

# THE SERENDIPITOR

*The Brooks-Howell Home Official Newsletter*



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## Message from the Executive Director

*by Brewier Welch*

We have had a busy summer at Brooks-Howell Home, with many improvements being made in programs, services, and physical plant. In our most recent Advisory Board meeting, each member of our Leadership Team presented an update on their department. The amount of accomplishments was uplifting to hear. We truly have a Leadership Team who cares about our residents and staff, and it was very evident in their reports. Some of the highlights are listed below:

- We have added staff to our Activity Department and Tracey, our Director of Activities, has been expanding the programs offered to both our Independent Living and Health Center residents.

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- Audrey, our Director of Social Services, has implemented new Grievance policies and procedures as well as new assessment tools to be used in evaluating our residents for proper placement and care.

- Jessi, our Director of Environment Services, has implemented a new cleaning schedule to give our staff more time to clean and to accommodate the desired cleaning times of our residents. She has also successfully decreased the cost of many of the cleaning chemicals we use.

- In the Health Center, Carole, our Nursing Home Administrator, has overseen the installation of a new call-bell system and elopement prevention system. our Pharmacy has provided us, at no charge, new and updated medication carts; and we have contracted with a new Medical Director who, along with his Nurse Practitioner, will double the time spent in our Health Center to care for our residents.

- Dr. Varela, our new Medical Director will also soon be opening a Physician Clinic to treat any Independent Living residents and staff who choose to go to him, eliminating the need to travel off campus as often to be seen by a doctor.

- Rebecca, our Director of Human Resources, has found what we hope will be our new Health Insurance coverage to replace Blue Cross/Blue Shield. If it works out, our staff will still be able to go to Mission Hospital with a participating insurance plan. We will also be able to greatly reduce the premiums Brooks-Howell and our staff has to pay. We will also soon start paying time and a half for those working on major holidays.

- Ron, our Director of Maintenance, and Patti, our Assistant Maintenance Director, have overseen many major improvements. Some of these include: patching, sealing, and remarking our parking lots; refurbished our Lobby Bathrooms, and completely refurbished 5 Health Center rooms.

- Star, our Marketing Director, has succeeded in bringing in one new couple into our Independent Living apartments and ten new admissions into the Health Center with two more already committed to coming. She has accomplished this in just over two months.



- We had to replace the condenser on our walk-in freezer recently and, thanks to Maria, our Director of Food Service, everything went smoothly and no one but the staff was inconvenienced. Maria has also recently developed a relationship with a job coaching program called The Arc. Their goal is to help young adults with developmental disabilities to find a job and to succeed in the work force.

There have been many more accomplishments and improvements, but I think you get the idea. Brooks-Howell is a thriving, exciting place to live and we would love for more to come join us.

# Resident Life

Our Residents, both Independent and Healthcare, enjoy a wide variety of Activities on a daily basis; so many in fact that it would be a novel to list them all. Here are some recent activities that our residents enjoyed this summer:



Christmas in July! Staff and Residents dressed up in their nicest Christmas attire, decorations adorned the halls with palm trees, there were delicious cookies and cider, and we even had a Christmas Program in our Chapel. Who doesn't love Christmas?

The 2017 Solar Eclipse! We had an outing to view the 2017 Solar Eclipse in Maggie Valley, NC. For some of our residents this is the second time that they have witnessed the beauty of a solar eclipse.

The Cookbook! Our residents and Staff have worked very hard putting together our first Brooks-Howell Cookbook. The cookbooks will be full of amazing recipes from some amazing people.

These one of a kind Cookbooks will be for sale starting this Fall! **Please reach out to our Activities Director, Tracey at 828-253-6712 to pre-order your copy.**

## Some Upcoming Activities for the Fall

### SEPTEMBER

- 21 - Day of Peace Chapel Service & Parade
- 22 - Family Fun Activity on CHU - Drum Circle at 3:30pm
- 25 - "This is Her Life - Ann Janzen's Ministry in Alaska" - 3:30pm in the Media Room
- 29 - Movie on the Big Screen at 3pm - "Lion"
- 30 - Deaconesses & Missionaries to Western NC Conference UMW Annual Mission Service & Luncheon at Lake Junaluska

### OCTOBER

- 9 - Independents to Grandad's Apples N' Such pumpkin & apple farm
- 14 - Western NC Conference UMW Ubuntu Day of Service at Brooks-Howell - 9am-2pm
- 15 - 20 - Deaconess/Home Missioner Candidate New Testament Core Study at BHH
- 18 - New Resident Reception at 3pm in the Chapel
- 20 - Lunch Bunch to Western Sizzlin in Burnsville
- 27 - Independents trip to McDowell County Quilt Trail & lunch @ Bruce's
- 30 - Costume Party at 3pm in the Chapel

# Employee Appreciation Luau

by Rebecca Brawn



On Wednesday September 13th, the Brook-Howell community gave thanks to staff members that reached a milestone in their years of service. The dining room was transformed into a tropical paradise, and dining services provided a special lunch of slow-cooked pork and pineapple chicken. After awards were presented, residents were invited to make a statement of gratitude to all staff. It was a wonderful presentation that displayed the true dedication and caring nature of every member of staff. We appreciate everyone who made this event possible!

**Staff Honorees:**

- Stuart Bryan**- 20 years of service
- Olena Marrengulye**- 5 years of service
- Linda Hemstreet**- 5 years of service
- Vilma Marquez**- 5 years of service

# Dietary's Two Cents

by Maria Diprima

Well folks, winter just around the corner and the distant memory of the dreaded Cold and flu season is quickly becoming an eminent reality. The basics of personal protection have been drilled into our heads for years, such as covering our mouths when we sneeze or cough, washing our hands properly, and getting plenty of rest.

What about the old saying; “you are what you eat”? Most people I talk to tell me that they aren't feeling well, so they will go get some vitamin C tablets. Well, the truth is if you are feeling ill...it's too late for vitamin C. Your body needs time to build up the resistance. Along with a multi vitamin, eating foods that contain vitamin C daily is your best bet. So what kind of foods contain vitamin C?

Of course citrus fruit is high in vitamin C, so a glass of orange juice, or a grapefruit is a great way to start the morning. Do you know that Bell peppers (all colors), broccoli, peas, brussel sprouts, and dark leafy greens are also high in vitamin C.? Mustard greens are my new favorite green for salads or hot vegetable. They have a nice flavor and pair well with kale or collards. Other fruit that contains high amounts of the vitamin are: Papayas, kiwi, tomatoes, and berries. You can purchase frozen fruit during the off season that store well in the freezer and do not take too long to thaw out. They taste great with plain yogurt!



**Here are some ideas for vitamin C packed meals:**

- 1. Mix broccoli and tomatoes in with some whole grain pasta**
- 2. Sausage and peppers. Add some brown rice or barley for a nice twist**
- 3. Toss a cup of kiwi and blueberries on plain Greek yogurt, drizzle with honey**
- 4. Steam up some hearty kale in chicken or beef broth, add some beans, tomato, and rice. Hearty quick meal. Top with cheese if desired**
- 5. Have a bowl of fortified cereal with a glass of OJ ( ex. Kellogg's bran, corn flakes, total cereal)**
- 6. Roasted Brussel sprouts are good with anything!**

**So go get your daily dose of vitamin C before you get sick and have a healthy winter!**



**That's my 2 cents.**

## Find us on the Internet

### Contact Us

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Our website is now much easier to navigate and explore. By going to the "NEWS" tab on the top of the page you can see the weekly menu, the monthly activities calendar, and the newest Serendipitor! Also check out the "GIVING" for a simple and safe way to donate. We appreciate your generosity.

Also, please check out our Facebook page! It's updated a few times weekly with current events around Brooks-Howell Home, pictures of residents and staff, fun facts, and more! Finally, if you like it here, please let us know and give us a review on google.com, our facebook page and/or our yelp page. Thank you so much for your support!

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