

## 216th Anniversary Celebration

In 1802 Pickersgill Retirement Community was founded as a charitable organization making it older than many other well known Baltimore institutions. For instance— Johns Hopkins University was founded in 1876, Bromo-Seltzer was invented in 1888 and McCormick & Co. opened its doors in 1889. Outside of Baltimore in 1802 Thomas Jefferson was our President, Beethoven wrote “Moonlight Sonata,” it was the Napoleonic era, and women’s fashion featured empire silhouettes

— think Jane Austen. “Pride and Prejudice” was written in 1797 and published in the early 1800s.



To say that Pickersgill established itself in the 19th century as a change-maker is an understatement. Along with a rich history of serving seniors for more than two centuries, the Community is named for one of the nation’s most famous female patriots, Mary Pickersgill, and boasts the distinction of having the oldest all-female Board of Directors in the nation.



Anne Marie Kellner, Barry Eisenberg, Sharon Landi and Faye Tully



Nancy Gerding, John Gerding and John Davis



Jim Strom, Emily McGeady and Tricia Selko



Residents Enjoying Delicious Food



Faye Tully and Jane Croft



Bill Wernecke, Robert Duvall and Ann Beery

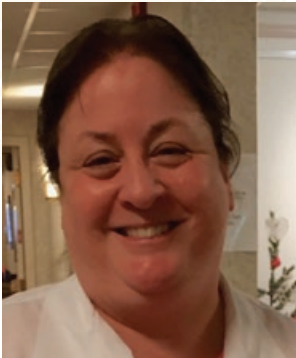
Pat Hoopes, Sally Cartwright, Jane Seipp, Thor Johnson, Midge Taylor and Bobbie Trammell





# NEW & NOTEWORTHY

## New Delegating Nurse Joins Pickersgill



Simonne Quinn, Pickersgill's new Delegating Nurse, graduated from the University of Texas with a BA in Nursing and the determination to find a job in her chosen field: obstetrics nursing. After a brief stint in surgical nursing she did indeed land that dream job

at GBMC where she worked in labor and delivery and post-partum for over six years.

So how did Simonne end up at the other end of life? Regulations and procedures and personnel changed in her field, so she followed a colleague's advice and looked into working at a continuing care retirement community. Her first job was at Broadmead where she was an evening charge nurse, responsible for emergency calls for both independent and assisted living residents. She was also responsible for overseeing the care plans for the long-term care residents.

Six years later Simonne moved to Carroll County and became the full-time evening RN at the Brethren Home just across the PA line. Once again she handled emergency calls as well as overseeing care plans for 80 assisted living residents. By that time she had fallen in love with her patients. She loved that she was "there

to help them maintain their independence as long as possible," and that she was educating "both the residents and their families."

Which brings Simonne to Pickersgill. Now a certified Delegating Nurse, she helps to oversee the plans of care for residents in Assisted Living. She assists the Resident Care Coordinator with nursing staff, teaching, helping and supervising the nursing staff. In her previous jobs Simonne was the only Delegating Nurse in the facility, but here she works as part of a team with Resident Care Director Marie Butler, which Simonne considers "a bonus."

She has found a job she loves, and next October Simonne will marry the man she loves. She and her fiancée Richard have planned not one but two honeymoons. The first will be a drive to Maine, the state where they'd both like to retire someday. The second "honeymoon" will be a celebration of their first-year anniversary, and that will be a cruise to Bermuda. All that will be left after that is a house and two dogs – she wants a beagle and he wants a boxer.

Oh, and her name? That's her mother's name, who was French. Simonne's father was in the Army and met his wife in France, and after moving around for many years the family finally settled in, of all places, El Paso, Texas, which Simonne couldn't wait to leave. It was "all desert." We're lucky she came east.

## Residents' Association Officers Elected

New officers were elected at the February meeting of the Apartment Residents' Association.

The Association acts as a liaison for the residents to the administration and Board of Directors. It also promotes fellowship and participation in cultural activities such as study groups, craft programs and social programs. Resident volunteers maintain the library, staff the Convenience Store and coordinate apartment social hours.



(Pictured from left to right) *Secretary:* Bobbie Trammell, *Vice President:* Mary Lou Fish, *President:* Elinore Davidson, *Assistant Treasurer:* Jane Seipp, *Treasurer:* Nancy Campbell



# THE GARDEN CLUB PARTY

The Town & Country Garden Club, a member of the Federated Garden Club of America, recently hosted a Garden Party where residents got to learn about flower arranging and make beautiful centerpieces of their own.



Pat Coliani



Betsy Bowen Showing Off Her Centerpiece



Residents Making Centerpieces



Marty Reid and Bea Kennedy



Audrey Stiffler



Norma Gendron



# NEW REHAB CENTER OPENS!



Residents Exploring the New Rehab Center

“Success in aging” – this is at the heart of everything that is done for the residents at Pickersgill. Hence the continual improvements, both large and small. Probably one of the largest is the new rehab facility. As Executive Director Barry Eisenberg explained, “Expanding these services is recognition of the increasing need that our residents have for outpatient therapy.” Providing increased access to state-of-the-art therapy has been a goal for Mr. Eisenberg, and with the new facility this goal has been achieved.

Anne Marie Kellner, Rehabilitation Director, has helped oversee this year-long move and expansion, and she

and her staff are very excited about the improvements. The new facility is three times the size of the previous

space. In order to accomplish that it was moved from the busy third floor to the less congested second floor. A bonus is that it is close to the flowerbeds, which come warm weather will be incorporated into treatment. The new space now provides two private treatment rooms, one with a traction table for physical therapy and the other serving as a ‘cognitive room’ for speech and occupational therapy, as well as a large open area with two more curtained treatment tables. Every patient may now be treated in privacy. The tables are hydraulic and can be adjusted to fit the needs of the resident. The piece of new equipment that Anne Marie is especially excited about is the parallel bars. “Not only are they hydraulic, but they have additional balance and step features to increase the difficulty for our residents who are working on higher level balance and gait tasks,” she explained.

If you’ve walked through the Assisted Living hallways in the past you probably saw young women and men sitting in out-of-the-way areas busily

working over computer tablets. These are the therapists who found quiet workspaces where they could. No longer. In addition to the treatment areas the new rehab facility also has workstations for the therapists. And of course Walter the therapy dog will still relax in Anne Marie's new, nearly spacious office.

And what about the now empty former rehab room back on the third floor? All Anne Marie would teasingly offer is, "There are plans! In fact, we were the first in a series of many updates to come to Pickersgill over the next three to five years. I can't wait to see how much our community changes to better serve our residents. Get excited folks!!"



Center Director Anne Marie Kellner



Marilyn Boggs, Fred Katz and Michelle Biondo



Jean Smith, Carol Long, Ann Brooke and Emily McGeady



# GAME NIGHT AT PICKERSGILL

## A Winning Strategy

Residents at Pickersgill Retirement Community and a group of University or Maryland Pharmacy students delight in getting together for game night. For quite some time it's been widely believed that children get a developmental boost by engaging in play. Today, more and more, experts are telling us – no matter your age – social, cognitive and even physical perks are available to us all by simply playing a game.



Betsy Bowen Enjoying a Game of Checkers



Residents Jack Nolan, Molly Golden and Ed Matthai Enjoying a Game of Cards

Of course play, in general, is a source of enjoyment, but specifically playing board games or card games offer unique life improving benefits which can enhance a person's health and well-being. And for best results, a dose of game playing should not just be taken once in a while but should be regularly prescribed. At Pickersgill residents partake in established bridge parties, challenge themselves by flexing their strategic muscles on a chess or checkers board and look forward to evenings spent playing Monopoly, Rummikub, Uno, Scrabble and Jenga with our dynamic student volunteers.



Residents Wally Anderson and Ruth Geppi Enjoying a Game of Monopoly



Both Residents and Students Enjoying Game Night

## Pickersgill has the perfect gift for Mother's Day or Fathers Day.

"Several years ago we created a new giving opportunity called the Named Fund for the Endowment. We think this is a wonderful way to honor or memorialize a loved one and at the same time help to ensure that Pickersgill remains independent and financially strong," says Marketing and Development Director, Jim Strom.

A Named Fund can be established for a minimum gift of \$200. After the initial

gift, a Named Fund can grow with added donations of any amount given at any time by family or friends. For example, the family members of the John Doe Endowment may choose to recognize his birthday by sending a gift to Pickersgill. As long as one gift of any amount is given each year, the named Fund will be listed in the Pickersgill Annual Report.

Each Named Fund will be invested in Pickersgill's endowment. The income

generated from the principal will be applied where the need is the greatest in support of the mission—it may not be restricted. "We're sure the number of named funds will continue to grow as families recognize the value of our endowment and its impact on the life of Pickersgill residents," says Strom. "Our endowment is the future of Pickersgill and we intend to be around a long time."

For more information about starting a Named Fund for the Endowment, please contact Jim Strom in the Development Office at 410-842-0421.

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*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

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*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.

## What's a Fidget Blanket Again?

A fidget blanket is a lap-sized quilt that provides sensory and tactile stimulation for the restless hands of someone with Alzheimer's or other forms of dementia, such as ADD, or an autism spectrum disability. They are perfect for little kids, elders or anyone who gets a settled feeling by keeping their hands busy.

Recently a group of student volunteers from the University of Maryland Pharmacy School hosted a Fidget Blanket Workshop at Pickersgill Retirement Community. Fourteen residents participated by designing, sewing, embroidering and assembling fidget blankets. The colorful creations featured zippers, ties, ribbon, strings, buttons, elastic, snaps, pom poms, braids and a variety of textures; smooth, ribbed, silky, fluffy and velvety. With a goal of making 10 blankets to give to Pickersgill residents, the project was not only extremely fun but also allowed participating residents to work with their hands, use the sewing machine, and interact with



University of Maryland Pharmacy Students  
Showing the Finished Fidget Blankets

the dynamic pharmacy students. Everyone involved agreed the project was such a success a second workshop was held.

Many thanks to the students, Dr. Brandt and the University of Maryland for planning and organizing the workshop.



Brigitte Henning Showing Her Finished Blanket

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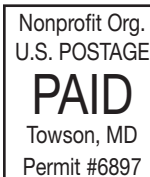


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Address Service Requested



## UPCOMING EVENTS

### **Shred, Pile or File....What to do with all of that paperwork**

Thursday, May 3rd, 2-4 pm

### **Annual Flag Day Celebration**

Thursday, June 14th, 7 pm

### **Rightsizing Fair**

Wednesday, June 20th, 1-3 pm

### **Country Fair & Flea Market Bazaar**

Saturday, October 6th  
10 am to 2 pm

