applestalk

Some baking & decorating!

Residents Mary Baechtel and Donna Everitt work together decorating cookies baked for the holiday party. Sweet treats are always a popular project for our Garden House festivities!

Get Caught Reading

Lisa Ambrose, Life Enrichment Director

Get Caught Reading Month is all about reading books and raising awareness. As the world modernizes fewer people are reading books for fun. Studies show that people are engrossed in phone apps and aren't reading as much. That's why it's so important to promote reading. We, at Edenton, agree!

The residents at Fiddler's Green have formed a reading circle. We select a book of interest. Then, several times a week, we gather and listen as it is read aloud to the group. A book discussion follows on the chapters read. So far we have read: *The Diary of Anne Frank*, *The Story of Helen Keller*, *The Notebook*, both the *Anne of Green Gables* and *Little House on the Prairie* series. Now we're reading *The Autobiography of Mrs. Tom Thumb*. Stories and adventures come alive with each turn of the page. What a joy it is to share both laughter and tears as we read together!

Edenton has a library on campus, hosts a monthly book club (details on page 2), and the county library's bookmobile visits twice a month. Take advantage of these and begin your own reading adventure this month.

Cinco de Mayo

Andy Wright, Life Enrichment Coordinator

Cinco De Mayo is a holiday that celebrates the Mexican Army's 1862 victory over France at the Battle of Puebla, during the Franco-Mexican War. In Mexico, this is an insignificant holiday for some. However, in the U.S., Cinco de Mayo has evolved into a day that celebrates Mexican culture and heritage. In 1861, Mexico was significantly in debt and declared a temporary postponement on repayment. English, French, and Spanish troops invaded the country as a result. By spring of 1862, English and Spanish troops withdrew, but the French remained, hoping to recover the money they were owed. In the end, French troops (6,000+ soldiers) were defeated by the smaller, ill-equipped Mexican Army. The victory at Puebla became a symbol of Mexican resistance over foreign domination. This month we will celebrate Cinco De Mayo with some Mexican cultural traditions.

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Welcome, Neighbor to Edenton

Lisa Ambrose, Life Enrichment Director

We welcome to our community **Mr. John Egan** to Cottage 517. Mr. Egan was born and raised in Portage, Wisconsin. He comes from a large family, with five sisters, and grew up on the family farm. As an adult, he took over the farm. Mr. Egan is also a CPA so there were two seasons in his home... farming season (May-Sept) and tax season (Oct-April). He earned a Master's in Accounting from the University of Wisconsin, Whitewater. He worked for Milwaukee's Department of Public Works as an accountant, and, as a CPA, he owned his own business. He has two daughters and three grandchildren. Mr. Egan enjoys gardening, farming and steam trains.

We are happy to have you as part of our Edenton family, John!

Welcome, Neighbor to Orchard Terrace

Andy Wright, Life Enrichment Coordinator

We welcome **Mrs. June Bagley** who recently moved into Room 708. She was born and raised nearby in Burkittsville, Md. and graduated high school. She was happily married to her husband, Lauren, for more than 50 years. Their favorite place to vacation was the Outer Banks. Mrs. Bagley has two children, two grandchildren and many family members, cousins, and neighbors in this area. She enjoys gardening, word games, singing traditional hymns, watching America Says, taking walks, and socializing.

A warm welcome to you, June!

We also welcome **Mrs. Lorraine Stup** who lives in Room 728! She was born and raised right here in Frederick, graduated from high school, and earned a bachelors degree from Hood College. She taught and was a bookkeeper before she became a full-time homemaker. Lorraine was happily married for 57 years. She enjoyed yard work, gardening, knitting, and managing the house. Today she especially enjoys baseball, football and golf, as well as catching up with cousins.

Welcome, Lorraine!

New to our community is **Mr. Paul Orrison** who moved into Room 705! Paul was born in Middletown and grew up in Brunswick. He graduated high school and went into the Air Force. Paul worked at the Federal Aviation Administration and, for fun, was the Brunswick Little League Baseball manager. He has three sons and was happily married for 64 years. Paul enjoys sports, singing, music, card games, making others laugh, and socializing.

Welcome to our community, Paul!

Page Turner's Book Club

This month's selection is *Friday Night Lights* by H. G. Bissinger.

It's the timeless account of the Permian Panthers; the winningest high school football team in Texas history. Socially and racially divided, Odessa isn't known to be a place big on dreams. But on Friday nights, when the Panthers play football, dreams can come true.

Join us for the book's discussion on Thursday, May 26 at 3 p.m. in the library.

Monocacy National Battlefield

Lisa Ambrose, Life Enrichment Director

On Thursday, May 12, we'll continue our exploration of Frederick County history when independent residents venture off to Monocacy National Battlefield. Ranger Georgia will take us on a tour of the past. Residents will gather outside, weather permitting (benches available) as the ranger talks about the early settlers and the natural and cultural history of the area. She will tell about why the war started and what events led up to the Battle of the Monocacy. After the presentation residents can check out the visitor center, the museum, the interpretive battle map, and visit the gift shop. Transportation fee for this activity is $8. We urge you to sign up in advance to reserve your seat.

Stamp Out Hunger

Andy Wright, Life Enrichment Coordinator

We are participating in the Stamp Out Hunger food drive from Monday, May 2 to Saturday, May 14. Please feel free to bring any unexpired, non-perishable, canned or shelf stable food items to the restaurant entryway. The donation box will be set up to make it easy for you to drop off your items. All donations will be delivered to local food banks.

National Nurses Week

Hannah Weis, Life Enrichment Coordinator

This month we are celebrating our kindhearted care givers for National Nurses Week! From May 6-12, Blossom Place will engage in a series of chats about the importance of nurses. They do so much, day in and day out, and we'll talk about how we can show our appreciation. If you know a nurse who cares for you, tell them just how much they mean to you!

Improve Your Mood With Nature

Marie O'Callaghan, Life Enrichment Coordinator

Have you heard residents say they want to go outside and breathe in the fresh air? How many people say they feel better when sitting in a garden? Is it just a feeling or something more? Researchers have found that spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. At Garden House we'll be spending as much time as possible outdoors: feeding the birds, planting flowers, tending our garden, playing games, and just enjoying time together. We can't wait to take advantage of the beautiful May weather!

Master Gardeners Spring Project

Independent residents worked with the Gardening Therapy Group planting flower pots to display on their cottage porches this year.

Why birdhouses?

Madison Thurman, Administrative Assistant

Birdhouses have been part of Western culture for hundreds of years in both North America and Europe. Over the centuries baskets and clay pottery were used as the initial birdhouses in Europe while birch bark was used in North America. The first use of manmade birdhouses can be traced back to the 15th-16th century.

Birch bark was the main material used to build birdhouses in North America . The purpose of these birdhouses was to shelter the birds from harsh weather and increase the population in the area. Fallen birch trees would be cut in small sections. The heartwood would be removed and a one- to two-inch hole would be created to allow birds access to the inner cavity.

European style birdhouses influenced North American styles over time. We think of birdhouses as a way to protect nature; that was not always the case. Birdhouses in some European countries were used initially to capture eggs and even birds. These birdhouses were typically made of clay and were built like a vase. When early colonists came to Williamsburg there was an interest in attracting birds for pest control. "Bird bottles" would be turned horizontally and mounted on the side of buildings, with the small mouth of the jar facing out, inviting birds to enter.

Why do we use birdhouses? Birds are looking for nesting cavities in which to build a nest. Songbirds are not capable of creating their own nesting cavities because their beaks are specialized for hunting insects and gathering seeds. In an undisturbed ecosystem, songbirds such as wrens, chickadees, and nuthatches look for tree cavities created by other birds.

The amount of forested land in North America has greatly decreased over the last 200 years due to agriculture and urbanization. Many trees that have nesting cavities are not structurally sound and are cut down to prevent property damage. As a result, there is a shortage of suitable nesting sites for both primary and secondary cavity nesters. Birdhouses have been used as a solution to fill this gap.

Birdhouses and tree cavities are not always used for nesting. In fact, some birds and other animals will take advantage of these homes in unfavorable weather. Some of our residents have been working to sand and paint new, wooden birdhouses. These will be replacing a few of our current, older birdhouses around campus.

Be on the lookout for these new dwellings to be installed, as well as a few charming birdhouses on your calendar pages.

Colorful project!

Both Fiddler's Green and Orchard Terrace residents decorated Easter eggs in April. Showing off the bounty is a smiling **Audrey Cash**.

Resident Spotlight

Hannah Weis, Life Enrichment Coordinator

This month's spotlight shines on **Mrs. Joan Fosburg**! Joan was born and raised in Williamsport, Pennsylvania. She was one of two children. While in high school Joan worked at a movie theater. And, that's where she met her late husband, Steve.

After graduating high school, Joan attended Williamsport Hospital School of Nursing. Being an extremely strict program, Joan was expected to keep her uniform pristine and had to observe strict conduct rules or be kicked out. However, her social life did not suffer. While at nursing school, Joan and Steve could date as long as she returned by curfew. He was attending Williamsport Technical Institution. Shortly after finishing nursing school in 1962 she and Steve were married.

They moved to Laytonsville, Maryland and Joan began working at Montgomery General Hospital. A year into marriage Joan became pregnant. She chose to be a stay-at-home mom for a while. After her third child, she returned to work part-time for a pediatric practice, then to full time at an assisted living facility. Next, Joan found out she was pregnant with twins!

After the twins started elementary school, she began working for Steve at his company, then helped a pediatrician she met start his own practice. Although Joan loved being a wife, working, bowling with her friends, and crocheting, her greatest joy will always be that she is a mom.

Joan's sweet disposition, kind heart, beautiful singing voice (that faithfully awakened her kids each morning), and calm nature are a blessing to all who know Joan.

Welcome, Neighbor to Blossom Place

Hannah Weis, Life Enrichment Coordinator

A warm welcome is extended to **Mrs. Leah DuRant** who recently moved into Room 208. Mrs. DuRant was born in Goldsboro, North Carolina and grew up in Yorktown, Virginia. She married her husband John and they had two children, a daughter and son. Leah earned an associates degree and became a registered nurse. She had a plethora of occupations along with being a registered nurse, including real estate, medical sales, and owning a gym.

In her spare time Leah loves to get crafty by making wreaths and stuffed dolls. You can often find her crafting while singing along to the oldies in the background or a listening to a good movie on the Hallmark channel.

Welcome, Leah, to the Edenton community!

The Kentucky Derby

Marie O'Callaghan, Life Enrichment Coordinator

The Kentucky Derby is the premier horse racing event in America. Held the first Saturday in May at Churchill Downs in Louisville, Kentucky, the race attracts a large and festive crowd. It is tradition for race fans to dress in dapper attire. Many men wear suits and ascots. Women dress in beautiful spring ensembles and wear elaborate hats. Spectators enjoy mint juleps. A band plays and the crowd eagerly awaits the start of the legendary "Run for the Roses."

The Kentucky Derby is the oldest consecutively held Thoroughbred race in the United States. Along with the Preakness held in Maryland in mid-May, and the Belmont Stakes held in New York in June, it is one-third of what is known as the Triple Crown of Thoroughbred racing. Since 1919, only 13 horses have won the elusive Triple Crown. Among them are Secretariat, Seattle Slew, Whirlaway, Affirmed, American Pharoah and, most recently, Justify in 2018.

On Saturday, May 7, at Garden House, we will have a fun and exciting day preparing for the big race. We will learn some fascinating facts about the Kentucky Derby, pick our horses to win, decorate 'derby' hats and sip on some mock mint juleps. We are looking forward to "the most exciting two minutes in sports!"

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