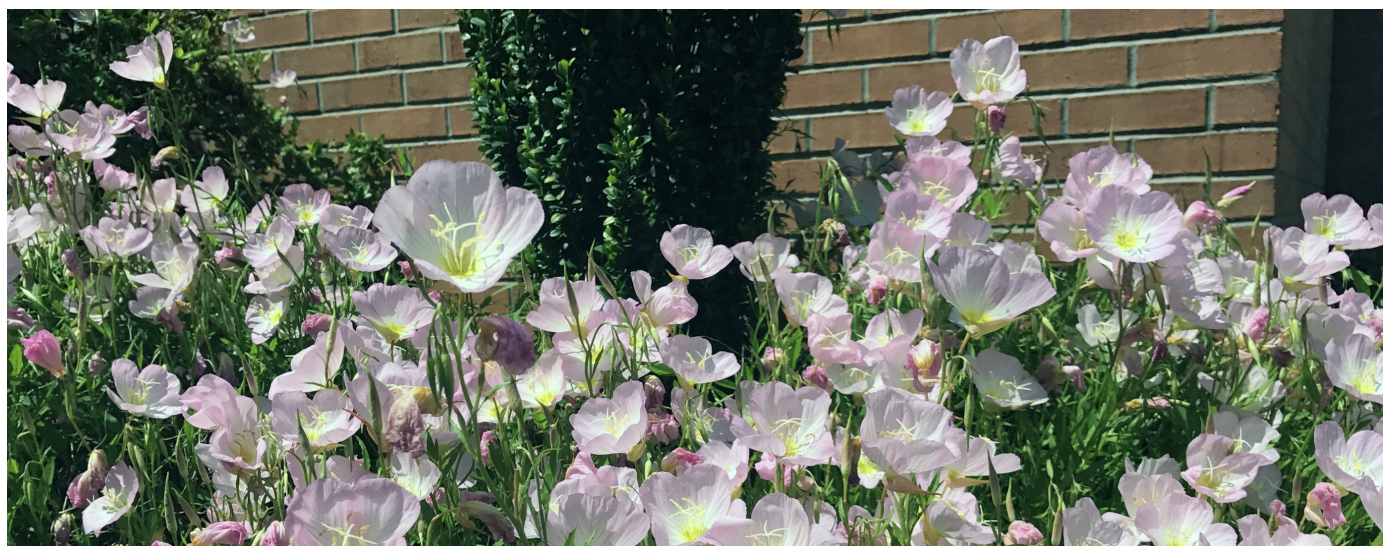


# THE SERENDIPITOR

*The Brooks-Howell Home Official Newsletter*



SPRING 2018

**MESSAGE FROM THE  
EXECUTIVE DIRECTOR**

**THE UMW 2018 ASSEMBLY**

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## Message from the Executive Director

*by Brewier Welch*

Exciting things are taking place here at Brooks-Howell, not the least of which is expanded medical services in our Health Center. You can read about these in the Medical Ministry article contained in this newsletter.

Please join us in spreading the word that our admission criteria has expanded to include United Methodist Church service workers with at least 10 years of service.

This includes both paid and volunteer positions within the church such as:

(Continued on Page 2)

Secretary/Administrative Assistant, Director of Music, Director of Christian Education, Organist/Pianist, Diaconal Minister, Parish Nurse, Financial Secretary, Custodian, Certified Lay Speaker, Delegates to Annual and General Conference, Sunday School Teachers and Superintendents, Choir Members and Musicians, Administrative Council and Committee Members, Members of United Methodist Women and United Methodist Men, etc.



Our Emergency Entrance hallway is getting a much-needed dropped ceiling, and we will soon replace all flooring on the ground floor of the Bethea Building including the Health Center CHU Wing.

Come visit us to enjoy first-hand the welcoming spirit of Brooks-Howell and join in our excitement about these positive changes.

## The UMW 2018 Assembly

*by Carole Gilham,  
NHA Administrator*

The United Methodist Women's 2018 Assembly in Columbus, Ohio, May 17-20 is quickly approaching. The Assembly's theme is a perfect representation of the beautiful, bold women of Brooks-Howell who are Called, Served, and Serving Still by Faith, Hope, and Love In Action!

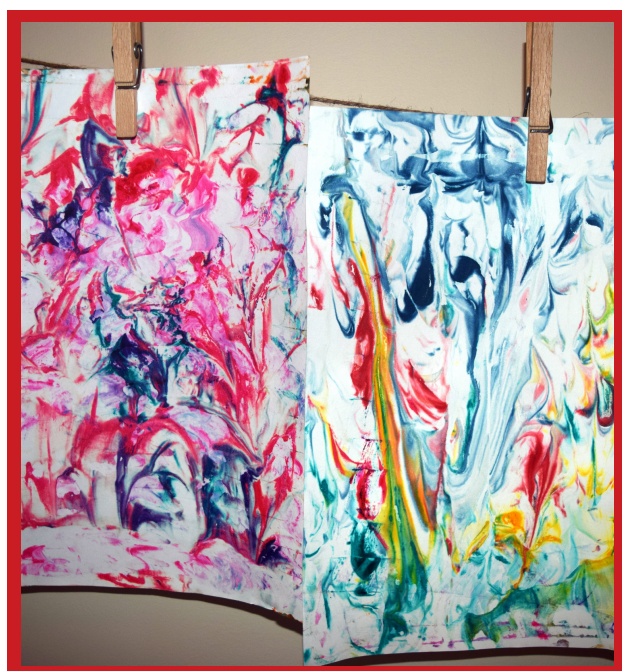
Brooks-Howell is so blessed to be a part of this celebration. When 8,000 women come together for worship, fellowship, learning, and celebration, it is uplifting, energizing, and inspiring! We are pleased to let you know we will be located at Booth #430 in Experience Hall.

Please come by and see us. Learn about all the new things happening at Brooks-Howell, inquire about old and new friends, and maybe even pick up a small goodie bag! We are excited to be there, and we are looking forward to seeing you there too!

# News from the Activities Department

by Deaconess Tracey S Owens, Director of Activities

A new activity program began in September 2017 called “Family Fun Activity”. Each month the family members of Health Center residents are invited to participate in this special activity with their loved one. This gives the families, residents and staff an opportunity to get to know each other better and interact together.



The following Family Fun Activities have occurred: Chair Square Dance, Drum Circle, Costume Party, “A Charlie Brown Thanksgiving”, Christmas Variety Show, Snow Day, Valentine’s Tea, lunch at Ichiban’s Japanese Restaurant, and an Art Show showcasing the residents’ arts and crafts. The “Wizard of Oz” Day will take place on June 1st.

The Activities Department will continue to find creative, fun and engaging activities for this new program that bring residents and families together.





# Medical Ministry

by Derek Parris BSN, RN-BC (*Director of Clinical Service*)  
and Angie Littke, BSN, RN (*Director of Nursing*)

April 7th marked the 70th anniversary of the formation of the World Health Organization. Global Ministries, the global mission agency of the United Methodist Church, has a long history of partnering with the World Health Organization on initiatives to improve health worldwide. To mark this anniversary of the World Health Organization, the Brooks-Howell clinical team launches “Medical Ministry”, a new segment in The Serendipitor. Each article of Medical Ministry will focus on the health initiatives of Brooks-Howell and will highlight a mission program of United Methodist Women which seeks to improve our global family’s health and wellness.

Brooks-Howell is excited to announce the development and roll-out of consultative medical services for our Health Center residents, and in the future, we hope to expand these services to independent residents. This adds to our already robust primary care service and spiritual support. These services include podiatry, optometry, dental, mental health, and wound care. Our health partners for these services are:



**TEAM**Health®



Over the coming weeks the clinical team will contact Health Center residents and families to see if these consultative services are of interest. These services will help ensure our residents have access to comprehensive health services which include whole body and spiritual support.

# Lessons from the Easter story in Mark

by Alycia Johnson, Chaplain

Read Mark 16:1-8. The Easter story begins in the cemetery. There's still the whiff of death in the air... Grief and sorrow are a heavy weight for the women who made their way there early in the morning. They are afraid. They are grieving. They are still taking care of Jesus. He did not get a proper burial. They didn't have time! So they mustered their courage, gathered the spices, and together make their way to the tomb at the first opportunity. They just go ahead and do what they can: together, they make their way to the tomb, clutching the appropriate spice. As they walk, they wonder: "Who's going to roll the stone away from the entrance for us?"

Lesson 1: Sometimes we need to be like them. They knew what needed to be done with Jesus' body. So they just got ready to do it, not even knowing if they would be able to get in there and do it! Not knowing how they would roll the stone away from the entrance to



Jesus' tomb did not stop them. They had a holy thing to do for Jesus. One step at a time - don't let fear of future obstacles stop us from what we are able to do today!

Lesson 2: Don't stay at the foot of the cross. Like the women disciples, like the men disciples, moving away from the cross is challenging. At first they were all afraid. It was easier to hold onto fear, and anger, and grief. What do you mean Jesus didn't stay dead? That's not the way the world works. And that's exactly the point.

The Easter news is that Jesus is still alive – in each of us. Jesus calls us, as he did the women and men disciples, to live according to the way of resurrection, not according to the world’s rules, not



according to the world’s rules, not according to the way of suffering and death. Live today knowing that death is not the end.

Live today with the joy of new life. Live today.

And DANCE! And SING! And REJOICE! He is risen! He is risen indeed!

## Companion Planting, Beneficial Insects & A Biological Pest Control Program

*by Maintenance*

Companion plants assist in the growth of other plants in several ways. They can attract beneficial insects and also repel pests, making them a key part of your biological pest control program. This type of gardening can eliminate the use of insecticides, pesticides and harmful chemicals.



Here at Brooks-Howell's gardens we adhere to the United Methodist environmental statement that “involves the stewardship of keeping and tending the land for present and future generations; as God’s creation, land has the need to be regenerated that it may sustain life and be a place of joy”.

# New Residents Spotlight

by Jill Knight

“Resident Spotlight” will feature new residents to our community. Let’s meet our Independent residents who have joined our community since January ’18.



A UMC deaconess, **Nan Gordon** arrived at Brooks-Howell in January from Gainesville, FL where she served as a deaconess for eight years providing a music ministry for homeless veterans. She saw first hand the positive results of music on those with PTSD. Prior to moving to Gainesville, Nan was a music educator in middle and high public schools for 34 years in coastal Massachusetts. Nan lives in the Village and shared “In what other retirement community would I hear live Renaissance music?” Nan not only is impressed with the vibrant community at Brooks-Howell, but also shared that living in Asheville gives her the opportunity to enjoy her passion for great architecture.



**Rich and Possie Raiford** grew up in Atlanta, GA and settled in Charleston, SC where Rich was a distributor for Peachtree Paper, and Possie worked for Prevention Research Institute. Asheville was their retirement destination to be near Possie’s sister, Ramona Turman, who along with her husband Don are residents of Brooks-Howell. And they are neighbors in the Village! They recently became permanent residents of Brooks-Howell, after temporarily making Brooks-Howell their home. Rich and Possie have been Methodists for over 20 years, and Possie is the daughter of a Methodist minister so the faith-based atmosphere feels right at home. “Our neighbors really look out for one another,” said Rich. They relish the tight-knit community, the excellent food, and the quiet life here at Brooks-Howell.



## Spring Safety Tips:

### Contact Us

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We have sprung forward once again! Using the time change is a good way to be reminded to change the batteries in your smoke detectors and to change your heating and air conditioning filters.



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