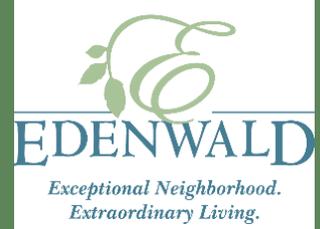


THE EDENTIMES

August 2022

Volume 43

Issue 8



Edenwald Retirement Community
800 Southerly Road, Towson, MD. 21286
410-339-6000



Osher Classes

2022 Summer Series

Join us this summer for stand-alone classes on a variety of topics! Registration is a flat rate of \$45 per person for the entire series. Payments for the Osher Summer Series are non-refundable. Osher Membership is not required to participate in the Summer.

For registration or Osher related questions, please contact Tracy Jacobs: tjacobs@towson.edu or 410-704-3437.

Each lecture will be around 90 minutes, including Q & A.
1pm-2:30pm
Auditorium

August 3rd: Greg Jones presents-
How I Won (and Lost) on Jeopardy!

August 10th: Tricia Bradenburg presents-
Kicking Glass: 50 Years of Title IX

August 17th & 24th: Jack Burkert presents-
The Life and Times of Zelda Fitzgerald

August 31st: Rafael Alvarez presents-
Baltimore Eternal

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EDENFORUM

Edenforum Questions? Contact Barbara W or Floyd H

Wednesday, August 3rd at 7:30pm

What Higher Education Means to Me

Dr. Jay Perman



Dr. Perman will share his journey from physician to leader of the state's system of public higher education, one that confers eight in every 10 bachelor's degrees awarded in Maryland. He'll speak to how his experiences—in education, academia, and health care—have shaped his priorities as chancellor, and how those priorities promise to transform the higher education landscape in Maryland.

Jay Perman is the fifth chancellor of the University System of Maryland, which enrolls 165,000 students in 12 public universities and three regional higher education centers across the state. Dr. Perman came to the chancellorship from the University of Maryland, Baltimore (UMB), where he was president for a decade. A pediatric gastroenterologist, he practices medicine once a week, teaching team-based health care to UMB's professional students. Dr. Perman has held faculty and leadership positions at UC San Francisco, Johns Hopkins University, Virginia Commonwealth University, and the University of Kentucky, where he was dean of the College of Medicine.

Monday, August 8th at 7:30pm

Sail Baltimore

Nan Nawracki



With Sail Baltimore's free program of visiting ships, we are one of the city's premier waterfront attractions; a changing museum in the Inner Harbor in which residents and visitors alike can learn about maritime history and different cultures. Through our visiting ships program, vessels come and go throughout the year, opening

their decks to all who wander by and those who set their sights on visiting favorites.

Because of Sail Baltimore's efforts to bring ships to Baltimore and publicize each visit, visitors are able to board and tour unique vessels, learn about different cultures, interact with people from around the world, and learn about navigation, geography, technology and maritime history.

Nan has the pleasure of working directly with the Midshipmen and a phenomenal group of faculty and staff in the Weapons, Robotics and Control Systems Engineering Department at USNA. "Our group of technically savvy staff provide the day-to-day support for the midshipmen in this exciting major. My role as IPA is to provide support and guidance as to the hardware and software needs to accomplish the course work which culminates with a capstone project that is required for graduation. This experience has been the icing on the cake of almost 30 years of work at USNA."



Monday, August 22nd at 7:30pm

The Golden Door

Nick Fessenden

“The Golden Door” is inscribed on the Statue of Liberty. America has had a tradition as a haven for refugees, and up to 1914, we essentially had open borders. In the 1920s, popular opinion turned against immigration and Congress enacted restrictive laws, which closed our doors to many refugees in the 1930s. After World War II, we took in close to one million “displaced persons” and then Congress in 1965 opened immigration to all countries. In addition, the US took in one million Cubans and one million Vietnamese, fleeing Communist rule in the 1960s through the 1990s; Also, 700,000 Jews from the Soviet Union found a home in our country.

Nicholas Fessenden earned a B.A. at Yale and an M.A. and Ph.D. from Columbia University in History. He taught History in the Upper School at Friends School/Baltimore (1972-2010), and History at the Maryland Institute of Art. After retirement, he joined the board of the Baltimore Immigration Memorial, which opened a museum in May 2016 in Locust Point, chronicling Baltimore's immigration history. He has taught courses on immigration history at CCBC/Owings Mills and Essex, as well as at Osher Institute/Towson and Columbia. He has also given lectures to schools and college groups, as well as to genealogical and historical societies and retirement communities, including Edenwald in 2014 and 2018.

Monday, August 29th at 7:30pm

Living Cross-Culturally – The Issues, Joys and Challenges of Living in Another Country

Leslie Foster



It is seldom, if ever, that Edenforum has presented a program by someone whose career has taken her to a variety of locations in the Asia-Pacific area. Leslie Foster, the daughter of our own Pat Foster and the late Les Foster, will introduce us to the many aspects of her fascinating and definitely unusual career. Here is just a “teaser”:

Leslie Foster is Senior Language and Culture Learning Consultant, SIL, a global, faith-based nonprofit that works with local communities around the world to develop language solutions that expand possibilities for a better life. She is an instructor at the Institute for Cross-Cultural Training at Wheaton College in Illinois. Ms. Foster has lived in New Zealand for a number of years and has lectured extensively in Southeast Asia including Indonesia, Philippines and Australia. Ms. Foster will share her experiences living abroad. She has lived overseas for more than 30 years and is well acquainted with the language and culture of several countries. She will share some stories of her experiences living in a variety of cultures.

RELIGIOUS

Shabbat

Questions? See Jack K or Floyd H
2nd and 4th Friday at 4pm AUD

Kabbalat Shabbat at Edenwald is an experience hosted by Cantor Ginsberg & Rabbi Herman. 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.

Bible Study

Questions? See Tom M

Bible studies are held every week in the Terrace Multipurpose Room at 10am on Thursdays. In August, Rev. Ron will lead the class for the 3rd & 4th Thursday of the month.

On August 11th, there will be a special program presented by Leslie Foster and husband, David instead of Bible Study. Please join us to hear more about their Mission work.

Sunday Worship Service

Questions? See Beverly D or Katie B
3pm AUD & 971

Sunday, August 7th: Dr. Emora Brannan
Sunday, August 14th: Pastor Anne McCorkle Garrett
Sunday, August 21st: Pastor Stephanie Roberts White
Sunday, August 28th: Minister Jack Danz CLM

Transportation to Churches

Sundays. No need to register -please wait in the Tower Lobby

9:45am Towson United Methodist Church
10am Towson Unitarian Universalist Church
10:30am Central Presbyterian & Calvary Baptist Church

A CULTURE OF CARING:

Tending to our local community

Did you know that Nancy A makes our smallest “Angel Hats”? Nancy makes about 10 hats at a time for babies who are born so premature that they don’t make it. Nancy’s hats fit the size of a golf ball and are always white. They are donated to hospital chaplains for the families. Several of our own residents have lost great-grands and these provide comfort to us as well. The yarn is donated, and the pattern provided. Nancy is our own Edenwald “Angel.”

Do you have a story to share about our Edenwald Culture of Caring? Send it to Rachel!

WHAT'S HAPPENING IN THE ART/CRAFT STUDIO?

Questions? Contact Joan M

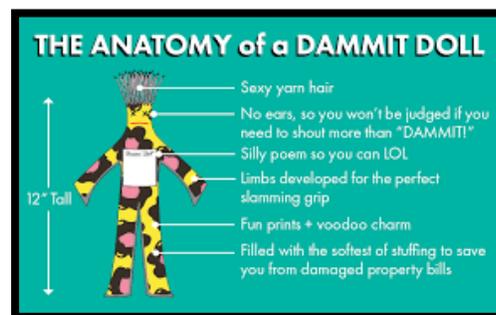
Maker's Mart Help: Sunday, August 28 1pm-3pm in Tower 1205

We need behind the scenes support to help:

- Organize items
- Sort items
- Punch and cut labels
- Install labels on items.

Calling all sewers: We need help sewing *Pet Beds* closed. Residents have stuffed over 20 beds and now we need to close them up before we take them to the Humane Society. This is a simple fold over and stitch method. You can use the sewing machines in Terraces 728, or sew them by hand.

We are also making *Dammit Dolls*. These are 12 inch stuffed dolls for irritated people. We have the pattern and supplies. They can be made by machine or by hand.



Calling all knitters/crocheters: We need potholders made for the Maker's Mart. Prefer Cotton yarn since it doesn't MELT. Use your favorite pattern.

We also need help finishing our knitted Comfort Dolls. We have the stuffing and the directions for sewing them up. These dolls go to Ukraine and to Africa. Contact Joan McMahon, Apt 1212, momc318@gmail.com or 410-733-0029.



Fidget Mat Workshop for Memory Care: Tuesday, August 16 from 2pm-4pm (Aud)



During the pandemic, 18 residents made 25 Fidget Mats. These are place mats with lots of "junk" sewn on them to fidget when people are agitated. They are also good for autistic children. We plan to sell these at the Maker's Mart on Nov 5. We will also give them to Edenwald residents who would like one.

During this workshop, supplies are provided. Glue, sewing needles, junk, etc. are embellished onto these mats. Work with a partner or neighbor or newcomer! Joan McMahon will provide her hand cranked sewing machine with zigzag attachment. Help needed to crank.

UPCOMING EVENTS & LIVE MUSIC

Thursday, August 4th: Entertainment by Marcus Dagan & Mariah Bonner at 7:30pm

Songstress Mariah and her pianist Marcus' repertoire ranges from French ballads to musical show tunes!

Friday, August 5th: Entertainment by Thomas Pandolfi at 7:30pm

Fluent in both classical and "pops" genres, Pandolfi is a Steinway Artist and one of the leading pianists of our time.

Monday August 8th & 22nd: Getting to Know Shakespeare at 3pm

Facilitator Marianna Russell chooses different Shakespeare pieces to learn more about. The group's meetings are open to all, so please join us for some thrills with Will.

Wednesday August 10th: Ask the RA Prez at 3pm

Have questions about the Community but don't know who to ask? Need clarification about something discussed at the Residents' Association Meeting? Come to Charlie Wagner's meeting! Auditorium.

Friday, August 12th Town Hall at 2pm

Join us in the Auditorium as Mark Beggs' Town Hall informs residents on Community wide current events. Reminder- there is no RA Meeting in August.

Friday, August 12th: The Secret Garden of Earthly Delights Presents Center Stage at 7:30pm

Come and welcome our new entertainment – The Center Stage Trio! They will be playing our favorite songs and also YOUR REQUESTS. Please bring your dancing shoes. In case of inclement weather, the program will be held in the Auditorium.

Monday, August 15th: Honoring our World War II Veterans at 7:30pm

Please join us for a special evening to honor our residents who served so bravely in the second World War. Auditorium.

Saturday, August 20th: Entertainment by Floyd Andrews at 2pm

Known as "Mr. Showman," this classical pianist from Canada performs standards including Broadway show tunes, movie theme songs, nostalgic classics and music from times gone by with a perfected art form of glitter, glamour and a warm-hearted smile. Auditorium.

Monday, August 22nd: Brain Blast Lecture at 2pm

This session is a highly interactive experience that provides you the opportunity to exercise your brain through enjoyable brain games and challenges in a group social setting. Learn about the six areas of brain health which is the focus of their signature BrainWise Course. This class is a blast and will give your brain the boost it craves.

Friday, August 26th: The Secret Garden of Earthly Delights Presents The Sea Depth Boys at 7:30pm

Our favorite guys, Keith and Ty will be entertaining us this evening. We are always happy to see and hear them. Please come and welcome them back. In case of inclement weather, the program will be held in the Auditorium

Wednesday, August 31st: Let's Write at 3:30pm

Let's Write is back! Jack is ready to help residents let the pen do the talking. Come to the Terraces Multipurpose Room for an afternoon of fun!

FROM THE MEDICAL SUITE

Questions? See Meghan or Lauren

Reminder of the Support Groups Available

Caregivers Support Group

Held on the first Wednesday of every month at 2pm in the Tower 2nd floor Lounge. All in a caregiver role are welcome. No registration necessary.

Bereavement Support Group

Held on the 2nd Friday of the month at 11am in the Tower 2nd floor Lounge. As we age, there are many types of losses we experience. Edenwald understands the need for a communal group to offer a safe area to express your feelings. We welcome any resident or staff member who has lost someone and needs support.

New Comers Group

Held on the Last Wednesday of the month at 2pm in the Tower 2nd floor Lounge. Residents who are new to the community will receive an invitation to join and learn more about Edenwald. This is designed to help new residents with questions, providing information and discussing how they are adjusting to Edenwald Life. No registration required.

Primary Care Physicians

The Medical Suite is aware several outside primary care physicians have retired over the past two months. If you have changed to a new primary care physician, please update the Medical Suite. It is very important the Vial of Life also has the updated primary care physician information. Please reach out to Lauren Linn or Meghan Curtis with any new doctor information for yourself.

HELPFUL HINT

Take a picture of your vaccine card & photo ID together.

Save that photo to your phone in case of emergency while out of the building.

Resident ID cards are being created and will be distributed in August.

EDENWALD FITNESS & WELLNESS

Questions? See Amy

The Orioles' game was a huge success! The rain did not deter us. A good time was had by all and the O's beat the Angels 1-0. It's always a great time at the Yard! Go O's!



Our Active Series Trip for August will be to Oregon Ridge Park and Nature Center. Please join us on August 16th from 9:45AM-11:45AM. Sign up in the registration book by August 9th. Please wear appropriate walking shoes. Bottled water and snack will be provided.

August is National Immunization Awareness Month. Which vaccines are recommended for adults aged 65 and older? Among those most important are influenza, pneumonia, shingles, T-dap and Covid-19. For more information, stop by the table outside the gym and grab a fact sheet. Vaccinate on time! You have the power to protect against vaccine-preventable diseases.

Fit Tip of the Month: Don't hesitate! Let's vaccinate!

Fitness Center

Monday-Sunday

Open 24/7

Aquatic Center

Monday-Friday 8:00AM – 12:00PM, 1:00PM – 4:00PM

Saturday-Sunday

8:00AM-12:00PM

Guests are permitted with a signed waiver.

DINING SERVICES

Questions? See Amber, Kelly, Kellie, or Monica

Enjoy themed dinners, pop up fun, and tasty treats as we celebrate upcoming events! Please feel free to make a reservation by phone or email in addition to using the Reservation Binder just outside the Valley Room.

Wine Tasting

Friday, August 5th at 4:30pm
in the Auditorium

Monthly Pop Up

Breakfast for Dinner
August 9th, 10th, & 11th
The Grille

Cooking Demo

Food For Brain Health
Thursday, August 18th at 1:30pm
The Grille

Edenwald Crab Feast

Saturday, August 20th
4:30pm -7:30pm
Garage

**Please purchase tickets in the Café*

Resident Brunch

Sunday, August 21st
11am – 1pm



NEW IN THE LIBRARY

Questions? Contact Jean J

FICTION

Bayard, Louis	<i>Jackie & Me</i>
Brooks, Geraldine	<i>Horse</i>
Dark, Alice Ellio	<i>Fellowship Point</i>
Giffin, Emily	<i>Meant to Be</i>

MYSTERY

Clark, Julie	<i>The Lies I Tell</i>
Gerritsen, Tess	<i>Listen to Me</i>
Riley, Sager	<i>The House Across the Lake</i>
Ware, Ruth	<i>The It Girl</i>

NON-FICTION

Li, Zhuqing	<i>Daughters of the Fragrant Garden: Two Sisters Separated by China's Civil War</i>
McCrum, Robert	<i>Shakespearean: On Life and Language in Times of Disruption</i>
Tur, Katy	<i>Rough Draft: A Memoir</i>
Yong, Ed	<i>An Immense World: How Animal Senses Reveal the Hidden Realms Around Us</i>

NEW IN THE AUDIOBOOK LIBRARY

Questions? Contact Connie L

FICTION

Kate Quinn	<i>The Diamond Eye</i>
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NON-FICTION

Kenneth Davis	<i>Don't Know Much About Mythology</i>
Viola Davis	<i>Finding Me</i>
Bob Drury & Tom Clavin	<i>Valley Forge</i>
Timothy Egan	<i>The Immortal Irishman</i>
Eric Metaxis	<i>If You Can Keep It</i>

MYSTERY

David Baldacci	<i>Dream Town</i>
John Sanford	<i>The Investigator</i>

LARGE PRINT

Hilderbrand, Elin	<i>The Hotel Nantucket</i>
Mallery, Susan	<i>The Boardwalk Bookshop</i>
Thayer, Nancy	<i>Summer Love</i>

*The Bookmobile will be here Friday,
August 5th from 1:45pm– 3pm*

*Please feel free to drop off any Book Club
books or BCPL books in Rachel's office.
There is a gray bin on the floor that is
labeled!*

BOOK CLUB

Tuesday, August 2nd, 7:30pm in the Private Dining Room.

The Mountains Sing is celebrated Vietnamese poet Nguyễn Phan Quế Mai's first novel in English

Vivid, gripping, and steeped in the language and traditions of Việt Nam, The Mountains Sing brings to life the human costs of this conflict from the point of view of the Vietnamese people themselves, while showing us the true power of kindness and hope.



SUNDAYS ON BROADWAY

Questions? Contact Arlen



“Everything Greek!”

A wedding on the Greek Island of Kalokairi & A Greek wedding in the USA

Sunday, August 7th at 7:30pm “Mamma Mia” (2008)

Sophie has just one wish to make her wedding perfect- to have her father walk her down the aisle. Now she just has to find out who he is. Join the music, laughter and fun in the musical celebration mothers, daughters and fathers, and the true loves lost and new ones found. Its filled with the ABBA songs you know and love. It’s the feel good experience that will have you singing and dancing over and over again. Starring: Meryl Streep, Pierce Bronson, Colin Firth, and Amanda Siegfried. Running Time: 1 hour 40 minutes

Sunday, August 14th at 7:30pm Mamma Mia – Here We Go Again (2018)

Join the celebration, sing and dance, and discover how it all began. Ten years after Mama Mia premiered, you are invited back to the magical Green Island of Kalokairi in an all-new musical sequel based on the songs of ABBA. The film’s original cast returns. Running Time: 1 hour 54 minutes

Sunday, August 21st at 7:30pm “My Big Fat Greek Wedding” (2002)

What will become of Toula? She is 30 and unmarried. All her cousins are married to Greek men and made Greek babies. She meets Ian Miller who is tall, handsome and definitely not Greek. Their courtship is an Olympian culture clash. Can Ian handle Toula, her parents, her aunts, uncles, cousins, and several centuries of Greek heritage? One thing is for sure, for better or worse, for richer or poorer, with Ian’s proposal, Toula is headed for big, fat Greek Wedding. The movie gives you many great laughs. Starring Nia Vardalos and John Corbett. Running Time: 1 hour and 35 minutes.

Sunday, August 28th at 7:30pm “The Big Fat Greek Wedding 2” (2016)

The family you love is back in the sequel, starring and written by Nia Vardalos. Toula and Ian have raised a headstrong daughter and balancing aging parents and the rest of the irrepressible clan. The reveal of a shocking secret will bring the three generations of this family closer than ever as they plan a bigger, fatter and Grecker wedding. Running Time: 1 hour and 34 minutes.

Did you know there are DVDs available to borrow in the Card Room?!?

We also received a number of DVD donations recently, including:

FAVORITES

Anne of Green Gables & sequels

Sister Act

Sleepless in Seattle

THRILLERS

Defiance - with Daniel Craig

Flight Plan - with Jodie Foster

The Siege - with Denzel Washington

TRIPS AND TRAVEL

Questions? Contact Rachel

ALL trips will depart from the Tower Lobby. Please arrive at least 10 minutes prior to the departure time listed. **(Bring a mask, photo ID & your vaccine card!)** Review the information below and sign-up in the registration book if you would like to go.

(Note the cancellation dates. Please be aware that if you are signing up for an outing and there is a fee associated with the trip, you will be charged whether or not you go unless someone from the waitlist takes your space on the bus.)



Tuesday August 2nd: The Jewish Museum of Maryland & Attman's Deli

Depart at: 9:30am

Docent tour: 10am-12pm

12:30pm Lunch from Attman's

Estimated arrival at Edenwald: 2pm

Rating: Moderate

Total per person: \$30

Founded in 1879, the Jewish Museum of Maryland is the country's largest regional museum of Jewish American life, culture and history. Join our docent as we tour galleries that focus on Baltimore's Jewish population's influence on our city! The museum is all one level, and we will be touring the temporary exhibit, *Blacklist: The Hollywood Red Scare* in addition to the core exhibit, *Voices of Lombard Street*. Please note, we are not touring the Synagogue during this outing. Masks have to be worn and vaccine cards must be shown. Walkers and rollators are welcome.

Lunch will be ordered from Attman's Delicatessen, and delivered to the museum for us to eat in a private room following the tour. Attman's has been a family affair since 1915! This stretch of street used to be known as Corned Beef Row; a bustling street of restaurants and shop keepers selling goods on the street. You'll learn more about it during your tour of the museum. There are very few holdouts left, so enjoy this authentic lunch with us! Sandwiches will be ordered in advance, so please mark your meal choice on the sign-up sheet.

Residents will have their choice of sandwich, choice of dessert, chips and a drink in their boxed lunch. The meal selection options are listed on the sign-up sheet. The last day to sign up for this outing is August 1st. Your account will be charged.

Thursday August 4th: Evergreen Museum & Library

Depart at: 10:15am
Guided tour: 11am – 12pm
Estimated arrival at Edenwald: 2:30pm
Rating: Difficult
Total per person: \$33

Sitting on 26 acres of land, the Evergreen Museum & Library is a historic house museum and research library in Baltimore. It is located between the campuses of the Notre Dame of Maryland University and Loyola University Maryland. On our docent-led tour of Evergreen, we will see many first-floor rooms of the Gilded Age mansion, plus beautiful pieces of artwork, collectables, and fine antiques.

Due to the historical nature of the building, only parts of the museum are fully accessible. The regular tour requires climbing stairs, as we are touring the home and theater. Walkers and rollators are not allowed. Canes are acceptable. Ladies, please bring only small purses with you.

After touring the mansion, we will be able to explore the surrounding gardens and property. A boxed lunch will be served in the Far East Room. Please be sure to mark your meal choice when signing up. We can't forget to stop in the gift shop before heading back to Edenwald! The last day to sign up is August 1st. Your account will be charged.

Tuesday August 9th: Mt. Airy Junction & Lunch at Cracker Barrel

Depart at: 10:45am
Estimated arrival at Edenwald: 1pm
Rating: Easy
Total per person: \$5

If you're looking for the best homestyle foods and menu stuffed with tasty choices, hop on the bus for a trip to Cracker Barrel! Enjoy an early lunch, then take in the gift shop.

A boutique perfect for picking up gifts, and a farm market in one! Located in York County, PA, Mt. Airy Junction sells fresh produce picked daily and plenty of jams! Check out the beautiful selection of planters and flowers before you leave too. Gift items range from jewelry to home décor to apparel. In addition to money for lunch and shopping, bring your reusable bags with you on this shopping journey. The last day to sign up is August 8th. Your account will be charged.

Thursday August 11th: Eisenhower National Historic Site

Depart at: 9am
Shuttle Ride: 10:30am
Tour: 11:00am
Estimated arrival at Edenwald: 3:30pm
Rating: Difficult
Total per person: \$14

Eisenhower National Historic Site preserves the farm of General and 34th President Dwight D. Eisenhower. Adjacent to the Gettysburg battlefield, the farm served the president and first lady as a weekend retreat and as a meeting place for world leaders. With its peaceful setting and view of South Mountain, it was a respite from Washington, DC, and a backdrop for efforts to reduce Cold War tensions. Interestingly enough, this was the only home the pair ever owned.

There is no elevator inside the house, but walkers and rollators are allowed on the first floor. To get to the house, we will take a short shuttle from the Gettysburg Visitor's Center. After arriving at the farm, we will go to the Reception Center to view exhibits and a short film. Our goal is to tour the home and grounds before getting back on the shuttle. There are many fun and exciting things to see on the property!

We will return to the Gettysburg Visitor Center and use restrooms before lunch. Residents are encouraged to pay for themselves at the café, where choices are plentiful. All residents will have a chance to shop at the Gettysburg Visitor Center gift shop during lunch if they wish. The last day to sign up is August 4th. Your account will be charged.

Thursday, August 18th: American Visionary Arts Museum

Depart at: 1:30pm

Tour at 2pm

Estimated arrival at Edenwald: 4:30pm

Rating: Easy

Total per person: \$5

AVAM specializes in original thematic exhibitions that seamlessly combine art, science, philosophy, humor and especially social justice and betterment. AVAM's 26th original and newest thematic mega-exhibition *Healing and the Art of Compassion (and the Lack Thereof!)* focuses public attention on two sibling essential powers- healing and compassion- twin forces for greater good sorely in need today. Clearly defining compassion, how it operates as a healing force in our own lives, within our own families, our communities, in social welfare, monetary, and justice systems, and in the world, is at the heart of this uplifting and enlightening exhibition's premise and purpose. Our docent, John Shields, will give us an in-depth look at Baltimore's most unique museum. Seats are limited due to the smaller tour size John prefers. Stop in at Sideshow, the Museum Store before departing. The goodies in there are worth exploring too! The last day to sign up is August 11th. Your account will be charged.

Tuesday August 23rd: Scenic Ride of Baltimore County & Prigel Family Creamery

Depart at: 1pm

Estimated arrival at Edenwald: 3:30pm

Rating: Easy

Total per person: \$5

Enjoy a scenic ride through upper Baltimore County as we explore the farm land of Greenspring Valley! Take in the sights on our way to Glen Arm, Maryland to the Prigel Family Creamery. John Mathias Prigel moved to the property which is now Bellevalle Farm as a sharecropper in 1895, and Prigels have been dairy farming here ever since.

From the Prigel website: "While we pride ourselves on our creamery and delicious ice cream, we want you to know we have so much more to offer! Pick up milk, cheese, grass fed beef, pasture raised pork and more! Come enjoy our newly opened Market area where we can slice up a variety of smoked meats, arrange a beautiful cheese plate, or serve a delicious savory snack. We also have a variety of local pantry items that would not only make a great addition to your household but make a lovely gift for that special foodie in your life!"

Please bring money to pay for yourself and your reusable bags. The five-dollar charge is for transportation. The last day to sign up is August 22nd. Your account will be charged.

Thursday August 25th: Greek Village Restaurant & Lounge

Depart at: 10:30am
Reservation at 11:15am
Estimated arrival at Edenwald: 2pm
Rating: Easy
Total per person: TBD

We are a family-owned restaurant, operating since 1995 at this location. Since starting out in 1980 we have gone from small carry-outs, serving pizzas and subs to a full-service restaurant and lounge. We specialize in home-made Greek food, but that's not all we serve! A limited menu will be offered - your choice of sandwich, a salad, and a dessert! Please make your meal selection when signing up. The last day to sign up is August 17th. Your account will be charged.

Tuesday August 30th: Annapolis Trolley Ride & Lunch at Pusser's Caribbean Grille

Depart at: 9:15am
Trolley Tour Time: 10:30am
Reservations at: Noon
Estimated arrival at Edenwald: 3:30pm
Rating: Moderate
Total per person: \$23 plus lunch

Fun and entertaining, our trolley tour goes everywhere and sees everything in air-conditioned comfort. During this 60-minute whirlwind trip, you will see the Annapolis City Dock, Colonial Mansions, The State House, St. John's College and many water views! The drive-by tour includes one stop at an overlook that offers sweeping views of Naval Academy (weather permitting). Masks must be worn.

Pusser's Caribbean Grille is an award-winning restaurant and bar right in the heart of the harbor. Named after the Pusser's rum brand, it is the only true waterfront restaurant in Annapolis. That being said, they were not able to offer a limited menu. Residents may order anything they wish off the lunch menu. Entrees range from fresh seafood to bar bites. Please take a look at the menu in the Registration Binder when signing up. Your lunch bill and the \$23 charge will be combined as one line item on your monthly statement.

The last day to sign up is August 23rd. Your account will be charged.

WELCOME NEW RESIDENTS



Meet Charlotte "Luddie" King
By Alan Shecter

If you often think about the seasonings that invigorate your taste buds, then meet and say hello to Luddie King, whose career at McCormick & Company dealt with current and future pricing of garlic, basil, oregano, vanilla, and many other commodities used in the seasonings and blends that McCormick manufactures.

Imagine researching, calculating, and helping contract for the price of 30,000 pounds of garlic today— ten months before the crop can be grown and delivered— not knowing if a flood or labor issue in Asia might impact the cost. Luddie was in the middle of this kind of analysis, affecting sales by McCormick to food manufacturers worldwide.

A native Baltimorean, Luddie earned a Master of Business Administration degree at George Washington University. Her ability to apply the disciplines of mathematics and logic have always been important assets throughout her life.

Luddie also enjoys playing bridge and reading books that focus on history, but often she can't resist the fun of best-selling mysteries.

In addition to travels in Europe, Luddie has enjoyed numerous visits to America's western national parks, especially the Grand Tetons; hiking and camping are among her warmest memories. Welcome, Luddie, to Edenwald.

Edenwald Volunteers are creating ID cards for residents. These laminated cards will have your name and Edenwald's contact information. In the past, residents were given this card upon move in. Our goal is to ensure all residents have this card, just in case there is a medical emergency when out of the building.

Questions? See Stephen H. in Security.

WELCOME NEW STAFF



Rose Thomas joined us as a full-time GNA. She has 16 years of experience as a GNA and enjoys working in long term care. She likes to “bring joy and happiness” to residents.

Rose has five children...four daughters and one son. In her spare time, she enjoys spending time with all of her children.



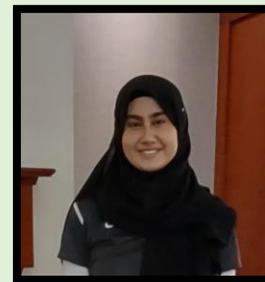
Shaniqua Turner joined us as a part-time GNA. She has 13 years of experience as a GNA, and she is currently attending nursing school. She has two sons.

Shaniqua is passionate about her job, and she derives great satisfaction working in senior living. She’s also interested in starting a non-profit organization to assist foster children.



Nicole White joined us as a part-time Dietary Aide in Healthcare. She will be attending Towson University in the fall and majoring in Computer Science.

In her spare time, Nicole enjoys playing video games.



Amna Maqsood joined us a part-time Dining Server. She will be attending George Washington University in the fall and majoring in Systems Engineering.

Amna is interested in developing her “soft skills” as she meets and interacts with our residents.

SCHOLARSHIP COMMITTEE

Breanna Jennings

Scholarship Recipient in Security

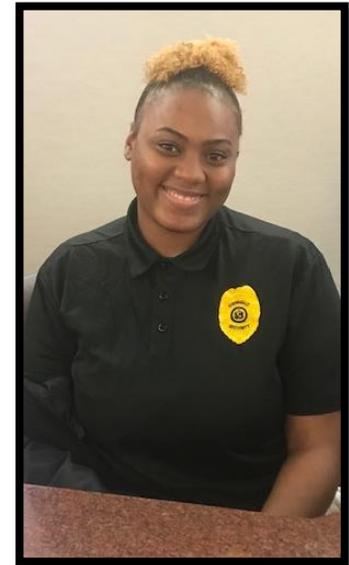
Edenwald has been very fortunate to have the support of Breanna Jennings for four years. She worked at several Dietary positions – as a server in the Grille, bartender in the Pub, clerk in the Café, even in the Healthcare areas. Some of us knew her mother who was a respected member of the Housekeeping staff for many years.

Now Breanna uses her undergraduate degree from Coppin State University in Criminal Justice to protect and serve us at the Front Desk on weekends. The schedule, as well as our Scholarship funding, support Breanna’s studies as she works on her Masters in Forensic Medicine. That’s right! She spends her weekdays taking classes and working hands-on at the Office of the Chief Medical Examiner and at the University of Maryland Medical School. Breanna is a very successful student with straight As!

When Breanna graduates, she will be qualified to serve as an autopsy tech. She says those bodies “tell a beautiful story.” She is also considering pursuing doctoral studies in forensic entomology. Breanna says that insects can give lots of information to help solve crimes, from when a victim died to hints about where a crime was originally committed.

Breanna says that Edenwald is a great place to work, that everyone treats each other well. She enjoys seeing us residents build connections and relationships, staying busy and living lives of purpose. Breanna says, “This is the life I want to live when I get older.” And the scholarship “goes a long way.” She says “it means the world to have that opportunity” to work toward her exciting future.

So many of the staff who support us – and their families—are on the path to the enhanced possibilities that post-secondary education bring. We have the opportunity, in turn, to support them. Make your tax-deductible contribution to the Edenwald Scholarship Fund today. Thank you all for your contributions which put us over \$100,000!



HOUSEPLANT GROUP



Carol hosted an orchid workshop for residents in July. She demonstrated repotting a plant and explained how best to care for these precious plants.

All residents are welcome to join us at our next meeting on Friday, August 19th.



IF YOU ASK ME

Resident Submissions

Sock Hop

By Dovey

Friday Night July 8th was a hoot in Edenwald. It was the night TK (James Staggs) disc jockey and former staff member Janet's husband came to Edenwald bringing his special brand of singing and dancing.

Lots of dancing in the aisles. It didn't matter if you were a good dancer! We just got up and moved to that great 50's and 60's music. I guess you could call it dance therapy. Even those who preferred to watch were clapping and singing. I would like to suggest more people leave their apartments next time TK comes. It will bring a smile to your face and uplift your spirits. A special thanks to Arlen St.

John for arranging a spectacular evening.

They Just Keep On Coming

By Shirley K

Another one just appeared in the mailbox. The pile on a side table near the easy chair continues to grow as a new issue arrives every week. For many of us, it's difficult enough to stay current with normal responsibilities, let alone find time to read a new copy each week, despite the appeal of the content and presentation.

I refer to The New Yorker magazine, that legendary publication with the original artwork, cartoon, or photograph gracing every cover. While it began as a humorous weekly, the scope increased over the years, and it is now famous for its literary fare as well. Each issue includes a mix of business, music, theatre, new books and film reviews, in addition to the long form articles on science, biology, politics, history, fiction, and more. The cartoon contributions are timely and clever, and have been replicated in calendars and greeting cards for many years.

The New Yorker was a creation of Harold Ross and his wife, Janet Grant. (She had been a writer for The New York Times.) The first issue launched the magazine on February 21st, 1925. Ross edited the publication until his death in 1951. It has endured as the epitome of sophisticated writing under the leadership of the editors and staff who succeeded him.

So committed are some subscribers, they have been known to periodically set aside a leisure day or more, or take a pile on vacation, just to "catch up" on back issues before discarding or passing them on to others. An old friend, who in addition to staying current with his full-time career responsibilities, was a dedicated theatre goer, sports fan, and a loyal reader of The New Yorker. He lived alone, and we often invited him for Sunday brunch, on his way to a theatre matinee or a ball game. One particular Sunday, he declined our invitation, stating he was devoting the day to staying home and attacking the large, untouched accumulation of back copies of The New Yorker in his apartment. He resurfaced the following Sunday, relieved he had finally accomplished his goal. At least for a while.

Another week has passed; I glanced at the side table and found a small stack of unopened issues.

The mailbox yielded the newest copy that evening. Infrequently, the idea of cancelling the subscription looms, but is soon dismissed. It would be like "breaking up" with an old friend, and that is not acceptable. So, they just keep coming!

The View
By Selma B

As I look out my window
And see the beautiful view
It's like looking at a picture
There just for you.
You see the beautiful landscape
It looks like the trees are reaching for the sky
The birds have their wings spread out
As they learn to fly
You watch as the sun comes up
Putting color to the trees
You can see the leaves moving
And think you can feel the breeze
How lucky am I to have a home with this view
And when you visit I will share it with you

On Being A Good Wife
By Debra

I have been a wife twice. Not too bad for a beginner, ha, ha! Since I hit the jackpot the second time, I have no reason to push my luck and ever try again. Being a wife is a hard job, especially if your spouse is spoiled or demanding or mean spirited or juvenile or over indulged, physically or mentally challenged or just old and crotchety. No one we know could be married to a man like that, right?

Being a wife requires pre-marital training which most women never get. In our generation we married and then found out what being a wife was all about. At least that was my experience the first time around. By the second time, I knew the ropes since we had lived together for 18 years before we married. Eighteen years you ask. Yes, we were saving up!! Ask a silly question; get a silly answer. Our children and grandchildren have the honeymoon tonight for a wedding on Tuesday. These couples know more about one another at the starting gate and experience fewer surprises than we did. Not that an early start guarantees happiness or success, but what did we know? Very little.

Our generation was programmed to "make your husband happy." Happy husband, happy marriage. Sounds like a fortune cookie, yes? Maybe only half of the couple was happy while the other half was working like a dog to cook, clean, raise kids, drive carpool, arrange schedules, volunteer for some do-good project, keep the peace with the neighbors and the in-laws, maybe be Julia Child on weekends and possibly hold down a job. Whew! Sounds like full time work to me. And for me it was full time work. If one had the skills to approve and gratify oneself regardless of outside influences, it wouldn't matter if one's partner was unaware of the other's efforts or successes. But if a self-absorbed husband does not acknowledge his wife's endeavors, then life can be very empty and sad. Been there, done that. Let's face it, many, many men are hardwired to be self-absorbed, ya' think?

As a marriage ages, hopefully the good qualities in both partners are sustained and the other qualities have been "corrected" by hard work and/or threats. Living in an aged marriage can be smooth as silk or really rough going. Being a good wife can be even more demanding than when the marriage was younger. Health issues, bad habits, mental challenges can play havoc on the best relationships. If a relationship was rocky before, the senior years can be really hard on both partners. Sometimes there are obvious culprits and sometimes things just go off the rails.

Adding to the perils of being a "good wife" in an aged marriage is being the wife of a sick man. Talk about a full-time job. If he was or wasn't demanding, juvenile, over indulged, mean spirited or the nicest guy in the world when he was healthy, when he's sick and/or dying, it's not the time to settle old scores. If we were ever programmed "to be a good wife," now is the time. Of course, it's even harder if she is the sick one and her man has been spoiled to death by a good wife. When they say old age isn't for sissies, they got that one right. Being a "good wife" is a hard job at every juncture. Of course, it has its rewards, its pleasures, its successes, its joys, but it doesn't happen by magic. "Cherchez" the good wife.