Closed Sunday and Monday.

Beautiful South Interior



Croquet Christmas with Arcadia

By Debbie Stanitski

Christmas Party Decor

Christmas Party Decor



The monthly Arcadia mentoring, organized by Pete Trees, was augmented by a spectacular Christmas party arranged by Hutchie Cummin and assisted by her husband Jerry and daughter Kristi. All eight participants, their caregivers and eight mentors were treated to specially decorated gingerbread men, sparkly sugar cookies and apple juice. Carol books were put at each



place and techie Jerry's blue tooth speaker aided a sing-a-long. All tables had holiday-themed tablecloths, napkins, plates and plastic glasses.

A wonderful time was had by all and Hutchie and her family certainly outdid themselves.



Residents Leading a Carol Sing-a-long

January Birthdays

1	Laura Wallace	12	Marge Palmer	18	Barbara Burbello		
4	Bob DeMarco	14	Lucia Childs	18	Joe Mendelsohn		
4	John Hollingsworth	14	Sarah Darwin	18	Gloria Smith		
4	Richard Keithley	14	Irma Larsen	20	Weston Wilhelm		
5	Helen Foxhall	15	Dori Helms	22	Lynda Kerin		
6	Ray Willeford	15	Julie Klaper	23	Keith Emge	27	
6	Connie Wyrick	16	Lenora Brownlee	23	Bob Prioleau	28	
8	Edward Hay	16	Hank Greer	24	Frances Cook	28	
10	Cal Calcote	16	Joy Howe	25	Bill Harms	30	
12	George Enochs	16	Margaret Ann Tarbox	25	William Tate	30	
12	Marty Klaper	17	Anne Mariani	26	Lynn Conley	31	June Warner

Don't want your birthday included on this page?
 Email us at officeofcommunications@bishopgadsden.org and we'll remove you from the list.

According to 2017 statistics, it is estimated that one million people in the United States are living with Parkinson's disease (PD), a progressive disorder of the central nervous system that affects movement. Healthcare costs are expected to increase from today's \$51.9 billion to \$79.1 billion by the year 2037. Since 90 percent of those with the disease are older than 65 years of age, there will be more stress on Medicare's ability to provide care for an estimated additional 600,000+ Parkinson's diagnoses by that time. Presently, Parkinson's disease is the fastest growing progressive neurological disorder in the world. According to the peer-reviewed journal *Lancet Neurology*, the prevalence, burden of disability, and number of deaths associated with PD doubled between 1999 and 2016, which some have termed a "Parkinson's Pandemic".

Most of this increase can be attributed to rising longevity rates and the sizable aging Baby Boomer generation. Numerous articles appearing in the medical literature offer various explanations for the spiraling occurrence of Parkinson's disease, such as infectious and inflammatory diseases, toxic metals, pesticides, and an interesting variety of other exotic causes. Most of the studies lack statistical power, however, and the articles tend to conclude with the sweeping summary statement: "This theory needs more research." When compared with Alzheimer's research, Parkinson's research is grossly under funded by the National Institutes of Health, and thus under researched.

The hypothesis of one's genes or heredity as a primary cause of PD lacks credence as confirmed by large studies of identical twins, who naturally share nearly 100 percent of their genes. Interestingly, in PD, there is a selective degeneration of brain cells that contain neuromelanin, (a dark pigment, structurally related to melanin), especially in the dopamine-producing cells in the substantia nigra area of the brain. It has been postulated that specific genes involved in skin pigmentation and melanin formation may play a role in one's susceptibility to the disease. For example, individuals with red hair color have a two times greater chance of developing Parkinson's, when compared to those with black or brown hair. Also, studies have consistently shown that having either PD or melanoma more than doubles one's risk

of developing the other disease.

Following the 1918 Influenza pandemic, cases of Parkinson's disease increased by the thousands. The influenza virus and other infectious viral microbes such as Coxsackievirus, Japanese encephalitis, Western equine encephalitis, herpes simplex virus, and hepatitis C virus are currently areas of ongoing debate among researchers as having a significant role in the development of Parkinson's disease, since all of these infections produce notable inflammation in the brain.

Lewy bodies are abnormal aggregations of proteins that develop inside nerve cells affected by Parkinson's disease. Lewy body dementia is a disease associated with abnormal deposits of a protein called alpha-synuclein in the brain. Alpha-synuclein, typically present in the brains of individuals with PD, is also found in the intestine and is especially prominent in the wall of the appendix. A longitudinal study conducted over a period of 52 years followed six million people who had undergone an appendectomy (removal of the appendix). Research findings revealed that the participants demonstrated a 19 percent lower chance of developing PD.

Workers who are exposed to high levels of certain metals such as aluminum, manganese, mercury, and lead have a higher prevalence of PD. Amalgam dental fillings, which generally contain 50 percent mercury, were developed some 200 years ago. In this country, adults with amalgam fillings have been shown to have from two to twelve times more mercury in their bodies than those without the mercury-laden fillings. Amalgam fillings leak mercury vapor, which passes the brain's blood barrier. Over the years, various investigations have confirmed a definite link between mercury levels in the brain and Parkinson's disease. For example, a 2016 study conducted in Taiwan found that patients exposed to dental amalgam fillings were 1.583 times more likely to have PD afterward, as compared to their non-exposed counterparts. Based on findings from a number of toxicity studies involving metals, amalgam fillings have been permanently banned in several European countries including Denmark, Norway, and Sweden; others have introduced provisions for a progressive, complete phase-out of dental amalgam. *(continued on page 12)*

Continental European Epiphany/ Theophany Celebrations

By Asimoula Alissandratos

For many Christians, the revelation of Christ's divinity is celebrated on Epiphany (ἐπιφάνεια, or "manifestation") in Western churches, or Theophany (θεοφάνεια, or "appearance") in Eastern churches. First mentioned in the second century in Alexandria and coinciding with Christmas, the feast day was separated from Christmas, which was assigned to December 25, in fourth-century Cappadocia, while Theophany remained on January 6. Many still observe these dates.

The Baptism of Jesus Christ



The Western church focused primarily on the Magi, Gentiles visiting the infant Christ, and secondarily on Christ's baptism and miracle at the wedding feast of Cana. The Eastern church emphasized the baptism of Christ and its consequences: the manifestation of the Trinity (through the voice of the Father, the presence of the Son, and the action of the Holy Spirit, which appeared as a dove); through his touch, Christ purified the earth's waters, starting with the Jordan River, all the earth and all living on it.

The Spanish Day of the Three Kings features parades with camels or carriages. Children leave polished boots out for gifts from the kings, but misbehavior brings hard candy, often dyed black. In France, figurines of the Three Wisemen are placed into Nativity crèches. Even smaller figurines (fèves) are put into the special bread,

which in the North is flat, round, and cake-like (galette) with fillings like almond-flavored custard (frangipane). In the South, fruit fills an eggy, crown-shaped bread. Whoever finds one of the fèves (chewing carefully not to break any teeth) receives a paper crown and becomes king or queen.

Theophany was the New Year until the fourth century: Christ's baptism signaled the re-sanctification and renewal of humanity. Today in the Eastern churches on the first of three days of celebration - the day before the feast - water is blessed in a church service and sprinkled on the congregants to bless them. This service recurs on the feast day before all exit to watch divers jump into often frigid water or into a hole cut into frozen water to retrieve a wooden cross thrown

in by the priest and associated with good fortune. The third day, John the Baptist, the secondary character in the event, is commemorated, and those with the name John or Joanna/Joan celebrate their name days. On subsequent days, the priest takes some blessed water to bless houses, as desired.

The Wise Men



All the traditions seem to agree that the celebrations only begin with the first of the celebrations and continue at least two weeks through the New Year. Happy New Year to all!

Welcome to BG!

Martha Ann Robertson

Lise Tanner

Sara Schack

2024

What Child is this?

By Rev. Charles E. Jenkins, Chaplain

One of my most favorite Christmas hymns, written in 1865 by William Chatterton Dix, poses a question in the first verse that is worthy to be pondered:

“What child is this, who, laid to rest on Mary’s lap is sleeping? Whom angels greet with anthems sweet while shepherds watch are keeping?” I have often found myself pondering this question, which is rhetorical in nature, as I try to wrap my mind around both the magnitude of the birth of Christ. What child is this?

Epiphany helps illuminate the true meaning of the word incarnation, which is how God came among us in the form of a child who was fully human, yet fully divine. And the lectionary during the season of Epiphany, Sunday by Sunday, unfolds the meaning and implications of the incarnation as we journey with Jesus on his earthly ministry through the Gospel lessons.

The season of Epiphany ends with the story of the Transfiguration where Jesus’ appearance changed as the brilliance of his divinity shined through his human body in front of Peter, James, and John. The Transfiguration of Jesus thus illuminates the theme of this liturgical season, light and enlightenment. The Great Light revealed in the birth of Jesus at Christmas illumines the darkness of the world and of our own hearts and minds, enlightening us to take an active role in making those dark areas of

our life less dark. In the northern hemisphere, where the liturgical calendar originated, nature itself is a sign of that growing enlightenment, as the days gradually lengthen following the winter solstice.

I encourage us all to approach this season of Epiphany with open hearts and minds, as the season reveals to us the many ways God’s Love and Light, born into the world at Christmas in the form of a child, are manifest in every single moment of our lives, both ordinary and extraordinary. How important that revelation is to us in the darkness of our own lives

as well as in these peculiar times we find ourselves in as a country and the world.

So, back to the question I ponder in awe, What Child is this? The hymn writer most eloquently answers this for us, “This, this is Christ, the King whom shepherds guard and angels sing: Haste, haste to bring Him laud, The Babe, the Son of Mary!”

This year, we will celebrate the feast of the Epiphany with a special Choral Evensong which will include a 4-part choir, organ, harp, and oboe. This service will take place at 4:00 pm in the Chapel on Sunday, January 7.

May Christ, the Son of God, be manifest in you, that your lives may be a light to the world.



2023 Team Member of the Year Ceremony

Thank you for joining us for our 2023 Team Member of the Year Ceremony in which we honored the outstanding contributions of 12 exceptional team members. Your presence and enthusiasm added a special touch to this memorable occasion showing each team member in attendance how much we appreciate and value their commitment to our community.

During the ceremony, Chair of the Charitable Mission Committee, Angela Estes shared the incredible news that the community raised a generous amount through the Employee Appreciation Fund, providing our team with an amazing bonus during the holidays. What a remarkable way to show our gratitude! Thank you to everyone who donated to this fund. Your giving touches our team members in ways you may not see, but that each of them feel.

A special thank you to the 12 Employees of the Month that were recognized during the ceremony. Your dedication, hard work, and commitment to excellence have truly set a standard for all of us to aspire to.

Aaron Roop, 2023 Team Members of the Month, and Sarah Tipton



What to Watch

By Adelaide Wallinger

Since NETFLIX, AMAZON PRIME and APPLE have raised their monthly fees for ad-free screening in 2024, I hope they offer up even more good viewing this year.

NETFLIX is charging \$11.99 per month for its ad-free basic plan and \$22.99 for its ad-free premium plan. APPLE TV PLUS is charging \$9.99 for ad-free service. And PRIME VIDEO is charging \$17.98 for ad-free service. Just remember, though, if you subscribe to all three, it's still only the price of two people going to the movies twice with a Coke but no popcorn.

January screening is full of great continued series: We are absolutely entranced by THIS FARMING LIFE on NETFLIX. It's about five families, all very different, from Scotland who are crofters (small farmers). It's real life and better than fiction. The scenery is wonderful and the lambs, sheep and cows are amazing to watch as they move through life on these farms. The struggle to make enough money to stay on the farm these crofters love is amazing. There are five seasons and 60 episodes. Be sure and turn on the English subtitles when you are ready to watch. These people have strong Scottish brogues and sometimes are hard to understand.



MASTERS OF THE AIR on APPLE TV PLUS is a third addition to Steven Spielberg and Tom Hanks' World War II sagas. This one, premiering on Friday, January 26th, is about the crew of a flying fortress bomber behind enemy lines.

THE EXPATRIOTS premieres on Friday, January 26th, and is set in Hong Kong. Nicole Kidman stars in this drama about an expatriate community where affluence is celebrated and friendships are intense but sometimes temporary. There are six episodes, the last on Friday, February 23rd.

ARCHIE on PRIME VIDEO is the story of famed actor, Cary Grant, played by Jason Issacs. Growing up in a troubled home in England, he was born Archie Leach. But he managed to pool his talents and come to the United States and ended up as a very successful and handsome actor and Hollywood heart throb. Laura Aikman stars as Dyan Cannon, the young movie star, who Grant falls desperately in love with in Hollywood. Watch Season One with two episodes and, later, Season Two.

ALL CREATURES GREAT AND SMALL, the

newest version of the wonderful story of country vets in Yorkshire, England, returns for Season Four on Sunday, January 7th, at 9 pm on SCETV. There are seven episodes, all at 9 pm on Sunday, and ending February 18th. This endearing program is set in the 1940s.

A new ZORRO series is coming on PRIME VIDEO on Friday, January 19th. It's 1834 and everyone wants to control California: Spain, Mexico, the Russians, the French and the newly formed United States. Season One sees young Diego de la Vega help the disenfranchised and exploited in his exciting role as ZORRO. There are ten episodes.

Many good films will beckon in cold January. Cozy up to your TV for director George Clooney's BOYS IN THE BOAT. It's about junior varsity working class college kids from the University of Washington in the Great Depression. Their coach, played by Joel Edgerton, leads them all the way to compete in the Olympics of 1936, not just any Olympics because of Hitler's ascendancy to power in Germany where it takes place. The movie opened on Xmas Day.

An action-packed movie, THE FAMILY PLAN, starring Mark Wahlberg and Michelle Monaghan, premiered on APPLE TV PLUS in December. Dan Morgan is a great husband, dad and car salesman but was once an assassin. He is forced to pack up his unsuspecting family for a cross-country road trip to Las Vegas when past enemies track him down.

THE SECRET: DARE TO DREAM starring Katie Holmes and Josh Lucas is on NETFLIX.

A hard-working widow meets a mysterious man (a college professor and inventor) who carries a secret that could change everything. Will romance be part of the plot? Lucas is just one of my all-time favorite actors.

HUNTER KILLER on NETFLIX

is a submarine drama featuring a newly appointed submarine Navy Commander played by Gerard Butler. The film involves US Navy seals rescuing the kidnapped head of Russia and nail-biting battles and scenes underwater.

SOCIETY OF THE SNOW on NETFLIX streams Thursday, January 4th. It is a movie based on the famed real-life crash of Uruguayan Flight 751 and is based on a book whose author knew some of the victims in school. Twenty-nine passengers survived the crash in a very remote, snowy region of the Andes Mountains.



2024 Residents' Council

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Doc Talk: Parkinson's Pandemic (Continued from page 8)

Since the 1980s, researchers have wondered whether the pesticide paraquat dichloride (a toxic chemical widely used as an herbicide) might cause Parkinson's disease. A 2017 analysis of 23 paraquat-related studies suggests the risk factor of exposure to the chemical and subsequent development of PD to be as high as 50 percent. Could living downwind of a golf course increase one's risk of Parkinson's?

Numerous theories (admittedly, some of which are hard to believe) abound to account for the root cause of Parkinson's disease. Muhammad Ali, widely regarded by many as the greatest heavyweight boxer of all time, developed PD at the young age of 42. Studies conducted since 1984 point to head trauma as a cause of Parkinson's only if the injury results in a loss of consciousness. Chronic traumatic encephalopathy from repeated sports injuries, if not associated with loss of consciousness, has not been shown to be associated with an increased risk of Parkinson's disease. Interestingly, a few studies have suggested that those who drink milk have an increased risk of PD, while cigarette smokers have a decreased risk of PD because of the overall "protective" qualities of nicotine.

Obviously, while there is an abundance of theories about the cause or causes of

Parkinson's disease, most cannot be confirmed by large, powerful, statistically significant studies. Most research tends to end with the statement "This area of investigation needs more work." Certainly, if the cause or causes of PD are to be discerned, the National Institutes of Health must review its research priorities and give Parkinson's disease research the funding it so desperately deserves.

The GAB Committee

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