

THE EDENTIMES



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May 2021

An Opportunity to Show Appreciation

~By Ann Whitney Breihan

It has been quite a year. Edenwald has been our sanctuary. The staff have been our barrier against the coronavirus, our helping hands navigating all the changes these past months. Staff members have been the unseen hands putting that extra garnish on our meals, the smiles behind those masks at our doors and now in our dining venues. They have been there to address the big changes and to provide those nice little touches that add a bit of grace and dignity.

How can we respond?

Our appreciative smiles have been hidden by masks. We cannot tip or give little gifts on birthdays.

We can, though, help fund the education of staff members. We can jointly support the staff who wish to take college courses, to learn through trade schools, or to keep their credentials current through training.

The Edenwald Scholarship Program is supported solely by our tax-deductible donations.

Whatever we donate, whether the contribution is large or small, we show our appreciation by helping the people who work at Edenwald develop their skills and move forward toward their life goals.

Interested? Watch your cubby later this month for details about how to participate.

Edenwald Directors

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*Director of Resident
Services*

Welcome to Edenwald

Meet Lenna Kennedy

If she could live anywhere she wanted, Lenna would choose a small farm where she could ride horses every day. Like the rest of us, she is more realistic and chose Apt 1211 in friendly and supportive Edenwald.

Lenna was raised in the Cedarcroft area of Baltimore and graduated from Notre Dame Prep on Charles Street, then from Cornell University. After her marriage, she lived in upstate New York, then near New York City before moving to Arizona for 2 years. Her husband died at a young age and Lenna returned to Maryland, raising her children in Rodgers Forge, and working at Social Security. Her avocation was politics and she was involved in supporting many campaigns.

One of Lenna's sons lives in the area with his wife and two daughters who were adopted from Ethiopia. Another son lives in Cumberland with his wife and two sons.

Lenna enjoys needlework, reading and keeping in touch with many high school and college friends. One of those friends, who lives here, encouraged her to move to Edenwald.

You will enjoy having dinner with Lenna and discussing her favorite books.

~Louise Klohr



Meet Reva Frankle

To anyone visiting her sunny apartment (Towers 1108) it would seem she has lived here awhile, so well organized and beautiful are the surroundings she has created in so short time. Yet, Reva Frankle actually moved to Edenwald, February 2021!

She was born in Norfolk, Virginia in 1931, and came to Baltimore after high school graduation to enter The School of Nursing at Sinai Hospital. She met a young Johns Hopkins graduate, Jerry Frankle, who was to become her future husband. Jerry entered the graduate school of the University of Rochester where he majored in Physics and earned a graduate degree there.

After their marriage, the couple spent the next 5 1/2 years, (during the Korean War), in the U.S. Air Force, where Jerry was stationed in Montgomery, Alabama. It was also a time of tumultuous civil unrest there. During this period, they had their first child, a son. Upon their return to Baltimore, Jerry pursued a career as a Physicist. They had another son and settled into their Pikesville home, where they lived for the past 30 years. Subsequent homes included time spent at The Falls and Quarry. Reva continued her work as a nurse, part-time, and ultimately spent a total of 50 years in her profession, all at Sinai Hospital, retiring in 2005.

Reva and Jerry travelled extensively, and Reva singularly after Jerry died. Destinations included a South African safari, and trips to China, Japan, Sicily, Germany, England, Paris, and even a riverboat cruise in Russia.

Reva stays physically active; she played tennis until three years ago, and exercised regularly at Lifebridge, before moving to Edenwald. She has already found our Fitness Center, and developed her own exercise routine there. She enjoys playing Mah Jongg and Canasta, is devoted to reading her Kindle, and is gradually getting involved in campus activities, certain she already had friends living here, and is eager to meet more residents as she “settles in.”

Lastly, the best, most satisfying of her days well spent are those with her two sons, their wives, four grandchildren and four great-grandchildren, all of whom live in the Baltimore area. What luck; this lady is a happy camper!

Welcome to Edenwald, Reva!

~Shirley Kaufman

Meet Lorraine Sorbello

Well, it took over a year to corner Lorraine Sorbello, but we found her downstairs in the mail area. Somehow, until now, she had escaped the tentacles of the Welcome Committee. But, we’ve rediscovered her now and what a delight she is to know.

Lorraine took residence in Tower apartment 1303 at Edenwald in December, 2019. Prior to that, she spent 26 happy years at Mays Chapel in Timonium. Born in Providence, RI, Lorraine and her siblings became experienced travelers, as her Dad served in the Army and then the Red Cross for 35 years. Lorraine credits her mother with teaching her to be adaptable to change, given the fact that they had four kids in six years and moved so frequently.

Married to Robert #1 for seven challenging years, Lorraine took a second chance on a “Robert” (#2) and described their 19 year marriage as fulfilling and happy. During this period, Lorraine began her career as a graduate student, working with the MD Department of Human Resources and then, for a 25-year stint, with the Department of Health and Mental Hygiene. She enjoyed the work she was doing, assisting colleagues in grant fulfillment and ultimately earning a Master’s Degree in Psychology.



When asked if she missed work life since her 2003 retirement, Lorraine promptly replied she was a happy retiree. She and Robert (#2) had traveled extensively in Europe, and to this writer’s envy, spent three weeks in Italy, from Venice to Sorrento. When asked where in the world she would have liked to travel but didn’t, she wistfully suggested Sicily.

One of Lorraine’s favorite art forms is dance. She took ballet and Spanish dance lessons at Peabody and continued her love of dance with lessons in ballroom. Quite an admirable range of dance forms! Currently Lorraine is

an active participant of the Social Action Committee of the Towson Unitarian Church. She also enjoys reading historical fiction as well as nonfiction. Lorraine revealed what a practical woman she is when she answered the deserted island question of what three items, she would choose to carry with her: *“a computer, a cutting implement and cortisone.”* (You figure it out!)

Personally, it was a joy to chat with Lorraine. You may be fortunate enough to meet her somewhere around the mail area, but be patient; it might take a couple of years!

~Norma Long

Meet Josie Maloney

Everyone needs to meet Josie. She has so many stories to tell that I couldn't keep up with her. Josie Maloney grew up in Johnstown, PA, married young and had 3 children. Her marriage failed, so she picked up and moved to Baltimore. At first, she was a waitress at the White Coffee Pot in Pikesville. That's where she met her boyfriend of 45 years, who convinced her that she would make a wonderful bartender.

He owned several bars in the city at one time or another, including The Spa, Eldorado and the Drinkery, where Josie tended bar for 33 years. When her boyfriend died, Josie retired at the age of 73. She claims to be a solitary person, but she has such an outgoing personality that she has met many famous people, including Frank Sinatra, Johnnie Unitas and Robert Goulet, who wrote on his picture *“God loves you, Josie.”*

She has a whole wall full of pictures of celebrities, as well as her family. Two of her children have passed away, Jimmy and Kathy. A third daughter lives in Arizona. Josie has 4 great-grandchildren. Several of the large paintings in Josie's apartment are by an artist she met in the bar.

A woman, who was a customer in the bar, became friends and they started traveling together. They went to Italy (Josie is Italian), France and somewhere where they swam with the dolphins.

Josie has never had a driver's license, so she lived downtown, including Charles Village on Calvert Street, to be near work. However, she is very familiar with the Towson Mall and claims everyone over there knows her. She loves to shop! She had extra closets installed across from her bathroom wall to hold all her clothes.

Please, welcome Josie to Edenwald.



~Susanne Emory

MaCCRA Annual Meeting

Thursday, June 3 via ZOOM

Agenda:

Meeting ID: 841 8656 3600

Passcode: 329102

7:15pm

1. Approval of the Thursday, November 19, 2020

Winter meeting minutes- Harold Kay, Secretary.

2. Reports of officers

- Jack Kinstlinger, President's report.
- Election of Officers.
- Treasurer's report- Robert Weimer.

7:30pm

3. Committee reports

- Membership, Marty Cote

4. Introduction- Jack Kinstlinger

- State Senator Chris West

5. Adjourn

Senator Chris West assumed his office as a member of the Maryland Senate from the 42nd district on January 9, 2019. He was preceded by James Brochin. Tonight we learn about the 2021 Legislative Session and also the future happenings.

Chris is a graduate of Gilman, William College and the University of Pennsylvania Law School. He maintains a complex and varied commercial law practice with an emphasis on commercial law, the uniform commercial code, loan workouts, bankruptcy law, and commercial litigations. He is the principle at the law firm of Semmes, Bowen and Semmes. Chris has served on many professional boards as well as volunteer boards.



New to the Library

FICTION

Alyan, Hala
Greenidge, Kaitlyn
Meissner, Susan

The Arsonists' City
Libertie
The Nature of Fragile Things
The Phone Book at the Edge of the World

Messina, Laura

MYSTERY

Patterson, James
Swanson, Peter
Whitaker, Chis
Winspear, Jacqueline

The Red Book
Every Vow You Break
We Begin at the End
The Consequences of Fear



NON-FICTION

Genova, Lisa
Loftis, Larry

Remember: The Science of Memory and the Art of Forgetting
The Princess Spy: The True Story of Spy Aline Griffith, Countess of Romanones
The Twelve Lives of Alfred Hitchcock: An Anatomy of the Master of Suspense

White, Edward

NEW AUDIO BOOKS



FICTION

Kristin Hannah

The Four Winds

NON-FICTION

Kamala Harris
Joe Scarborough

The Truths We Hold
Saving Freedom: Truman, The Cold War, etc.

MYSTERY

David Baldacci

Daylight

New to our DVD collection:

MOVIES

Armageddon
A Good Year
Lions for Lambs
Monty Python and the Holy Grail
The Naked Gun

Pitch Perfect
XMen Origins - Wolverine
U-571
TV
Band of Brothers
The Jesse Stone Collection
The Mystery of Evan Droid

THE PLANT CORNER by Jackie

Helleborus orientalis or Lenten Rose

We know that the Lenten season is here when *Helleborus orientalis* or Lenten Rose begins to bloom. Edenwald has Lenten Rose planted both in front of the Tower and along the driveway on the left side leading to the Terrace garage.

Surely you have seen them in the front of the Tower. They have been blooming since early to mid-March in colors of white, different shades of pink and lavender. The ones at Edenwald are a hybrid called 'Brandywine.' Someone did the hybridizing of 'Brandywine' since that person named the particular hybrid, but *Helleborus orientalis* will hybridize on its own. Since its flowers face down instead of up, it drops its seeds prolifically and the resulting plants are of the many different colors stated above. In my Mt. Washington garden, I began with two plants, one white and one purple and ended up with enough hybrids for three large beds.

Helleborus orientalis has palmate leaves, that is, shaped like the palm of a hand and there are 5 – 7 segments to each palmate leaf.



The edges of the leaves are serrate, that is, they have very small sharp edges. There are several species of *Helleborus*: *Helleborus niger* or Christmas Rose as it blooms around Christmas in some areas, but in Baltimore, primarily in late January through February. It is more particular about its location than Lenten Rose. There is also *Helleborus foetidus*, Stinking *Helleborus* or Bear's Foot *Helleborus*, which is pretty easily grown, but its features are not so attractive as *orientalis* or *niger*. There are three other species but they are less common in our area. *Hellebores* are native to Asia Minor and the Balkan states. All parts of *Helleborus* are poisonous, so please no nibbling! It is said that deer won't eat them.

~Jackie Gratz

May is National Salad Month

National Salad Month is celebrated in the month of May. The Association for Dressings & Sauces (ADS) launched National Salad Month in May of 1992 in response to a 1991 Gallup poll that revealed that three out of four people eat a tossed salad at least every other day.

The word salad comes from the Latin “herba salta” which means “salted herbs.” History tells us that the first salads were bits of leafy herbs dressed with salty oils.

A salad can be a nutrition powerhouse. To boost the nutrition of your salad, think about adding color and texture. Start with greens such as iceberg lettuce, spinach, kale, red leaf lettuce or a spring mix. Add shredded cabbage and carrots, tri-colored peppers, spring onions, cooked peas, beets, roasted sweet potatoes or butternut squash. Fruits add sweetness to your salad. Try citrus fruit like Mandarin oranges and grapefruit, sliced berries, raisins and dried cranberries. Don't forget the protein. You can keep your salad vegan by adding beans like garbanzo, black or pinto beans or tofu. Or you can choose non-vegetarian protein sources like hard boiled eggs, cheese, strips of grilled chicken breasts, flaked tuna or grilled salmon. Nuts and seeds also make a terrific topping adding crunch and flavor.

For a simple salmon recipe that involves no clean up; place slices of salmon fillet in a disposable aluminum tin. Spread honey on top of the salmon and sprinkle lightly with sea salt. Place in the oven on the top rack and broil for 5 minutes or until the top starts to brown. Lower the oven temperature to 350 degrees and cook for another 10 minutes. Remove the salmon from the oven and let it sit for a few minutes. Pull the meat away from the skin. Discard the tin with the salmon skin and place your salmon whole on top of the salad or flake it into the salad.

7 Nutritional Reasons Why You Should Eat Salad More Often

- Sharpens your eyesight (spinach, red leaf lettuce and carrots contain vitamin A, carotenoids, lutein and zeaxanthin)
- Protects against diseases (can protect you from Cancer and Heart Disease)
- Strengthens the immune system (vegetables contain antioxidants)
- Strengthens your muscles (salad greens and spinach have nutrients that can boost the production of proteins in the muscles)
- Helps with weight loss (salads are very low in calories)
- Helps you sleep better (Lettuce contains a sleep inducing substance called "lactucarium" which has been used to treat cases of insomnia)
- High source of fiber (salads are high in fiber which slows down the rate that sugar is absorbed into the bloodstream, makes your intestines move faster and speeds up the digestive process)

No salad would be complete without a tasty salad dressing. While salad is a low calorie food, dressing is usually high in calories if it contains oils and sweeteners. You can avoid adding too many calories to your salad if you serve the dressing on the side and dip your fork into the dressing rather than pouring the dressing over your salad.

Cheryl's Simple Salt-Free Vinaigrette

2 Tbsp. Olive Oil

1 Tbsp. Red Wine Vinegar

1 Tbsp. Honey

A dash of dried oregano and dried basil

Whisk the ingredients together. Serves 1-2

The recipe above is a simple vinaigrette without the added sodium and preservatives found in bottled dressings.

For a list of other salad dressing recipes and some history about salad dressing visit the website of The Association for Dressings and Sauces at <https://dressings-sauces.org>.

~Cheryl Rosenfeld, RDN, LDN



NEWS, UPCOMING EVENTS, & PROGRAMS



ASK THE EXPERTS: DIABETES AND STROKE--AM I AT RISK?

*Tuesday, May 11th
2:00 PM (Channel 84 & Live
Webinar Link)*

If you have diabetes, your chances of having a stroke are 1.5 times higher than in people who don't have diabetes. We will discuss lifestyle options and medication management to reduce your risk.



NEWS & UPDATES

-Strength & Stretching classes will continue to occur virtually on weekdays at 10:00 AM and 2:00 PM. All classes will be pre-recorded videos.

-The projector screen will be on in the auditorium for strength and stretching class if you would prefer to participate outside of your apartment.



SWEET TALK: A REVIEW OF THE SCIENCE OF SWEETNESS AND ITS POTENTIAL IMPACTS ON HEALTH

*Tuesday, May 25th
2:00 PM (Channel 84 & Pre-recorded
Webinar Link)*

A pre-recorded virtual webinar from the American Society for Nutrition. The purpose of this session is to explore some of the research questions on the topic of sweetness, spark interest and encourage researchers to take interest in this emerging science.

EXERCISE (EQUIPMENT) OF THE MONTH

Seated Row (located in the fitness center) - Upper Back

1. Sit on the seat facing the handles. Choose the appropriate resistance by pushing in the orange buttons. Place your feet onto the foot plates and grasp the handles with your palms facing in.
2. Sitting up nice and tall, abdominals tight, and elbows close to your body, pull the handles in so that your elbows move behind.
3. As you are pulling, simultaneously pinch your shoulder blades together to complete the rowing motion. Remember to pull with your upper back and not your hips.
4. Slowly and in a controlled manner, bring your arms back out to the starting position. Remember to exhale as you pull in, inhale as you reset.
5. Repeat for 2 sets of 10-15 repetitions.



Trips and Travel

Travel safely! When traveling always remember these few things:

- Face Coverings are required.
- Your mask should cover the nose and mouth while at our facilities and onboard our buses.
- Masks must also be worn between sips and bites when customers are eating or drinking.
 - Maintain social distancing while boarding and disembarking.

Sherwood Gardens

Approximately 80,000 tulip bulbs are planted annually along with other spring flowering bulbs at Sherwood Gardens. Dogwoods, flowering cherries, wisteria and magnolias bloom throughout the garden. Some of these plants date back as far as the 18th century, collected from gardens of Colonial estates in Southern Maryland. The garden has always been at its best toward the end of April and beginning of May. Adding to the beauty and uniqueness of the present day garden are the numerous varieties of rare trees.

See this beautiful garden on Wednesday, May 5th. The bus will depart at 1:00 and return by 3:30. Please be aware that you will be walking over uneven surfaces; appropriate footwear is required. This trip is rated Difficult. There is no cost for this trip. **Limit 18**. If there is a waitlist, a second trip will be scheduled for later in the month. Please sign up in the registration book.

Flowerbox Gardeners

Wednesday, May 12 a bus will leave Edenwald promptly at 9:30 for Valley View Farms to purchase plants for flower boxes. If you would like more information, please contact Jeannette Beck at 443-608-3279.

If you are a flower box holder, please sign up in the registration book. Limited to 18.

Prigel Family Creamery

Enjoy a beautiful afternoon scenic byway drive on Friday, May 14th. Surrounded by rolling green countryside, Prigel Family Creamery has been farming in the Long Green Valley for over 100 years and 5 generations.

The bus will depart at 1:00 and return by 3:30. Please bring cash to pay for your ice cream. There is no cost for this trip. **Limit 18**. If there is a waitlist, a second trip will be scheduled for later in the month. Please sign up in the registration book if you are interested.

Upcoming COMMUNITY EVENTS

Virtual= Channel 84, Privatel TV

All upcoming events will be posted on a weekly basis and are subject to change without notice.

Please refer to Connected Living or channel 3.1

**All In Person Events Are Socially-Distanced
Masks Are Required**

Church of the Nativity

Tune in at 10:30am to channel 84 every Sunday for a live stream of Church of the Nativity Sunday worship experience, or you can log on to the church website at <http://www.churchnativity.online> watch at your convenience.

Grace United Methodist Church

Tune in to channel 84 every 1st and 3rd Friday at 4:00pm for a pre-recorded stream of Grace United Methodist Church service. You can also log on to the church website at <https://www.graceunitedmethodist.org/> and watch at your convenience.

Bible Study

There Will Be No Class On Thursday, May 13th. Classes Will Resume on Thursday, May 27th. Any questions, concerns or comments, please call Tom Morell at 443-465-1864 or email at Tjslmorell@Netzero.Net.

Resident Led Catholic Prayers and Readings

Tune in every Thursday to channel 84, Privatel TV at 1:30 for Catholic prayers and reading with Ann Breihan. Be encouraged and inspired for the week ahead.

Shabbat Service

Kabbalat Shabbat at Edenwald is an experience. It begins as congregants gather together with friends, bid farewell to the week that has passed, reconnect with one another and welcome Shabbat with joyous songs. Shabbat service will be held the 2nd and 4th Friday of the month at 4:00pm.

On Friday, May 14, Cantor Ann Sacks will help us welcome Shabbat. Rabbi Floyd Herman will lead Shabbat on Friday, May 28. Zoom login information will be sent out by email.

Community Happenings Highlight

(For additional programming please refer to the monthly calendar.)

Every Monday

Backgammon

Location: Terraces Multipurpose Room Time: 1:00 p.m.

Backgammon is one of the oldest board games for two players, dating from the Byzantine Empire. A game that has been played for centuries has got to be fun! Don't know how to play? We'll teach you! Contact Richard Fulton if you are interested.

Thursday, May 6th

Play Ball! w/ Chris Riehl

Location: Auditorium and Channel 84

Time: 11:00 a.m.

Baltimore's baseball history didn't start when the Orioles arrived in 1954. The city's history with the National Pastime actually dates back to the late 19th century. You'll also hear the story of the juvenile delinquent born in West Baltimore who would go on to become the game's most prolific home run hitter: George Herman "Babe" Ruth.

Presented by Rent-A-Tour owner and senior guide, Chris Riehl. Chris has been telling Baltimore's stories to groups from all over the world for more than 10 years. He's passionate about the city's history, heritage, culture, and people, and loves sharing with anyone who'll listen!



Tuesday, May 10th

MusicianFest: Never Too Old Documentary

Location: Auditorium, YouTube and Channel 84 Time: 11:00 a.m.

The documentary film "MusicianFest: Never Too Old" is produced by the Music Performance Trust Fund that brings live musicians to senior centers across North America. A YouTube link will be sent out at a later time.

Friday, May 14th

Town Hall with Mark

Location: Auditorium, YouTube and Channel 84

Time: 1:30 p.m.

Join us for a virtual town hall with president, Mark Beggs. Channel 84 or watch on our YouTube page.



Sunday, May 16th

Towson University Presents: Tiny House Concert

Location: Channel 84 Time: 3:00 p.m.

TU Department of Music distinguished faculty invite you into their homes with a 50-minute live-streamed 'concert with context.' You'll enjoy hearing perspectives from the musicians about their chosen piece and a chance to talk about it afterwards via a moderated Q&A.

Enjoy a diverse array of intimate chamber music, virtuoso solo performances and thrilling jazz combos. Concerts are free through partnering senior communities and organizations.



Tuesday, May 18th

Winterthur Museum Virtual Tour

Location: Zoom and Channel 84

Time: 11:00 a.m.

Winterthur Museum Garden & Library was founded by Henry Francis du Pont (1880-1969) an avid collector and horticulturist who spent his long life developing the home and land he inherited into an exceptional American country place. Every day he was at Winterthur, in every season du Pont walked his garden paths, discovering new blooms,

designing new garden displays, and recording the success of his artistic vision. Join us for a "virtual walk in his footsteps."

Wednesday, May 19th

Brown Bag Brief: Race, Equality, and a Personal Journey

Location: Auditorium and Channel 84 Time: 12:00 p.m.

Recent anti-Asian bias and physical violence during the COVID-19 pandemic has again ignited a national dialogue on racism in the United States. Targeted individuals have primarily been those of East and Southeast Asian descent including China, Vietnam, and Korea.

Although a microcosm of society, the military services are not immune to racism and racial bias. Approximately 5% of the nation's military forces are comprised of those of Asian descent. In the Navy, the number is even smaller, but the issue is still of concern, though the Navy has quickly moved to address it.

Join in as Navy Lieutenant William Xu shares his personal journey overcoming ethnic bias as an immigrant son, to serve as a proud member of the Navy's Judge Advocate General Corps (JAG).



Wednesday, May 26th

Let's Write

Location: Terraces Multipurpose Room Time: 3:30 p.m.

Let's Write has been on a COVID-19 hiatus, but we're back, meeting on the last Wednesday of each month. If you have a hankering to write something – essay, poem, memoir, anything – join us.

Try to keep it to less than 1,000 words so we can get around to everyone. Bring eight or ten copies to share. See you there!

Space is limited to 8 or less, masks and social distancing required.

Register with Jack Gillett at 443-474-2967 or john.gillett.jack@gmail.com.

Mondays (Begins June 7)

Recollections and Inner Thoughts

Location: Fitness Studio

Time: 1:30 p.m.

Group limited to 15; sign up in the registration book. A wait list will be established.

This will be a discussion group in which we hope to share our memories, our experiences of the past and our thoughts. It will also be a way of getting to know our fellow residents and to meet new ones. Some of the questions that we hope to explore are: What do you feel was your best accomplishment? What person or persons had the greatest influence in your life and in what way? What are your favorite childhood memories and what have you learned from them? What was the best advice you were ever given and did you listen to it? What do you feel are your strongest points or abilities? There are many other topics that we might explore. You may suggest topics. Perhaps, even at this age, we will get to know ourselves better as well as become more deeply acquainted with our fellow residents. Group to be facilitated by Mary Garfield and Jackie Gratz.

Pianist Needed

The Worship Committee is seeking one or more volunteers to play hymns when Sunday services resume. Services will take place every Sunday from 3:00pm until 3:30pm in the auditorium. Please contact, Beverly Dewey if you are interested.

The committee is also in need of someone who is willing to learn to operate the sound system in the auditorium, so that our Sunday services can be broadcasted on channel 84.

Please contact, Lisha Galloway if you are able to help.

Did You Know

From the Medical Suite

Did you know Edenwald can assist in providing lab work to be drawn or picked up at your apartment? Edenwald partners with Good Samaritan Lab to have a phlebotomist come to our campus on Tuesdays, Wednesdays and Thursdays to draw blood and pick up urine samples for testing. The Medical Suite nurses assist in entering your doctor's order into the lab system and send the results to the ordering physician. We also provide the lab with your health insurance information and demographics. To have this completed the nurses do need an order from the physician requesting the lab work. If you have any questions, please reach out to the nurses line at 410-616-8476 or Meghan Curtis 410-339-6155.

We are also pleased to announce Nurse Donna Blackwell-Singleton who has worked in the Medical Suite every other Sunday will be working more days during the week. Donna has been filling in for the Med Suite for several years and we are happy to have her here more often to provide consistency and follow up for resident needs.



Social Gatherings

Bingo along with several other large indoor social program gatherings, will be postponed until this fall.



April Showers Will Bring
May Flowers

Mother's Day Brunch

Come and Join us for a Special Mother's Day Brunch/Lunch on Sunday, May 9, 2021. Listen to the sound of Harpist Ellen James who will be entertaining you from 11:30am-1:30pm. Brunch hours will be offered from 11:30am-2:00pm, please note there will be

NO Dinner Service following Brunch.

Cost for Brunch is \$13.00 per person deducted from your declining balance.

Treat yourself to a Refreshing Mimosa, Bloody Mary or Champagne beverage @ \$4.00 per glass. Reservations are required for both the Valley Room Buffet and Grille Full Service Dining Room. A sign-up sheet will be posted outside the dining room to make your reservation on May 1st.

A limited amount of tables will be available for Full Service

Starters

Lobster Bisque
Baby Romaine Salad
Smoked Salmon Plate
Strawberry Mango Parfait

Breakfast

Crème Brulee French Toast Casserole
Chesapeake Eggs Benedict
Omelet Station – Seasonal Vegetables,
Artisanal Cheeses, Ham
Bacon, Turkey Sausage

Entrees

Herb Encrusted Pacific Salmon – Fig
Butter
Grilled Marinated Amish Chicken
Piccata
Hand Carved Black Angus Tenderloin –
Shiraz and Onion Marmalade
Roast Pork – Madeira and Crimini
Mushroom Sauce

Sides

Fingerling Potatoes
Rice Pilaf
French Beans
Roasted Asparagus
Grilled Squash, Zucchini & Roasted
Peppers

Sweets

Mini French Pastries
Strawberry Rhubarb Pie
Lavender Cheesecake