

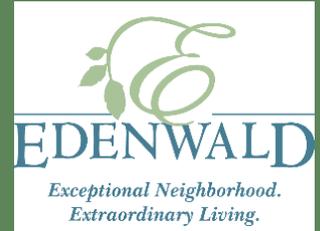
THE EDENTIMES

December 2022

Volume 44

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



It's Not Too Late!



Less than two weeks remain before we distribute the Employee Appreciation Holiday gift checks to our employees. To date, we have not yet reached our goal of \$120,000. If you have not yet made your contribution, there is still time for you to do so. Let's help our employees enjoy a wonderful holiday season! It is only through your generosity that we can recognize and thank a wonderful and dedicated staff for their service to us.

Here is a sampling of notes of appreciation that we received from grateful employees last year:

What a wonderful surprise! Words cannot express how this gift of gratitude has made a difference to me and my family.

A good day is not measured by hours or minutes, but by all of the good things done within. You're appreciated more than you know. Hope all the good you do comes back to you. Thank you for all that you do - for the care given to my mother.

Please accept my thanks and share them with the entire resident body for the more than generous Christmas gift. This is an example of all the wonderful people at Edenwald.

Edenwald Directors

MARK BEGGS
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DEVASHER
*Vice President of
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*Director of Resident
Services*

RACHEL EPPLE
*Editor & Lifestyle
Programming
Coordinator*

EDENFORUM

Edenforum Questions? Contact Barbara W or Floyd H

Wednesday, December 7th, 2022

7:30pm Auditorium

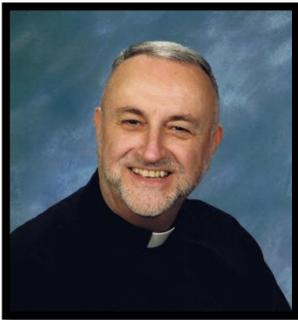
Anne E. Bruder

Managing Maryland's Historic Bridges

Anne E. Bruder will provide a virtual “tour” of the state’s historic bridges, including some in Baltimore County, such as the 1807 Westminster Turnpike Bridge over the Patapsco River. Maryland’s historic bridges represent the engineering legacy of the state’s road system. Although the Westminster Bridge is the earliest known bridge in the state, historians know that colonists were building bridges on Maryland’s roads by the late 17th century. Come see if your favorite Maryland bridge is included!!!



Anne has been the Senior Architectural Historian for the Maryland Department of Transportation - State Highway Administration (MDOT SHA) since 2001 where she has managed the Maryland Historic Highway Bridges Program for MDOT SHA. As a transportation historian, she investigates Maryland’s history by examining the built environments and landscapes associated with MDOT SHA projects throughout the state. Anne also has a long relationship with the Maryland Historical Trust. She received her AB from Smith College and her MAH from the University of Virginia.



Monday, December 12th, 2022

7:30pm Auditorium

Father Bob Albright

Christmas: The Bible vs. Hallmark

Over the past two thousand years, world cultures and religions have added so much to the Christmas story that it has changed the original stories found in the Bible. This talk will highlight those areas where history, Hallmark cards, religious practices, movies, plans and songs about Christmas differ dramatically from the stories found in the two Gospels of Matthew and Luke of the New Testament of the Bible. My intention is to make this coming Christmas more meaningful and authentic for the audience.

Rev. Robert E. Albright is a retired Catholic Priest of the Archdiocese of Baltimore. His primary calling was service to the college community, particularly as the Catholic Campus Minister at Towson University for twenty-six years. Through teaching a scholarly approach to the Bible over the past sixty years, Father Bob has explored greater interfaith issues at the Institute for Islamic, Christian, and Jewish Studies of Baltimore. For many years, Father Bob has been one of the most popular teachers at the Towson University Osher Lifelong Learning Institute. He has been a welcomed speaker at Edenwald in the past.

UPCOMING EVENTS & LIVE MUSIC

Friday, December 2nd: Transportation Meeting with Debbie Garris at 10:15am

Many of you utilize the Edenwald Transport services for shopping on Mondays and Fridays. Debbie is hosting a meeting to discuss departure times, length of trips and location stops. Please attend if you would like to voice your concerns before changes occur on the January calendar.

Saturday, December 3rd: Live Entertainment by David Manzanares & The Peabody Preparatory Guitar Performance Academy Ensemble at 2pm- AUD

David, our Musician in Residence, has invited other Peabody students to perform a spectacular holiday guitar concert for us!

Sunday, December 4th: Crafternoon- Wooden Spool Holiday Decorations 1pm-3pm- Art Studio

Wooden spools ceased production in 1978. We have loads of them ready to be made into small ornaments or holiday trees! Supplies provided.

Tuesdays: Discussion Group on "Change" 1:30pm-2:30pm Party Room

How did you deal with and adjust to changes in your life? Jobs, marriage, kids, separation, illness, death, moving, loss... Share and learn from one another. Facilitated by Jackie G and Mary G.

Tuesday, December 6th Opera Club Discussion at 11am- AUD

Facilitator Catrin Davis from Baltimore Opera has selected *Hansel & Gretel* as the December production. Opera Club meets the first Tuesday of every month, from 11-12:30. Prior to meeting, there will be a chance to view the Opera in the Auditorium.

Friday, December 9th: Live Entertainment by Bach in Baltimore at 7:30pm- AUD

For 35 years, Bach in Baltimore's mission is to perform the choral/ instrumental works of Johann Sebastian Bach to educate and foster an appreciation for the arts, particularly for Baroque music!

Saturday, December 10th: Gingerbread House Decorating Day at 11am- TM

Bring yourself and/or invite a floor neighbor to decorate small houses after Coffee & Conversation! Supplies will be set up in the Terraces Multipurpose Room. Please see Joan M for more information.

Saturday, December 10th: Live Entertainment by Dan Weiser at 7:30pm- AUD

"FOUR-HAND HOLIDAY" is a fun program featuring jazzy arrangements of holiday classics. Weiser will get you in the spirit of the holidays with this virtuosic concert that is a true ballet of twenty fingers on a single piano!

Sunday, December 11th: Board Party from 4pm-6pm- AUD

The General German Aged People's Home Board of Directors throws an annual holiday party for the Residents of Edenwald Senior Living. Everyone is invited for cocktails, appetizers and jazzy live music by the Cold Spring Jazz Quartet!

Monday, December 12th: Getting to Know Shakespeare at 3pm- AUD

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 in the Auditorium.

Wednesday, December 14th: Live Entertainment by the Baltimore Mandolin Orchestra at 7:30pm-AUD

Since 1924, this Maryland based ensemble of mandolins, mandolas, mandocellos, mandobasses, and classical guitars has entertained audiences. They're thrilled to be performing again after a summer break.

Friday, December 16th: Resident Association Meeting & Town Hall- AUD

Beginning at 1:30pm in the Auditorium, the RA holds their monthly meeting to inform residents of changes or address concerns. Mark Beggs' Town Hall follows at 2pm. All are welcome to attend or view on channel 971.

Friday, December 16th: Live Entertainment by Thomas Pandolfi at 7:30pm- AUD

Thomas Pandolfi is one of the leading pianists of our time and has been hailed a phenomenon. He holds a BM and MM from the Juilliard School.

Monday, December 19th: Hanukkah Happy Hour with Live Entertainment by Seth Kibel at 3pm-AUD

For the first time ever, we are hosting a Hanukkah Celebration complete with latkes, jelly donuts and a Klezmer band! All Residents are welcome to join us for this fun event prior to the nightly menorah lighting at sundown.

Tuesday, December 20th: Houseplant Group presents Make & Take Winter Floral Arrangements at 11am- PUB

Create your own winter table top arrangement with live greens and flowers for your apartment! All supplies will be provided, but please feel free to bring any accoutrements you'd like to use in your display.

Wednesday, December 28th: Let's Write at 3:30pm- TM

Let's Write is back! Jack is ready to help residents let the pen do the talking. All are welcome.

Thursday, December 29th: Calendar Helpers Meeting at 11am- PUB

Our loyal group is back! Helpers are needed to fold calendars into the Edentimes and then place them in every mailbox. Many hands make work light!

Saturday, December 31st: New Year's Eve Party! 8:30pm-12:30am- AUD

The Party Committee invites you to welcome in 2023 with your dancing shoes. Music by DJ TK. Pre-midnight supper & BYOB! Please sign up in the Registration Binder. Tables are limited to 12 people.



THE PLANT CORNER BY JACKIE

Ilex verticillata 'Red Sprite' - Winterberry

December – time for berries – and Edenwald has its share of them. I first wrote about Winterberry in December, 2020. At that time, we were not eating in the dining rooms so, unfortunately, one could not easily see the berries since the most visible ones are behind the dining rooms. Those shrubs with their abundant berries are now easily seen. I have called attention to them as I have sat with friends at dinner. There are also Winterberry shrubs on the right side of the Terrace driveway as one is driving toward the garage, but they generally

do not bear a lot of fruit (that is, berries), as the soil is much dryer there than behind the partly shaded areas in back of the dining rooms. Winterberry likes moisture and even shade.

This plant is a holly, as the botanical name, *Ilex*, indicates, and it is the only deciduous holly, that is, it loses its leaves in winter. It is native to eastern North America. The most beautiful specimen of Winterberry I've seen was at Longwood Gardens, along the side of a lake, where it receives plenty of moisture. It was the straight species, while our cultivar is 'Red Sprite,' which grows lower. As with most hollies, the small white flowers of Winterberry are insignificant or barely seen, but from these flowers comes an abundance of berries which provide food for the birds in winter and lifts our spirits as well.

SUNDAYS ON BROADWAY

7:30pm Auditorium

'Tis The Season!

Sunday, December 4th: The Nutcracker

Live from the Bolshoi Theater, this is a spellbinding version of the Christmas Classic. Tchaikovsky's beloved melodies combine with superb dancing to create pure delight.

Running Time: 2 hour 30 minutes

Sunday, December 11th: No Movie

Sunday, December 18th: The Polar Express

Get up, get on and get ready for the ride of your life! It's Christmas Eve, and you're about to rollercoaster up and down mountains, slip and slide over ice fields, teeter across mile high bridges and be served hot chocolate by singing waiters more astonishing than any you can imagine. You are on the Polar Express. You'll see wonders. And you'll believe! All

aboooooooooard. Starring Tom Hanks

Running Time: 1 hour 40 minutes

Sunday, December 25th: No Movie

Wednesday, December 28th: The Holiday

A romantic comedy where two women (one from the US and one from the UK) trade homes during the Christmas holiday only to find that a change of address can change their lives.

Starring Cameron Diaz, Kate Winslet, Jude Law, and Jack Black.

Running Time: 2 hours 16 minutes

Dear Residents of Edenwald,

The Marketing Team would like to thank you all again for all of the many things you do for our community and our sales efforts. Sharing a small token of our appreciation with you at the November 4th Wine Tasting was our absolute pleasure! We hope you enjoyed the evening as much as we did.

Congratulations to the winners of our resident raffles: Linda Kaufman, Marilyn Savage, Charlie Wagner, Connie LeMire, Anne Hohl, Dr. Marcos Pupkin, Dovey Kahn, and Ann Dahl. Everyone has the chance to win, and we can't wait to share our appreciation in this way again in the future!

When we tour our prospects around the community, the most common feedback we hear is that our residents are so friendly and welcoming. The atmosphere and spirit at Edenwald are what really make our community so special, and that is thanks to you. We are so grateful.

The Marketing Team

RELIGIOUS

Shabbat Services

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.

Celebrate Hanukkah at Edenwald! A lighting ceremony will take place at sundown each night. Everyone is welcome to join us in the Social Lounge.

Bible Study

Questions? See Tom M

Bible studies are held every week in the Terrace Multipurpose Room at 10am on Thursdays. All Residents are welcome to join us!

Sunday Worship Service

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

Sunday, December 4th: Dr. Emora Brannan

Sunday, December 11th: NO SERVICE (Holiday Board Party)

Sunday, December 18th: Pastor Stephanie Roberts White and Roy Belfield (Music Director at Towson United Methodist Church)

*Saturday, December 24th at 4pm: Christmas Eve Service with Minister Jack Danz

Sunday, December 25th: NO SERVICE

Sunday Morning Transportation to Local Churches

Please be waiting in the Tower Lobby at least 10 minutes before your departure.

9:45am Towson United Methodist Church & Immaculate Conception

10am Towson Unitarian Universalist Church & Church of the Nativity

10:30am Central Presbyterian & Calvary Baptist Church

Catholic Communion

Immaculate Conception hosts 10:30am Communion in the Terraces Multipurpose Room every Sunday.

Calling All Photographers –Get out your Cameras & Cellphones

Roseanna Morgan's exquisite quilt exhibit will be coming down the first week of January and we will have a Photography exhibit going up next. You don't have to be professional photographer to take part – you just have to love taking photos. I have seen dozens of exhibit worthy photos on cellphones here at Edenwald, so please show them off to everyone.

Call Sherry Morell at 443-465 1863.

EDENWALD FITNESS & WELLNESS

Questions? See Amy

Our hike for October was to Cromwell Valley Park. Despite the rain, we had an amazing time enjoying the fall scenery.



The month of December has 2 active trips. First, on December 6th, we will visit the beautiful holiday displays at Longwood Gardens. This trip is currently sold out. Second, on December 29th, 1:00-3:30pm, we will work on our bowling skills with some duckpins at AMF Towson Lanes. There is plenty of room on this trip so sign up today! Last year was a blast!



Fit Tip of the Month: Keep the exercise going during the holidays! Physical activity during the holidays may be more important than at any other time of the year. Exercise can help you combat stress, prevent weight gain, help you maintain your good habits, get you off the couch, keep your gains intact, boost your energy, and even help you manage anxiety and depression.

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

MEDICAL SUITE NOTES

Wednesday, December 7th: Caregivers Support Group at 2pm

The Medical Suite facilitates a monthly group in the Party Room on the Second Floor.

Friday, December 9th: Bereavement Support Group at 11am

The Medical Suite facilitates a monthly group in the Party Room on the Second Floor. Any residents or staff having a hard time with loss are welcome to join them.

Medicare Part D

December 7th is the deadline for open enrollment Medicare Part D prescription drug plans. If you haven't already this is your opportunity to ensure your plan will be the best plan for you for next year. If you need assistance with the Medicare Website please contact Toya, Medical Suite Social Worker, 410-339-6251 or Meghan Curtis, Medical Suite Manager and counselor, 410-339-6155.

Important Medical Documents Lecture

Do you ever wonder if you have everything in order when it comes to Medical documents. These documents help keep you in control of who will make medical decisions for you when you may not be able, what life saving medical treatments you want or possibly do not want, and how that plastic container in your refrigerator helps you and your family in an emergency situation. Please join Meghan Curtis for a informational lecture on Advance Directives, What a MOLST form is, and the Vial of Life program at Edenwald. The lecture will be held in the Auditorium on December 14th at 11am.



Congratulations to Toya McClenny on her recent promotion to Independent Living Social Worker! Toya has been with Edenwald for seven years working as a GNA while attending college at Coppin State University where she obtained her Bachelor's degree in Social Work. Toya then went on to obtain her Master's degree in Social Work from the University of Maryland (UMB).

Her office is just past the Medical Suite, on your way to Hoerichs Hall. She will be here Tuesday-Friday.

In her spare time, Toya enjoys going to the movie theater or watching films at home. She's also a "foodie" and loves trying new restaurants and dishes. We look forward to Toya continuing her exemplary service to Edenwald's residents for many years to come!

FROM THE REHAB TEAM

HAPPY DECEMBER! This month we would like to offer tips on safe bed mobility.

Did you know that on average, men will lose 1.2"-1.5" and women up to 2" in height by the age of 70? Taking this into consideration, your bed may be too high for you now. Your feet should touch the floor when you are sitting on the edge of the bed. Typically, that means your bed should measure 21"-24" from the top of your mattress to the floor.

Here are some ways to lower your bed:

- 1 – If your bed has wooden legs, you can cut them to make them shorter
- 2 – If your bed frame has casters on the legs, remove the casters
- 3 – Consider removing the box spring and replace it with a Bunkie board
- 4 – Replace your bed frame with a platform frame

Once your bed is the correct height, here are some tips to keep you safe:

- 1 – Bed rails are very helpful to assist with bed mobility
- 2 – Eliminate clutter (throw pillows, blankets/linens, clothing, cords) around your bed
- 3 – If you use an assistive device, keep it near your bed
- 4 – If possible, keep a lamp near your bed to use when it's dark

If you are having trouble with bed mobility, feel free to contact the Rehab Team (410-339-6200).
The Rehab Team would like to wish you the happiest and safest of holidays!

CULINARY SERVICES

Questions? See The Culinary Leadership Team

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, December 2nd at 4:30pm
Auditorium

Food Forum

December 13th at 2pm
Grille

Holiday Meal Time Change

December 25th
1pm-3pm



Hanukkah Happy Hour

December 19th

3pm-4pm

Auditorium

Jelly Donuts

Latkes

Klezmer Band

Dreidel Game

Lighting of Menorah

NEW IN THE LIBRARY

Questions? Contact Jean J

FICTION

Albanese, Laurie Lico
Kingsolver, Barbara
Manning, Kate
Newman, Catherine

Hester
Demon Copperhead
Gilded Mountain
We All Want Impossible Things

MYSTERY

Baldacci, David
Child, Lee
Rankin, Ian
Turow, Scott

Long Shadows
No Plan B
A Heart Full of Headstones
Suspect

NON-FICTION

Bonneville, Hugh
Brands, H. W.
Meacham, Jon
Schiff, Stacy

Playing Under the Piano: From Downton to Darkest Peru
The Last Campaign: Sherman, Geronimo and the War for America
And There Was Light: Abraham Lincoln and the American Struggle
The Revolutionary: Samuel Adams

LARGE PRINT FICTION

Hunter, Denise
Picoult, Jodi
Thayne, RaeAnne

Harvest Moon
Mad Honey
All Is Bright

AUDIO BOOK CLUB

Questions? Contact Connie L

FICTION

Janet S. Charles *The Paris Library*

NON-FICTION

Rinker Buck *Life on the Mississippi*
Ben Macintyre *Operation Mincemeat*
James Patterson & Chris Mooney *Diana, William, and Harry*

MYSTERY

Ann Cleeves *The Rising Tide*

The Bookmobile will be here Friday, December 2nd 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

Questions? See Edie D

The Four Winds by Kristin Hannah

The Four Winds is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, *The Four Winds* is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

*The Book Club's next meeting is December 13th at 7:30pm
in the Terraces Multipurpose Room*

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.)*

Thursday, December 1st: Holiday Luncheon at Country Club of Maryland



Departure Time: 11:45am

Estimated Return Time: 2:15pm

Difficulty Rating: Easy

Total Cost: \$37 (includes tax & tip)

Last Day To Cancel Without Being Charged: Thursday, Nov. 24th

TIS THE SEASON! Join us at the charming and welcoming Hunt Room at the Country Club of Maryland for a gourmet Holiday Turkey Dinner with all the trimmings!

A special thank you to Gerry and Jim Cavanaugh for sponsoring us at the Country Club and obtaining the Hunt Room free of charge for our Christmas-Hanukkah Dinner.

Tuesday, December 6th Longwood Gardens at Night



Departure Time: 12:15pm

Estimated Return Time: 10pm

Difficulty Rating: Difficult

Total Cost: \$157

Travel aboard a charter bus to celebrate the yuletide season! Enjoy a tasty dinner at Buckley's Tavern and then head to Longwood Gardens where we will be walking outdoors and inside the Conservatory to view their extravagant displays. Wear appropriate clothing and pack a bag for this long day. The bus is full for this outing, but you may sign up on the waitlist.

December 8th: Valley View Farms & PA Dutch Market



Departure Time: 10am

Estimated Return Time: 1:15pm

Difficulty Rating: Easy

Total Cost: \$5

Last Day to Cancel Without Being Charged: December 5th

Need to get your Holiday shopping done? There's sure to be something for everyone on your list between these two shops! Stop in at Valley View Farms to see their spectacular Christmas tree displays with hundreds of ornaments for sale. Our second stop of the day is just around the corner- the PA Dutch Market in Cockeysville. Freshly made goodies from the Bakery, Candy Shop, and Deli are available for purchase as are wood working items, Ravens/Orioles gear, and more!

December 13th: Cinemark Movie Theater



Departure Time: TBD
Difficulty Rating: Easy

The luxury theater has plush recliners and a full-service concession stand, should you wish to buy yourself snacks. A list of new releases will be posted on the bulletin board. Residents may pick any movie they wish to see, so departure time is TBD that week!

December 15th: Howard Peters Rawlings Conservatory



Departure Time: 10:15am
Estimated Return Time: 1:15pm
Difficulty Rating: Easy
Total Cost: \$8

Last Day to Cancel Without Being Charged: December 5th

Constructed in 1888, this grand greenhouse is home to many exotic plants and a wonderful poinsettia display. We are scheduled for a docent led tour of the property, which is located in Druid Hill Park. There are five distinct greenhouse rooms: The Palm House, Orchid Room, Mediterranean House, Tropical House and the Desert House. Please note that poinsettias are for sale, so bring your money!

December 20th: Christmas Light Ride



Departure Time: 7pm
Estimated Return Time: 8:45pm
Difficulty Rating: Easy
Total Cost: \$5

Last Day to Cancel Without Being Charged: December 13th

Enjoy your favorite Holiday tunes as we tour local neighborhoods to view their decorations! This outing is special, as Stroh Hall Residents and Independent Living Residents will be going together. No one will be getting off the bus during this excursion.

December 22nd: Hammond - Harwood House & Severn Inn



Departure Time: 9:45am
Estimated Return Time: 2:45pm
Difficulty Rating: Moderate
Total Cost: \$32

Last Day to Cancel Without Being Charged: December 15th

The Hammond-Harwood House is a five-part Anglo-Palladian mansion that features some of the best woodcarving and plasterwork in America. Crafts from Annapolis are also featured in the collection, with special emphasis on cabinetmaker John Shaw. We will have a guided tour of two exhibits: Charles Wilson Peale in Annapolis & Slavery at Hammond-Harwood House. The home will be decorated for the Holidays too! Please note that there are prolonged periods of standing and climbing stairs is required.

After our tour, we will have lunch at the Severn Inn. A limited menu will be available.

December 27th: Bluestone Restaurant



Departure Time: 11am
Estimated Return Time: 1:30pm
Difficulty Rating: Easy
Total Cost: \$40

Last Day to Cancel Without Being Charged: December 18th

Located in Timonium, this tasty restaurant has been a fan favorite for years! We have reserved the East Room for a private luncheon with a limited menu. You will have your choice of soup, choice of entrée, and choice of dessert- please mark your selection when signing up. Tax, tip and a drink are included in the listed price.

Subscriptions!!!

December 3rd

Baltimore Symphony Orchestra
The Godfather in Concert
7pm Departure

December 17th

Everyman Theater
Ken Ludwig's Baskerville
1pm Departure

December 23rd

Everyman Theater
Ken Ludwig's Baskerville
7pm Departure



WELCOME NEW RESIDENTS



Meet Abby Mason *By Susanne Emory*

Abby Mason was born in Brooklyn. She moved to Manhattan in 1941, where she met her husband, Merton, who lived across the street. She married him when she was 19.

She earned a teaching degree at Hunter College, and after living in Chicago and Detroit for about a year, she moved to Williamsburg, Virginia, where she was employed in a mental hospital, working mainly with women. She and Mert moved back to New York where she got her first teaching job. It was terrible! The kids carried weapons to school and were unruly. She moved on from there and got a good teaching job in a predominantly Puerto Rican school. She taught 4th grade for 4 years and loved the children and the parents. That school was later torn down to make way for Lincoln Center for the Performing Arts.

After some time off to have two children, Abby went to Pratt University to get a degree in Library Science. Her thesis was about developing movies in New York's minority communities, which prompted a job offer from "Sesame Street". She turned down that offer because her children were still young and it was most important to be close to home and her family. By this time they lived in the lovely little river town of Hastings-on-Hudson, New York, and Abby had a challenging job as a librarian at a residential center for emotionally disturbed boys, mostly from the New York City area. She taught there for approximately 26 years, where the boys learned to use a library and to participate in the world as better citizens.

Of the many activities and accomplishments Abby talked about, four really made an impression on me. She and Mert volunteered with a church group in New York, delivering food late at night to homeless people. They attended EST for years, a self examination seminar. Later, Abby interviewed many older men and women to capture their life stories and accomplishments. And last, but not least, she and Mert were involved in the Hunger Project, a voluntary organization committed to ending hunger in the world. They also taught classes on taking action to end hunger. In addition, for 12 years, they gave a party (around Mert's birthday) at their farm in Ancram, New York, to raise funds to end world hunger. Abby estimates they raised over \$200,000. Abby and Mert moved to Hunt Valley in 2003. Mert, a self-employed CPA, lived for another 6 years. Their daughter, who by the way, is married to Edie Brown's son, lives off Ridge Road. Their son lives in Bethesda. They have 4 grandsons.

WELCOME NEW RESIDENTS

Meet Nancy Bowen *By Ann Dahl*



We've all experienced it – what we call “Smalltimore.” We find ourselves meeting someone new and realizing that we have things in common. So it was at my visit with Nancy Bowen in her Tower apartment 1010, where she has displayed a variety of original art. Looking carefully at two of the watercolors, I inquired if they were Fritz's (Frederic Schuler Briggs.) She affirmed my suspicion and so began a conversation about his art and our ownership of his art and, what was even more important, the fact that Nancy herself has studied with Fritz. Smalltimore, indeed!

The feeling of familiarity didn't stop there. After growing up in northeast Baltimore and attending the famous School 49, where students finished 3 years of junior high in 2, I discovered that Nancy and I are both only children who are Eastern High School graduates, just two years apart.

Nancy's education continued with evening courses at Johns Hopkins and MICA, and later at NYU in New York. A freelance article sent to Baltimore Magazine (then owned by the Chamber of Commerce) led to a career there, followed by a move to New York City where Nancy wrote for a leading international public relations firm and where she met her future husband, Bob, also a writer focusing on banking and finance. And, his mother was a Baltimorean. Nancy has two adult step children, two step-grandsons, who live in Connecticut, and several cousins. Bob Bowen died 7 years ago after 33 years of marriage. In addition to magazine articles, she has published a biography of Ralph Nader, “Man With a Mission,” written for middle schoolers.

“Retirement” is a word missing from Nancy's vocabulary. She is still writing for non-profit organizations in the Baltimore area, among them, the religious community Mission Helpers of the Sacred Heart in Towson.

An important facet of Nancy's life centers around her work as the co-facilitator of a grief support group at the Episcopal Church of the Redeemer. A day after chatting with Nancy, I noticed that she was already involved in volunteer work here at Edenwald. She was spotted helping in the auditorium on Booster Shot Day. Good for you, Nancy!

Do greet Nancy Bowen and find out if you and she are also “Smalltimore” friends.

WELCOME NEW RESIDENTS

Mrs. Harriett Levy
By Ann Breihan



As you walk into Harriett Levy's apartment, Tower 1502, you will be struck immediately by her presence as a serious artist. Harriett's studio is clearly a busy place, and her striking paintings surround you on the walls. The collection of swans lends additional interest.

Harriett comes to Edenwald from the east coast of Florida. She has returned to the Baltimore area, where she loved raising her family, to be near her two daughters and one of her five grandchildren, following the death of her beloved husband last year.

Travel has been a focus for Harriett during retirement. Many of her trips were cruises, from Alaska to all parts of the Caribbean. But what Harriett and her husband enjoyed most was joining a few friends and hiring a knowledgeable guide to explore places off the beaten path where they loved talking with local people. Though they loved all of Europe and Israel, the warmth of the people in central Europe has really remained with Harriet. Budapest and Prague are particularly happy memories.

Harriett is looking forward to new friendships here at Edenwald and many games of mahjong. Even more, she hopes to find fellow poker enthusiasts. Harriett will be a wonderful asset to our community.

WELCOME NEW RESIDENTS

Meet Maddy and Larry Fox
By Alan Shecter



Their blind date in New York City led to their marriage one year later!

Now married for more than 55 years, Madeline (Maddy) and Larry Fox have become new residents at Edenwald because, as Maddy said, “after visiting Edenwald several times, it became so comfortable that we couldn’t imagine living any place else. We loved that there was so much to do here and that the people were so friendly.”

Maddy, a speech/language pathologist, earned her Master’s degree from the University of Michigan. In her private practice, she worked with children and adults with neurological injuries, head and neck cancer, and children and teens with a variety of speech, language and learning issues. Maddy was an ice-skater and enjoyed needle crafts. Reading and listening to all types of music are also on her daily agenda.

Larry earned a degree in Business from the University of Baltimore. He was business and credit manager for several beer, wine and liquor wholesalers. Larry was a serious basketball and racketball player and enjoyed duckpin bowling. He now enjoys listening to music and watching movies.

Maddy and Larry have enjoyed traveling throughout the United States and Europe as members of groups and independently with their children and grandchildren.

Close to and proud of their granddaughter Allison, a recent college graduate, and Jake, a college freshman, Maddy and Larry are pleased to have been warmly welcomed to Edenwald and look forward to participating in our programs and events. You’ll enjoy meeting them!

WELCOME NEW STAFF



Eucharia Oparaugo is our part-time Registered Nurse for Healthcare. She's been a Registered Nurse for 14 years. Eucharia has four children. In her spare time, she enjoys reading and relaxing.



Joe Levine joined us as a part-time GNA. He has 10 years of experience. Joe has two daughters, loves football, and likes to sing.



Latisha joined us as a part-time GNA. She has 18 years of experience in healthcare. Between working multiple jobs, she likes to spend time with her two sons and she likes to relax!



Tyrone Skinner joined us as a part-time Utility worker. He has more than 15 years of experience.

In his spare time, Tyrone likes to play sports, play video games, exercise, and work out.



Madison Lewis joined us as a part-time server in the Café. She is currently in the nursing program at Coppin State University, and her goal is to become a traveling Registered Nurse. As a specialty, Madison wants to be a Certified Registered Nurse Anesthetist. She is also minoring in English.

In her spare time, Madison enjoys reading and drawing.



Morgan Lewis is a part-time dining server in the Grille. Morgan is Madison's twin sister!

She's currently attending Coppin University's nursing program. Morgan is also on the dance team at Coppin.

Morgan & Madison's mother is a GNA on Stroh Hall.

WELCOME NEW STAFF



Pam Rosellini joined us as a part-time Bartender. She has two daughters, four grandchildren and one great grandchild. She loves spending time with her grandchildren.

Pam and her husband watch Jeopardy and Wheel of Fortune every day. She also enjoys board games and playing cards.



Malachi Scott Marquez is a part-time Utility worker. He attends Loch Raven High School where he is a Senior. He's looking forward to attending college next year and will major in Business.

Malachi is hoping to attend CCBC initially and then apply to Morgan University. He has four siblings and enjoys spending time with them. He also enjoys going to the gym, playing games and watching television.



Linda Jiang joined us as a part-time Dietary Aide. Linda is appreciative of the opportunity to work at Edenwald and is looking forward to meeting new people and working with the residents.

Linda is currently attending Towson University working towards her degree in English. She previously graduated from CCBC.



Lena Smith joined us as a part-time Dietary Aide. This is Lena's first job!

Lena is a sophomore at Swan Creek Virtual High School, and she is proud to announce she is a honor student! She's looking forward to meeting and working with our Healthcare Residents.



Regina Marshall joined us as a part-time Utility worker. Regina says she truly enjoys washing dishes and cleaning.

In her spare time, Regina likes to watch TV shows.

MAKER'S MART



The Makers' Mart, held November 5, was a resident activity and they OWNED IT. It was largely due to the tremendous turnout of 45 resident volunteers who were on time, on task, and stayed to roam and cover for others. The Edenwald residents stepped up to invite over 50 of their friends, family and neighbors to visit Edenwald to see that we are a Senior Living community.

The impact on the residents was the best part.

The cloistered came out of their apartments. Residents met and worked with others they didn't know. They stayed at their "duty" stations, even past their time or roamed to help out with meaningful engagement. They bought presents and laughed over them. Then they came back and bought more, even after the event. They solved problems on their own. They went above and beyond for cleanup, thus supporting our only maintenance staff.

Bottom line, according to many, was that this brought our community together. Yes, the Residents owned it!

Special thanks to our Team Leaders:

*Paula Gemora
Joan McMahan
Edie Brown
Sharon Britton
Luddie King
Susan Killian
Stanley Herr
Pat Blanchard
Ann Reilly
Jeanette Beck
Bob Younglove
Annetta Bloxham
Connie LeMire*

And a special thank you to our unsung heroes, Marg Quigley (who made phone calls) and Linda Peters (who wrote thank you notes).

