

Gadsden GAB

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BG'S 30TH ANNIVERSARY CELEBRATION

Oh what a night! If you were one of the four hundred plus attendees to our 30th Anniversary Celebration, then you experienced quite a party!

From the elegant décor that highlighted the beauty of our Community, to the fabulous food, to a series of amazing ice sculptures that featured the theme of Faith and Bishop Gadsden, to posters throughout the Community that highlighted important points in our 168 year history, to a spectacular evening with dancing under the tent, taking photos in a VW Bus (see pictures below), delighting in a snack of Belgium Waffles, and enjoying the sounds of the Hot Pepper Band, it is said to have been Bishop Gadsden's best celebration—yet!

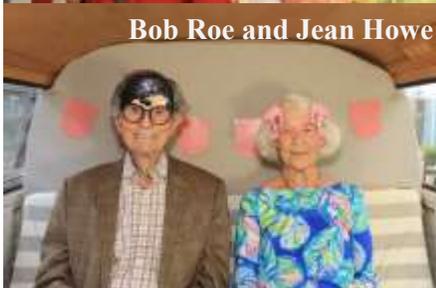
Residents, future residents, dignitaries—including City of Charleston Mayor John Tecklenburg who tickled the ivories in the Pub, board members, donors, volunteers and employees who had been with Bishop Gadsden for more than 15 years, celebrated our founding, our history, the people who made it happen, and looked to the future.

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Claude and Wendy Kemper



Bob Roe and Jean Howe



15+ Year Employees Avis Newkirk, Johnette Forrest, Charlie Campbell



Sallie and Jamie Gough



HIPAA, HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT

Dr. Bill Wilson

The Federal Government passed on August 21, 1996 the HIPAA (Health Insurance Portability and Accountability Act). This act was to protect each individual's personal protected health information (PHI) while making the same information portable. It was this act that facilitated the electronic health record push by setting safety standards. Prior to this, patient information could be much more legally shared between insurance companies, laboratories, family members, hospitals, doctor's offices, pharmacies, etc.

This was a potentially dangerous situation and facilitated situations such as:

1. Pre-existing conditions.
2. Inability to take care of patients due to their health history.
3. Information being looked at by unauthorized individuals (family members or nosey neighbors that work in a location where the information is gathered.)
4. Institutions that can make decisions on a person's eligibility status based on private information.
5. Discussing individual's private information in a public place.

As a result, companies have specific guidelines to protect and service (PHI) Protected Health Information physical, network, and process security measures that are in place and enforced. PHI is defined as any information about health status, provisions for health care or payment of health care, that is created or collected by a covered entity that can be linked to a specific individual. This covers any information whether it is electronic, paper, social media, oral or any other type of media.

It includes demographic dates, medical history, tests, laboratory results, insurance information or other data that health care professional collect to identify an individual or direct their appropriate care.

This information is protected by penalties of \$10,000 to \$50,000 per violation, and 1-5 years in jail with an annual maximum of \$250,000 to \$1,500,000. A breach in information is defined as acquisition, access, use or



disclosure of secured PHI. Health plans, doctors, clinics, hospitals, nursing homes, pharmacies, and mental health care providers are examples of a potential sources of a breach.

What does this mean to a campus like Bishop Gadsden?

- ♦ Any shared information must be kept private by all Bishop Gadsden employees. This applies to all common areas—the cafe, courtyards, hallways, etc.
- ♦ The culture at Bishop Gadsden is one of family and we are encouraged to look after each individual and protect them from harm. And, sometimes being concerned about someone's welfare gets into their personal issues, allowing us to know information that probably should not be shared by anyone except those authorized to do so.
- ♦ The openness and warmth of Bishop Gadsden is soothing and means a lot to the residents and staff but also provides a dangerous feeling of false security for protected information. This applies to not just PHI but also to other personal information.
- ♦ The Clinic staff must ensure no information is shared in the waiting room, back area, etc.
- ♦ Then nursing staff in the Cloister, Arcadia, and Myers Hall have to be careful to speak about residents behind closed doors or when no one is around.

We realize that most staff/residents/vendors at Bishop Gadsden have only the individual's welfare at heart. When asked, "How is Mr. or Mrs. _____ doing?" we cannot share this information, even though most of the time it is meant out of "true concern rather than just being nosey."

Residents please be patient with the staff at Bishop Gadsden because we are truly working for you and have your best interests at heart all the time. We will be courteous, kind, compassionate, helpful and truly interested in each resident's welfare. If asked questions about another individual resident and we do not answer or defer the question to the individual in question please understand we are only practicing a policy of protection. Keep in mind the next questions we are asked about PHI might be asked about you.

Culinary News:

Congratulations to the entire Culinary Department for an OUTSTANDING job at Bishop Gadsden's 30th Anniversary, Donor/Volunteer Celebration!



MESSAGE FROM THE PRESIDENT / CEO

Bill Trawick

There have been a series of affirmations of our Bishop Gadsden Community in recent weeks, and each has been gratifying in its diverse and unique way.

Although not first chronologically, our “168 years of Mission and Ministry/30 years on James Island Celebration” stands out as honoring an incredible achievement! The Episcopal Church Home, now known as Bishop Gadsden, is one of the oldest ministries serving older adults in the country. Today, our Community is one of the most successful and respected in senior living. There can be no doubt that the “Divine favor” for which Bishop Christopher Gadsden prayed at the prayer service when he established our Community 168 years ago has been abundantly granted! It was wonderful to celebrate it!

We received our long-awaited Medicare certification for Read Cloister, which was a huge undertaking and amazing accomplishment by all of our departments, but especially by our outstanding nursing staff.

I recently received our CARF accreditation report, and the formal documentation was just as positive as the informal report the surveyors gave orally in their exit presentation to you. We received a five-year reaccreditation, the highest level granted. This voluntary external review should be viewed as a “seal of confidence” by our present and future residents.

This week we also received our 2017 audit and it was reviewed by our auditors with our Board of Trustees. It was notable how many times the word “strong” was repeated. In addition, the audit was completely “clean” with no suggestions for improvement of our internal controls and no corrections. What a testament to all of our management staff, and especially to our dedicated Finance Department!

As you know, Bishop Gadsden was host to 16 CEOs of the top senior living communities from across the country, including Hawaii. I have to express my profound appreciation to our Culinary Services, Environmental Services, IT Department, Kimberly Borts and Cecilia Eaton, Bernard Krafsig and Laura Wilson for the work they did to make this visit such a success. Once again, not only the beauty, but the “culture” of our Community, made an indelible impression. I was so proud!

We had our Annual Strategic Planning Day, which this year we called an “update” due to all that is already in the planning process. It was a productive time in which board members, three Resident Council officers, and management staff envisioned Bishop Gadsden’s future. It is again “affirming” when planning takes place from a position of strength, and seeks ways to make our Community even stronger. It is also a reminder that, yes, we have a wonderful history to celebrate, but that we have a profound responsibility to be the best possible stewards of our future. There is no doubt this will be the case!

DR. LINDA LEAR - A BG CELEBRATED AUTHOR

Dr. Jack Hisley

Recently, Mayo Read noted that Dr. Linda Lear had been cited several times in an article written by Jill Lepore that appeared in the March 26, 2018, edition of The New Yorker Magazine. Lepore’s article, “The Shorebird”, was about Rachel Carson, a celebrated author, marine biologist, and conservationist.

Linda, a resident of Bishop Gadsden, earned her Ph.D. in history from George Washington University. In 1994, she received a grant from the Smithsonian Institution to support her fellowship at the Beinecke Rare Book & Manuscript Library at Yale University. Because of modern preservation techniques available at Beinecke, Carson had generously left all of her papers and manuscripts to the library upon her death in 1964. During her tenure at the library, Linda studied Carson’s work and authored a biography entitled *Rachel Carson: Witness for Nature*. Linda also edited *Lost Woods: The Discovered Writing of Rachel Carson*, a collection of essays about Carson’s life and her affinity with the natural world. Since completing her fellowship at Beinecke, Linda has written many scholarly works on Carson, including the introductions to the 40th and 50th anniversary editions of Carson’s most famous work, *Silent Spring*.

Silent Spring, first published in 1962, alerted the world to the enormous problems associated with environmental poisoning and was largely responsible for igniting the ecology movement. As observed by Carson scholar H. Patricia Hynes, *Silent Spring* altered the balance of power in the world. No one since would be able to sell pollution as the necessary underside of progress so easily or uncritically. Carson warned of the vulnerability of nature to the widespread and cavalier use of chemical pesticides such as DDT.

Linda also authored the book *Beatrix Potter: A Life in Nature*. Potter was the author and illustrator of many beloved children’s books, including *The Tale of Peter Rabbit*. Linda continues to write and enjoys a busy schedule of speaking engagements. Both Linda and her husband John Nickum are active in the Charleston Horticultural Society, the Coastal Conservation League, and the Charleston Library Society.

THE BISHOP GADSDEN MEWS
Faith Dodge

All of our residents have the opportunity to enjoy the beauty and serenity of our Bishop Gadsden Campus. Looking out from the balcony of a lovely apartment and seeing the green of spring brightens our spirits. A walk around the common areas with the gardens in bloom gives one a warm glow of contentment. We have a variety of types of living quarters and will in the next year have the addition of "The Glebe", which we discussed last month with the meaning and history of the term.

This month we visit "The Mews". This term did not begin with the grace and grandeur we see here at Bishop Gadsden. The word is from the French muer (to moult). In the 14th century in England the kings' falconry birds were confined in Mews during their moulting season. This reference remained into the 16th century when they became the Royal Stables. King Henry VIII's birds were kept at the "Kings Mews at Charing Cross" in 1537. This structure was demolished in the 19th century and Trafalgar Square was built on the site. The "Royal Mews" were then relocated to the grounds of Buckingham Palace where it remains today.

In the 18th and 19th centuries, London housing for wealthy people consisted of streets of large terraced houses with stables at the back that opened onto a small service street. The Mews had horse stalls and a carriage house on the ground floor and stable servants' living

accommodations above. The Mews lost their equestrian function in the early 20th Century when automobiles were introduced. After World War I, and more so after World War II, the number of people who could afford to live in the type of houses that had Mews attached fell dramatically. The Mews were converted into garages and more recently some of those ground-floor garages have been turned into living quarters.

While the term originated in London, the usage as a residential term spread to Canada, Australia and the United States. In a 2015 survey of the Mews in London, it was estimated that there were 433 original properties still in existence. Often we see developments advertised as "a Mews with intimate streets, quiet walkways, and attractive buildings with pristine settings". While a Mews Cottage at Bishop Gadsden certainly did not start as a confine for moulting hawks, nor a stable for horses and carriages, it does have the intimate streets, quiet walkways and a pristine setting. Many of our residents often walk through our Mews area. It is a peaceful setting with the lovely pond and gracefully flowing fountain surrounded by the ten Mews Cottages. It is a wonderful way to begin your day. If you haven't done so lately, treat yourself to this serene setting, and, while getting your daily exercise, you can enjoy the beauty. On special days you may also have the excitement of watching a yacht race.

THE BISHOP GADSDEN
2018 CHARITABLE FUND APPEAL
Kimberly Borts, Director of Charitable Giving

BISHOP GADSDEN

2018 Charitable Fund Appeal

Bishop Gadsden has officially kicked off our annual fundraising drive for the 2018 Charitable Fund!

This year we celebrate 30 years of being on James Island and 168 years of being a mission-focused Community. From our early beginnings, care and concern for others have been at the heart of who we are. The past support from our

Community—residents, staff, future residents, friends and family—demonstrates the belief in that mission and, for that, we are grateful.

The Charitable Mission Committee is seeking to raise about \$620,000 this year to support eleven residents needing assistance. These residents happen to represent every area of our community. In addition to meeting this need, we have a secondary goal of supporting outside charitable organizations. If we support outside organizations at the same level as last year, we will need to set our goal for the Charitable Fund at \$825,000.

As for the chosen charitable organizations, we are thrilled to announce that Vantage Point Foundation (assisting post 9-11 veterans and their families as they transition to civilian life) was the resident top choice for 2018 and they will receive 50% of the funds raised. The next top three charities were Lowcountry Food Bank (for their backpack buddies program), Sea Island Habitat for Humanity (to help fund the building of a home in the Ferguson Road Community), and Turning Leaf (working with incarcerated men to complete probation and stay out of prison). These three organizations will equally receive 50% of the remaining funds raised.

Donations can be made anytime between now and December 31, 2018. Bishop Gadsden gladly accepts gifts of cash, credit card, stock, IRA, or residents can add their donation to their resident account, and staff members can choose payroll deduction.

Should you have any questions, please contact the Charitable Giving Office and look for a report each month in the *Gadsden GAB* on the progress of our fundraising.

BACK IN TIME: THE ERIE CANAL

Dr. Jack Hisley



Overland cost of transporting goods in early America was a major limiting factor for population growth. For example, food that could not be transported to market by water was priced higher than most people were willing to pay. Canals clearly were the solution. The country's east coast was separated from the fertile, rapidly growing west by a series of mountain ranges. Those who lived west of the Appalachian Mountains had no option but to send their crops down the Mississippi River to reach the markets.

From Maine to Alabama, the only gap in the Appalachians was where the Mohawk River flowed into the Hudson River near Albany,

NY. The idea of connecting the Great Lakes to the Hudson River had been dismissed for years as being hopelessly impossible. Thomas Jefferson thought the idea was "a little short of madness." DeWitt Clinton did not.

Clinton was mayor of New York City, then governor of New York State in the early 1800s. As governor, he presented his vision of constructing a canal connecting the Hudson River with the Great Lakes to the New York legislatures. A seven million-dollar construction budget was passed. When the federal government refused to provide assistance, New York decided to go it alone. The project was huge. The Erie Canal would be the longest such waterway in the world, covering a vast 363 miles with 83 strategically placed locks throughout the wilderness. The canal was finished in 1825 ahead of schedule and under budget.

Before the Erie Canal was built, the cost of transporting a ton of flour over land from Buffalo to New York City took three full weeks and cost \$120.00. By using the new canal, the shipping cost was reduced to a mere \$6.00 a ton, and the transportation time lowered to 8 days. Produce that had once flowed down the Mississippi River now moved eastward through the Erie Canal. In 1800, nine percent of America's exports passed through the Port of New York City. By 1860, 62% of exports passed through New York's rapidly growing port. In 1823, the population of NYC was 123,000; by 1860, the population had increased to 814,000 because of the Erie Canal. Thanks to DeWitt Clinton's vision and persistence along with New York's original investment of seven million dollars, by 1840, NYC had become the country's largest financial market.

NEW APPROACHES TO A PESKY PROBLEM

Sallie Gough

If you have a phone, and if you have called to some company, firm, store, or business, you have probably had the experience of having a service representative from another country being connected to you. You pretty quickly know this because: you can hardly understand the representative, the accent is close to unintelligible, or he/she is talking too quickly. Even though his or her name is a common American one, such as "Jeff" or Nancy", you are sure it's just a ploy to hide the real country of origin. Now it's time for your frustration level to begin, and grow exponentially!

Possible approaches are to request to speak to someone in the United States (that is your legal customer alternative), demand to speak to the supervisor, or just lose your temper and hang up. You have just gotten absolutely nowhere.

Recently, one of our BG residents came up with a new and very effective direction to take. She had frequently had trouble, and dreaded each time such a call needed to be made. So, she prayed for a new attitude, for a pleasant approach and lots of patience before dialing the number. And it worked for her! She stuck with the representative, politely asked for slower speech, to have words and phrases repeated. And she emerged from the call without having "unraveled" (her word). About an hour later, she

received an email from the representative she had talked with, thanking her especially for being so kind, patient, and polite. He also assured her that the order was confirmed and on its way. Have you ever received such a response?? That she received those words at all highlights that the job of the representative can't be very easy with so many of us not clearly understanding, and growing impatient. Looking at the problem from the other side was a real "aahaa" for her. She is finding it easier and easier to cope with all sorts of frustrations, not just the phone calls.

Another approach recently taken by a BG resident was to involve the representative in a conversation as he had to ask her to wait on the line with him. It was a call to the cable company; the representative trying repeatedly to get a signal through to her remote TV box. Her idea was to ask what he planned to have for supper. How many in his family? Where did he live? Just friendly questions that helped to pass time pleasantly enough for both parties.

Two sides to every story, every incident...different and effective ways to make it through to the other end...not necessarily with success...but at least without raising your blood pressure.

B G C R O Q U E T
Croquet Committee

Phew! The seasons and events fly by on the Croquet Court. We are all busy enjoying the play of the game as well as being with friends, new and old, joining us on court. If you wish to participate in Croquet Events, please stop by the Activities Table and check if there is room. We are experiencing an overwhelming response to croquet. The good news is: residents are truly enjoying playing croquet with one another.

We are blessed to have our court; and, your Croquet Committee is working to figure out how to best make the court work for all residents who wish to be a part of croquet. Our one court has been divided into two half courts, Court One and Court Two. Each of these courts can accommodate only eight players at one playing time. The maximum number of participants for Wine and Wickets has been set at 32 with each group of 16 players given 2 time slots of twenty-five minutes of playing time each. We are making sure that we work with those who have signed up for an event. We take folks from the waiting list in order of sign up. We regret that there is not enough room for everyone. Please sign up early if you want to join in. There is a lot 'A Foot' these coming months. Please note many changes. We want to let you know what is happening:

Saturday, May 5: Derby Day Croquet Wine & Wickets. The afternoon fun begins at 2:00 PM. If the sign up is full, come join us in the cheering section as we watch the fun and help judge the best hats.

We are turning our Croquet Clock back or forward several hours this summer due to sun and heat. Many activities will be held either earlier or later in the day so we can avoid the mid day.



AS OF MAY 13, the following times will apply to many events over the summer:

| | | | |
|-----------|------------------|---------|--|
| Monday | Wicket Women | 9:00 AM | |
| | Free Play | 5:00 PM | Everyone invited to arrive at court and play |
| Tuesday | Mallet Men | 9:00 AM | |
| | Free Play | 5:00 PM | |
| Wednesday | Free Play | 5:00 PM | |
| Thursday | Competitive Play | 5:00 PM | White required and competitive play only |
| Friday | Free Play | 5:00 PM | |
| Saturday | Free Play | 5:00 PM | |
| Sunday | Free Play | 5:00 pm | |

Our talented croquet committee is busy creating some really snazzy events for the summer: we are calling it "SIZZLING SUMMER CROQUET:

- ◆ Saturday, June 9, Swing into Summer with Morning Croquet Play and Evening Happy Hour at the Regan Pavilion.
- ◆ Tuesday, July 3, Celebrate the Red, White & Blue with Morning Croquet and Evening Pot Luck Cook-Out at the Regan Pavilion.

If that is not enough for you, we are working hard on some other very exciting events that we hope to present to you this Fall. Happy Summer, Happy Life and Happy Croquet!

C O N N E C T I O N S C O R N E R
Marisa Lynch, Home Care Director



I'm asked often by residents, "How is business going?" and my automatic response is, "We are staying busy!" To be more specific, in 2017 BG Connections provided close to 33,500 service hours to BG residents and clients off-campus. As a comparison, 19,800 total service hours were provided in 2016. The growth of clients served off campus from 2016 to 2017 was 36% and 2018 is shaping up to be the busiest year yet. I truly appreciate the residents and clients our team have been fortunate to serve thus far and our wonderful, dedicated caregivers and office staff!

Questions or comments? Contact Marisa Lynch, Home Care Director, or Susan Kyle

-Bell, Services Manager, with any home care questions.

marisa.lynych@bishopgadsden.org or (843) 406-6379

susan.kylebell@bishopgadsden.org or (843) 406-6161

The GAB Electronically! If you would like to receive the GAB electronically, email stephanie.ochipinti@bishopgadsden.org to be placed on the mailing list. The GAB is always viewable on our website—**www.bishopgadsden.org**.

SHORT ESSAYS ON NATURE AT BG: # 9 LICHEN

Norman S. Walsh and Katy Huger

I found lichens very interesting because I had already written essays about fungi and algae. Lichen is fascinating because it is the result of an association between the fungi and algae (sometimes fungi and cyanobacteria). This is a special relationship called symbiosis in which two organisms live as one.



lichen is called the “thallus”. One definition of thallus is: a plant body that is not differentiated into leaves, stems, roots or a vascular system.

There are three types of lichens: crustose (crust-like and more flat), foliose (leaf like) and fruticose (tube or beard-like strands). Identification

is based upon their physical characteristics. They can be found on our trees, light poles and other structures.

Classification of lichens is complex because there is no natural place for lichen in the scientific system of the five Kingdoms. Algae are in the kingdom of Monera and fungi are placed in a separate kingdom of Fungae. Lichens are an anomaly because they were classified before it was discovered that they were the combination of species from two entirely different kingdoms. They have created a conundrum for those who strive to create a neat classification system: lichens are not in any kingdom!!!

How does lichen live? In the relationship, the fungus provides the substrate and water for the algae. The algae provide the products of photosynthesis and they share nutrients. Lichens are epiphytic meaning they don't live freely but must attach to something such as a rock, tree or light pole. Their reproduction occurs usually by having a piece break off and spread by wind or rain. Most lichens are a few inches in size but some may be as wide or long as 3 feet. They can have a range of bright colors including red, orange, yellow and green with hues of grey and black. The physical structure of

Lichens prefer moderate climates but also live in extreme climates such as the arctic, alpine and desert regions. However, they are very sensitive to pollution and are analogous to the “canary in the coal mine” for detecting air pollution. Reindeer (caribou) depend almost entirely upon Fruticose lichens for their winter food source. The deer dig them from under the snow. Arctic warming could result in the death of these lichens and the death of reindeer that depend upon them. The typical life span of lichens is 100 to 600 years. However, some crustose lichens in the arctic have been estimated to be 8,600 years old.

The best places to find lichens at BG are on our trees in the woodlands. The photograph here is of a foliose lichen on one of our light poles.

Since the *GAB* does not allow space for lots of photographs, please go to:

[BG Life > Activities > Nature > Lichens to see examples of these lichen types at Bishop Gadsden](#)



A WALK FOR PARKINSON'S

Barb Mann

On Saturday, June 2, the Parkinson's Foundation will host its first annual “Moving Day, Charleston, A Walk for Parkinson's”, at James Island County Park-Edisto Hall from 9:00 AM to Noon. Bishop Gadsden residents will have a team walking that day. Please sign up to join us by going to www.movingdaycharleston.org The walk is only one mile and starts at 10:00 AM. If you do not want to walk you can come and cheer your team on.

The purpose is not only to raise money for research, but to unite the community in the fight against Parkinson's disease. Funds raised through Moving Day will support cutting-edge research and community programs to improve the lives of people with Parkinson's disease and their families.

More than just a walk, Moving Day Charleston is a celebration of movement and will feature a kids' area, dog agility course, resource tent, and Parkinson's Experience along with a special Movement Pavilion showcasing Rock Steady Boxing, yoga, dance, Tai Chi and other activities—all proven to help manage Parkinson's symptoms.

Join the Bishop Gadsden Team by going to www.movingdaycharleston.org. If you have questions or problems registering, please contact Comfort Richardson or Barb and Dave Mann.

Parkinson's disease is a slowly progressive neurologic condition characterized by involuntary trembling (tremor), muscular stiffness or inflexibility (rigidity), slowness of movement and difficulty carrying out voluntary movements. The symptoms vary greatly between individuals. While there is presently no cure for Parkinson's, there are many treatments that can alleviate symptoms, such as medications, exercise programs, and other practices.

There is also a local Parkinson's support group that meets the second Sunday of each month at 2:30 PM at Roper Saint Francis Hospital. For more information contact Jay Phillips at jayphillips@homesc.com or Barb or Dave Mann. We hope to see a big group from BG at Moving Day on June 2!

WHAT'S HAPPENING!

Jenny Juhasz, Britt Lock, Cecilia Moore, and Christy Smith



April's *Myers Hall Way Award* recipient is well known throughout the entire Bishop Gadsden Community. Many clues about this person will give him away, so I'm saving those for last. This person loves reading, especially a good history book. Visit his apartment, and you'll see a lifetime collection of wonderful books. Clever and smart, he can remember details and stories from many years ago and enjoy sharing them with residents and staff. Staff members love working with this resident he told me, "The staff are so nice and pleasant every time I see them."

This resident has lived at Bishop Gadsden since 1999 and has just recently joined the Myers Hall family. He has quite the following at a very popular program known as Current Events. Please join me in congratulating Noel Ferguson as this month's *Myers Hall Way Award* recipient.



Her Gift
By Nancy Cramer

My mother played the piano
...played any song in any key
She never had a lesson
That was her gift, don't you see.

When dinner time was over
And the dishes put away
She would sit at the piano
And softly start to play.

At first she'd play by memory
Of songs from days gone by
And then she'd say, "Come join me"
And we'd sing – just she and I.

My would dad would fold the paper
Turn his reading lamp down low,
Recline his head and listen
To the music's ebb and flow.

We had our favorites, Mom and I
And Daddy had some too.
He'd have us sing, "My Buddy"
Before the night was through.

Often time we'd harmonize
I'd sing high – she'd sing low
She made me oh so happy
That was her gift, don't you know.

VOTER REGISTRATION

Marcy Walsh

In order to vote in the SC June 12 primaries you must be registered by May 12 and have a photo ID. Make sure you are ready! Come to one of the following:

Myers Hall Activity Room
Wednesday, May 2, from 1:00 PM to 3:00 PM

Anderson Conservatory
Thursday, May 3, from 11:30 AM to 2:00 PM



Assistance will be provided for:

- Verification check on your current registration.
- Obtaining a duplicate if you have lost your registration.
- New registrations (anyone who moved here from outside Charleston County.)
- Changes of address within Charleston County (this includes moving within BG campus if your mailing address changed.)
- Information and applications for absentee ballots.

Residents, staff and employees are welcome to come either day. Please bring your registration card and SC driver's license or passport, if you have one; official SC photo ID if you are registered and do not have a driver's license

(The League of Women Voters and Charleston County Election Commission are assisting BG volunteers.)

WHAT'S HAPPENING!

Jenny Juhasz, Britt Lock, Cecilia Moore, and Christy Smith

Mark Your 2018 May Calendars

Tuesday, May 1, at 11:30 AM

Village Shop Special Event:
All Your Travel Needs
Anderson Conservatory

Tuesday, May 1, at 4:00 PM

Meet the Candidate: Democratic Party
Blackmer Hall

Friday, May 4, at 3:00 PM

Reversing Cognitive Decline with
Dr. Caroline Smythe
Blackmer Hall

Saturday, May 5, at 3:30 PM

Cinco de Mayo Fiesta with
Music by Vamos Cantandos
Morse Activity Room

Tuesday, May 8, at 3:00 PM

Audubon SC Lecture:
Overview of the Francis Beidler Forest
Myers Hall Activity Room

Tuesday, May 15, at 11:30 AM

Village Shop Special Event:
Last Chance Sale
Anderson Conservatory

Tuesday, May 15, at 3:30 PM

Travels with Eliza Chrystie
Myers Hall Activity Room

Saturday, May 19, at 11:00 AM

Waters Edge Great Dane Rescue
Morse Activity Room

Saturday, May 19, at 3:00 PM

Asako Kremer's Music Student Recital
Morse Activity Room

Tuesday, May 22, at 3:00 PM

Kathryn Smith's Illustrated Lecture:
How Shirley Temple Saved America
Morse Activity Room

Monday, May 28, at 3:30 PM

Patriotic Tunes with Alton Cox
Morse Activity Room

Charleston May Events Calendar

Please note, these are not Bishop Gadsden events; therefore, no transportation is provided.

- May 2-6 N. Charleston Arts Festival
Various Locations
843-740-5854
- May 3 Evidence of a Siege: Rediscovering the
Revolutionary War Siege Lines
The Charleston Museum
843-722-2996
- May 5 *Puccini's Tosca*
Gaillard Center
843-242-3099
- May 12 Migratory Bird Walk
Center for Birds of Prey
843-971-7474
- May 12 *Macbeth*
34 West Theater
843-901-9343
- May 22 The Atlantic Cup
Charleston Maritime Center
401-619-4840
- May 24 Hands on History Workshop:
Codebreakers and Spies
Charleston Museum
843-722-2996
- May 25 Spoleto Festival USA Begins
Various Locations
843-722-2764
- May 30 Garden Strolls & Wine Tasting
Middleton Place
843-556-6020

Resident Update Meetings

Myers Hall: Thursday, May 10, at 3:00 PM
Myers Hall Activity Room

Apt/Cots: Wednesday, May 16, at 10:00 AM
Blackmer Hall

Read Cloister: Monday, May 21, at 4:00 PM
Morse Activity Room

HAPPY MAY BIRTHDAYS

| | | | | | | | |
|---|------------------|----|----------------|----|--------------------|----|------------------|
| 1 | Nada Arnold | 7 | Berthe Cowles | 14 | Peter Read | 21 | Dennis Maxwell |
| 2 | Elaine Heckelman | 7 | Susanne Emge | 15 | Jane Dickson | 22 | Joseph Heckelman |
| 3 | Jill Messervy | 8 | Louise Rainis | 15 | Carol Green | 23 | Margaret Neville |
| 4 | Eleanor Akers | 9 | Nancy Cramer | 17 | Jim McRae | 23 | Doe Warren |
| 5 | Jack Hisley | 9 | Betty Howell | 17 | Kathleen Xidis | 25 | Jeanne Dalton |
| 5 | Mary Jordan | 9 | Alex McMillan | 18 | Betsy Clawson | 25 | Cheves Smythe |
| 5 | Pete Wyrick | 11 | Katie Kelsey | 18 | Courtenay McDowell | 25 | Bo Turner |
| 6 | Barry Bonk | 12 | Wally Briedis | 18 | Anne Moss | 26 | Carl Helms |
| 6 | John Buchanan | 12 | Jean DeElorza | 19 | Bud Brawner | 29 | Frances Grimball |
| 6 | Bob Roe | 12 | Will Stewart | 19 | Mimi MacNeish | 31 | Riley Kash |
| 6 | Ginny Schroeder | 13 | Mary Van Every | 19 | Carol McLaren | | |

Welcome New Residents

Bob & Pat Prioleau

BG EATS OUT: PURLIEU

Adelaide Wallinger

Walking through our BG Café has become a fun experience for me—folks stop me, asking if I've tried this or that restaurant. And most of the time I have not. So I keep a list of all your suggestions and I hope I live to visit them all.

The Boatwrights, Lee, Field and John, found PURLIEU, as did my Toogoodoo Creek neighbors Donna and Rick Hendrix, who have a place at the Bristol. At first I thought PURLIEU stood for the rice dish we all love in the Lowcountry. But that's not it at all: Purlieu (pronounced purr-loo, like Waterloo) means a piece of land on the edge of a forest.

PURLIEU comes with quite a pedigree: John Zucker of Cru Catering graduated first in his class at Le Cordon Bleu. Now John has his little French bistro tucked on the corner across from Burke High School at 237 Fishburne Street. Since it is cozy small, don't come without a reservation—it seats fewer than 30 people at a seating and most tables seat either two or four people. One table can seat eight and there are a few seats at the bar overlooking the kitchen.

The reclaimed wood ceilings, charming as they are, make the restaurant noisy—our noise level app confirmed that. But the atmosphere is happy, the service good and the food absolutely marvelous.

Our neighbor Bob Hoopman came with us and ordered the special of the evening, SOFT SHELLED CRAB (\$26)—it was a very nice-sized one and Bob enjoyed it. (This has been a very good season for soft-shelled crabs – I've had them three times and loved them all.)

Scott had his favorite CHEF'S BOUILLABAISSE (\$29) with crab, mussels, shrimp and fish. I had the 7-ounce SKILLET HANGER STEAK (\$26) with red onion, celery root hash, bordelaise sauce, horseradish crème fraiche and



fried celery root. My steak was served on a bed of potatoes shaped like croutons.

When we arrived, we ordered wine and shared an order of delicious thin FRENCH FRIES (\$5). Then came SALMON TOAST (\$11) featuring cured salmon, toasted marble rye, cream cheese and everything spice. (So simple we will try this at home with the

generous smoked salmon at BG's café salad section near the drink station. Missing will be the EVERYTHING SPICE so we'll have to craft our own.)

Curious to see what PURLIEU'S P237 BURGER (SINGLE \$10, DOUBLE \$15) was like, Bob and I each ordered one, took a bite and then had it boxed to bring home. Very reasonably priced, it is full of flavor with American cheese, Brown's court bun, Dijon, mayo, iceberg lettuce, caramelized shallots, pickled lunch box pepper and French fries. The pickled lunch box pepper really makes the burger and the delicious caramelized shallots don't hurt a thing. It's hard to beat a scrumptious hamburger like this one.

PURLIEU has an excellent selection of French wines, my favorite—all served in straight-up bistro glasses and reasonably priced. I admit I missed stemmed wine glasses that add to the flavor for picky me. Dessert to share was a five-layer CHOCOLATE CAKE (\$8) made in the kitchens of Cru Catering—we all enjoyed it.

To get to PURLIEU cross the JI Connector and take a right at the Lockwood Drive North Exit (where Calhoun Street begins). At the stoplight near the old Ashley River Bridge, keep going straight. Pass Brittlebank Park on Lockwood and curve around into Fishburne Street. Go through a stoplight and when you see Burke High School on the left, look to the right for PURLIEU, at the corner of Fishburne and President Street.

CHAPLAIN'S UPDATE

Rev. Tom Wilson, Director of Pastoral Care

Ruth and I have for months planned this week's trip to New York City. We were going to a Broadway Show, planning to eat well and to walk a lot. Also, our youngest child was joining us, on her way to a wedding in Connecticut. All in all, it was going to be a relaxing get away.

Instead, I spent the last few days enjoying a "staycation", along with Sydney our puppy. Sydney had been sick but was now well; what we had not "planned" on was that she could not be with other dogs for three weeks.

What saved the day (and my vacation) was "acceptance." For most of my life I thought that "acceptance" meant I had to 'want' what I was accepting. Not so.

Today, after considering alternatives, I try to embrace the new reality, rather than what I had planned. By saying that I accept something, I really mean asking- "OK God, what am I supposed to do with this...?"

Funny thing is, I have never received an answer to that question that urged me to gripe, complain, and feel sorry for myself or otherwise to act like a martyr. In truth, I have been encouraged to embrace the reality before me, making the best of it, all while smiling.

This time, by accepting that plans had changed, I have enjoyed long walks with Sydney (perhaps longer than I might have walked in NYC.) In addition, this unplanned time in town gave me an opportunity to complete items on my to-do list; plus, the bonus was getting to know friends while eating out.

All in all, I am relaxed and have had a good time. I have no idea if staying was better than going. What I do know is that staying and looking for the benefit, was far more fun than complaining.

PICCOLO SPOLETO FESTIVAL

Britt Lock, Resident Event Coordinator

Annually presenting over 500 performing, literary, and visual arts events, the 17-day Piccolo Spoleto Festival transforms Charleston into an exhilarating celebration of cultural vitality and diversity. With a focus on accessibility and community participation in the arts, Bishop Gadsden is proud to be a free host site to four talented acts this year.

With hundreds of applicants from around the United States representing all types of music genres, dance disciplines, and creative writings, choosing the right fit for Bishop Gadsden was an achievement in itself. I found myself going back and forth with different thoughts... "Will the residents like it, will they come to this performance?, Will this capture their attention?, Will this be too contemporary?, Will this be too long?" You could say I was having a real Goldie Locks moment.

Kicking off the 2018 BG Piccolo Series on Friday, May 25, at 4:00 PM in the Chapel, will be Tesoro, the gypsy jazz violin and guitar duo who specialize in music of 1920's, 30's, and 40's. The music is upbeat and festive. "Step Back in Time" with them to Charleston's Golden Age. Next on the list, we have Small Opera



Piccolo Spoleto

(SMOP), performing at 1:00 PM in the Chapel on Saturday, May 26. Small Opera loves bringing pop-up opera to the community. Join them for a fun performance of "Nomadic Vocal Drama." SMOP makes this timeless art form fun, fresh, and offers a variety of beautiful music. On Friday, June 1st, at 1:00 PM in the Chapel we host Dancing Sounds. This dynamic duo hailing from Miami, Florida promises to deliver a

show you won't forget. Like a detailed tapestry, these two musicians weave sounds together creating a truly unique combination of timbre, percussiveness texture, and most importantly, color. Closing our program on Sunday, June 3 in the Chapel at 4:00 PM, is Lucia Ensemble. They will present "Like a Child at Home," which features a string quartet and music that moves between classical composers, and contemporary composers writing in the classical tradition.

In addition to the spectacular presentations on campus, we will be attending some remarkable performances in town too. Check out the full listing of events in the Spoleto Book at the activities table. I hope to see you at one of the shows, and that you will find at least one to be "just right" for you!

IN LOVING MEMORY

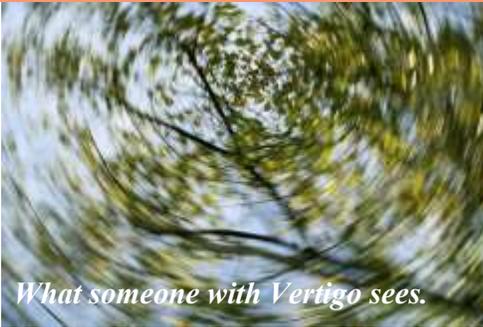
John McTavish
5/23/1926-4/21/2018

The Rev. John Ball
4/26/1923-4/26/2018

The GAB Electronically! If you would like to receive the GAB electronically, email stephanie.ochipinti@bishopgadsden.org to be placed on the mailing list. The GAB is always viewable on our website—www.bishopgadsden.org.

DOC TALK: VERTIGO
Dr. Jack Hisley

Vertigo, a sensation of whirling, spinning, and constant motion, is particularly troublesome for those of us who are always aware of balance and falling. Affected individuals often feel the displacement toward one side, and the disturbed balance prompts the need to grab on to something (or someone) for support. If the onset of vertigo is sudden and severe, a fall is likely. Prior to its onset, one may experience a fullness in one ear, eye movement, giddiness, or dizziness. Those who are prone to motion sickness may also experience nausea and vomiting.



What someone with Vertigo sees.

While there are many causes of vertigo, one of the most common stems from a viral infection of the inner ear, called labyrinthitis. This condition is self limiting and usually subsides within 7 to 10 days. Benign Paroxysmal Positional Vertigo (BPPV), another common cause, is generally thought to be due to “debris” (an otolith, composed of calcium carbonate crystals) that has collected within the canals of the inner ear. It is usually triggered by specific changes in the position of the head. Meniere’s disease, a third and less common cause of vertigo, is characterized by dizziness, ringing in the ears (tinnitus), hearing loss, and a sensation of fullness in the ear.

Balance is a complex automatic function. Most of the time we do not give balance a second thought. Balance involves a normally functioning inner ear, along with an intact neural pathway along the auditory nerve to the brain. The brain interprets the incoming signals, determines the body’s position, and, with the assistance of the cerebellum or coordinating center, controls our muscles and tendons to ensure steady balance. Muscle strength is also a key factor in maintaining balance.

The inner ear is our anatomical gyroscope. It contains three connected canals that are filled with fluid. As the head and body change position, gravitational pull causes the canal fluid to shift, which stimulates tiny nerve endings. The information about our body position is then transmitted to the brain, and balance is maintained.

Benign Paroxysmal Positional Vertigo (BPPV)

As we age, tiny sand-like granules (otoconia) may accumulate in the inner canals and block the free flow of fluid. False information about the body’s position is then transmitted, and dizziness results. The lower inner ear canal is involved 90 percent of the time, so most people experience this form of vertigo when lying down. Tinnitus and deafness are not generally associated with BPPV. Since only one side is usually affected, it is fairly

easy to identify. Often, the diagnosis can be made with history and physical examination alone. In the Dix-Hallpike Test, the person is brought from sitting to a back-lying position, with the head turned 45 degrees and extended about 20 degrees backwards. A positive test reveals rapid eye movement toward the affected side or ear. A negative test implies that the cause of vertigo is not BPPV, and other diagnoses

should be considered.

Treatment for BPPV involves dislodging the tiny granules that obstruct the free flow of fluid in the canals. Many maneuvers intended to reposition the granules have been developed. The most popular is the Epley Maneuver, which was first reported by Dr. John Epley in the Journal of Otolaryngology-Head & Neck Surgery in 1980. This maneuver, which should initially be performed by an experienced health care professional, involves four head positions, each lasting 30 seconds. When successful, most physicians recommend that the patient avoid head positions that may cause a recurrence of the vertigo. Individuals are advised to sleep on two pillows, avoiding the affected side for one week. Neck hyperextension such as one may experience when reclining in a dental chair or when positioned at the shampoo bowl in the beauty salon should also be avoided. The Brandt-Daroff exercise, which involves moving repeatedly from a sitting to a lying position to dislodge the granules, can safely be performed by the patient.

Meniere’s Disease

Meniere’s disease differs from BPPV in that the vertigo does not result from obstructive granules, but rather from too much fluid in the canals. This disorder is characterized by recurrent vertigo associated with ringing (tinnitus) in the affected ear and progressive deafness. Many patients who have Meniere’s disease also experience migraine headaches. The vertigo attacks occur so suddenly that the patient may fall and not be able to stand. Medications used to reduce the fluid volume in the canals, along with sedation during the acute phase are often helpful.

Vertigo can be a serious problem for persons older than 65 years of age because of balance issues and the increased risk for falls. Fortunately, the most common causes of vertigo— infections and Benign Paroxysmal Positional Vertigo—are self-limiting or treatable with repositioning maneuvers. Other forms of vertigo require an extensive diagnostic investigation and more intense therapy.

The *Gadsden GAB* is a monthly publication written by and for the residents of Bishop Gadsden. Submissions from all residents and staff are welcome and are used on a space-available basis.

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