

CHARLES HOUSE ASSOCIATION

Helping people age the way they have lived

NEWSLETTER

SUMMER 2015

Charles House Center for Community Eldercare



7511 Sunrise Road, Chapel Hill

Since 1990, Charles House has been a leader in eldercare services, serving hundreds of caregiving families through its highly regarded day program. Charles House has expanded into pioneering neighborhood Eldercare Homes as an innovative model of assisted living.

It is time for a larger home for Charles House. As a strong community nonprofit, Charles House is expanding to meet the growing caregiving needs of the aging population. The opportunity to relocate adjacent to the Carol Woods Retirement Community allows Charles House to address the problems of outgrowing its home in Carrboro. The larger facility and a successful 25th Anniversary Campaign will assure Charles House's expansion:

- **Daytime Eldercare Program**—The Daytime Eldercare program will expand from serving 22 participants to up to 40 per day. The classroom layout of the building will accommodate more participants while maintaining the small group intimacy—a hallmark of the Charles House program.
- **CORE: Caregiver Orientation, Resources, Education**—The number of families facing the needs of aging family members and the challenges of caregiving is growing steadily. Often, families don't know where to turn for help and guidance. Charles House counsels families with information about dementia, care approaches, advanced directives, emergencies, medical care, in-home care providers, rehab services and residential care options.
- **Caregiver Support Groups**— Charles House hosts a Caregiver Support Group in conjunction with the UNC Wellness Center-Meadowmont. The new building provides opportunity for expansion of caregiver programs.
- **Program in Learning & Service: Experiential Learning, Workforce Development**—As a leader in non-institutional care for elders, learning at Charles House is a sought-after experience by students, interns and others exploring or preparing for careers in aging. UNC and Charles House are exploring development of a multi-disciplinary Practicum in Community Eldercare. In addition, the Eldercare Home Household Team is a new work-life model for direct care workers. Charles House's expansion addresses the growing need to educate direct care workers and other health and social service professionals to serve the aging population.
- **Eldercare Homes and New Care Models Seed Fund**—The Neighborhood Eldercare Home is providing our community with a new approach to assisted living. With strong nonprofit experience, Charles House is poised to lead innovations in models of care and to build collaborations for new Medicare payer initiatives.
- **Scholarship Fund**—The Charles House Scholarship Fund assures that the daytime program is accessible to families of varying needs.

Locating the Charles House Center for Community Eldercare adjacent to the Carol Woods campus will encourage broader community collaboration. Pat Sprigg, CEO of Carol Woods, looks forward to the opportunities Charles House brings. "Carol Woods residents will have access to quality eldercare on the campus. In addition, there will be opportunities for joint educational programs for caregivers and staff, as well as increased potential for student internships. We are committed to anything we can do to help students have positive experiences."

Residents of Carol Woods are excited to be a part of an endeavor that supports and brings resources and services to the entire community of elders, and have raised \$170,000 as a Leadership Gift to the 25th Anniversary campaign and toward building renovation.

Program team member and local artist Melissa York has worked with Charles House participants to create a three-part collage, with statements of what Charles House means to them, to hang in the new lobby. Charles House participants, families, staff and volunteers eagerly anticipate the move to the new facility.

Help us furnish our new home! go to: <http://tinyurl.com/sunrise-wishlist>



Charles House participants created art for lobby of new center

Letter from the President: Luke Riggsbee Our 25th Year, Growing for the Future

Dear Friends of Charles House,

In June, 1990, Charles House opened its doors to the first four participants and four staff — the culmination of a multi-year community endeavor lead by Bettie Bradford and the family of long-time Chapel Hill pastor Charles Jones. Over the following 25 years, Charles House has established itself as a leader in non-institutional eldercare—both in our daytime program and in our neighborhood eldercare homes—and a beacon to hundreds of caregiving families.



My own family has experienced the magic of Charles House when my mother-in-law became primary caregiver for her mother, who moved here from a long and active life in South Dakota. She truly enjoyed her days at Charles House, where she would shine in the discussions and activities of her new community. These “Charles House days” also gave my mother-in-law much needed time away from the tasks of caregiving.

We have outgrown our original Charles House home, created from a Carrboro mill-house. Our relocation to the larger Carol Woods building gives us the opportunity to expand our services and mission—just as the aging population and the numbers of caregiving families continues to grow—to become the Center for Community Eldercare.

Just as the early vision for Charles House required a community-wide effort and commitment to bring it to fruition, our expansion for the next 25 years also needs your support. The 25th Anniversary Campaign is building the foundation for this future, with a goal of \$750,000. I am pleased to report that we have reached the half-way point.

Now we turn to you, our dear Friends and Family, to support the 25th Anniversary Campaign to complete the renovations for the Center for Community Eldercare and to fund the program expansion described on page 1. This campaign goes through our 25th year—including this and the next tax years. Combining multiple-year contributions will compound your overall gift. Please consider becoming a member of the Friends of Charles House Giving Society or sending a one-time special gift. Without you, our family of support, Charles House would not be the oasis it is in our aging world, and we are so grateful.

25TH ANNIVERSARY CAMPAIGN PLEDGES AND GIFTS

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Saying Goodbye to Our Loved Ones



Ross and Cindi enjoy a dance at Winmore

Ross Mangiapane loved to dance. One of the first residents of the Charles House-Winmore, staff enjoyed a close relationship with him as a “resident grandfather.” His daughter, Cindi De-Conto, cared for him as she had cared for her mother, in her own home, until the Charles House-Winmore house became available.

Despite his dementia, he would get excited when Cindi turned onto Homestead Road, and was always happy to get home to Winmore. Cindi was thrilled (and relieved) her father could have his own space, an adventure, and young girls to dance with him.

Ross’ health started declining rapidly last spring. His family made the decision to care for him at Winmore with the help of Duke Hospice and the Winmore staff. Some staff had hospice experience, and had worked with Charles House-Yorktown families when loved ones had died, while for others it was a new experience. Staff felt it was an honor and privilege to help care for Ross and provide support to his family, and in turn felt supported by the family as they created a peaceful environment for Ross’ final days.

Cindi appreciated that the family was able to grieve with Ross before he died - they told him soon he would be dancing with Mom (Ethel). They were able to hug and cry with him and with the staff, other residents and families.

After Ross died there was a celebration of his life at Charles House-Winmore. Staff and residents prepared a book of photos and quotes for his family. Staff and family members so appreciated going through this experience together. Grief counseling was also available for staff. Though the death of a loved one is always painful, by working together we can help provide connection, closure and a peaceful environment to die at home, surrounded by family and friends.

CHARLES HOUSE ASSOCIATION COMMUNITY ADVISORY COUNCIL

Many community leaders are lending their expertise and advice to assist Charles House Association in creating Eldercare Homes. Charles House is grateful for the consultation of these members of the Community Advisory Council:

<i>Dickie Andrews</i>	<i>Chad Lefteris</i>
<i>Susan Bernstein</i>	<i>Tony Lindsey, MD</i>
<i>Jan Busby-Whitehead, MD</i>	<i>Carol Lucas</i>
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<i>Lillian Lee</i>	<i>Beth Tillman</i>

Eldercare Homes-

Charles House-Yorktown and Charles House-Winmore

Charles House has established two thriving eldercare homes in two Chapel Hill neighborhoods—Heritage Hills and Winmore.

These homes provide fulltime care and support for elder residents and fit compatibly into the existing streetscapes of the neighborhoods. The residents live as part of the neighborhood — walking, visiting, petting neighbors’ dogs, watching children play or greeting trick-or-treaters.



Oppie with one of her original paintings

Eldercare homes are operated by a Household Team of direct care workers, all of whom are cross-trained in all responsibilities associated with the household. These include personal care, medication administration, activities, cooking, cleaning and laundry, as well as communications with physicians, families, neighbors, and volunteers. Most important is the feeling of home and family these places provide for residents, staff and families.

Meet one of our residents--

Dr. Henrietta Ethel Alicia Miller Wilson Fitzgerald Adams (known as “Oppie” to one and all), who turned 99 on March 24, was one of the first residents at Charles House-Yorktown four years ago. In her younger days, she taught motivational psychology to teachers in the Department of Higher Education at Glassboro State University in New Jersey, traveled extensively, and created art and poetry, along with her equally creative sister Ruth.

When Oppie realized that she could no longer live by herself, she closed out her Philadelphia home and moved to North Carolina to be with Ruth and her daughter Dolly.

When a Heritage Hills family heard she was bringing her cat, Junior, they offered to take him in. Oppie visits with the family and the kitty several times a week, and they have become good friends, as well as their neighbor, who takes Oppie to church on Sundays. Oppie and Ruth also participate in the Charles House day program.

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CHARLES HOUSE CENTER FOR COMMUNITY ELDERCARE

I/We want to join the Friends of Charles House Giving Society as

_____ DIAMOND Member: \$7500 (paid over the 2-year campaign)

_____ GOLD Memeber: \$5000 (paid over the 2-year campaign)

_____ SILVER Member: \$2500 (paid over the 2-year campaign)

OR

I/We pledge a total donation of \$ _____, payable over 1 or 2 years.

Optional:

This gift is in memory of: _____ This gift is in honor of: _____

Name(s) _____

Address _____

Phone _____ (Email _____)

Signature(s) _____ Date _____

I/We would like to pay _____ Annually _____ Quarterly _____ Online

Please make checks payable to Charles House Association

Contact Paul Klever to request an automatic bank draft form or for additional giving information, including making gifts by charitable transfer of stock, IRA distribution or as a planned estate gift.

Charles House Association

7511 Sunrise Drive, Chapel Hill, NC 27514 (919) 967-7570
Paul Klever, Executive Director paul@charleshouse.org
www.charleshouse.org

Daytime Eldercare Center Hours of Operation:
Monday through Friday: 7:30 to 5:30

Certification: Charles House Daytime Eldercare Center is certified by the State of North Carolina Department of Health and Human Services, Division of Aging and Adult Services, to operate as an Adult Day Care Program.

Charles House Eldercare Homes are licensed as Family Care Homes by the State of North Carolina Department of Health and Human Services, Division of Health Services Regulation.

Enrollment: Families interested in exploring Charles House are encouraged to call the office to arrange a visit. After an initial assessment and a trial period, enrollment is completed when it is determined that the participant is appropriate for the program. Participants are scheduled for regular attendance, based upon family needs and program availability.

Limited scholarships are available for families in need. Financial Assistance is made possible by community donors.

The mission of Charles House Association:
Enriching the lives of seniors
Supporting families caring for aging family members
Representing the community's commitment to its elders

**25th Anniversary Campaign
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Joan Huntley	John Morris, III
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Since 1990, Charles House Association has operated the daytime adult center which provides a warm and welcoming environment for participants to enjoy their day among friends, feel productive, and contribute to their community.

Charles House has expanded into residential care with Charles House Eldercare Homes. Six residents live as part of a caring household in the Heritage Hills neighborhood and six more in the Winmore neighborhood of Chapel Hill.

Charles House caregiving families find the support they need to meet the demands of caring for aging loved ones, and find that participation in the Charles House program contributes greatly to their family member's health, self-esteem and quality of life.

Charles House Association is a non-profit 501(c)3 organization. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

Charles House Association publishes a bi-annual newsletter. Editor: Susan Siegel. Photos by Charles House staff unless credited. For newsletter information or suggestions, call Charles House or email: communications@charleshouse.org