

PICKERSGILL CELEBRATES ITS VOLUNTEERS!

Pickersgill Retirement Community is enormously grateful to all of its volunteers. An appreciation luncheon was held on April 16th to thank all of our wonderful volunteers for their hard work and dedication.



Joanne Bossel, Rosemary Berry, Brant Hart



Shirley Knode



Speaker Sally Naselrod & Board President Ann Brooke



Harpist Emily Harrigan



Kathy Osborn, Boomer Osborn, Kate Osborn,
Kate Osborn, Lenore D'Adamo, Max Osborn



Midge Taylor



Evelyn O'Connor



Guests Enjoying the Luncheon



Dick and Elinore Davidson



Barbara Moorhead

NEW & NOTEWORTHY

Pickersgill Continues To Expand Its CEU Program And Announces Its New Fall Series

As a result of the strong response to our social worker CEU program, we are happy to announce our fall series of programs. "We have tried to tailor our programs based on the requests and feedback of those who attended our spring seminars," stated Jim Strom, Senior Director of Marketing. The fall program schedule this year is as follows:

SEPTEMBER 23RD 8:30AM TO 11:45AM

Presented By: Amanda A. Jaska,

MA, LCPC, NCC, CT; Laurel Goodrick, MS, LCPC, NCC, CT; Margy McManus

TOPICS: Caring for Yourself When Your Job is Caring for Others

How Creative Expression Can Help those Who Are Grieving

3 CEU credits will be earned.

OCTOBER 9TH 8:30AM TO 11:45AM OR 1:30PM TO 4:45PM

Presented By: Gisele Ferretto, MSW, LCSW-C

TOPIC: Strategies for Ethical Decision Making When Working with Children and Families: The journey to OZ.

3 CEU Ethics credits will be earned.

NOVEMBER 6TH 8:30AM TO 11:45AM OR 1:30PM TO 4:45PM

Presented By: Gisele Ferretto, MSW, LCSW-C

TOPICS: Understanding Child Maltreatment Reporting

Requirements for Adults Who Disclose They Were Abused or Neglected as Children

3 CEU Ethics credits will be earned.

For additional information on any of our upcoming Pickersgill Educational Programs, please call Jim Strom at 410-842-0421. Space is limited for each session.

Henry Clay, Director of Housekeeping



This past spring staff and residents welcomed new Director of Housekeeping, Henry Clay. Henry brings over 24 years of

experience in environmental services and a passion for working with older adults.

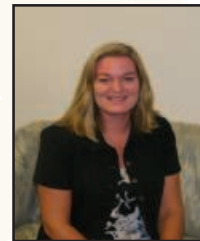
Henry comes to Pickersgill from Northwest Nursing and Rehab Center, where he served as Director of Environmental Services. Prior to that he worked at Broadmead Retirement Community as a

Housekeeping Supervisor who had responsibility for the cleanliness of 219 assisted living units as well as oversight of all laundry operators. In addition, Henry served as Director of Maintenance and Transportation for THI-Franklin Square.

"We are very pleased that Henry has joined Pickersgill," said Brant Hart, Executive Director. "He has a desired combination of experience and management skills that will be a tremendous benefit to the community."

Henry's phone number is 410-842-0412, internal extension 3024.

Karen Covahey, Director of Social Work



Pickersgill welcomes Karen Covahey as Director of Social Services. Karen was born and raised in Baltimore,

MD. She graduated from Notre Dame Prep and attended Washington College in Chestertown, MD in 1993. She earned a BA in Sociology and then took classes at UMBC, where she earned a Bachelor's of Social Work (BSW). She went on to obtain her Master's Degree from University of Maryland at Baltimore in 1998 and has had her LCSW-C since 2001.

2014 FAMILY SURVEY RESULTS

100% of responsible parties would recommend The Decker Center

Each year the Maryland Health Care Commission surveys family members of residents living in nursing facilities across the state. The following are highlights of the results of Pickersgill's 2014 Nursing Facility Family Survey:

- In 2014, 100% of responsible parties would recommend our nursing home. Statewide, 88% of the respondents indicated that they would recommend the nursing home about which they were surveyed.
- Pickersgill's rating of 8.7 out of a possible 10 for overall care exceeded the statewide average of 8.3.
- The highest rankings for our facility were received in Food and Meals and Autonomy & Resident Rights with average scores of 3.9 (on scale of 1 to 4). All other areas also scored well, receiving scores ranging from 3.7 to 3.9.

The purpose of the survey is to measure the experience and satisfaction of family members and other designated responsible parties of residents in Maryland's nursing homes. The project also compares the experience and satisfaction measures between nursing homes in Maryland.

The results of the survey are accessible to the public via the MHCC Consumer Guide to Long Term Care - an interactive web tool containing information about an array of long term care services including

nursing homes and community support services such as senior centers, transportation, and technology assistance. Facility-specific results will be posted on the MHCC Consumer Guide to Long Term Care to assist consumers in making informed decisions when selecting a nursing home for themselves, a family member, or a friend.

Pickersgill Retirement Community was compared to other non-profit facilities located in Central Maryland with 80 or fewer nursing beds.



From Left to Right: Cheryl Reynolds, Sabrina Anthony, Shakia Daniel, Marci Wilson, Lisa Clinton, Earnestine Bond, Cindy Feehley, Vici Heineman, Zennia Hawkins



From Left to Right: Desiree Maison, Vici Heineman, Lynette Burris, Cecelia Kirathi, Patricia Cole, Rosemary Henry, Molly Thomas, Joyce Miller

Karen has also been a member of the National Association of Social Workers since 1996.

Karen has specialized in long term care throughout her Social Work career. She previously worked in admissions at Stella Maris in Timonium and activities and case management at Senior Connections Adult Day Care Program in Owings Mills. Additionally, Karen has worked as a counselor for Prime Employee

Assistance Program in Baltimore and provided court-ordered custody and visitation evaluations for the Circuit Court for Baltimore County Family Support Services. After having her children, Karen worked as a preschool teacher for 5.5 years at the school they attended, Timonium United Methodist Nursery School. Although she greatly enjoyed her time there, she stated that she was ready to return to social work and decided to join Pickersgill when the opportunity became available.

Karen has been married for 17 years and has two children, a 12 year old son and a 10 year old daughter. She resides in Cockeysville, MD. When not working, Karen keeps very busy with her children and family activities. Her hobbies include reading, swimming, spending time with friends and being very involved in her children's school functions.

Karen's phone number is 410-842-0423, internal extension 3034.

SUMMER CRAB FEAST

Residents and their guests enjoy steamed crabs and fellowship.



Evelyn O'Connor, Anne Laidlaw



Jean Long



Devin Johnson and Norma Gendron



Dot Hasson and friends enjoying crabs



Trudy Lee, Jane Stiffler, Vivian Webber



Marilyn Van Tassell and grandson Michael

NUTRITIONAL COUNSELING

Improving Health Through Support, Friendship, and Education

For several weeks, Dietitian Rhonda Cohen has provided nutritional counseling and support to one of Pickersgill's Independent Living Residents. This resident wanted to lose weight and needed advice on what foods to choose, - and what foods to limit. With each passing week on her weight loss journey, this resident's smile got bigger, -as her clothes became looser.

Around this time, the Pickersgill Practitioner asked Rhonda if she would work with another resident who wanted to lose weight. During the first consultation, Rhonda was informed that a few other Independent Living Residents were also interested in losing some unwanted pounds. Realizing that there was so much interest in weight loss, Rhonda decided to form a Weight Watchers group for the Independent Living Residents of Pickersgill.

The first meeting was held on April 7, 2014. After a few minutes of discussion on how the program was going to run, everyone took a deep breath and weighed in. Ongoing Weight Watchers meetings are held every Monday at 3:30 PM in the Pickersgrille.

At every meeting the group receives a healthy recipe and

role in determining what foods we choose.

During each meeting, the group discusses personal events that have happened over the past. Participants look forward to this time to learn, share ideas, laugh, provide support, and enjoy each other's company. At the end of each meeting everyone

reports to the group on their weight loss progress. The group of six active participants has had a combined weight loss of 64.5 pounds in 19 weeks. Their progress is posted weekly in the grille and serves as a source of inspiration to others and pride to the participants. "It is not too late to join Weight Watch-

ers Pickersgill," Rhonda says. "Everyone is welcome. Our goal is to have a collective 100 - pound weight loss by the end of the year. With the dedication and determination of this group, they will easily reach their goal."



Dietitian Rhonda Cohen, Nancy Heese, Emma Chatham, Molly Golden, Joanne Chamberlain, and Mary Lou Fish

a handout about the weekly topic. The group has discussed ways to lower cholesterol and blood pressure, the benefits of different foods such as beans, garlic, onions, oils, and different spices, the benefits of healthy fats, protein, and dark chocolate, concepts of different diets on the market, such as the Mediterranean Diet; and how our moods and emotions play a

PICKERSGILL WRITING WORKSHOP

Residents Have The Write Stuff!

What better way to preserve memories, feelings, dreams, than by writing them down. In July a group of residents began doing just that, under the leadership of English teacher Tracy Hauser. Assisted by board of directors member (and retired English teacher) Jean Lillquist, and several student volunteers, every Friday afternoon from 2:00 - 3:00 participants have written about colors, moods, water, animals, Zodiac signs, mementos, and more. They've created group poems, written single sentences, and at times penned a page or more.

Most important, they're sharing memories aloud. Topics trigger recollections, often similar ones, and through these memories participants are learning more about one another, as well as themselves. It's probably safe to say the leaders and volunteers are benefiting as much as the residents from hearing about what life was like 60 and 70 or more years ago.

Everyone writes. Everyone. Residents, leaders, volunteers. Then those who wish to read their work aloud do so. This, too, generates discussion; fre-



Tracy Hauser, Charlotte Turadian, Brigitte Henning

quent questions, occasional suggestions, and much praise. The whole group decides what the topic will be for the following week so that those who wish may start thinking about it or even do some writing on their own.

Writing of course is personal, but Tracy is hoping that some of the residents will wish to share their words with others beyond the workshop family. To that end, she has provided them with a website on

which they can 'publish' their writings, and she is planning to compile contributions from each resident in a publication of some form.



Tracy Hauser leading the writing group

Editor: James L. Strom

Assistant Editor: Lenore D'Adamo
Volunteer Coordinator

Executive Director: Brant Hart
410-825-7423

www.pickersgillretirement.org

Pickersgill@comcast.net

*For Admissions information, call
Janice Harris at 410-842-0408*

Mission Statement

Pickersgill is a nonprofit retirement community with a strong heritage of benevolent purpose. Begun in 1802 by a small group of caring women, Pickersgill is dedicated to helping each person achieve, with dignity, the proper balance between independence and assistance. We take pride in our blend of traditional values with contemporary living. We provide a comfortable home and high-quality care at a reasonable cost, and promote each resident's vitality of spirit.

Pickersgill Retirement Community Board of Directors

Mrs. Brian Brooke
President

Mrs. Carlyle Barton, Jr.	Mrs. Ellen Hennessey
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Mrs. Jane S. Heill	Mrs. Stephen Tully

Pickersgill newsletter is published by Pickersgill Retirement Community for residents, families, and friends. Please call the Development office at 410-842-0409 to be added to our mailing list. Or write to us at 615 Chestnut Avenue, Towson, MD 21204, if you wish to have your name removed from further Pickersgill materials.

Annual Appeal Gifts Benefit Residents

The 2014 Annual Appeal is now underway and friends of Pickersgill will begin receiving the Annual Appeal letter in the mail by mid-October. Development Chair Jane Heill would like to thank everyone for contributing in whatever way they can.

"The past few years have been tough for charities because of the economy. However, please remember that every little bit helps! As a nonprofit organization we depend on donations from all the friends of Pickersgill. If everyone gives a little, we will go a long way in ensuring the ongoing security and permanence of Pickersgill. Donor support is enormously important to our residents," says Heill.

There are also two very special groups of contributors at Pickersgill. The Heritage Society is made up of contributors who have included

Pickersgill in their wills or estate plans. (See article below.) And leadership gifts of \$1,000 or more qualify donors for membership in the Mary Pickersgill Society.

Heill says that last year there were 35 members giving at this level. "We hope to exceed that this year, but we are so grateful for all gifts—regardless of size."

All gifts received by December 31, 2014 will be acknowledged in the next annual, report. Annual Appeal donors may direct their gifts to any of the following funds:

- **Annual Fund** supports general operations and resident activities.
- **Benevolent Care Fund** provides for residents who have outlived their assets.
- **Named Fund for the Endowment** gifts keep Pickersgill financially independent and strong to be able to provide benevolent care and other critical services.
- **Chapel Fund** gifts go towards the renovation and upkeep of our Chapel which is the heart and soul of our community.

Leaving A Legacy Gift

Many gifts come to Pickersgill in the form of a bequest. A bequest is a gift created through a will expressing your wishes for family, friends and the charities you support.

By including Pickersgill Retirement Community in your will, you are joining a wonderful group of people whose thoughtful planning is helping to ensure that future older adults will continue to have the opportunity to enjoy living at Pickersgill.

Your gift may be a fixed amount, a percentage of the estate, or all or part of the estate residue. Your estate will receive a charitable tax deduction, after your death, when the gift is made. Contact your legal advisor for appropriate language for use in your will.

Please let us know if you have included Pickersgill in your estate plans. We would like to include you as a member of our Heritage Society to recognize your generosity and vision. Contact Jim Strom, 410-842-0421, or email dev_pickersgill@comcast.net.

SAVE THE DATE!

Annual Country Fair

SATURDAY, OCTOBER 4TH, 10AM - 2PM RAIN OR SHINE

FREE AND FUN FOR THE WHOLE FAMILY!

The Blue Grass music of **THE SATYR HILL BAND**
and The Barbershop Quartet **PORT OF CALL**

Free Health Screenings • Pony Rides • Petting Zoo • Flea Market
White Elephant Sale • Antique Cars

For more information or to reserve a space for the Flea Market call Jim Strom at 410-842-0421



Photos from last years' Annual Country Fair