applestalk

Do you know someone who wants to be vaccinated but hasn't been able to do so yet? Edenton will help.

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301-694-3100

Fresh Fruit and Veggies

Marie O'Callaghan, Life Enrichment Coordinator

June is National Fresh Fruit and Vegetable Month. Did you know that the color of a fruit or vegetable is a good clue to what nutrients it offers? Red fruits and vegetables contain lycopene, ellagic acid, quercetin, and hesperidin. These may help reduce the risk of certain types of cancer, lower blood pressure and cholesterol, and support joint tissue. Green fruits and vegetables contain chlorophyll, fiber, lutein, calcium, vitamin C, and folate. These boost the immune system and normalize digestion. Here at Garden House we will be adding more fruits and veggies to our snack breaks. Join us on Saturday, June 5, as we discuss our favorite fruits and vegetables...and consider all of the many health benefits. Healthy snacking to all!

Brain Waves

Lisa Ambrose, Life Enrichment Director

We all know the brain is involved in everything we do. Like any part of the body, it needs to be cared for. Exercising your brain helps improve memory and your ability to focus. Research has shown that there are many ways to improve mental sharpness. Working on a jigsaw puzzle, playing cards, sharing your favorite memories, listening to or playing music, participating in word and trivia games, and building your vocabulary all contribute to brain health. At Edenton, we work hard to help residents remain as sharp and active as possible while having fun doing it. This month, Fiddler's Green is focusing on brain activities that can help keep us sharp. Each week we will exercise our brains (and our bodies, too) to sharpen our minds and stimulate our senses. Check the calendar and circle those activities that interest you. We can't wait to see your smiling face.

Limited Front Desk Hours: Sat., June 5 & Sun., June 6

Jennifer Bisignano will be covering the front desk and answering the phone at Edenton the first weekend of June. Jennifer will be at the desk those two days from 9 a.m. til 2 p.m. only.

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Page Turner's Book Club

This month, Page Turner's Book Club will read *Hideaway* by local, best-selling author Nora Roberts. Caitlyn Sullivan, a daughter of Hollywood royalty, was a star by age ten, but still loved to play hide-and-seek with her cousins at the family home in Big Sur. It was during one of those games that she was abducted. After she escaped her captors, Cate's ordeal was far from over. She didn't yet know that two seeds had been planted that night—one of a great love, and one of a terrible vengeance…

Sign up to join us in the Community Room at 3 p.m. on Thursday, June 24.

Welcome, neighbor to Edenton!

Lisa Ambrose, Life Enrichment Director

Welcome **Mr. Ron Kennedy** who recently moved into Apartment 410. Mr. Kennedy was born and raised in Long Beach, California. He attended Long Beach City College, the University of Southern CA, and received his master's degree from the University of California at Berkeley. He joined the Navy at 22, was commissioned Ensign, got accepted to flight school and became a pilot. Ron was in the Navy for 28 years, serving as a Captain for seven. Ron has four children who live all over the U.S. Captain Ron, as he likes to be called, loves reading and current events. To stay informed and he reads the *Washington Post* and the *LA Times* daily.

Welcome, Captain Ron, to our Edenton family!

We also welcome **Mr. Richard Hershey** who moved into Apartment 401. Born in Washington, D.C., Mr. Hershey grew up in Montgomery County and owned a lumber company in Rockville. He and his wife had one daughter, and he is the proud grandfather of two. Mr. Hershey enjoys golf, baseball, games, and his greatest enjoyment is attending events that involve his two granddaughters. Over the years his family enjoyed trips to Bethany Beach. He says that so many fond memories were made there. Mr. Hershey is looking forward to meeting his neighbors and joining some activities. If you see Mr. Hershey, please say hello and introduce yourself.

Welcome, Richard!

Welcome, neighbor, to Garden House!

Marie O'Callaghan, Life Enrichment Coordinator

A warm welcome is extended to **Mrs. Victoria "Vicki" Firor** who recently moved into Room 108. Vicki grew up in Hagerstown. She worked as a real estate agent for many years. During her leisure time, she enjoyed going to Solomon's Island with her family on weekends. She has two children and two grandchildren who live close by. She loves arranging flowers, organizing anything, and spending time socializing with her friends.

We are thrilled welcome you, Vicki, to our Garden House family.

Welcome, neighbor, to Blossom Place!

Hannah Weis, Life Enrichment Coordinator

A warm welcome is extended to **Mrs. Rosemary Falck**, who recently moved into Room 207. She hails from Sharpsburg. She spent 27 years as HR Director at Hagerstown Community College. A wife and a mother of three, Mrs. Falck is plum full of energy and loves to walk and explore. In her free time she enjoys eating sweets, quilting, baking, and attending Catholic mass.

Welcome, Rosemary! We are thrilled to have you.

Flag Day

Caroline Dunning, Life Enrichment Coordinator

Flag Day is June 14. It was this day in 1777 that Congress approved the flag design, a blue field and 13 white stripes, one for each of the 13 colonies. Now the blue field is filled with 50 white stars, one for each state. Americans fly a flag on Flag Day to show patriotism. As part of this year's celebration on Monday, June 14, Orchard Terrace will host a discussion about the country's flag at 3 p.m.

Horse Racing

Caroline Dunning, Life Enrichment Coordinator

Horse racing fans have been watching the Triple Crown races with interest this year. Modina Spirit won the Kentucky Derby and Rombauer won the Preakness. On Saturday, June 5, the final race of the Triple Crown, the Belmont Stakes, will run in New York. Although there won't be a Triple Crown winner, there's excitement around the odds of winning for the horses, rider and owners. The term Triple Crown was first used in 1930 when Gallant Fox won. Since 1919, only 13 horses have attained the lofty title, including War Admiral, Citation, Secretariat, and Justify (2018).

It is always interesting to see what people wear to attend the races. It's truly one-of-a-kind. Orchard Terrace is having their own horse race on Monday, June 21 at 3 p.m. Please join us.

Celebration of the Senses

Hannah Weis, Life Enrichment Coordinator

In honor of the five senses, Blossom Place will be taking time to get in touch with our senses. We have some fun and tasty activities planned for June, including Scents and Sensory on June 7, therapeutic hand massages on June 10, and Sweet Senses on June 30. Why not participate and engage your senses? Smell the roses. Eat your favorite dessert. Sit outside, or pour up a cup of hot tea. There is no wrong way to celebrate!

Cruisin'!

John and Audrey at Garden House were having fun as we all reminisced about the 1950s, rock 'n roll and played trivia.

ESPC's Compass for Caregivers Webinar Series: *Navigating Emergencies*

This series continues on Thursday, June 10 at 6 p.m.

Frederick County's Kristie Dutrow, Assistant Director of Emergency Communications, and Matthew Burgan, Certified Community Paramedic, Mobile Community Healthcare Program, will share information and answer questions to help caregivers better prepare for emergencies.

Registration is free! Sign up today at:
frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/

First Flight

Madison Thurman, Administrative Assistant

"A sheep, a duck, and a rooster climb into the basket of a hot air balloon…" This sounds like the beginning of a ridiculous limerick, but it is actually the beginning of the story of the modern era of flying. Two engineers and inventors, brothers Joseph-Michel and Jacques-Etienne Montgolfier, carried out the first-ever 'aerostatic' flight with their hot air balloon experiment. The king of France had proposed the use of prisoners as passengers on the first flight, but the Montgolfier brothers chose animals, for what were considered scientific reasons. It was believed the psychology of sheep was similar to that of humans, the high-flying duck would not suffer from the altitude, and the rooster could help measure the limits on altitude. The flight was witnessed by Louis XVI, Marie Antoinette, and an audience of 130,000 civilians. The balloon flew 3.2 kilometers and landed without incident.

Later that year, the brothers Montgolfier launched a balloon with two human passengers. A professor of Chemistry and Physics (Pilatre de Rozier) and a French military officer (Marquis d'Arlandes) flew in what was probably the most impressive flight of the century. They flew from central Paris to the suburbs, about 9 kilometers, in roughly 25 minutes. Benjamin Franklin described the feat in his diary: "We observed it lift off in the most majestic manner. When it reached around 250 feet in altitude, the intrepid voyagers lowered their hats to salute the spectators. We could not help feeling a certain mixture of awe and admiration."

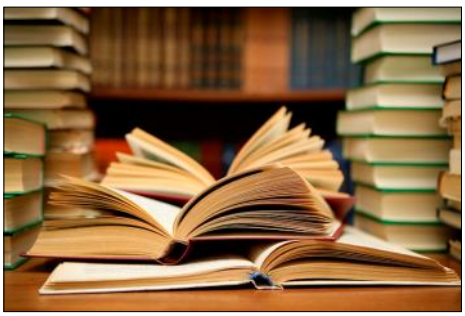
You'll see that the June calendar has transformed into a sky this month, filled with beautiful hot air balloons, in celebration of the birth of air travel.

Residents love working with plants and feeling the cool rich dirt on their hands. Orchard Terrace planting plants they grew from seeds.

Edenton Bookworms

The library, located on the main floor of the Manor House, is there for the enjoyment of all residents. Stop by, pick out a book to borrow, and take it home. There are no due dates for books borrowed. Just return the book when you finished reading it. You'll find new books, old books, large print books, classics, and biographies.

If you are part of the Edenton community, you are welcome to take home a book...or two or three! When you return them, please place them in the Book Return receptacle by the door.



We also accept book donations. We ask that books you are thinking about donating be in good condition and be ones that you would still want to read.

Resident Spotlight

Hannah Weis, Life Enrichment Coordinator

This month's spotlight shines on **Mrs. Mary Chorpenning** who lives at Blossom Place. She was born and raised in Boonsboro, Maryland. However, because Mary's parents passed away when she was a little girl, she was raised in an orphanage called Sanmar. When she reached an appropriate age, Mary moved to Frederick and began working as a waitress at the Barbara Fritchie Restaurant. Later on, she began working as a housekeeper at Bon-Ton department store.

In 1959 she became a member of the Jehovah's Witness. She has a close bond with many members of her congregation and played an active roll within the community.

Mary is also a loving mother of four, a lover of cats, cooking (especially chili), walking, and chocolate desserts. You will always see her with a smile on her face and kind words to say about everyone.

We are so very pleased to have Mary here with us.

A musical farewell.

In May, Sharon Alonso performed a farewell concert for her friends at Edenton. She is moving to New Jersey to be closer to family. Her Edenton family presented her with a bouquet of flowers after the performance. Thank you, Sharon, for years of beautiful music. *We will miss you!*

Independent Round-Up

Lisa Ambrose, Life Enrichment Director

There are lots of things happening around campus and we hope that, now that the weather is nice, we'll start to see more people out and about. Why not attend daily exercise class or join the Thursday morning Coffee Klatch at 10 a.m.?

Or, how about weekly Bible Study, Tuesdays at 3 p.m.?

Maybe you would like to join the Kitchen Band? Practice is on Tuesdays at 1 p.m. Or, you might be interested in our History Club. This month it meets on Friday, June 11 at 2 p.m.

Why not try your hand at art? Head up to the art studio and participate in one of the afternoon art classes: Wednesday, June 16 and Wednesday, June 30 at 1 p.m.

Maybe you have an interest in gardening. The Gardening Club is meeting twice this month. Mark your calendar for 2 p.m. on Thursday, June 10 and Saturday, June 26 for Garden Club with Caroline.

Like to sit back and chat with your neighbors? Come to the Saturday Happy Hour on June 19 at 1:30 p.m. Or, stop by the monthly birthday celebration on Wednesday, June 23 at 1:30 p.m. and enjoy a piece of cake.

Let's make a new start this month. Invite someone to attend an activity with you...kind of like a buddy system. And, we'll see you BOTH there!

EDENTON
RETIREMENT COMMUNITY

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