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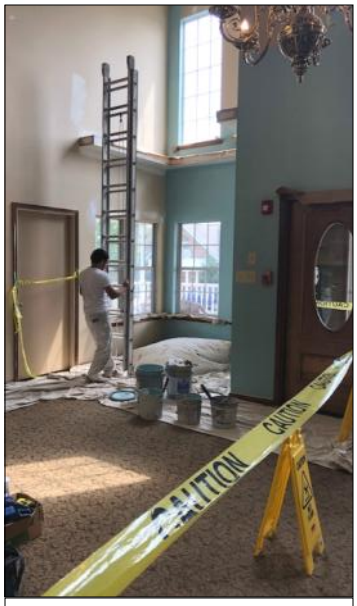

Almost complete!

The lobby of the Manor House receives a fresh coat of paint. New carpeting is next. All of the renovations will be finished in early September.

Inside this issue:

Welcome, Neighbor!	2
Time for the Great Frederick Fair	3
New Musical Entertainer	4
Resident Spotlight: Ralph Fulk	5
Family of Stars Calendar Reveal Party	6

Why not sign up?

Lisa Ambrose, Life Enrichment Director

> "Libraries store the energy that fuels the imagination. They open up windows to the world and inspire us to explore and achieve, and contribute to improving our quality of life. Libraries change lives for the better."
>
> — *Sidney Sheldon*

September is Library Card sign-up month. A time when the American Library Association and libraries across the country join to remind everyone that signing up for a library card is a step towards lifelong learning...no matter your age.

Don't have a library card?? Now is the time to sign up. The good news is that the Frederick County Library's bookmobile comes to Edenton twice a month, bringing a world of knowledge to you.

Check your activity calendar for bookmobile dates and make plans to visit. It's easy to sign up for a library card if you don't already have one.

Happy reading!

Fall Vaccine Clinic Day will be October 3rd

Laurie James, Resident Service Coordinator

It's that time of year again! Edenton's annual Flu Shot Clinic will be held on Thursday, October 3, 2019. The clinic for Independent Living residents will be held in the Manor House from 9 a.m. until 11 a.m. that day. Assisted Living residents' appointments will take place on site within their own buildings between 11 a.m. and 1 p.m.

The following vaccinations will be available:

- Annual Flu Shot
- Pneumonia Vaccine (covered by Medicare Part B)
- Shingles Vaccine (confirm insurance coverage and cost)

IMPORTANT! Independent Living residents, please contact Laurie James in advance to schedule your appointment, 301-694-3100 ext. 106.

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Page Turner's Book Club

Join us in the Manor House Library on Thursday, Sept. 26 at 3 p.m. when Page Turner's will discuss Louisa May Alcott's beloved classic, *Little Women*.

Generations of readers have fallen in love with the March sisters. Here are talented tomboy and author-to-be Jo, tragically frail Beth, beautiful Meg, and romantic, spoiled Amy, united in their devotion to each other and their struggles to survive in Civil War-torn New England. *We hope to see you there.*

Welcome, Neighbor...to Garden House!

Marie O'Callaghan, Life Enrichment Coordinator

A warm welcome is extended to **Miss Roselee Jackson**, who recently moved into Room 107. Roselee was born in Baltimore, Maryland, and grew up right here in Frederick County. Roselee has four children, eight grandchildren and many great-grandchildren. She worked as an operating room technician at (Inova) Fairfax Hospital for over 50 years; she didn't retire until the age of 80.

Over the years in her spare time she enjoyed crocheting, music, and going to concerts. She has always loved flowers. Today, Roselee enjoys spending time in our garden, attending activities and eating strawberry ice cream every chance she gets!

She is a kind lady who loves helping others. We are blessed to have her here. Be sure to say hello.

Welcome, Roselee, to Edenton!

Out To Lunch Bunch.

Resident Don Bartgis and volunteer Arlene Tressler decided that the best way to end a delicious meal on an out to lunch with the Fiddler's gang was by enjoying chocolate lava cake!

Join us in welcoming...

Lisa Ambrose, Life Enrichment Director

It's our pleasure to introduce new Life Enrichment Assistant **Cherita Croom** to Edenton's team. Cherita will be concentrating most of her time here helping to enhance our memory care units. The memory care units now have activities seven days a week.

Cherita hails from Prince George's County and recently moved to Frederick County. She loves music, art, literature and spending time getting to know people. You may have already seen her around campus or at Chapel on Sunday afternoons. Make sure when you see Cherita you say, "Hello," and welcome her to our Edenton family.

September is Healthy Aging Month

Hannah Weis, Life Enrichment Coordinator

Blossom Place is embracing Healthy Aging Month with these small lifestyle changes. We will be walking more now that the weather is cooler, eating healthier snacks, and smiling more. If you thought you read that last part wrong, you did not. Such a small change, but smiling makes a big difference in a person's overall quality of life. So put on your walking shoes, eat your fruits and veggies, drink lots of water, and smile as you join in on the fun!

It's Football Season Again!

Marie O'Callaghan, Life Enrichment Coordinator

As the days get shorter, we know that fall is fast approaching. Many of us look forward to cooler weather, fall foliage and football games! People around the world are excited for its return, and they'll be watching and cheering on their favorite football teams with friends, family and strangers. Join us on the afternoon of Thursday, September 5, to celebrate the first regular season football game. We will discuss our favorite teams, play some football trivia, and enjoy some special finger food snacks.

Apple Dumpling Day

Caroline Dunning, Life Enrichment Coordinator

September 17 is Apple Dumpling Day. Orchard Terrace residents will be participating in this energetic endeavor in the afternoon. We'll roll out dough, peel apples and bake dumplings. It will be a joy to eat the fruit of our labor. Please join us in this mini-mission to make our apple snack.

Time for the Great Frederick Fair!

Lisa Ambrose, Life Enrichment Director

The air will soon turn crisp, and with that comes the Great Frederick Fair. As many know, the fair has a long, rich history here in Frederick County. This year the fair will be celebrating its 157th year.

What will you find there? Displays of baked and home canned goods, paintings, photography, needlework, arts and crafts and much, much, more, all made by county residents. Or maybe you're interested in seeing the livestock. Cows, pigs, rabbits, poultry, and horses will be on display that week. Of course, the fair also features rides, games and exhibits for all ages – and scrumptious food galore!

Edenton is scheduled to attend the Great Frederick Fair on Tuesday September 17th, with a rain date of Wednesday September 18th. So, mark your calendars and make plans to attend.

Aloha! **The ladies of Fiddler's Green got in the Hawaiian spirit to celebrate August's National Hawaii Day. They enjoyed Hawaiian wedding cake as a special treat.**

EDENTON
RETIREMENT COMMUNITY

New Musical Entertainer

Lisa Ambrose, Life Enrichment Director

Music is a very important aspect for many people. Music is universal in all its forms. And it's good for your health. Did you know that music can help to improve your mood and help regulate emotions? It helps to reduce stress, lessens anxiety, improves your exercise workout, can help to improve memory and helps to provide comfort in difficult situations.

On Saturday, September 14 at 1:30 p.m. we will be introducing a new act to Edenton, Brian Burrows. Brian has lived in the Frederick area for over 35 years. He has played with many local bands over the years. Accompanying himself on guitar, Brian enjoys singing such old favorites as *Wichita Lineman, You Are My Sunshine, Somewhere Over the Rainbow*, and many, many others. His hilarious version of *The Chicken Dance* is not to be missed.

Edenton Artists Featured.

Another successful art show exhibit at the Delaplaine. We are so very proud of our talented artists at Edenton. Pictured are just a few of our artists with their work. Keep up the great job!

Intergenerational Interaction

Caroline Dunning, Life Enrichment Coordinator

September is Intergenerational Month. Young and old have much to offer each other. Happiness, learning, teaching, and listening are qualities we all benefit from. Edenton residents are going to welcome Kinder Care kids to Orchard Terrace on Thursday, September 12 at 10 a.m. We call this group "Fun with friends from Kinder Care." We truly enjoy our time together. Our life stories grow in this sharing time with these special youngsters. Join us for this monthly program; it is a wonderful experience.

Resident Spotlight

Hannah Weis, Life Enrichment Coordinator

This month's spotlight shines on Blossom Place resident **Ralph Fulk**. Ralph was born in Germantown, Maryland, in 1933 where he spent the first few years of his life. The family then moved back to the old home place in Fulks Run, Virginia. After school, Ralph traveled around a bit before settling down back in Maryland. He met his future wife, Yvonne, on New Year's Eve in 1954, on a blind date. They married in October 1955, raised three children, and celebrated 53 years together until her she passed in 2008.

Ralph worked in the HVAC business for several years before joining Trans-Tech Inc., where he stayed for 43 years until his retirement. His hobbies included leather craft, wood carving, and playing guitar. However, his favorite hobby was keeping his car washed and waxed regularly. Many times, people would tell him that his car was so shiny and slick that "bugs wouldn't dare to land on it because they would just slide right off." His work ethic was superior, and he always strived for perfection. It showed in just about every aspect of his life. We are lucky to have him as a part of our Edenton family!

Musical family.

Edenton was fortunate to have Donnie and the Heat Waves (aka The Resnick family) **perform in August. We can't wait to welcome them back in December when they return to spread some holiday cheer.**

WALK TO END ALZHEIMER'S
alzheimer's association

Time: Registration: 11:00 a.m.
Ceremony: 12:00 noon
Walk steps off at 12:30 p.m.

Location: Nymeo Field at Harry Grove Stadium
21 Stadium Drive, Frederick, MD

Edenton is participating in Frederick's 2019 Walk to End Alzheimer's

We are committed to raising awareness and funds to support Alzheimer's care, support and research, and we need your help.

Please join us in the fight against Alzheimers by walking with us and/or helping us to reach our fundraising goal by making a donation to Team Edenton.

Click on the Walk link on our Facebook page, or

search for us by our team name at www.alz.org.

For information on how you can join us in supporting

the fight to end Alheimer's, contact our Walk Team Leader,

Jennifer Holmes, at 301-694-3100 / jholmes@edenton-retirement.com.

Back by popular demand...

☆ Edenton's Family of Stars 2020 Calendar ☆

2019's Calendar was such a success we simply had to do it again!

Residents, Family Members & Staff:

Join us as we reveal Edenton's

Family of Stars 2020 Calendar

Thursday, Sept. 19, 2019
3:00 to 5:00 p.m.

Edenton's Garden of Eden Restaurant
5800 Genesis Lane | Frederick

Light refreshments will be served.

Please join us for a fun-filled afternoon.

Calendars Available for Purchase | Requested Donation: $10 each
All Proceeds Benefit the Community Foundation of Frederick County.

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RETIREMENT COMMUNITY

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