applestalk

XOXO! Residents sent greetings of love to family members last month. And, they can't wait to see loved ones soon at in-person, safe distance visits!

Letters Against Isolation

Lisa Ambrose, Life Enrichment Director

Edenton has partnered with *Letters Against Isolation*, an organization that works to send cards and letters to residents in assisted living facilities all over the United States.

Letters Against Isolation wants to spread some joy with handwritten letters and cards. They want residents to know that they have not been forgotten, especially during COVID-19 when restrictions limited in-person visits from their families. So far, Edenton has received cards and letters to share with residents from Arizona, New York, Pennsylvania, Ohio, and right here in Maryland.

Residents have really been enjoying hearing from so many different people across the United States. We have even created a small group that gathers and shares the letters together. It has been a lot of fun and very interesting. We cannot wait for the next batch to arrive.

The love and support shown to our residents from so many different groups during this long period of restrictions has been heartwarming. Thanks to all!

(To learn more about this program, visit www.lettersagainstisolation.com.)

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Spring Forward

Caroline Dunning, Life Enrichment Coordinator

Time changes on Sunday, March 14, 2021. On this day the clocks are turned forward an hour. This practice started in 1918. We tend to use less electric light. Did you know that the only states that don't "spring forward" are Arizona and Hawaii.

The actual time change happens at 2:00 a.m., but the night before or the next morning, adjusting the clocks will be just right.

Welcome, neighbor to Edenton!

Lisa Ambrose, Life Enrichment Director

Welcome to **Mr. Robert "Bobby" Virtue** who now resides in Apartment 522. Mr. Virtue was born and raised in Brooklyn, New York. Bobby went to work for The New York City Department of Citywide Administrative Service – and worked there for 36 years.

He loves to walk, and you may have seen him on his daily walks around campus here at Edenton. Bobby also enjoys any type of physical activity or exercise. He likes to watch his favorite sporting programs. Bobby moved here from Staten Island, New York to be closer to his family. He has a brother and sister-in-law, Charles and Janet, and several nieces and nephews. We hope to see Mr. Virtue at some of the upcoming activities here on campus. Make sure you say hello.

Welcome, Bobby, to our Edenton family!

Page Turner's Book Club

This month selection is *Transcendent Kingdom* by Yaa Gyasi., a deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief --a novel about faith, science, religion, love.

Gifty is a fifth-year candidate in neuroscience at Stanford School of Medicine. Her brother died of an overdose after a knee injury left him hooked on painkillers. Her suicidal mother is living in her bed. Gifty's determined to find the scientific basis for their suffering. Join the group's discussion at 3 p.m. on Thursday, March 25.

Welcome, neighbor, to Garden House!

Marie O'Callaghan, Life Enrichment Coordinator

A warm welcome is extended to **Mrs. Elizabeth "Liz" Faries** who recently moved into Room 106. Mrs. Faries was born and raised in Brazil. She came to the United States in 1964. Liz has one son and two grandchildren.

She lived in Florida for many years where she worked as the manager of housekeeping in a hotel and later worked at a Macy's department store. Liz loved taking daily walks to the beach while living in Florida. She also enjoyed traveling, and most of all being a mom and grandmother!

Welcome, Liz, to our Garden House family.

No Tax Prep On-Site Appointments Will Be Available This Year

Please note: There will be no volunteers from the Volunteer Income Tax Assistance (VITA) program coming on campus this year to help residents with filing taxes because of COVID-19 restrictions.

Our sincere thanks for the many years of support Edenton residents have always received, most recently from volunteer Hugh McConnell. We will miss seeing you this year!

National Crayon Day

Lisa Ambrose, Life Enrichment Director

Did you know there is a National Crayon Day? Well, there sure is! Each year on March 31 children and adults pick up their favorite colors to celebrate National Crayon Day.

Opening a box of new crayons opens up a whole world of imagination and, of course, fun. Wax and chalk-based crayons have been used by artists around the world for centuries. Edwin Binney created the brightly-colored crayons we have today. He was part owner of Binney and Smith – a company that made paint, pigments, and slate pencils for schools. In 1903 Binney and Smith created the Crayola division and produced colored wax crayons for children.

Even with today's electronic world, crayons are still popular among children and adults. Coloring is a wonderful way to spend a day creating art and letting your imagination flow. So, on Wednesday, March 31 we will put crayon to paper and create our own wonderful works of art to celebrate National Crayon Day.

Independent Living Activities Resume

Independent Living activities will resume on Monday, March 1.

Weekly grocery shopping to Giant, the monthly Wal-Mart shopping trip, Zumba and yoga classes, discussion groups, and a March Happy Hour!

Make sure you check the monthly calendar of events and please register in advance for those activities you'd like to attend.

Erin Go Bragh

Marie O'Callaghan, Life Enrichment Coordinator

March 17 is the day set aside to remember St. Patrick, the patron saint of Ireland. This day is celebrated worldwide by the Irish and by many of non-Irish descent. Anyone who wants to can be Irish for a day! On Wednesday, March 17 be sure to be "wearin' a touch o' the green" and join us for some fun! We'll start of at the "top o' the mornin" with some lovely Irish music and a discussion about the history of St. Patrick. Later we will watch a scenic video of the beautiful Emerald Isle as we enjoy shamrock shakes. We will conclude the day with favorite Irish blessings and toasts.

"May you live to be a hundred years – with one extra year to repent!"

Happy St. Paddy's Day to all!

National Peanut Butter Lovers Day

Hannah Weis, Life Enrichment Coordinator

This month at Blossom Place we will be celebrating National Peanut Butter Lovers Day Monday, March 1 by making a classic peanut butter cookie! Pair it with some milk (non-dairy for those who are lactose intolerant) and you have got yourself a tasty combo. If you are a peanut butter lover like we are, join us and indulge on this delicious day!

Springtime Fun

Caroline Dunning, Life Enrichment Coordinator

As the ground begins to thaw
We become in awe
Of the many flowers in bloom.

The animals are all about
It's like they all want to shout.
The rabbits, squirrels, and frogs
Are all having fun.

The parks are the places to be
There is so much to see.

We go for a walk and
Breathe the fresh air
Without so much as a care.

On Saturday, March 20, spring will be in the air and Orchard Terrace will be talking the fun.

Gladys is working her magic as we welcome some of the assisted living residents back into the beauty shop. There were smiles all around as the ladies and gents left with sharp cuts and beautiful 'dos. But no smiles were as large as the one on the face of our "*Hair*gician!"

Happy Birthday, Coke!

Marie O'Callaghan, Life Enrichment Coordinator

March 29 marks the 135th year anniversary of the invention of Coca-Cola.

It was sold to the public for the first time on May 8, 1886, and it has been going strong ever since. What was first called "The Pause that Refreshes" evolved in "The Real Thing" and Coca-Cola became as American as baseball and apple pie. The Coca-Cola Company became innovators in marketing and distribution. Now the company has a product portfolio of more than 2,500 beverages (and 500 brands) from sodas to energy drinks to soy-based drinks in every corner of the world. Their logo is recognized internationally.

At Garden House, we'll be celebrating the anniversary of Coca-Cola's beginnings with a taste test of a few different flavors. We'll also learn about the history of this beverage and remember some of the popular Coca-Cola jingles and advertisements we've heard through the years. We will top off the fun with a favorite drink…Coke floats for all! Sounds yummy...can't wait!

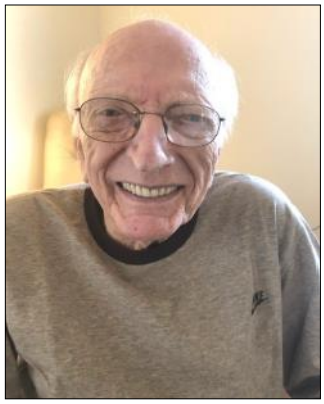
Resident Spotlight

Lisa Ambrose, Life Enrichment Director

This month's spotlight shines on **Mr. Robert Gessert** who lives at Fiddler's Green on Edenton's campus.

Mr. Gessert was born and raised in St. Louis, Missouri. He attended Washington University in St. Louis and Chicago Theological Seminary. Mr. Gessert is the proud father of three daughters and three sons. He has seven grandchildren and eight great-grandchildren.

He moved to Washington, D.C., in the 1960's where he worked at Logistics Management Incorporated. His professional interest was in Christian Ethics in defense. Mr. Gessert is also an ordained minister.



He has a great passion for baseball and played senior softball well into his eighties. He was a coach, an umpire, and a player. He loves to watch all the games now that he has retired from the sport.

Mr. Gessert was very active as a volunteer at his church, The Peoples Congregational Church of Christ.

He enjoys classical music, loves to talk and enjoys sharing his story. We are very glad to have Mr. Gessert as part of our family.

Shrove Tuesday

Fiddler's Green residents enjoyed old fashioned kinklings on Shrove Tuesday. They might be messy but they sure were tasty!

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. Royce Vetter

Women's History Month

Hannah Weis, Life Enrichment Coordinator

Women's History Month is a celebration of women's contributions to history, culture, and society and has been observed annually in March in the United States since 1987. The month is dedicated to reflecting on the often-overlooked contributions of women in United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

Although this began in the U.S., it's important to acknowledge that this is not simply a celebration within the United States. This is a global celebration of the economic, political, and social achievements of women, one that took place for the first time on March 8, 1911.

Women have been the backbone of the world since its creation. Generation after generation of women have fought and sacrificed to get to where we are today. And, we still have much to accomplish. To all the women reading this, celebrate this month, keep fighting for equality, and learn from those who came before you to help pave your way.

To commemorate, we'll be hosting discussion groups across Edenton. Look for special announcements about our events and plan on joining the conversations.

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