



applestalk



Shazam!

Did you see the Edenton Calendar Reveal last month? It's all about Edenton Heroes! Interested in a copy? Get your calendar by calling Kim in the main office at 301-694-3100.

Living in the Light

Thérèse Keegan, Chaplain

As the days get shorter, we all feel it. During the colder months, many people report feeling less energy and winter blues or blahs. One cause is less Vitamin B from sunlight, which can strongly affect our moods!

At Edenton we are offering a midday routine that can help with the winter doldrums. Four days a week—Sundays through Wednesdays—we will bundle up and meet at noon for a 15 to 20 minute walk in the sunlight. Afterwards we'll convene at the Manor House for a moment of mindfulness practice followed by a brief chat about strategies for getting through the winter months with greater ease. The whole experience will last about 30 minutes. You are invited to connect with any part that appeals to you. Please join us!

Tree Lighting at Edenton

Lisa Ambrose, Life Enrichment Director

The holiday spirit is in the air. This year each building will host its own Tree Lighting ceremony. Blossom Place will light their tree first on Wednesday, December 1. Fiddler's Green and Orchard Terrace will celebrate their tree lighting on Friday, December 3. And, the main tree in the restaurant and Garden House's tree will be lit on Monday, December 6.

We look forward to seeing all the beautifully decorated buildings this year!

Holiday Gift Fair

Lisa Ambrose, Life Enrichment Director

Start your holiday shopping right here on campus. On Friday, December 3, from 12 noon to 4 p.m., plan a trip to the Manor House Community Room for our holiday gift fair. There will be wooden craft items, Christmas boxes, handcrafted fabric items and more. Also, Jean Brown will be here with items from SERRV International. For over 70 years, SERRV International has helped artisans and families around the world build sustainable employment resources. You will have an opportunity to purchase from a selection of items from all over the world to help others earn a fair-trade living.

Join us on the first Friday of December and start your holiday shopping!

Inside this issue:

Welcome, Neighbor	2
Sounds of the Season	3
National Eggnog Day	4
Resident Spotlight: Hazel Mills	5
Independent Holiday Round Up	6

Welcome, Neighbor to Edenton

Lisa Ambrose, Life Enrichment Director

Page Turner's Book Club

This month we'll read

The Four Winds by
Kristen Hannah.

Set during The Great Depression, the story is a testament to hope, resilience, and the strength of the human spirit to survive adversity. This is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice define a generation.

Come and join our group discussion!

We'll meet on Thursday, Dec. 16 at 3 p.m.

Welcome **Mrs. Susan Kuhlman** to Apartment 419. Mrs. Kuhlman was born and raised in Ludington, Michigan. She said it's on the coast of Lake Michigan and a wonderful place to live. She has both a sister and a brother. She received her Master's degree from George Washington University. She was a teacher for 33 years. For many years she was a Reading Specialist and taught thousands how to read. She also taught middle school Language Arts and Social Studies.

She loves growing orchids and is a Master Gardener in three states. She also enjoys sewing, art, crafts, reading, art journaling, and travel. For her 70th birthday she and her family traveled to Europe to celebrate. She is the proud mother of two daughters and the proud grandmother of two granddaughters. And don't forget her four-legged sidekicks, Cubby and Scout, whom you'll see as they walk around campus.

Welcome, Susan, to our community.

A warm welcome also to **Mrs. Hazel Smith** who recently moved into Apartment 413. Mrs. Smith was born in Westminster, South Carolina. While growing up, her family lived in Georgia and Virginia before settling in Hagerstown, Maryland, where her younger sister still lives.

Hazel met her future husband (a Marine) while living in D.C. with seven women and working for the War Department. They discovered they both were from Georgia and hit it off. They were married in South Carolina and lived there for many years. They had two sons. One, sadly, is deceased. Both her husband and son are buried at Arlington. She has one grandson and one granddaughter.

Hazel worked for the Officer's Wives Child Care Center as its director for 40 years, retiring at age 80. On her 90th birthday she received over 100 cards from the families and children where she worked all those years.

Join us in welcoming Hazel to our family.

And finally, welcome to **Mrs. Ruth Weber** who moved into Apartment 510. Mrs. Weber was born in New York and grew up with seven brothers. She married and has four children and two grandchildren.

Ruth loved to travel and enjoyed many cruises. Her husband owned a bakery and they took time off each July to vacation. As a family they loved to travel across the country, which they did four times!

Having lived in Delray Beach, Florida, for almost 50 years, she is quite partial to warm weather. She loves shopping, bridge, dining out, gardening and a good glass of wine!

Welcome, Ruth!

Beautiful Lights of Frederick

December 2021

Marie O'Callaghan, Life Enrichment Coordinator

Whether you live at the North Pole or right here in Frederick, it just wouldn't be the holidays without twinkling lights. Whether it's bulbs blinking red and green or classic white twinkle lights, it will be fun to celebrate this magical season together. Let's all bundle up and step aboard the Edenton Express for the annual Holiday Lights tour.

Independent living residents will enjoy a holiday light tour on Wednesday, December 15, at 6:15 p.m. The light tour for Garden House residents will be Tuesday, December 21, at 6:15 p.m. It will be a wonderful chance for residents to see our beautiful town of Frederick at its most dazzling.

Everyone looks forward to this delightful tradition. It's truly a lovely sight!

Ciao! The whole campus celebrated! Residents enjoyed the food, music and fun during Jane's annual Italian Dinner Night in November. The evening even included a virtual tour photo opp along the canals and streets of Venice! →



Sounds of the Season

Lisa Ambrose, Life Enrichment Director

There is nothing better to get us in the holiday spirit and get us all feeling warm and fuzzy than some beautiful holiday music. The sounds of the season will fill the air on Friday, December 10, as Bob Zak joins us with his guitar to play some favorites.

Then on Friday, December 17, we will have a holiday happy hour with some yummy snacks as Mr. Zak and his magic guitar leads us in a Christmas sing-a-long. Please mark your calendar and make plans to attend these two holiday events to help spread holiday cheer.

Welcome, neighbor, to Garden House

Marie O'Callaghan, Life Enrichment Coordinator

A warm welcome is extended to **Mrs. Mary Catherine Baechtel** who recently moved into room 111. Mary Catherine was born and raised in Montgomery Co., Maryland. She was one of eight children. Mary has a degree in Zoology. Her most recent job was with Total Wine Supply Chain where she worked for 15 years before her retirement. Mary Catherine has one daughter and a beloved dog named Boey who lives close by and comes to visit often. She currently enjoys being social with her new friends here at Garden House, attending activities, reading, and doing word finds.

Welcome, to our family, Mary Catherine!

National Eggnog Day

Lisa Ambrose, Life Enrichment Director

What drink always reminds you of the holidays? Did eggnog pop into your mind? Well, there's an actual National Eggnog Day that raises a holiday toast once a year the day before Christmas.

Also known as egg milk punch, eggnog is a popular drink all over the United States during the holidays. The sweetened, dairy-based drink is traditionally made with milk and cream, sugar, whipped eggs and spices. When served at parties it's often spiked with rum. Eggnog also flavors other holiday treats, too. Items such as eggnog flavored teas, coffees, baked goods, and pudding can be found during the holiday season.

The origin of eggnog is debated. Some believe it was developed in England while others believe it originated as a medieval European beverage made of hot milk. Wherever it originated, we are ready to celebrate National Eggnog Day here at Fiddler's Green on Friday, December 24, with a big frothy mug!



**Sending Happy
Thanksgiving
Greetings!**

Making Christmas Cards

Hannah Weis, Life Enrichment Coordinator

If you enjoy making your own cards, let's get together and get creative! This holiday season on Thursday, December 9, Blossom Place residents will be making cards to send to family and friends. It is important to acknowledge those in our lives who mean the most to us and sending a handmade card is a thoughtful way to do just that.

Scents of Christmas

Hannah Weis, Life Enrichment Coordinator

Well Edenton family, it is that time of year again! With chestnuts roasting on an open fire and Rudolph the Red Nose Reindeer songs dancing in our heads. However, it's not just songs that take us back. Scent has consistently been a powerful way to bring back memories.

Be it cookies baking in the oven or the overwhelming scent of pine from the Christmas tree, scent can play a significant role in our past, present and future experiences. That is why Blossom Place will take part in an activity called Scents of Christmas. On Thursday, December 16, a basket filled with various items like a pinecone, a cookie, peppermint, ginger, chocolate, and more will be passed around to each resident. Every resident will get a chance to enjoy breathing in the scents of the holidays. Take time this holiday season to pause and enjoy your favorites, an scent-ful experience you will not regret.

Resident Spotlight

December 2021

Marie O'Callaghan, Life Enrichment Coordinator

This month's spotlight shines on **Mrs. Hazel Mills** of Garden House, who celebrated her 104th birthday in October.

Hazel was born and raised in Gaithersburg (Quince Orchard), Md. Hazel and her two brothers grew up on a farm. She has many fond memories of her childhood. One of her favorites is of attending school in a one room schoolhouse when she was very young. She recalls walking there every day. When it snowed her father would take her to school on horseback. Later Hazel attended Strayer College in Washington D.C.

After graduation she worked for Pepco. When Hazel married her

husband, Norman, she became a stay-at-home wife and mother of three. After raising her children, Hazel work for NIH in Bethesda. When she retired, Hazel continued to keep busy by volunteering at Shady Grove Hospital. Hazel now has seven grandchildren and many great-grandchildren.

She always has loved spending time with family, and she also enjoyed doing needlepoint in her spare time. She currently likes to listen to books on tape and telling funny stories. She keeps the staff and residents entertained!



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.

Mr. Robert Gessert

Mrs. Miriam Himes

Mr. William Kessler

Mr. Joseph Lucas





Independent Holiday Round Up

Lisa Ambrose, Life Enrichment Director

Holiday time is here at last, and the independent residents will be busy with holiday activities all month long.

- * On Thursday, December 2, the arts and crafts class will be decorating holiday ornaments.
- * On Saturday, December 11, our Holiday Happy Hour will be in full swing at 1:30 p.m. in the Community Room.
- * On Tuesday, December 14, there will be a discussion group with Hannah on the “Customs and Traditions Around the World.”
- * On Wednesday, December 15 at 6:15 p.m., the van will be hitting the road for a holiday light tour around Frederick.
- * Don't miss out on Tuesday, December 21, when Jane holds a cookie baking and decorating activity in the restaurant.
- * On Christmas Eve, join us for eggnog and cookies in the Community Room.

And, check your calendar for other fun activities planned throughout the season. *Happy Holidays!*



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