applestalk

Edenton's Annual Family & Friends BBQ!

Saturday, June 15

11 a.m. to 1 p.m.

R.S.V.P. to 301-694-3100

Join us at Edenton's Annual BBQ

Lisa Ambrose, Life Enrichment Director

It's time for Edenton's Annual Family & Friends Barbecue! Join us on **Saturday, June 15** from 11 a.m. to 1 p.m. for an afternoon of fun and fellowship.

We are excited to welcome back the Rocky Birely Combo again this year. They'll be performing for us all on the restaurant patio. Of course, Jane and her restaurant staff will be providing their delicious *(and now famous!)* barbeque lunch, complete with all the fixings.

Not to be left out...there will be activities for the kids, face painting and corn hole games. Mark your calendars now and make plans to attend this fun-filled event. And, don't forget to bring your lawn chairs.

The entire family is welcome. Let us know that you can make it!

Please R.S.V.P. by Friday, June 7. Give us a call at 301-694-3100.

Blueberries, the superfruit!

Jane Blickenstaff, Food Service Director

Blueberries are nutritious, sweet, and very popular. They are a delicious way to help get your required servings of fruits and vegetables each day. Did you know that they have been labeled a *super food*? They are low in calories and good for you. Blueberries have the highest antioxidant levels of all common fruits and vegetables. They are rich in vitamins A, C, E, plus offer high levels of beta-carotene, potassium and magnesium.

Blueberries are believed to protect us from cancer, lower blood pressure, help prevent heart disease, and protect the cholesterol in your blood from becoming dangerous. Blueberries can also help maintain brain function and improve memory. They are abundant in June and July. So, grab yourself a handful of blueberries and snack your way to good health!

Inside this issue:

Welcome, Neighbor!	2
America's Favorite Pastime	3
Centenarian Celebrates Birthday!	4
Resident Spotlight: Douglas Winter	5
May Happenings Around Campus	6

EDENTON
RETIREMENT COMMUNITY

Page Turner's Book Club

In June we are reading *In a Sunburned Country* by Bill Bryson.

It's an entertaining read on what he found in an entirely different place – Australia — the country that doubles as a continent. A place with the friendliest inhabitants, the hottest, driest weather, and the most peculiar and lethal wildlife to be found on the planet. He combines humor, wonder, and unflagging curiosity.

Why not join us? We meet at 3 p.m. on Thursday, June 27 in the library.

Newcomers welcomed!

Welcome, Neighbor, to Edenton!

Lisa Ambrose, Life Enrichment Director

We welcome to our community **Mr. George Ward** who resides in Apartment 503. Mr. Ward was born and raised in Miami, Florida. He moved to the Washington, D.C. area in 1965. George graduated from George Washington University. After graduation, he went to work for CT Corp Systems. George says he was married three times and divorced three times... but maybe fourth time is a charm! As you can tell, he has a good sense of humor. George is the proud father of one daughter, Amanda.

George was a Captain in the Army National Guard; that led him into the healthcare field. He became a HIPPA Compliance Manager in Fairfax County. His last job before retiring was as a HIPPA Compliance Specialist in Loudon County. His medical background for these two jobs came from his years in the National Guard. His hobby is collecting records, mainly rock & roll. Make sure you say hello and welcome him to our community!

Welcome, George. We are glad you're here.

Welcome, Neighbor, to Orchard Terrace!

Caroline Dunning, Life Enrichment Coordinator

Welcome to **Mrs. Lois Wilson** who recently moved into Room 721. She comes to us from Pittsburgh, Pennsylvania. She likes to travel, paint, and color. She relocated to Maryland to be near her nephew and niece. The Pittsburgh Steelers make her smile. She was a school teacher and children still make her smile, too.

Welcome to Edenton, Lois!

Welcome also to **Mrs. Miriam Himes** who recently moved into Room 705. She is a country girl who likes to read and watch TV. You can catch her turning the pages of the latest Nora Roberts novel. She has five children, many grandchildren and great-grandchildren.

Welcome, Miriam with an "i"!

Flag Day

Caroline Dunning, Life Enrichment Coordinator

The US Flag was adopted on June 4, 1777, by resolution of the Second Continental Congress. The official flag has 13 stripes of red and white, a field of blue in the left-hand corner, and 50 white, 5-pointed stars on the blue field. In 2017, our current president had a special recognition of the holiday with his birthday being the same day. As Americans, fly the flag proudly. Join Orchard Terrace on June 14, 2019, at 10:30 a.m. for U.S. flag history.

The Best Show in Town

Lisa Ambrose, Life Enrichment Director

This month Melissa Henemyer from Heritage Frederick will be here to present "The Best Show in Town for its Size: Theaters in Frederick and Frederick County." We'll discover Frederick's entertainment history with a look into the local theaters and opera houses...from the Tivoli to the Empire and beyond. The presentation will also feature a clip from the 1928 classic, *Lilac Time*. Mark your calendars for Thursday, June 13 at 1:30 p.m. and plan to join us in the Garden of Eden Restaurant. We'll learn a bit more about the Frederick of years gone by.

Keys Game — Skybox seats!

Hannah Weis, Life Enrichment Coordinator

It's that time of year again! The Frederick Keys have returned for another season. This year, Edenton is keeping with the tradition of reserving a skybox, and we'll be heading to the ballpark for the game and fireworks show on Friday, June 28. The bus will depart at 6 p.m. with myself and Marie as your hosts. Sign up in Manor House to reserve your spot. You will be in for a fun-filled night. Between the hot dogs and the excitement from the crowd, you will not regret being a part of such a memorable evening at Harry Grove Stadium. Remember to wear comfy shoes. We will see you there!

A Holiday for Donuts

Marie O'Callaghan, Life Enrichment Coordinator

National Donut Day is celebrated on the first Friday in June every year. The donut event was created by the Salvation Army in Chicago in 1938 to honor their members who served doughnuts to soldiers during World War I.

The morning of Friday, June 7, at Garden House, we'll enjoy a variety of these yummy treats from a local doughnut shop. What is your favorite kind? Is it glazed, apple fritter, jelly, chocolate or strawberry frosted? Or, is it cinnamon twist? Get your orders in! We are looking forward to a fun enjoying morning of coffee and doughnuts with friends.

Garden Club Update

Caroline Dunning, Life Enrichment Coordinator

The Edenton Garden Club meets once a month. We have had a busy spring planting seeds and preparing for this season. On Friday, May 10, we had a successful plant sale from those we started from seed. Thank you to all who worked hard on our spring endeavor. We appreciate all of our patrons. Our next meeting will be Saturday, June 29, at 10 a.m. at Orchard Terrace. *Join us!*

Planting posies!

Resident Eva Mossman works on planting a basket at Fiddler's Green.

EDENTON
RETIREMENT COMMUNITY

What is Aromatherapy?

Marie O'Callaghan, Life Enrichment Coordinator

Aromatherapy is the use of aromatic essential oils derived from plants to enhance well being. Aromatherapy has been used for centuries as an alternative medicine that safely and effectively treats ailments. Essential oils used in aromatherapy trigger responses in the brain that send healing to the body. Oils can balance out hormone levels, heal digestive disorders, and reduce symptoms of depression and anxiety. They can also boost memory.

Here are seven essential oils that offer benefits. All can be directly inhaled, diffused through a room or used as a spray.

Lavender – Calming. Able to balance strong emotions. It's also used to help with depression, anger and irritability, and sometimes helps insomnia.

Peppermint – An energizer. Stimulates the mind and calm nerves.

Rosemary - Similar to peppermint, an uplifting oil used to stimulate the mind and body. It may even improve cognitive performance and mood.

Bergamot – Used to relieve anxiety, agitation, mild depression and stress.

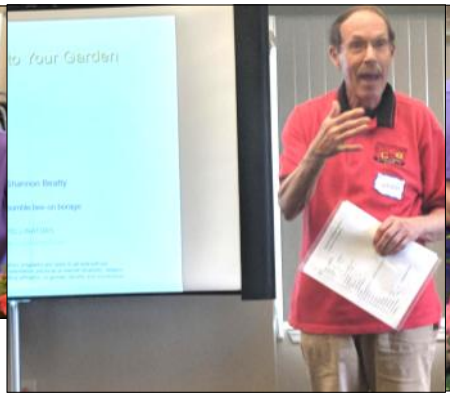
Lemon Balm – Shown to help calm and relax people who are dealing with anxiety and insomnia; improves memory and eases indigestion.

Yang Ylang — Can help ease depression and promote good sleep.

Ginger — Helpful with digestion issues. Often used to treat loss of appetite and constipation, ginger helps promote good eating habits.

At Garden House and Blossom Place, we have been using an oil diffuser which disperses essential oils into the air, so their aroma fills a room with the natural fragrance. This has been a wonderful addition to our daily routine. We are enjoying the natural "feel good" benefits of these oils!

Lots of Gardening around our campus recently. The Master Gardeners joined us to share their knowledge and helped plant hanging baskets. Below, residents pose with their finished hanging baskets; guest speaker David Muns shared his knowledge of Pollinator Gardening.



Resident Spotlight

Lisa Ambrose, Life Enrichment Director

This month's spotlight shines on **Mr. John Kurtz**.

John was born in Torgau, Germany. He grew up in Leipzig, Germany, about an hour's drive from his birthplace. John had one sister, one brother,, and has two nephews. One lives in Spokane, Washington and the other in Tampa, Florida.

He moved to the United States, (New York) in 1947, after surviving the Holocaust. He's a skilled engineering designer and worked for both Westinghouse and Northrop Grumman Electronic Systems during his career.

John, who was born hearing impaired, found himself always building and experimenting with electronics, computers and all things mechanical. If you know him now, you know that his love of computers and gadgets continues today. Just check out his new phone and new Apple watch.

John is also an avid reader. He's an exercise and fitness enthusiast and attends exercise classes, works out in the exercise room at Orchard Terrace and, in the evenings, walks around campus adding in his exercise moves as he walks.

We are so very glad to have John as part of our Edenton family.

An Historic Trip. **Residents recently enjoyed a tour of the Gettysburg Battlefield with a lunch stop at the Appalachian Brewing Company.**

Our Sincere Condolences

All of us at Edenton extend our heartfelt sympathy to the family and friends of those in our community who recently passed away.

You will be missed.

Mrs. Barbara Salt

Mrs. Helen Snyder

Dementia Conversations:
A Learning Luncheon for Caregivers

As a caregiver have you noticed changes that make you wonder if dementia may be a concern? Join us for a learning luncheon this month.

This program, presented by the Alzheimer's Association, will cover:

- How to plan ahead and build a care team.
- How your doctor can help with the diagnosis.
- What other caregivers have to say who are experiencing similar problems and questions.
- Who to talk to about managing the checkbook, driving and other concerns.

Wednesday, June 19, 2019

in the Edenton Retirement Community Restaurant

Lunch ~ 11:30 a.m.

Presentation ~ 12—1 p.m.

Register today! RSVP to Jennifer Holmes at jholmes@edenton-retirement.com.

EDENTON
RETIREMENT COMMUNITY

Phone: 301-694-3100
Fax: 301-694-0308

5800 Genesis Lane
Frederick, MD 21703
edenton-retirement.com