

WHAT'S THE SECRET TO LONGEVITY?

*"There isn't any secret," says 110 year-old Downing Kay.
"You just live one day at a time. You take it as it comes."*

All of our centenarians expressed similar sentiments; nevertheless, they share a common, albeit unspoken, philosophy: engage as you age. The daily activities of these five residents range from competition level scrabble matches, to participation in the Pickersgill writing group, to "taking the stairs" instead of the elevator. And above all, these residents are immersed in the social soul of Pickersgill Retirement Community.

Admissions director, Janice Harris, is fond of saying, "Life's eternal at Pickersgill."

And it's practically true! In the next twelve months three additional residents will celebrate the big 1-0-0, and right behind them are 46 residents whose ages are between 95 and 98.

According to statistics compiled from Census Bureau data and the Centers for Disease Control and Prevention say in 1980 there

were 2,194 Americans aged 100 or older; in 2010, 53,364, and in 2014, 72,197. Eighty plus is the fastest growing age group in the country, and it's likely many of us will live to celebrate our 100th birthday too.

The Staff, Board Members, and Community Volunteers at Pickersgill Retirement Community were honored to be part of the centenarian celebration. Happy birthday to Eleanor Bacon – age 100, Margaret Ford – age 103, Downing Kay – age 110, Albert Schnupp – age 100, and Linda Sennott – age 107. Very best wishes, and many happy returns.



Downing Kay

Pickersgill Celebrates Its Centenarians and Resident Downing Kay's 110th Birthday!

There are five residents 100 years of age or older residing at Pickersgill. Not only that, the ages of three of the five residents are: 103, 107 and... wait for it... 110! In her welcoming remarks, board president Faye Tully said, "The census bureau refers to our honored guests as the 'super-aged,' but those of us who know them just call them SUPER."



Wilma Zimmerman, Faye Tully,
Albert Schnupp and Stephanie Rich



Downing Kay and Jenna Griffo
Cutting the Cake



Mary Retz, Margaret Ford
and Jane Heil



Eleanor Bacon,
Barry Eisenberg,
Jinx Barton



NEW & NOTEWORTHY

Senior Olympics At Pickersgill

What better way to cap off Physical Therapy Month than with a “Senior Olympics”? All Pickersgill residents were invited to demonstrate their prowess and 60 rose to the challenge at the competition held on Monday, October 19, in the Willard Auditorium.

Physical therapist assistant Michelle Biondo was the mastermind behind the games. “I wanted to plan an activity that everyone at Pickersgill could attend and have a good time,” she said. “Everyone has a competitive side to them, so it was exciting to see the residents be a little competitive with the games and try their hardest at each station.” Michelle came up with the seven events and supplied all the materials for the activities that tested strength, balance, coordination, and stamina. Participants received a card on which to record their scores for the events and submitted these at the end of the hour and a half competition. The top score in each event was awarded

the gold medal (a water bottle overflowing with Werther’s Originals candies), and in the event of a tie a winner’s name was drawn from a hat. But no one went away empty-handed: each participant received a medal made of a Werther’s candy on a string necklace.

Resident Grace Steedman enjoyed the day. “I didn’t think I’d be able to do it all but I did it all.” Golf was her favorite; it took her back to her summers of golf and tennis and swimming. Apartment resident Elinor Davidson loved games. “It was so much fun and the events were so creative. I hope they’ll do it again next year.”



John Davis



Grace Santandreu and Mr. and Mrs. Wheeler



Mary Hurd



Doug Penniman



Grace Steedman



Olga Wagner

PICKERSGILL HALLOWEEN PARTY

Ghosts and Ghouls Were All Around at This Year's Halloween Party



Mary Nesbitt



Elinore and Dick Davidson



Anne Marie Kellner and Walt the Therapy Dog



Physical Therapy Crew and Jack Nolan



Pat Gates



Valerie Murphy



Joanne Peltz



Ed Jenkins and Molly Golden



Jack Nolan



Doug and Vinni Penniman



Christina Beltran, Emma Chatham and Bill West

COUNTRY FAIR FUNDRAISER

On October 7, visitors arrived at Pickersgill for the Annual Country Fair. Guests enjoyed beautiful weather and a variety of activities including bluegrass music, face painting, barbershop quartet and the Oriole Bird. Guests were also on the hunt for bargains and treasures from our flea market

and white elephant sales. Each year the white elephant sale and the flea market are the major attractions of the fair. Guests often line up an hour early before the sales start anticipating the treasures that they will find at discounted prices.



Tricia Selko, John Goodwin, Mike Thickman, Lenore D'Adamo and Betty Himes



Crowd Waiting to Get Into the White Elephant Sale



Residents and Families Enjoying the Band



White Elephant Sale Items



Tricia Selko, Sarah Riley, Marsha Carroll and Faye Tully



Mae Strom and Sarah Riley



Barry Eisenberg and the Oriole Bird



Pat Gates and the Oriole Bird



Robin Fletcher, Oriole Bird, Kurt Andrews and Anthony Lawrence

Pickersgill would also like to thank all the friends, neighbors, volunteers and residents who made this year's event a success. In all the Country Fair raised over \$10,000 for the benefit of our residents. We are extremely grateful for the support of our generous Fair sponsors:

Gold Sponsors

BB&T
Remedi Senior Care

Silver Sponsor

PNC Bank

Bronze Sponsor

Sodexo

Patron Sponsor

Brightview
Landscapes, LLC
Bollinger Energy Supply

Friend Sponsors

Harlan/Barnes



Outside Flea Market Vendors



Satyr Hill Band



Bake Sale Table

WRITING GROUP

The AWARD WINNING Pickersgill Writing Group

In July of 2014 a handful of Pickersgill residents came together on a Friday afternoon to pioneer a new writing group under the leadership of two retired English teacher volunteers. Three years later the group has lost a leader but increased to 14, including both independent and assisted living residents, and aside from holidays, a flu quarantine, and a blizzard, they've barely missed a weekly session.

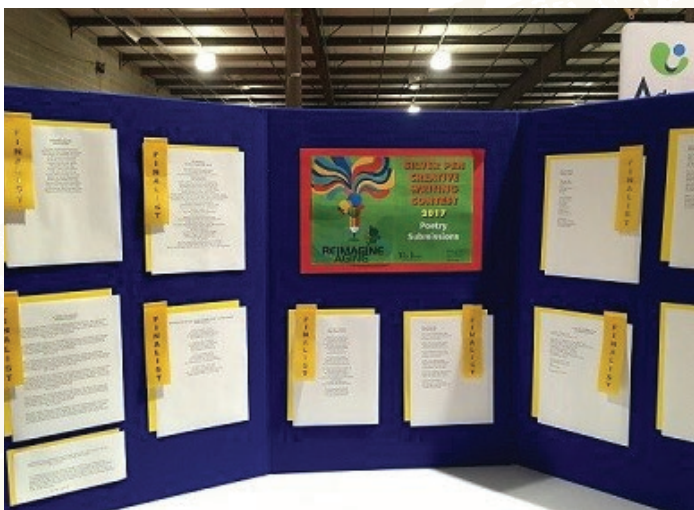
Last year five Pickersgill writers placed in the top ten in the Baltimore County Department of Aging's first Silver Pen Writing Competition. This year two Pickersgill writers were recognized at the Senior Expo as finalists and six other writers received honorable mention ribbons.

The group has become a vital part of the members' lives, from the writing to the sharing to the friendships formed and confidences exchanged. They've recalled long-forgotten memories and laughed over mutual annoyances with aging. One of the first members of the group turned 98 this year. She's had perfect attendance and intends to keep it that way. We fully expect to celebrate her 100th birthday together.

(You can now read the wonderful memories these writers have penned by going to pickersgillwritinggroup.wordpress.com. Click on menu and find our writers)



Mernie Weathers and Jane Seipp



Writing Contest Entries



Pickersgill Writing Group

Editor: James L. Strom

Assistant Editor: Jean Lillquist

Contributor: Emily McGeady

Executive Director: Barry Eisenberg

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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.

2017 ANNUAL APPEAL

It's not too late to give to Pickersgill's 2017 Annual Appeal. The campaign ends on December 31, 2017, and your support is needed. Listed below are several ways that you can offer support. Your continuing care provides Pickersgill the permanence and stability to continue our mission "to provide a comfortable home and high quality of care at a reasonable cost and to promote the vitality of spirit of each resident" for many years to come.

- **The Annual Fund** goes to the heart of what's needed most, supporting music programs, celebrations and special programs for residents. Any gift may be made in memory of or in honor of a family member or friend.

- **The Benevolent Care Fund** harkens back to the original charitable mission of the community when it was founded in 1802. This fund, available to those residents who outlive their assets, provides assistance with rent, medical, pharmacy, and other necessary expenses.

- **The Renovations Fund** will help to cover the costs associated with the Master Community Design plan

that will add new amenities for our residents and refresh the interiors throughout the building. For a list of naming opportunities please contact the Development Office at 410-842-0421.

- **The Named Fund** for the Endowment is a way to honor a friend or loved one. Each new fund is started with an initial gift of \$200 or more, and then grows with additional donations made by family and friends. Any amount can be given at any time. Our named funds become part of the principal of our endowment which generates an income flow to be used wherever it's needed.

Please consider a gift to Pickersgill's 2017 Annual Appeal. Whether you give to The Benevolent Care Fund, The Annual Fund, or The Named Fund for the Endowment, every gift matters and your support will make a difference in the lives of Pickersgill residents!

You Can Also Support Pickersgill by Shopping on AmazonSmile

AmazonSmile is a simple and automatic way for you to support Pickersgill every time you shop, at no cost to you. When

you browse on your computer or mobile device, you may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.



smile.amazon.com/ch/52-0591530

you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Pickersgill.

To shop at AmazonSmile simply go to smile.amazon.com from the web

On your first visit to AmazonSmile (smile.amazon.com), you need to select a

charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Remember to always feel free to share Pickersgill's special link: smile.amazon.com/ch/52-0591530.

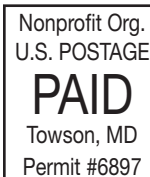


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www.pickersgillretirement.org

Address Service Requested



DECEMBER SPECIAL EVENTS

Special Holiday Programs

DECEMBER 9th

10:30am 1st Lutheran Crafts & CarolingWA

2:00pm Soprano, Deborah Saunders performs . .WA

DECEMBER 10th

5:00pm Pickersgill SingersAL DR

December 13th

7:00pm Mandolin Orchestra Christmas Party . . .WA

2:00pm Bake Cookies w/ Rhonda & NeceGR

December 14th

3:15pm Christmas Carol Sing-a-longMR

December 19th

4:30pm Pickersgill SingersMain Lobby

December 20th

2:00pm Pickersgill Residents Christmas Party. . .WA

December 29th

2:00pm Float In the New YearAR / PC DR

WA - Willard Auditorium, HL - Home Lobby, MR - Meeting Room, PC - Personal Care, 3rd flr AR - 3rd floor Activity Room,
AL DR- Assisted Living Dining Rooms, GR - Pickersgrille