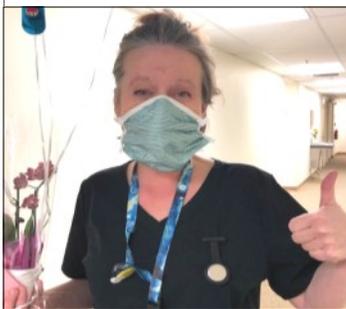




# applestalk



**Celebrations!** Special congratulations to Donna & Perc Everitt who celebrated their 59th wedding anniversary in January. Also big congrats to our newest CNA, Jennifer Bisignano who just passed her state exam!



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## The Winter Olympics



Marie O'Callaghan, Life Enrichment Coordinator

The 2022 Winter Olympics, officially the XXIV Olympic Winter Games, are an up-and-coming international winter multi-sport event that will take place February 4 to 20, 2022, in Beijing. The Beijing Olympics will include a record 109 events this year in seven sports: biathlon, bobsledding, curling, ice hockey, luge, skating (which includes figure skating and speed skating), and skiing (which includes snowboarding and ski jumping).

Residents at Garden House are looking forward to this very special event, held every four years. All events will be streamed in real time from Beijing. We'll check in daily and cheer on Team USA. *Go for the Gold!*

## African American History Month

Madison Thurman, Administrative Assistant

Frederick County's black history is a vibrant story that few outsiders know. Settled in the 1700s by German and English immigrants, and later, Scotch-Irish emigres, the city and county are linked to key historic events: the French & Indian War, American Revolution, and the Civil War.

People of African descent, whose roots here date back centuries, played roles both large and small. African ironworkers made cannonballs at Ca-toctin Furnace used in the American Revolution. Black men and women served in military, medical, and other capacities when the Civil War reached Frederick's doorstep. These contributions have often been ignored according to some longtime African American residents.

Like many locales nationwide, Frederick has sought in recent years to paint a more accurate, inclusive version of America's complex canvas, even while confronting a sometimes-prickly racial past. Yet change and progress have occurred. In recent years, tourism officials, history experts, and community volunteers have created an African American Heritage Sites tour and promoted other efforts designed to illuminate Frederick's black history. Check out the Frederick County Tourism website to learn more about it:

[www.visitfrederick.org/things-to-do/tours/self-guided-tour/african-american-sites/](http://www.visitfrederick.org/things-to-do/tours/self-guided-tour/african-american-sites/)

## Welcome, Neighbor to Orchard Terrace

*Lisa Ambrose, Life Enrichment Director*

We welcome **Rev. Nevin Kershner** to Room 712. Rev. Kershner was born and raised in Pennsylvania. He graduated from high school in Leesport, Pennsylvania, and, for his undergraduate degree, attended Franklin & Marshall College in Lancaster, Pennsylvania.

Rev. Kershner met and married his wife, Claire, and they had four sons and one daughter. He is the proud grandfather of eight and great-grandfather of two. He served many years as a minister in Pennsylvania.

Rev. Kershner enjoys watching TV, reading, and sports. His favorite sport is football, and he is a loyal Philadelphia Eagles fan. An avid traveler, he and his wife's favorite spots to visit were Rome and Germany.

Welcome, Nevin, to Edenton!

We also extend a warm welcome to **Mr. Melvin "Russ" Snyder** who has moved into Room 711. Mr. Snyder was born right here in Frederick and grew up in Flintstone, Maryland. He had one brother.

He graduated from Flintstone High School and attended Allegany Community College in Cumberland. He served four years in the U.S. Navy. Mr. Snyder has been to many interesting places, including France, Spain, Singapore, Hong Kong, China, and the Mediterranean just to name a few.

He met and married his wife Susan and they had a son and a daughter. He has two wonderful grandchildren. Mr. Snyder worked for over 25 years at IBM as an engineer. He enjoys music and was an avid fisherman and hunter.

Welcome, Russ. We're glad to have you join our Edenton family!

## Welcome, Neighbor to Blossom Place

*Hannah Weis, Life Enrichment Coordinator*

A warm welcome is extended to **Mr. Richard Landes** who recently moved into Room 206. He comes from Rosedale, Indiana. A loving father of three, Mr. Landes worked as a foreman in a plastics factory throughout his life. In his spare time, he likes to watch basketball and baseball, go fishing, golfing, and do some woodworking. On any given day you'll find him walking the halls, chatting with other residents, or participating in activities. All the while, smiling from ear to ear.

Welcome, Richard!

### Page Turner's Book Club

February's selection is *The Wrong Side of Goodbye* by Michael Connelly.

Harry Bosch is California's newest private investigator. He doesn't advertise and he's picky about who he works for. Soon one of Southern California's biggest moguls comes calling. Desperate to know whether he has an heir, the dying magnate hires Bosch, the only person he can trust. As Bosch digs into the assignment, he finds uncanny links to his own past. He can't rest until he finds the truth.

Join our group discussion on Thursday, February 24 at 3 p.m.

## Love Is In The Air

Lisa Ambrose, Life Enrichment Director

Love is in the air and Orchard Terrace will be abuzz with lots of valentine activities. On Friday, February 4 at 2:30 p.m., we will be painting valentine signs. On Wednesday, February 9, we'll make valentine cards for family and friends. On Saturday, February 12, we'll channel memories of past valentine's days to write valentine poems during creative writing class. We'll top it all off by hosting a social on Valentine's Day, Monday, February 14, at 2 p.m. Don't forget to dress in your festive valentine outfits. Mark your calendars and join us for some fun and creative activities this month. Remember...love is in the air!



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## Presidents Day Fun

Marie O'Callaghan, Life Enrichment Coordinator

On Presidents Day, Monday, February 21, we'll be celebrating the whole afternoon. It all begins with a cherry pie social in honor of all our presidents. Then we will test our knowledge with presidential trivia and fun facts about our leaders, past and present. Sounds like it will be interesting and fun for all!

## National Fondue Month

Hannah Weis, Life Enrichment Coordinator

In February, Blossom Place residents will enjoy some tasty dining experiences. We bringing the famous Melting Pot restaurant experience, from Montgomery County, right to us! That's right, fondue is the name and dipping is the game. Plan to join in on the fun Thursday, February 3. Be it fruit covered in chocolate, or bread covered in cheese, this delectable and tasty treat is a sure-fire way to tap into your inner foodie. If you or someone you know is interested in fondue, just melt your favorite chocolate or cheese - and voila!

## Blah Buster Month

Hannah Weis, Life Enrichment Coordinator

With January behind us and the cold weather coming in a little strong this year, we are in middle of the winter blahs. The sun goes down early and it's cold. In order to shake off the wintertime blues, Blossom Place residents will participate in a variety of activities. They'll act as an "ice breaker" of sorts encouraging residents to break away from that sleepy, hibernating feeling. We'll host parachute circles and discussions about things that bring joy this month. Let's mix it up and have some fun together!

**Garden House residents enjoyed a Snowball Social in January complete winter trivia, contests and yummy snowball shakes! At Fiddler's Green, residents celebrated the snow by creating snow globes and painting snowmen.**

## Gumdrop

Lisa Ambrose, Life Enrichment Director

What's your favorite flavor of gumdrop? Now is the time to find out because February 15 is National Gumdrop Day!

Gumdrops are tasty, colorful, chewy candies made with gelatin and coated in sugar. They come in a variety of flavors and can be fruity or spicy. Besides enjoying them by the handfuls, there are many other ways to use gumdrops. They can be used in cookies, to decorate cakes or cupcakes, as gifts, and for crafts (like decorating gingerbread houses).

On Tuesday, February 15, Fiddler's Green residents will take a look at the history of gumdrops. Best of all, we'll sample different flavors, both spicy and fruity, to see which ones are our favorite.

**A trip through the 100 Acre Wood!** Fiddler's Green residents and staff enjoyed celebrating Winnie the Pooh Day in January.



## New Life Enrichment Coordinator

Lisa Ambrose, Life Enrichment Director

We are pleased to announce that **Andy Wright** has joined our Edenton team as the new Life Enrichment Coordinator for Orchard Terrace.

Andy is from Erie, Pennsylvania. He is a graduate of Berkeley College of Music in Boston, and he grew up playing guitar and French horn. Music has always been a big part of Andy's life. He participated in marching bands, jazz bands, and even rock bands. Now he's excited to be able to share his love of music with our residents. Andy loves to help others, but above all he loves his faithful husky dog, Granger. When you see Andy around campus, make sure you welcome him to team Edenton!



# Resident Spotlight

February 2022

Lisa Ambrose, Life Enrichment Director

This month's spotlight shines on resident **Don Cahill**. Mr. Cahill was born in Brooklyn, New York and grew up in Queens. He has one sister and two brothers.

He graduated from St. John's College and received his master's degree from CCNY. Mr. Cahill taught for 21 years, high school English, math, and sciences. During his career he also served as an Assistant Superintendent, then spent five years as a Superintendent of Schools. Don fulfilled his dream of becoming a licensed pilot.

He married Maureen in 1952 and they had ten children. Today he counts 21 grandchildren and 11 great-grandchildren as part of his family! While the children were young, the family spent summers camping in their VW Minibus all over New York State and in Virginia, Pennsylvania, and Canada.

In 1987 they retired to Fork Union, Virginia, where Don designed special

education software and together they wrote a book to accompany it. They were also instrumental in changing an old high school auditorium into a performing arts center. This busy couple entertained families, ran a summer camp for eight of their grandchildren, and traveled to Ireland, Barbados, Alaska, Bermuda, cruised the Gulf of Mexico, and took a six-week cross country drive to California.

They eventually moved to Walkersville, Maryland to be closer to family. Sadly, Don's wife passed away last year. Today Mr. Cahill continues to write, cook, read, visit family, and play one of his favorite games, poker. Don's restarted a poker club here at Edenton. If you're interested, come out and join the game on Saturdays at 2:30 p.m. in the Manor House Community Room.

We're glad to have Don with us!



## *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. Helen Easton**

**Mr. Charles Garst**





## Edenton Goes RED on February 4

*Lisa Ambrose, Life Enrichment Director*

The first Friday in February is National Wear Red Day. What is National Wear Red Day you might ask? Well, on this day in February people from all over the country wear the color red in order to raise awareness about heart disease and stroke and help save lives by encouraging women to take charge of their health.

Cardiovascular disease causes 1 in 3 deaths in women every year making it the number one health related killer in women. The good news is that 87% of all heart issues are believed to be preventable, making awareness and education very important.

National Wear Red Day is supported by the American Heart Association and celebrated in conjunction with National Heart Health Month.

So let's turn our Edenton campus red on Friday, February 4. All residents and staff are encouraged to participate and color Edenton red. Group pictures will be taken in each building and at Friday's Independent Living Resident Council Meeting. Let's show how much we care for each other and raise awareness for women's heart disease. Learn ways that you can improve your heart health at [GoRedForWomen.org](http://GoRedForWomen.org).



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