

GADSDEN GAB

A publication by the BG Community, for the BG Community

Behind the Scenes: Bishop Gadsden's Woodworking Shop

By Linda Dove

The scene can be a bit chaotic. Loud noise bouncing off the walls. Dust rising from the floor. A



Resident Regulars in the Woodworking Shop

worker wearing goggles hovering over a buzzing machine.

And then with the flick of a switch, it gets very quiet.

The workman is staring intently at a workbench

covered by boards, glue, and sandpaper and what appears to be the makings of a wooden box with rounded corners.

Welcome to Bishop Gadsden's woodworking shop.

Located behind a pair of non-descript doors in the EVS building, across from the covered parking area, the large plywood paneled space is filled with heavy metal machines of various types, all waiting for residents who want to design and build a new creation, repair a broken item, or just come for a visit to share some thoughts about a challenging project.

Jim Buckley has been one of the chief inhabitants of the woodworking shop since he moved to Bishop Gadsden eight years ago. "It's a wonderful addition to life here on campus," says Jim. Although he didn't really come to woodworking until he retired

to Seabrook Island almost 20 years ago, the shop, the people, and the products found in the shop have become an essential part of his Bishop Gadsden everyday life.

There are some rules. Any resident who wants to work in the woodshop must complete a detailed orientation class, learning about the various machines and equipment and the safety steps required to operate them. Participants also must sign a formal liability waiver form.

"We have about twenty five men and women who use the facilities regularly," says Jim. The scope, size, and difficulty of the projects they undertake varies. Bob Cowles is constructing a large sideboy cabinet, made from black walnut wood grown and milled on his farm in Vermont. He usually visits the shop at least three times a week and expected to have the project completed in two months. But, as with most things, the size and complexity of the undertaking changed and he now estimates a five-month work period. "Probably a gift for one of my kids," he reports.

In addition to the various personal projects of the individual shop participants, friends and neighbors often ask the regulars for help with broken items. Jim is currently regluing a chair whose arm had loosened. *(continued on page 12)*



Bob Cowles Working on the Sideboy Cabinet

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Romance in Paris

By Jerry Marterer

If Paris is arguably the world's most romantic city, how do Parisians make it more so on Valentine's Day? This Christian feast goes back to the fifth century when the pope established it to honor the Roman Saint Valentine who died on February 14 in the year 269. There is a story of Valentine performing weddings for Christian soldiers who were forbidden to marry.

In the Middle Ages a French tradition was *une loterie d'amour*, literally a drawing for love. On Valentine's Day, single men and women would call out from their windows to pair off in marriage. At the end of the day the men remaining would be cursed by the remaining women around a bonfire. The practice was later banned. The era of Romanticism in the 1800s is ultimately what made today's Valentine's Day a special occasion for adults in love both married and single.

The French don't exchange cards, and supermarkets do not sell candy. Florists are full of roses, red and pink. (In France, roses are *never* given to anyone but a true love.) High-end chocolate stores will decorate their windows. (The heart-shaped box was actually invented in England, as was the first printed Valentine card.)

France also boasts its very own Valentine's village. Saint-Valentin is a scenic village south of Paris in the Indre department, named after the Saint. It bills itself as the "Village d'Amour" and holds a festival each year on February 14 where couples exchange or renew their vows at the *Gazebo d'Amour* in their park.

The primary modern French tradition for Valentine's Day, however, is much like the American one: dinner out. If you are a Parisian (Parisienne) reading this on February 1, wondering how to show your love for your *amoureuse/amoureux* (sweetheart), I hope you have already made a reservation at your favorite romantic restaurant or at one of the special places we have discovered over the years. If not, you may end up in the "château bow-wow"! To avoid sticker shock, check the restaurant's website for the menus and prices. Remember, your true love is worth it!

La Closerie des Lilas is unique in all of Paris. It opened in 1847, and its name evokes the arbor of lilacs that grew in front of it. Today it is secreted behind greenery on all sides. There is no bling in its signage, just a modest lighted oval placed above the front entrance. It's as if they know who they are and who their regulars are. Why attract walk-ins with garish neon? Even the outdoor tables are behind the

green arbor, suggesting perhaps an ideal place for an afternoon *tête-à-tête*. The Bar Américain is paneled in warm varnished wood and mosaic floors and the same dark red leather banquettes that are in the brasserie, one of its two dining rooms. The other dining room, the restaurant, is glass-walled and looks over the greenery surrounding it. Yes, it is expensive, but the food is *délicieux* and will impress.

We discovered a romantic dinner cruise many years ago. It departs from the quay at the foot of the Eiffel Tower at 8:30 p.m. We have experienced it year-round, but it is the quintessential

Valentine evening. The prices range from 100 to 200 Euros per person depending on the menu chosen. The **Bateaux Parisiens** serve a multicourse gourmet dinner complete with choice of wines. Musicians play next to a small dance floor. The 2.5-hour cruise begins at 8:30. The bateau passes the lighted monuments of Paris along the Seine during your dinner, making a round trip so both the starboard and port sides can have an up-close view. Dark February nights make the lights more impressive. The cruise is timed so that it returns to the Eiffel Tower at the exact moment when its 20,000 strobe lights begin their hourly show.

Lavish spending need not be a part of romance, however. Tiny, family-owned neighborhood bistros can feel more romantic than the high-end places. The owners paying special attention to couples, *en tête à tête*, can be more meaningful than waiters in tuxedos. Rose sellers usually make the rounds, and the gift of a single rose implies "you are the only one."

You may want to stop for a drink before or after dinner. Try the aptly named **Rosebud** in Montparnasse on the rue Delambre, near where Ernest Hemingway once lived. In French slang one would say it is *branché* (plugged in), or hip. Seasoned professional bartenders will mix your favorites or suggest new ones. It is welcoming, open until 2 a.m., and you'll fit in like regulars.

Here in Charleston, some of our favorite special occasion restaurants have come and gone over the years. The Peninsula Grill still has a cachet for quiet dining among those who don't need a dress code to be properly attired. Do you have a special *restaurant romantique* in Charleston? Let us know.

So, you have now made reservations and acquired the roses (red or pink), chocolates, and perhaps a gift that sparkles in a small box (my wife added that). Who said romance is dead?

Bateaux Parisiens



A Message From Our President/CEO

By Sarah Tipton

February brings to my mind all things hearts and love. I remember the days of making valentines with my children and decorating in red and pink – the perfect antidote to winter doldrums. Since our cold snap is well behind us (shall we call it one and done? Ah, maybe there's hope...) we can now turn our focus to the transcendent "theme" of February – love.

Love doesn't get much respect in our tough world today. In most cases it appears as if we've reduced it to chocolates and ever intricate cards – although I do think those arty paper pop up cards are inventive. In the competitive world of business, where profit margins and market shares often take center stage, the role of love may seem inconspicuous. However, a closer examination reveals that genuine connections and relationships form the bedrock of successful enterprises. Love, in this context, extends beyond romantic sentiments to encompass empathy, understanding, and mutual respect.

We seem comfortable with talk of love in the context of familial or romance contexts, and if we are lucky, close friends. But what of Community love? I think of heroes like Dr. Martin Luther King Jr. who could bring hope and optimism by speaking overtly of love to throngs of thousands. If our public leaders today took up the "cause" of love, what might happen?

Last week I had the pleasure and privilege of gathering with young leaders in senior living

throughout our state (including our own Aaron Roop) selected for participation in the Leading Age Leadership Academy. During the two-day intensive, we learned the story of Ernest Shackleton, the Irish



President/CEO
Sarah Tipton

explorer who led expeditions to the Antarctic, the most famous being aboard the ship Endurance. In the ill-fated 3-year expedition the Endurance became trapped in packed ice. The harrowing journey and inspiring story of Shackleton's leadership and relationship with his crew was quite moving. After months of camping on an ice floe, a stormy venture in life boats to reach land and finally a treacherous 3-day, 32-mile hike over barren mountainous terrain with no supplies, Shackleton immediately turned right back around to rescue the rest of the crew. His constant message to his crew was one of love, in word and deed.

Not one life was lost in this 3-year journey.

Thankfully through our mission founded in faith, the concepts of "brotherly love" and even agape, the ineffable, mysterious love of our creator, resonate deeply at Bishop Gadsden. It is expressed in generosity, in sincerity of care, and among neighbors and team members in service to each other and a shared mission. Love serves as a cornerstone in both our business and culture, and the impact of genuine connection, empathy, and compassion is key to the true community we cherish. Happy Valentine's Day to all!

In Loving Memory



Anthony "Tony" Kelly
6/12/1935 - 1/3/2024

Sister Maureen Tzinieris
4/1/1932 - 1/6/2024

Bruce Howe
2/23/1928 - 1/10/2024

Mary Jane Roberts
9/18/1937 - 1/16/2024

Christine Weber
4/24/1947 - 1/30/2024



Stepping Out: Executive Chef Ryan Bentley in Ecuador

By MP Wilkerson

Bishop Gadsden's executive chef Ryan Bentley said the rigorous 8-day running and hiking tour he was on that explored Ecuador turned out to be not only adventurous, but life changing as well. Using trails and rural roads, the "Andes to Amazon" tour was designed to let runners experience the varied eco systems of one of the most bio diverse countries in the world and

Ryan Atop Los Ilinizas



learn about efforts to conserve them. "Being able to run through all these different places seemed like an adventure of a lifetime," said Ryan "and it turned out to be just that."

Ryan had been running half marathons for seven years so his concern was not the distance in this intensive tour but the altitude. Running at sea level in Charleston did

not compare to running in Ecuador's Andes mountains that soar to 16,000 feet. So he did a lot of bridge runs with an oxygen deprivation mask to simulate what the air would feel like in Ecuador.

The 8-day tour included running in volcanoes, learning how one community uses vegetation for water filtration, and being washed with ashes in a ceremony of a native tribe.

It began January 2 with a tour of the town of Quito and the area around it and ended at the Choco Biosphere Reserve, a cloud forest where they spent the first night with a family working to conserve the forest. "One of the most memorable parts of the run was that you submersed yourself in the local culture and set yourself up with a group of people who were completely dedicated to preserving the natural resources, everything from water filtration systems to reforestation of the Amazon", Ryan explained. The next day was their first run, a 9-mile jungle run to a beautiful waterfall and a swim in the river.

Day 3 was a 9-mile run inside the crater of an extinct volcano. It is one of only 2 volcanoes where people live inside.

Day 4 was a 4,000-foot climb to the top of the mountain range. It was 11 miles around and took 6 1/2 hours. "This is the highest I have ever been and once you get above 14,500 feet the oxygen gets thin and we were above the cloud line" he noted, and added that

"Day 5 was Quilotoa where we hiked 7 miles

around the perimeter of a volcano that is still active and had lunch in the village".

Day 6 was Banos where we "hiked 7 miles through a thriving town. We soaked in mineral baths and then climbed the 'head of the dog', which is seven miles straight up the mountain and then we ran as fast as we could down the other side. The next day was one of the highlights of the trip. We were in the Amazon basin where we spent time with the local tribe, the Satarit. They were working to restore trees in the rain forest and we each planted a tree with them. We were washed with ashes and water from tobacco leaves and bathed in the river. We stayed all day to learn about their culture. Our last day we were in Puyo and ran 8 miles to a beautiful waterfall and our last swim. The trip

had incredible scenery and was humbling. It is an experience I will take with me for the rest of my life. It was also the hardest thing I have ever done as far as the run in the altitude, hiking day after day. Waking up and running 6 to 10 miles at an elevation that I have never been at is something I wish I would have done probably 15 years ago but the accomplishment



Ryan running through Mashpi River

you feel each day that you ran through the river bed of the Mashpi River all the way to a beautiful waterfall that nobody has really seen but the locals is pretty special but it takes everything you got to get there".

Ryan continued, "What I came back with was more knowledge about how other countries view their ecosystems and their natural resources and the passion behind what they do makes you want to see what you can do on your own. It is kind of like what I do as far as cooking. I take my talents and I try to make people happy and keep them fueled but it also transcends into what else can you do to help and we have done that here as far as recyclables and we try to push boundaries to make sure that we are leaving our mark for better and not for worse and we do what we can. But meeting people like that who share their knowledge and are dedicated to their craft and how selfless they are, we can get back to what they can give us, that feeling that people still care no matter where you are in the world".

By Jack Hisley, M.D.

A catchy slogan of the 3 M Company is “who knows more about making things stick than 3M?” Scotch tape is one of 3M’s best-known products, along with the Post-it Note. The 3M Company, which began as a small mining business in 1902, was originally named the Minnesota Mining and Manufacturing Company. Over the years, 3M diversified by manufacturing many products, and today is a Fortune 500 company, with corporate operations in 70 countries. 3M’s success seems to stem from its practice of horizontal management: the engineers work in teams that explore their ideas. Innovation is encouraged in that the engineers are permitted to devote 15 percent of their time pursuing personal ideas. The company calls this practice “experimental doodling”. Workers are encouraged to pursue projects that may not have immediate value. Such was the case of the popular Post-it Note.

Dr. Spencer Silver began his 30-year career at 3M in the adhesive laboratory where researchers were working on the development of stronger and tougher adhesives. His serious misstep in the lab resulted in a weak adhesive that at first appeared to have no commercial value. The scientist remarked: “I’ve never believed you make mistakes when conducting laboratory experiments. It’s just that you don’t understand the chemistry you just did.” The adhesive Silver developed was weak and apparently had no practical value. However, he was persistent, believing his discovery was simply a “solution waiting for a problem”. The company used his weak adhesive to make bulletin boards on which notes could be placed and then easily removed intact. However, because users complained about the residual stickiness left behind once the notes were removed,

Spencer Silver and Art Fry



the product had limited appeal. As was 3M’s culture, Silver formally presented his discovery to a group of 3M scientists, collegially seeking their ideas and criticisms. Art Fry was a fellow chemical engineer who worked in the tape division lab whose focus

was to identify new products that could generate new business. Dr. Fry envisioned using Silver’s weak adhesive on a bookmark that securely held one’s place, and didn’t fall out or leave a sticky residue behind. Rather than a bookmark, Silver and Fry’s “Eureka!” moment came when they envisioned a sticky note that could be used and reused.

The 3M marketing department analyzed the new product and concluded that the total income from the sale of the sticky notes would not justify the manufacturing cost. Not to be denied, and rather than abandoning their idea, Silver and Fry instead persisted, making their case to field test their sticky notes to justify the product’s profitability.

In 1977, the sticky note was field tested in Richmond, Virginia, Denver, Colorado, Tampa, Florida, and Tulsa, Oklahoma under the name of “Press and Peel Notes”. The tests were disappointing in that people could not decide how to use them. Not to be discouraged, Silver and Fry

rebranded their product as “Post-it Notes” and gave out free samples in Boise, Idaho. Tutorials by 3M salesmen generated enthusiasm and the feedback was a whopping 95 percent positive. Post-it Notes were officially launched and by 1980, the sale of the product resulted in \$3.5 billion in annual sales.

Most ideas and innovations are not initially successful. Because the 3M Company’s culture encouraged innovation by their engineers and owing to the persistence of Spencer Silver and Art Fry, Post-it Notes became a smashing commercial success. Thomas Edison once said, “To have a great idea, have a lot of them.” Edison wasn’t responsible for the original idea of the light bulb. However, his vision and perseverance allowed him to eventually increase its durability and reduce its price, turning a great idea into a huge commercial success. Like Edison, Silver and Fry were determined innovators. As Edison noted, “Genius is one percent aspiration and ninety-nine percent perspiration”.

Post-it Note Wall



BG Eats Out: The Harlow

By Adelaide Wallinger

Even on a Monday night, THE HARLOW is busy serving an unusual combination of foods – various orders for oysters, seafood and – wait for it – hamburgers.

Oysters and a Raw Bar rule there as do hamburgers of every genre. Owners Katie and Josh Drewry, decided to make this new indoor/outdoor restaurant a comfortable place you'll want to frequent often. They call it "Island-Americana Cuisine in the Heart of James Island – a beacon where the rich traditions of Lowcountry seafood effortlessly merge with timeless American classics". A neon sign welcomes you with this meaningful motto: Be Kind and Unwind.



Pleasing their customers - that's the mission delivered seven days a week for owner-Chef Brett Riley and his General Manager Zach Siders. Along with delicious food, you'll find a very attentive staff, making sure you're happy with THE HARLOW and its menu.

When the weather finally begins to warm up, don't forget to stop by the restaurant, sit under cover with a cool drink and watch the staff shuck the oysters they are famous for.

Caroline and I reserved a high table for dinner. We ordered drinks from the large bar manned by Katie Irwin. As the designated driver, I ordered from the ZERO PROOF menu: the non-alcoholic Blueberry Fields (\$10) with Amethyst Blueberry Ginger NA Spirit, pineapple, cherry and Ginger Ale. She chose the EAST POCKET SPRITZ (\$10) with Aperol, Pisco, pomegranate, grapefruit bitters and bubbles. Besides clever cocktails, the bar offers wines from all over the world and an array of beers, local and from away, too.

We had a deal that I would go "seafood" and Caroline would go "burger". But we, of course, took a bite of each other's order. It was hard to choose which oysters to have: But I decided on a gorgeous plate of six GRILLED OYSTERS (\$22). They came grilled three ways: Pimiento, chive, crispy onion or hot mayo, roasted garlic blue with fried leeks or the one I chose, horseradish cream, bacon and chives. They were tender and so good that it didn't take me long to devour them. Next time I'll try the pimiento.

Caroline chose the JOYCE FARMS CHICKEN WINGS (\$18), the BUFFALO-style ones. Other flavors are Chipotle Honey and Old Bay Butter – all three served with Ranch Dressing with pickled onions on the

side. The BUFFALO was a bit too hot for me.

Caroline ordered THE HARLOW burger (\$14) served with fries. It's a biggie and succulent with American cheese, Comeback Sauce, pickles and shredded lettuce. I also like the sound of the BLACK AND BLUE (\$19) with crab, blue cheese and shredded lettuce. And the SOUTH OF BROAD (\$22) with a Wagyu beef patty, Boursin, steak sauce and fried leek. (Wagyu beef is especially tender and moist with a fine reputation for taste.)

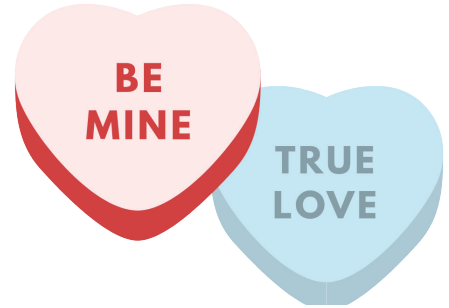
My entrée, the FRIED SHRIMP (\$18) served with French fries, coleslaw and cocktail sauce, was beautifully cooked - large, tender, crispy and the best fried shrimp I've ever had in this City! I brought some home from my gracious serving. Next time, I'll try the SHORT RIB (\$34) featuring a Brasstown beef short rib with pappardelle, demi-glace, cultured cream and fine herbs.

The desserts, all three, are wonderful, especially the NANNER PUDDIN' (\$10) with vanilla pudding, Nilla Wafers, whip and brown butter crumbles. It's as delicious as the kind I grew up eating in Eastern North Carolina and that's very special. And the CHOCOLATE CHESS TART (\$12) is gorgeous topped with passion fruit whip and coconut flakes – it easily serves two. I brought both of these home with me and will do it every time I go. Then there is the HARLOW COLD BREW MARTINI (\$12) for dessert with vodka, Borghetti, vanilla and local cold brew – worth a try if you're not driving.

THE HARLOW, named for the Drewry's daughter and a family grandmother as well, is open Monday through Thursday from 5 pm to 9 pm. Friday and Saturday hours are 5 pm to 10 pm. Sunday brunch holds forth from 11 am to 3:30 pm. Oysters, seafood, burgers, salads, shrimp and grits, omelettes and drinks from the bar promise a delicious brunch - and entertainment as you watch the oyster shucking at the Raw Bar from inside or out.

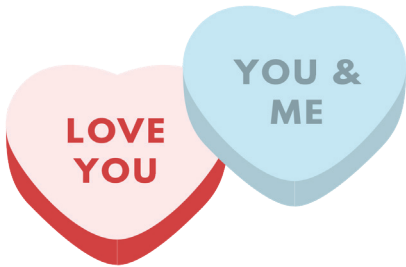
Make your reservations by calling 843-459-2867 or by using RESY. The restaurant at 1015 Harbor View Road is one block from the Harris Teeter Shopping Center and is nestled between ASIAN BISTRO and THE GRUMPY GOAT.





February is for Heartfelt Moments!

By BG Wellness



February is American Heart Month and BG Wellness would like to celebrate your heartfelt moments!

Please share a touching moment you experienced in 2023. This could be a memory of how a BG resident or staff supported you or any sentiment from 2023. Blank hearts are available in the Lewis Wellness Center and Glen Stahly Bistro.

February Birthdays

1	Sister Bridget Sullivan	8	Henry Fralix	14	Carol Walker	20	Carol Galvan
3	Greg Stahly	8	Libby Wright	15	Polly Eells	20	Cynthia Hartley
3	Sandy Tedesco	10	Temple Hay	15	Marcenna Marzluff	25	Joyce Gherlein
4	Karen Davis	10	Marie Read	15	Joan Ward	25	Jean McIlwain
4	Clarence Eidt	12	Pamela Foley	16	Edie Dixon	27	Stuart Dawson
4	Anne Partin	12	Dick Keigher	16	Gerry Gherlein	27	George Evans
4	Martha Tucker	12	Lois McMorris	17	Chipper Allen	28	Jemison Gale
5	Waties Kennedy	13	Janice Marrs	17	Margaret Tucker	28	Charles O'Quinn
6	Patricia Labonge	13	Kathleen Turner	18	Hutchie Cummin	29	Lise Tanner
6	Kay Skidmore	14	Don Reid	19	Nancy Edwards		
8	Linda Forrester	14	Bill Sullivan	19	Jackie Fleet		



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

Doc Talk: George Washington's Final Day

By Jack Hisley, M.D.

George Washington was born on 22 February 1732 in Bridges Creek, Westmoreland County, Virginia. His half-brother Lawrence, fourteen years older than George, soon became his mentor and role model. George was home schooled and did not attend college. For the remainder of his life, he was conscious of his “defective education”. At the tender age of fifteen, George copied a list of 110 rules of conduct and civility from the English translation of the French seventeenth century manual on good manners. Hence, George learned how to be successful in society: “one must be polite, modest, pleasing, attentive to others as one strives to win their respect and confidence”. Manners and appearance mattered considerably to the young Washington.

From 1754 to 1758, Washington served as a lieutenant colonel with the British Army Reserves during the French and Indian War. He married Martha Dandridge Custis in 1759. At the beginning of the American Revolution in 1775, Washington was elected Commander-in-Chief of the Continental Army at the Second Continental Congress. After defeating the British at Yorktown in 1781, he retired to Mount Vernon, where in 1783 he surprised Americans with his resignation of military power and flat refusal to seize political power.

However, in 1789, the Electoral College unanimously named Washington the first President of the newly organized United States. Although concerned that he did not have the skills to manage the presidency, he was ready to sacrifice his private life for the good of his new country. “Integrity and firmness is all I can promise”, he wrote at the time. In 1792, Washington was unanimously reelected to a second term. After his farewell address in 1796, Washington returned to his beloved Mount Vernon where he spent his happiest moments. By then, Mount Vernon had become a self-sufficient and profitable agricultural village. Fields of tobacco, wheat, and corn, along with a dairy, a smokehouse, a cider press, vineyard, fruit orchards, flourmill, sawmill, and cloth factory all required his steady management and supervision. He had a keen sense of responsibility to others as he immersed himself in his beloved community and town of Alexandria, Virginia.

On 12 December 1799, although the weather was foul with heavy snow and freezing rain, Washington rode five hours on horseback to Mount Vernon. Exhausted, wet and weary, he came to dinner without changing his clothes. The following morning, he complained of a sore throat. Although the weather was still nasty, he set out to mark some trees he wanted cut down. Because of his sore throat and hoarseness, he was advised to seek medical help. He remarked, “You

know I never take anything for a cold. Let it go as it came.” Hours later, Washington was unable to speak and had difficulty breathing. He “could not swallow a drop” of the mixture of molasses, vinegar, and butter intended to soothe his aching throat. At his request, one of his overseers removed a half pint (250 cc) of blood. By 8:00 am the following morning, a physician arrived and after examining Washington, placed a blistering agent of Spanish fly, a poisonous substance extracted from blister beetles, on his throat. More blood was taken and a gargle of vinegar and sage tea was ordered. He was bled again two hours later to no avail. At noon, an enema was given, again, to no avail. Two more physicians arrived and Washington was bled for a fourth time, the volume amounting to 32 ounces (960 cc). “The blood came slowly and although this suggested extreme dehydration, an emetic (vomit inducing substance) was administered”. One physician suggested a tracheotomy be performed for his breathlessness, but was overruled by two other doctors. Washington said at the time: “I believed from my first attack that I should not survive it”.

At 8:00 pm, plasters and dressings of wheat bran were applied to his legs and feet. Although Washington’s breathlessness seemed to ease, he died shortly thereafter. He was 67 years old. His diagnosis was inflammation of the tonsils, throat, and trachea. In 2023, after reviewing Washington’s clinical course, Dr. Rodney J. Taylor, Professor and Chair of the Department of Otorhinolaryngology – Head & Neck Surgery at the University of Maryland School of Medicine, proposed the cause of death was secondary to blood letting and epiglottitis.

Washington’s symptoms of hoarseness, breathlessness, and difficulty swallowing all suggested an upper respiratory infection complicated by inflammation and swelling of the epiglottis. The epiglottis, a thin flap-like valve that sits beneath the tongue at the back of the throat, functions to close the trachea (windpipe) while eating to prevent food from entering the airway and lungs. Because of the swollen, inflamed epiglottis, airflow to Washington’s lungs was severely compromised. Essentially, he died from a lack of oxygen, a condition compounded by the repeated bloodletting of approximately three pints of blood.

Acute epiglottitis is a rare disease that affects approximately two in 100,000 people each year. Those at high risk for the infection include children under the age of five and adults over the age of 45. Epiglottitis is most often successfully treated with antibiotics and tracheostomy (surgical creation of an opening into the trachea from outside the neck) when breathlessness becomes a problem. Fortunately, bloodletting is no longer used.



Crazy Hearts Bingo

FEB 13 | **Blackmer Hall** | **4 PM**

Donations support Bishop Gadsden's Strongheart Scholarship Program!

Bingo cards are \$5 for one, or five cards for \$20 dollars. Sales begin on Thursday, February 8 in the Cafe and Pub!

Crazy Hearts Bingo

By Office of Charitable Giving and Communications

Join us for Crazy Hearts Bingo benefiting Bishop Gadsden's own Strongheart Employee Education Scholarship!

Bingo will be held Tuesday, February 13 from 4-5 PM in Blackmer Hall.

The sale begins Thursday, February 8 in Polly's Pub and continues in the Market Place Café during lunch on Friday and Monday. Cards are \$5 per card or five cards for \$20.

Sign up and play to win wine, chocolate, cakes, champagne, and more - the perfect prizes for Valentine's Day.

Skin Tips and Treatments: Meet Jynie, Our Esthetician!

By Liz Deyermond

Let's face it, as we age our skin gets dryer, thinner, wrinkled, itches, bruises, and we get unwanted spots, sores, and blotches - ugh! BG residents care about health and wellness. Skin is the largest organ of our bodies and is a good indicator of our general health.

We have a new professional in the Spa, Jynie Riddick. She comes to us from the Sanctuary Spa at Kiawah with their enviable 5 Star training. Jynie has a wealth of experience to help women and men care for aging skin. So here are a few tips from Jynie to incorporate into our daily routine to preserve and protect our skin.

- Wash with a gentle, fragrance-free cleanser.
- Avoid cleansing with hot water which strips body oils.
- Toss the buff puff and use a soft cloth.
- Keep your shower or bath short.
- Pat skin but not completely dry and apply a fragrance free moisturizer cream or ointment.

Now for the best part. Book a facial with Jynie. It's oh so relaxing as it revitalizes your skin! She will help you customize a plan to help protect and preserve your skin. I have had facials all over the world and not one has topped Jynie's. We are so lucky to have her here. Take advantage of this jewel in our spa.

BG Esthetician
Jynie Riddick



Embracing Community in the Digital Era!

By Office of Charitable Giving and Communications



Stay connected, stay social! Follow BG's social media pages for a daily dose of joy, camaraderie, and shared moments. From resident spotlights to community events, our social media channels are your guide to staying in the loop with our community. Search for Bishop Gadsden on Instagram and Facebook to follow!



Team Member of the Month: **Laverne Johnson**

The January Team Member of the Month is Café server, Laverne Johnson!

Laverne is a testament to living a selfless life. She always greets people positively. Laverne always shows up and does her job regardless of any challenges she may have. She cares about BG, gives what she can back to our mission and is incredibly appreciative for all we do for our team members.

Congratulations, Laverne!



Aaron Roop, Elizabeth Calhoun,
Laverne Johnson, Sarah Tipton,
and Jim Epper

By Adelaide Wallinger

One more month of freezing temperatures and staying in your warm abode watching TV – thank heavens for it.

NETFLIX'S **BANK OF DAVE** has been “Most Liked” and in the “Top Ten” and these titles are well-deserved. It's a heartwarming story about a man named Dave from the North of England who lends money to



townspeople on his own. He decides to try to start a real bank and seeks the help of a young solicitor. He must raise two million pounds on his own to make the bank a reality. There really was a Dave but the movie story differs in some ways from the real one.

On SCETV, **BROKENWOOD MYSTERIES** comes on Saturday night at 7:30 pm.

It's the story of a DI Mike Shepherd solving crimes in a New Zealand country town in the Greater Auckland region. Season nine has six episodes. Mike came to solve a crime and decided to stay for the town's peaceful life and even takes a demotion in rank to do it. A quirky fellow, with his classic car, country music and history of ex-wives, he has a different way of solving crimes. He's aided by his by-the-book assistant, DC Kristin Sims.

Also on SCETV, watch **FUNNY WOMAN** (with six episodes) at 10 pm on Sundays. It's the story of a blonde beauty queen from the English town of Blackpool who starts off selling hats in a London department store but ends up taking on the male-dominated world of comedy by storm during the swinging '60's.

And don't forget to keep watching for **MARY BERRY'S** cooking shows on SCETV. They showcase different parts of England and all the beautiful recipes and food that cookbook author Mary shares. She's our age and very attractive and fun. Spectacular!

Remember you can use SCETV PASSPORT to find and watch loads of great programs. All it takes is a donation each year of \$75 or higher and a call to 877-253-2092 to sign up.

On NETFLIX, find three seasons of **FRONTIER**. It's all about the fur trade in the land of the Hudson Bay Company in the 1700's. It is disputed territory with competition among the British, the Americans, the French and the natives. Declan Harp, half-Irish and half-Cre Indian, and corrupt Englishman Lord Benton fight dirty over who will control this rich business.

Can't wait to watch **NEW LOOK** on APPLE TV premiering on Wednesday, February 14th. It's the story

of how the French fashion industry navigated in spite of humanity's worst travesty – World War II and the German occupation of Paris during it. Episodes drop each week on Wednesdays through April 3rd. It's the story of the genius of famed fashion designers like Christian Dior and Coco Chanel – played by a host of famous actors like Glenn Close, Juliette Binoche and Emily Mortimer.

If you don't subscribe to APPLE TV, you can get it for \$9.99 a month with one week's free trial to try it out.

FARMER WANTS A WIFE, on FOX February 1st at 9 pm, is new to me. But I've watched the trailers and plan to give it a try. A dating, reality show, it features four farmers (aged 23 to 42) from Tennessee, Florida, Colorado and Missouri, each looking for a wife. They each take a group of five city women to their farms to show them what living and working there is like. Country singer Jennifer Nettles hosts the show that's been around internationally and boasts a number of successful marriages as a result.

QUEEN BEES on NETFLIX is the story of Helen (played by Ellen Burstyn) who moves into a retirement home and discovers a new life. She compares the experience to high school or college with options, opportunities and eager suitors.

THE EXPATS on PRIME VIDEO is still running since its debut on Friday, January 26th (six episodes in all). It's the story of death, marriage, friendship and affluence shared by an expat group living in Hong Kong and starring Nicole Kidman. Wonderful scenery and imagery.

Watch **MASTERS OF THE AIR** on APPLE

TV. It's the third in a series of World War II movies produced by Steven Spielberg and Tom Hanks. (The first two were **BAND OF BROTHERS** and **THE PACIFIC**.) This latest one is the story of a group of young airmen who risk their lives with the 100th Bomb Group. Two episodes premiered in January and the remaining seven will drop every Friday until finished.



Masters of the Air

Dates for Charleston's **SPOLETO FESTIVAL** have been announced - May 24th through June 9th. Now is a good time to check the calendar of events and reserve your tickets (843-579-3100). And don't forget the 58th **SUPER BOWL** on Sunday, February 11, with kickoff at 6:30 pm at Allegiant Stadium in Las Vegas on ESPN.

Bishop Gadsden's Woodworking Shop

(Continued from Page 1)

By Linda Dove

The woodworkers don't accept payment for any of the repairs but residents can make contributions to the Charitable Mission Fund.

The workers occasionally repair items that have been donated to Eliza's

Attic and individual resident woodworkers have contributed to small projects used in campus activities. Recently, Jim built a platform for the Art Loft. The Art Loft bought the materials and Jim set up a station in the shop to construct the stand.

Ike Smith has worked in the woodshop building a series of wooden displays donated to local schools and used to teach science. Gene Witchger is creating several large driftwood displays for family members. Award-winning Nantucket basket maker Tom Springer and fellow basket weaver Shanna Sullivan hone the unique wooden strips used to construct their baskets in there.

The workroom is not connected with Bishop Gadsden's professional EVS machine shop. "We definitely talk with each other and the EVS staff

is extremely helpful when we have a problem with any machines or other equipment but this is a residents' project," according to Jim. "The Bishop Gadsden staff is amazing, always supportive and helpful in solving any problem we might have." The woodworkers especially cite Katie Jayne and her team for their continued support.

Interested in learning more about this hidden BG refuge? "We love to have visitors," says Jim, "although we can't promise that it will be quiet or dust free. But any of us would be happy to give a tour."

Resident Tom Springer's Nantucket Basket



Resident Norman Walsh Using the Saw

Monthly Giving Opportunity

By Office of Charitable Giving and Communications

Bishop Gadsden's monthly giving program offers all residents the opportunity to give their donations over the course of the entire year. Donations will be spread over a 12 month period beginning with your January statement and ending the following January with your December statement.

Monthly giving is optional for anyone who wishes to make their giving at the beginning of the new year. If you wish to refrain from giving monthly, you will receive the 2024 Annual Appeal this Fall.

To sign up, use the printed copies located in the mail room or by the Charitable Giving and Communications Office. For questions, contact Stephanie Ochipinti, Donor Relations and Programs Manager, at 843.406.6546.



The GAB Committee

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