

Gadsden GAB

November 2018

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View the *GAB* online at www.bishopgadsden.org.

SECOND ANNUAL LOWCOUNTRY SENIOR GAMES

Faith Dodge



Executive Sous Chef, Stuart Grayson's Ice Carving

We could not have been blessed with more perfect weather for our Second Annual Senior Games.

Our friends and "opponents" from Franke at Seaside and The Village at Summerville were welcomed prior to the opening ceremonies held at Blackmer Hall. The excitement and enthusiasm were contagious as everyone gathered to hear the encouraging words from Master of Ceremonies, our own Bill Trawick. Bill reminded us all that Bishop Gadsden is an Episcopal institution that is steeped in tradition and determination. He recalled a previous Olympic Games participant's determination as he ran to reach his goal. On his way to this goal he lost his pants. He regally continued on to maximize his chances of winning at all costs. This is determination and what we all expect for today's games. On

that note he wished all participants would be able to reach their goals with or without pants, and to realize they are all champions today.

Father Tom Wilson, BG Chaplain, lead us all in prayer and mentioned that if we begin to have sponsors for each of our events, he will gladly sponsor the Walk On Water competition. Eileen Van Horn led us in the singing of the National Anthem and next was the presentation of the torch by our Security Supervisor, Bruce Lowin. And what a presentation it was!

Carrying the torch high with pride and dressed appropriately in toga and sandals, everyone felt a bit like they were on the Aegean.

Sarah Tipton welcomed everyone to the games and announced all the participants who would be competing in Bocce Ball, Golf Croquet, Lap Walking, Water Walking and the Spelling Bee. BG staff members and cheerleaders led the participants to their various venues. At 11:00 AM the games began. All participants took their responsibilities very seriously, keeping in mind that to "bring back the gold" was their ultimate goal. There were cheerleaders and spectators at each event cheering for all of those courageous seniors. Everyone was a winner, be it gold, silver or bronze. After all, they had already won in their individual community competitions that led them to the honor of participating in the annual Games.

After the Games everyone met for lunch in the Palm Court, which was beautifully decorated with fall flowers and colors. The music by BG Wellness Trainer, Nathan Calhoun, and his band, Calhoun's Calling, was outstanding. The Culinary Team did another exemplary job with a delightful buffet, Mimosa and Bloody Mary Bar and beautiful desserts. Bill congratulated all the "Champions" and Sarah thanked everyone who participated and volunteered in this community building event. Sarah reminded us that happiness and continued social interaction are important keys to wellness and overall health. Pushing our bodies to continue to achieve increases our physical strength as well as our mental health.



Opening Games Ceremony

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SECOND ANNUAL LOWCOUNTRY SENIOR GAMES CONT'D

Joan Halkyard, BG Health and Wellness Committee Chairperson, read the names of all of the winners. Bishop Gadsden had 23 points, Franke had 21 points and The Village had 16 points.

Our Bishop Gadsden 2018 Low Country Senior Games winners are:

GOLD MEDALS:

Bocce	Eileen Van Horn
Croquet	Anne Moss
	Lou Hethington
Lap Walking	Susan Le-
gare	

SILVER MEDALS:

Bocce	Bruce Skidmore
Lap Walking	Norman Walsh
Water Walking	Sally Houlihan
	Kelsay Meek
Spelling Bee	Jean Breza

BRONZE MEDAL:

Spelling Bee	Don Shannon
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Last year Bishop Gadsden medals won were: 4-Gold, 1-Silver, and 5-Bronze. We continue to progress and impress. A very large thank you goes to our leader Comfort Richardson, Wellness Manager, and the entire Wellness Team: Nathan Calhoun, Kelly Bowling, Shannon Jones and David Carter. Many hours went into organizing the competition within Bishop Gadsden as well as the continuing work with the winning participants to achieve higher goals in the Senior Games. We could not have achieved these goals without Comfort's guidance. A thank you is given to all of the BG staff, especially Charitable Giving & Communications and CLS, who worked so well together in every event that was planned and for the pleasure the residents derived from their successes.

Bishop Gadsden residents should all feel a deep sense of pride. Not only because WE WON the Second Annual Low Country Senior Games, but for the outpouring of love and thoughtfulness shown to our visitors from Franke and The Village when they arrived to compete with us. I am always touched with the sincere outpouring of love we have here at BG.

DOC TALK: HEARING LOSS

Dr. Jack Hisley

Hearing loss is mostly insidious. Often it can take up to 10 years or so for individuals with hearing loss to actually admit to the problem and take some action. Most are simply hoping the problem will go away, which rarely happens. In the early 1900s, Helen Keller commented: "Loss of sight prevents one from perceiving the world. Loss of hearing prevents one from communicating with the world."



recognize common, every day sounds.

Hence proper diagnosis of the cause of hearing loss and the use of appropriate hearing aids are most successful if accomplished soon after the hearing loss is recognized. Relearning old sounds takes time. Unfortunately, the infrequent use of hearing aids often creates problems in terms of the brain's memory function, which is highly important for the

We hear and listen not only with our ears but with our brains as well. A lifetime of sounds is carefully recorded, organized, and interpreted by the brain. When sounds are no longer transmitted to the brain, we gradually lose our ability to recognize various sounds and to understand them. After the onset of hearing loss occurs, our brains can only store sound information for up to three years. As sound input declines, our memory of them and their significance diminishes. If hearing loss is not managed with aids soon after the loss is recognized, the hearing device may not be able to transform the incoming sounds into understandable information. At that point, the brain is no longer able to

storage and organization of sounds. Infrequent use allows the brain to slip in and out of the relearning mode. Thus the "hearing part" of the brain must be regularly exercised. Constant use of hearing aids while awake allows us to relearn good hearing and to become good listeners.

So don't keep your hearing aids in a drawer! Wear them consistently. Reprogramming of the brain generally takes three to four months of steady use to allow us to begin to fully understand what people are saying. Quality hearing aids are essential and it is important to remember that we hear with our brain and not with our ears. Persons with good hearing are often the best listeners.

The GAB Electronically! If you would like to receive the GAB electronically, email stephanie.ochipinti@bishopgadsden.org to be placed on the mailing list.

MESSAGE FROM THE PRESIDENT / CEO

Bill Trawick

I am writing this between attending the fall meeting of Novare, an organization of 17 CEOs of retirement communities of similar resident size, financial capacity, and quality, and LeadingAge, our large national organization where there will be over 5,000 diverse providers and vendors. These are two very different opportunities for me and our senior management staff to get out of our day-to-day “trenches” and see things from a broader, profession-wide perspective.

We, in Novare, consider ourselves a convivial group of single-site CEO’s who have a common interest identifying, discussing and addressing some of the issues and opportunities we face, while also reaping the benefits of the collective thinking of a multi-site organization. The combined resident population of our communities is the equivalent of the

third largest, not-for-profit, multi-site organization in the country. One of the great values of this affiliation is that we are very granular, open, and confidential in our discussions.

LeadingAge, by contrast, affords opportunities for senior management in all areas of responsibility to have deep-dive educational sessions in areas such as how technology can enhance resident engagement, expanding home care services, palliative care, partnerships for expanding into affordable housing, best practices for dementia care, creating a social media strategy, impacts of market trends, current legal issues, and spiritual well-being, among many others—in other words, broad topics that relate to our work. The other extremely valuable opportunity we have at LeadingAge is a huge tradeshow with the latest products and services. It always amazes me to see how many businesses, in both number and diversity that are supported by the senior living industry.

The Novare meeting was hosted by The Mather, a retirement community in Evanston, IL, and LeadingAge is in Philadelphia this year. Yes, we do enjoy these “getaways”, but I can also tell you that, in addition to enjoying some fun, it is always a great team-building experience and we use our time wisely to learn all we can and bring back fresh new ideas that can make life at BG even better!

KEEPING YOU UP-TO-DATE IN EVS

*Daniel Larrabee, Director of EVS***Projects Taking Place in the Next 30-60 Days**

- South Face (Pineapple Fountain Area): Still awaiting metal company to perform gutter downspout tie in. Temporary tie in remains in use for the interim.
- Pineapple Fountain: New fountain pumps, skimmers, and water treatment devices now here. Expect installation in new location the beginning of November, infrastructure installed during project not long ago.
- Pub Enclosure (Chet’s Porch): Job currently underway, slab and framing complete at this time. Duration expected to last eight weeks, resulting in completion around mid November. Interior will remain as is until last possible moment when we will shut down the entire space to remove the adjoining doors to create one enlarged space.
- Apartment Hallway Renovations: Includes new wallpaper, carpet, lighting, and paint. This project will be off and on as various phases of work take place through the end of the year and into early next. Schedules of how each hallway will be impacted as the work takes place will be communicated directly on an ongoing basis. Third floor wallpaper has arrived and installation set to begin this Wednesday. Awaiting arrival of carpet, will be completing lighting, paint, and remaining wallpaper related tasks during the interim.
- Commons Living Room Fireplace Replacement: Contractor has begun behind the wall and above ceiling work in an effort to minimize resident impact. By the first week of November, efforts will become visible as you will see the fireplaces removed and new ones installed.
- Palm Court Drainage and Dog Park: Projects complete!
- Landscape Master Plan Implementation: Carolina Landscape has installed some perennial color in our Labyrinth as part of our master plan implementation which now includes some two-sided benches for your enjoyment. Landscape installs underway at Cottages 27, 35, and 40. Quay generator screening now complete.
- Café Acoustics and ATM: ATM wall niche now installed, expect machine to arrive mid-November. Booth area to receive acoustical improvements via ceiling tile system, and duplication of existing recycle-trash station on booth end of area as acoustical divider.
- Window Cleaning: Currently underway, approximately 65 percent complete (apartments only remaining) at this time. Each area advised one week in advance to only those who would be affected the following week. Thanks for everyone’s patience throughout this project.
- Glebe (pocket neighborhood) site now clear, next step to begin underground utility phase.

BG EATS OUT: CHARLESTON CRAB HOUSE

Adelaide Wallinger

The tide was rushing in as we took our window seats at the Charleston Crab House on Wappoo Creek.

There aren't many places in Charleston to dine with a beautiful water view. And this one is also special because it's not far from BG and offers ample parking.

Sit inside or choose two outdoor patios. It's fun to watch the boats pass and a glance high up to the right features the Wappoo Bridge full of traffic – the bridge may open while you're there. Sit inside if you don't want to hear the traffic noise.

Perusing the menu, the first thing I notice is "You hook it, we cook it". For a charge of \$11.99 they'll cook your fresh catch. I know I'm not going to walk in with a fish I caught but probably some do as there's a dock at the restaurant where boats can tie up to for dining.

I was intrigued with the STEAMPOTS, shades of New England: They feature the Lowcountry Shrimp Boil (\$18.79), Snow Crab (Alaskan) (\$28.99), Crab House Crabpot (\$35.99) with two kinds of crab and shrimp, Dungeness crab (\$28.99), Market Street Bucket (\$58.99) with two kinds of crab, lobster and shrimp, and King Crab (\$46.99) with Alaskan King Crab.

I ordered the Lowcountry Shrimp Boil and it was a delicious take on the Frogmore Stew we make at our creek with a dozen shrimp, sausage, fingerling potatoes and corn on the cob. Scott ordered the Crab Cake Sandwich (\$14.95) that came with thick waffle fries. Usually I am disappointed in a waffle fry, but these were crispy and deliciously seasoned with Old Bay on



the outside and soft inside so I helped him finish them.

We split the Fried Lobster Tails (\$28.99), two four-inch tails, breaded and fried and served with red rice and cole slaw.

If you like going out to lunch, the Crab House has four delicious lunch plates to choose from: Fried Popcorn Shrimp (\$14.95), Fried Flounder Fillet (\$14.95), Fried Oysters (\$14.95) and a Fried Seafood Combo (\$20.95), featuring popcorn shrimp, oysters and the flounder fillet.

There are also weekly lunch specials (\$13.00 each) from 11:30 AM to 3:00 PM: Blackened Shrimp Tacos with Old Bay Waffle Fries (Monday), Shrimp Scampi served with Garlic Toast Points (Tuesday), Fried Pork Chop with smashed potatoes and mushroom brown gravy (Wednesday) Blackened Shrimp Quesadilla with sour cream and salsa (Thursday) and Fried Chicken Friday with Crab Mac n'Cheese (Friday).

If you have someone with you that doesn't do seafood, check out the House Burger (\$11.99), the Fried Chicken Tenders (\$13.99), the Blackened Chicken Alfredo (\$14.99) or the Filet Mignon (\$24.99).

Find the Charleston Crab House at 145 Wappoo Creek Drive. Head to the corner of Folly and Maybank (before the bridge) and take a left. Pass the Wells Fargo Bank and immediately take a right, winding around until you dead end at the restaurant. To make a reservation, call 843-795-1963. The Restaurant opens at 11:30 AM every day of the week. There is a second Crab House downtown at 41 S. Market Street (843-853-2900).

WELLNESS UPDATE

Comfort Richardson, Wellness Manager

Many thanks from BG Wellness to all the cheerleaders and athletes who made the 2018 Lowcountry Senior Games such a memorable experience! If you can, please drop off your black Lowcountry Senior Games tee shirt at the Wellness Center and we will hold it for you for next year.

BG Wellness Center etiquette: With the flu season just around the corner, Wellness would like to remind you to wipe down the equipment before and after your use. Also, when taking a Group Fitness class, please sign your name in the sign-in book in the Group Exercise room. If you are just using the fitness center (not group exercise), please sign your name in the sign-in book at the entrance to the gym.

If you have not been to BG Wellness we recommend you have an orientation to the fitness center. Please call 843-406-6425 and we will be happy to schedule that for you.

Croquet News

On November 10, 2018, at 10:00 AM to 12:00 PM, The Croquet Association is hosting The Yeaman's Hall Inner Club Croquet Event. The format for gathering will be "social play," meaning at each game a Yeaman's Hall player will be paired with a BG player. Lunch will be served at Regan Pavilion after the social play. The cost is \$12.00 per player, which includes homemade breakfast muffins, orange juice, lunch and refreshments. Registration is at the activities desk in the croquet book. Whites are required for this event.

The Croquet Court fall schedule is in effect.. Wicket Women play on Mondays at 10:30 AM; Mallet Men play on Wednesdays at 10:30 AM; Open Play for all is every day at 1:30 PM; Competitive Play is every Thursday at 3:30 PM. Please pick up a schedule from the croquet book located at the activities desk. The first Wine and Wickets was held on October 28, and will be held every third Sunday of the month from 3:00 PM to 5:00 PM.



AROUND THE CAMPUS: BG - LIFE

M. P. Wilkerson

In the beginning there was no resident-only website, no central place to find out all the news and request services. But that was five years ago, before BG-Life.org came to be. It is our own resident-run web site that is chock-full of current, up-to-date information and quick ways to request services, and much, much more.

"It has a phenomenal amount of information on it," said Dr. Curtis Wise, chairman of the Information Technology Committee, who was involved in the creation of the site, along with Ike Smith. "There is everything from the walking trails to a resident directory with bios and a staff directory; over 30 sites you can visit."

Five years ago, when the web site was first talked about, only about 20 percent of the residents in Independent Living had an email address, said Curtis. Because of that, BG had no internal web-site.

That all changed after Bill Trawick, President/CEO of BG and Sarah Tipton, Vice President/COO, went to a meeting and found other communities like ours had their own internal websites that enhanced communication within the community.

Intrigued, they asked Ike Smith, then the Information Technology Committee chairman, to investigate if it was something we should have, if it would fit in the BG environment, and how to create one for BG.

The committee looked at a lot of communities' web-sites and recommended using a site that was already established at another similar community. They contacted that community and the designer who wrote the web-site.

"We worked with him to buy the license and to maintain the server" said Curtis. And *BGlif*e came to be.



The web site BG-Life.org is easy to get into, Curtis said. Every resident is assigned a user name and password when they arrive at BG. On the site is everything from the latest news, and the week's activities, to the proposed changes to Camp Road for the school. One can look up a bio of a friend, or find a staff member, find out where the sail boat races are, request a guest suite or send a work order and make dining reservations. It is all there, along with many other links full of information.

This year, Curtis researched how *BGlif*e is used today. He discovered that after food services, *BGlif*e was the next highest used amenity, more than the pool, dog park, croquet and all the others.

"Today, 77 percent of all BG residents in Independent Living have used the *BGlif*e site at least two times," he said, "And 38 percent of residents have used the site more than 5 times in the last 6 months, 29 per cent of residents have used the site more than 5 times in the last 30 days. This is 140 people."

Looking towards the future, in five years, 100 percent of our residents will be computer literate. The number of new people entering BG is 40 per year, said Curtis. In five years, approximately 200 new residents in Independent Living will arrive at BG and all will have a system that can connect to the internet That means we could have 300 of the 400 independent living residents using computers.

Much has changed in the world of web sites since *BGlif*e was first designed, said Curtis. "We need to be looking at what will be needed for our web site in the future."

Bill Trawick said the three most important factors in "people" relationships are: 1. Communication, 2. Communication, 3. Communication.

"We attempt to have layers of redundancy in our communication here at BG — the yellow sheet, the *GAB*, and informational telephone blasts, to name a few," he said. "However, as our residents are becoming more tech-savvy, computer-based communication is rapidly becoming the preferred method and we are seeing this reflected in the nearly 30 percent, and growing, regular use of *BGlif*e."

"This is exciting as we look to the future possibilities this will bring to have consistent, dynamic, interactive, as well as 'green' communication accessible to all of our residents," Bill said.

With that in mind, the committee is investigating many exciting new innovations in website software that is user friendly, more dynamic and creative.

A LOOK AT BG'S SPECIAL CULTURE: OUR EMPLOYEES

Anyone who knows Bishop Gadsden Episcopal Retirement Community well realizes the remarkable character, temperament, and care provided by all 425 women and men who devote themselves, in one way or another, to each and every resident. Whether it be the 85 employees evacuating 130 residents during Hurricane Florence, the amazing kitchen/culinary personnel who prepare 360,000 meals per year, or the talented maintenance and housekeeping staff who work so hard to keep Bishop Gadsden running to perfection. Bishop Gadsden remains one of the top retirement communities in the nation, thanks to our devoted team of professionals!!

While we see many staff members each day as we participate in activities, amenities, and the many culinary options, there are numerous employees behind the scenes who ensure that what we see first-hand happens efficiently and effectively. These employees make a great effort of leaving personal issues at home, however, while they provide exceptional care and create the wonderful BG Community, we know that each day they deal with family, child care, and financial challenges.

In addition to the day-to-day actions by our staff, the superb staff dedication of those in front and behind the scenes was tested first-hand, through two "weather challenges" that we faced this year. In January, we experienced an unprecedented snowfall and five days of below zero temperatures, then in September, staff members, most at significant personal sacrifice, evacuated for seven days to care for residents fleeing from Hurricane Florence. In addition to those who were required to evacuate, staff returned as soon as possible to reopen our Community and welcome our return. Both of these situations required our staff to handle complex arrangements necessary to operate Bishop Gadsden, and from our perspective, all employees handled the challenging times with grace and patience.

Residents of Bishop Gadsden are fortunate and thankful to have such friendly, helpful, and caring employees!



"Working in BG made me a better person as I always try to remember the BG Mission every day and in doing so, it has changed me to look at things in a more positive way. I love Bishop Gadsden and I am proud to be a part of the BG team."

-Rowena G. Antaran

"I appreciate the way Bishop Gadsden continually invests in its employees."

-Sherline Lawson, Accounting Specialist

"I enjoy hearing all the stories that residents share on a daily basis."

-Anonymous



A LOOK AT BG'S SPECIAL CULTURE: OUR EMPLOYEES



“Coming to work in the morning and making the residents smile. There is a special place for each and everyone of them in my heart.”
-Mary Drayton,
Housekeeper

“I enjoy every moment of my time with our residents. I so admire their wisdom and approach to life.”
-Sally Walker
Myers Hall Concierge



“I think that BG is special because of the relationships that we as staff, can forge with the residents.”
-Cindy Roe Ware
Resident Services Coordinator

WHAT'S HAPPENING!



Myers Hall Way Award:

This resident moved into Bishop Gadsden in 2010, and has been very active in our Community ever since.

She attends programs in all of the areas of Bishop Gadsden. She always lends a helping hand, whether it's to help push a wheel chair, or assist residents to an activity. She is the first to offer help with organizing or to clean up an activity after it has ended.

October's Myers Hall Way Award recipient is Frances Porcher! Congratulations, Frances!



Friday, November 9
4:00 PM to 5:30 PM
Blackmer Hall

We will be collecting pantry items during the Bingo event for the James Island Outreach Food Bank as well. Please do not bring expired or open goods.



With the holiday season approaching, The Spa would like to take this time to remind all residents, families, and staff that The Spa offers gift certificates. Many of your friends and family use The Spa and gift certificates

can be used for services or products. Questions call 843-406-6325.



Gobble till you Wobble

OCTOBER'S EMPLOYEE OF THE MONTH



Bill Trawick, President/CEO, with October's Employee of the Month, Melissa Stillwagon, Tracy Hockenberry, Culinary Services Operations Manager, and Jim Epper, Director of Culinary Services.

October's Employee of the Month is Melissa Stillwagon, Line Cook in the Myers Hall Frederick Dining Room kitchen.

Melissa has worked for Bishop Gadsden for almost three years. When asked what she likes best about working at BG she responded, "I love to cook and I love to see people smile. Putting those two things together and seeing the residents enjoy the "fruits of my labor" is the best!"

**The GAB will now regularly feature Bishop Gadsden's Employee*

of the Month. Don't forget to nominate a special employee who has gone above and beyond for you, whether resident, family member, or fellow staff member. You can do so by using the nomination form located at the Activities sign up station.



What is this?

A hint: This hole is in the wall outside the Market Place Café.

Answer on page 10.

WHAT'S HAPPENING!

Mark Your 2018 November Calendars

Sunday, November 4, at 10:30 AM

All Saints' Day Celebration
Chapel

Tuesday, November 6, at 4:00 PM

Healthcare Center Town Hall
Blackmer Hall

Thursday, November 8, at 11:00 AM

The Covenant Players-Drama & Music
Morse Activity Room

Friday, November 9, at 3:30 PM

Music Trivia with Alton Cox
Morse Activity Room

Tuesday, November 13, at 11:30 AM

Village Shop Christmas Event
Anderson Conservatory

Sunday, November 18, at 3:00 PM

Asako Kremer Music Student's Recital
Morse Activity Room

Sunday, November 18, at 5:30 PM

Johnny Cash Holiday Variety Show
Please Sign Up to Attend
Blackmer Hall

Monday, November 19, at 3:30 PM

Cornucopia of Blessings Party
Myers Hall Living Room

Thursday, November 22



Friday, November 23, at 3:00 PM

Happy Hour with Music by Gary Pecorella
Morse Activity Room

Thursday, November 29, at 7:00 PM

A Tribute to Johnny Mercer
Please Sign Up to Attend
Blackmer Hall

Friday, November 30, at 3:30 PM

Happy Hour with Music by Sally Perkins
Morse Activity Room

Charleston November Events Calendar

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

November 1	Aloft at the Cedar Room Cigar Factory 843-971-7474
November 3	17th Annual Harvest Festival James Island County Park 843-795-4386
November 4	Charleston Food Truck Festival MUSC Health Stadium 843-224-1056
November 7	Fall Garden Strolls & Wine Middleton Place 843-556-6020
November 10	Shrimp and Grits Festival Joseph P. Riley, Jr. Park 843-723-7241
November 11	Plantation Days Middleton Place 843-556-6020
November 14	Taste of Hutson Alley Hutson Alley 843-203-3001
November 18	<i>Monty Python's Spamalot</i> Gaillard Center 843-242-3099
November 30	Christmas 1860 Edmondston-Alston House 843-722-7171

Resident Update Meeting

Myers Hall: Thursday, November 8, at 3:00 PM
Myers Hall Activity Room

Apts/Cots: Wednesday, November 28, at 10:00 AM
Blackmer Hall

Read Cloister: No Meeting

HAPPY NOVEMBER BIRTHDAYS



1 Nancy Waters	11 Frank Hanckel	24 Kelsay Meek
3 Kerry Huggins	13 Dee Garforth	24 Curtis Wise
4 Talia Dillahey	14 Louise Crosby	25 Alva Boyce
4 Suzanne Mersereau	14 Wendy Kemper	25 Harold Quinn
4 Angie Zervos	14 Virginia Thomas	26 Kim Blakely
5 Shirley Feldman	17 Harriette Elmore	27 Lynn Pagliaro
6 Cece Stricklin	17 Jane Gregory	28 Joan Halkyard
8 Peter Moss	22 Juanita Gibson	28 Barbara Regan
9 Charlie Dixon	22 Jamie Gough	29 Carolyn Titus
9 Jan MacDougal	22 Pat Prioleau	30 Mary Johnstone
10 Marilyn Powell	24 Frank Meade	

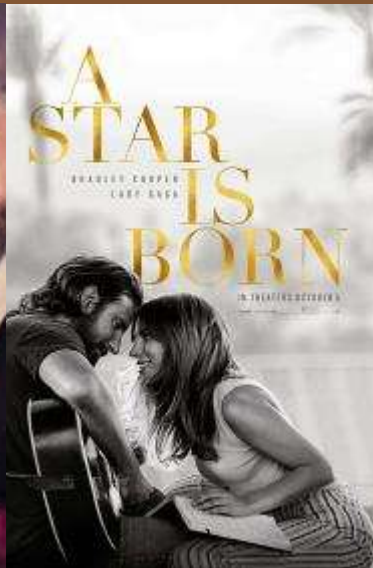
Welcome New Residents

Jerry & Ellie Cooper
 Bob & Mary Johnstone
 Lucy Seabrook



MOVIE REVIEWS

Adelaide Wallinger



Seldom do I see a movie these days that I want to see again. But *The Wife* is definitely a candidate. How could it miss with stars like Glenn Close, Jonathan Pryce and Christian Slater? I see an Academy Award in its future.

It's the story of a couple (and their past) who travel to Stockholm, Sweden, for the husband to receive the Nobel Prize in Literature. Don't want to spoil it for you – please go see it – you'll love the huge O'Henry ending.

A Star Is Born at the Terrace Theater and Citadel Mall is the fourth film to be made on this theme. Janet Gaynor (1937), Judy Garland (1954) and Barbara Streisand (1976) were the stars of the first three. This new movie features Lady Gaga in her very first leading role. It's not only Bradley Cooper's directorial debut but he stars as well. He was a hand's-on director, even picking every shirt for the movie and using his own dog Charlie to play

the movie dog. He sings quite well and wrote music for the film just as Gaga did.

It's your first look at Lady Gaga without blond hair, high heels and couture clothes. It takes some getting used to. She plays the brown-haired Ally, a waitress who sometimes sings in a gay bar in the evenings. By the slimmest chance, guitar star Jackson (Cooper) stops there for a drink after a mega performance of his own in a stadium and watches her perform. That's when you realize this is going to be a romance and the beginning of the making of a star. Gaga and Cooper give a very simpatico performance amidst lots of dramatic guitar music and original songs. Hope you'll go see it — it's part of movie history.

Tea with the Dames just snuck up on me but luckily I discovered it looking for a movie to see at the Terrace Theater. Four marvelous British actresses, that we've all enjoyed over the years, meet for the weekend at a country house to talk about their friendship, their careers, their awards and performances and actor friends in the industry. Many clips from their past performances are shown. It's the very best from Dame Maggie Smith, Dame Judi Dench, Dame Eileen Atkins and Dame Joan Plowright. It's all very real and wonderfully entertaining—and you may want to see it twice.

Answer to picture on page eight: Did you guess it? The hole pictured in page eight is for the new Synovus Bank's ATM cash-dispensing machine.

CHAPLAIN'S UPDATE

The Rev. Tom Wilson

COMMUNITY-WIDE PRAYER SERVICE



Almost two years ago, I started as Chaplain to the residents and staff of Bishop Gadsden. Perhaps since the day I began my position I tell anyone who asks, "I love being the Chaplain at BG." One reason for my response is the experience of community.

While I cannot specifically define "community", I can give examples. For instance, community shines forth in how staff and residents show their care and concern for one another. I regularly hear and see how people are giving to others, as they want to receive. I believe that our Community approaches each day seeking the "common good" for one another.

Each and everyone one of us made the choice to work or live here. While never perfect, BG is an intentional and diverse Community that cares. In so many ways, we are a personified reflection of the Bishop Gadsden mission statement.

Over the years, our mission statement has provided clarity and guidance for decisions and the setting of priorities. That continues to be true, in the sense of bricks and mortar, as well as in the intangible aspects of community.

I embrace and give thanks for the diverse backgrounds and experiences our residents and staff bring to our Community. From positions in corporate America, the US Government, and international business, to being part of or initiating local businesses positively impacting the Charleston area, as well as travel and volunteering near and far—we each benefit from the diverse gift of experiences, outlooks and talents here in our community. I believe that BG offers a positive example for others through the welcome and respect given to everyone. It is my sincere hope that we never lose this sense of mutual respect and acceptance.

Acknowledging and embracing the differences that make us unique, I am planning a Community Service of Prayer. This service will focus upon our asking for God's guidance and active presence. It will be a time to pray together, without specifying the details for which we pray; it will be an opportunity to give thanks for the diversity of our Community.

Our initial time to gather as a community in prayer will be Tuesday, November 6, at 3:00 PM. This service will be in the Chapel and last no longer than 30 minutes. I believe praying together we will help us each to more easily recognize God's guiding presence at Bishop Gadsden.

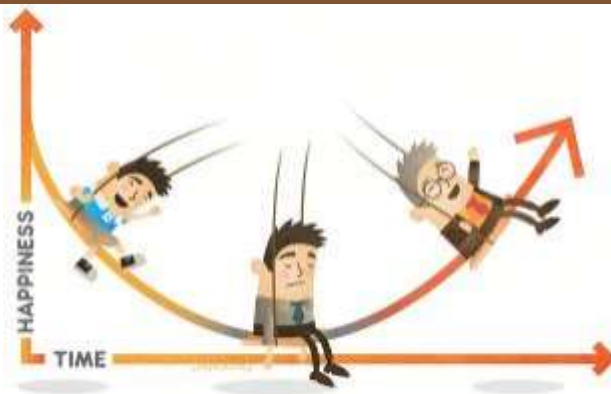
LIFE IN A "U"

Ray Houlihan

A recent magazine article suggested the stages of our lives are in three parts which, they say, form the letter "u". The happy parts are the first and the last 20 years of your life (the two sides of the "u"), while the middle 40 years are filled with significant and difficult challenges: getting educated; finding a spouse; having children; pursuing a profession; and getting all those children an education (the bottom of the "u"). Then we enter the last 20 years when life is pure enjoyment; traveling the world, exploring personal interests and enjoying the expanded family. Thanks to 401ks and better healthcare, the last 20 years (or more) can now match up better with a much more upscale "u" as proposed in the article.

Spending our remaining years at Bishop Gadsden suggests to me that one should be enjoying the last phase of a "u" life. Unfortunately, we have come to learn that even a "u" life is not easy to achieve with so many pitfalls along the way.

On the other hand, my guess is that most of you have enjoyed all the phases of your lives. In a quote from an old friend, "Enjoy the TR" (time remaining)!



IN LOVING MEMORY



Jean Wallace
10/14/1928-10/8/2018

Henry "Bud" Brawner
5/19/1921-10/19/2018

John "Johnny" Jordan
6/6/1940-10/29/2018



TURKEY DAY: THE BIG DISH

Kay Meek

On Thanksgiving, BG residents, families, and friends will gather for a wonderful feast: a vast array of food, beautifully presented and perfectly prepared.

Cooking a dinner for several hundred people isn't like home cooking. A cup, teaspoon, tablespoon of this and that, just doesn't work when you need

gallons. So BG chefs don't measure ingredients—weighing is the best and most efficient way to ensure that a dish for a huge crowd comes out just right. After all, the BG family is bigger than average, and it takes a daily miracle to keep all of us fed. Admit it: what restaurant offers more choices or higher quality food day in and day out? And our choices are even bigger and better on special occasions. For a special day like Thanksgiving, the kitchens must prepare for 500 guests, and that takes a lot of doing. The planning starts months ahead; the preparation requires a full week. How many sets of linen, glasses, and utensils? How much of everything else? Flowers? Decorations? How to get it all done just in time for serving? And normal meals must be produced every day, so holiday feasts are done on top of everything else.

Naturally, our Culinary Services Department doesn't just guess about people will want. Every menu and every dish is built around a good idea of how many people will eat which items. With items and quantities in mind, everybody gets moving.

For starters, there's the grocery list: things like 80 pounds



of turkey necks, backs, and wings; 200 pounds of turkey thighs; 26 Frenched turkey breasts; 600 eggs; possibly four whole turkeys for carving; five ice sculptures; and oysters by the hundred—well, far more than the neighborhood grocery store has on hand. The result: enough stuff to make more than 20 appetizer and main course items, not to mention a dozen or so desserts. Turkey not

your favorite? There will also be roast beef and baked ham. And glazed salmon. And Oysters Rockefeller. Worried that there won't be enough gravy? Forty gallons should reassure you!

Putting all of these wonderful things together takes a full week of hard work. Some items, like charcuterie, can be started on Friday. Turkey prep begins on Monday, with the serious cooking commencing on and building into a crescendo until Thanksgiving Day—or Game Time, as the Culinary staff call it. Our chefs and bakers are simply awesome. You can be sure that nobody will have a feast better than BG residents and guests. And our Culinary staff will do it all over again for Christmas and New Year's. This season is a marathon for our staff, no doubt about it. It's a daunting task, so next time you see a chef or server, say a big thanks for great work, every day, but especially on feast days.

Want to enjoy all this? Make your reservation now! You can choose from four seating times. The dress code is club casual for women, jackets for men in Winingham Court, but attire is a bit more relaxed in the Café—collared shirts and slacks. NO flip-flops. To reserve a table call 843-406-6430, or reserve online through BG-Life. You will be glad you did!



BEST OF BROADWAY SHOWS IN NORTH CHARLESTON

Char Stricklin

For those who enjoy professional Broadway productions, a visit to the North Charleston Performing Arts Center (NCPAC) is a must. On October 18, a small group of BG residents along with Mindy Crawford, Activities Assistant, traveled to the NCPAC to experience the fabulous season opener of *Les Misérables*. The Cameron Macintosh tour did not disappoint. Those who have seen *Les Mis* before felt that it was possibly the best ever performance.

The remainder of the NCPAC 2018-2019 season looks equally as good and features *Something Rotten!* In November followed by *The King and I*, *The Sound of Music*, *Finding Neverland*, and concludes with *Jersey Boys* in May of 2019. If you are interested in attending these exciting Best of Broadway shows in the Charleston area, please talk with Britt Lock, Resident Event Coordinator or Mindy Crawford.

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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