

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

AUTUMN 2010

CHARLES HOUSE CELEBRATES ELDERCARE HOME



*Wielding the shovels: David Price, Mel Hurston, Ed Norfleet, Community Advisory Council member Susan Moeser, Joe Hackney, and Dennis Streets
photo by Tom Fuldner*

Cheers and applause went up from the crowd of over 75 friends of Charles House as the gold-plated shovels bit into the ground at 303 Yorktown Drive.

The August 27 "groundbreaking" at Charles House-Yorktown, the new Eldercare Home in the Heritage Hills neighborhood of Chapel Hill, was largely ceremonial, since renovations began on the house in June. But the excitement was genuine as friends and neighbors of Charles House celebrated together.

Speakers included Congressman David Price, Charles House Association Board President Mel Hurston, former Strowd Roses Board President the late Dr. Ed Norfleet, NC House Speaker Joe Hackney, Dennis Streets, Director, NC Division of Aging and Adult Services, Charles House Family Member Christine Lathren, and Kathy Klein, representing her family who formerly called the house their home. Community Advisory Council member Jim Copeland also brought a personal greeting from William Friday, who was unable to attend.

The house, at 303 Yorktown Drive, is being renovated to provide a home for six residents who will be cared for 24/7 by the compassionate and well-trained Charles House staff. Heritage Hills neighbors have embraced the idea of a neighborhood-based eldercare home where seniors can remain connected to the community and their families.

The house had formerly been the home of Jack and Ann Klein's family, who lived there from 1986 until 2006. Kathy Klein spoke on behalf of the several generations of the family attending the ceremony, saying, "We 20 family members know that we will carry with us wherever we are – in other towns, in other states, in other countries, in this world or the next one – memories made in this house. We also believe that ... we left a part of our spirit here. And to all those who will come here, we're glad that you will make this house a home again. We're proud that Charles House has chosen 303 Yorktown Drive as their address."

Kathy is excited that her family's former home is being developed for this purpose, and sees the symmetry from their life of service to creating a home that will serve the community of elders. She is especially looking forward to the landscaping, since the garden was her father's heart and soul.

Christine Lathren's mother, Rochelle, has been a regular participant at Charles House for five years. She is the mother of a three-year old son, and has been helping care for her mother since she was child. In 2001, she left medical school to become her mother's full time caretaker. Christine spoke movingly of her hopes for the new Eldercare Home:

"The idea of a residential Charles House is really a dream come true for caregivers, to take the magic of the day program and make it into a 24 hour reality. It is a home, a community, a family that she will be part of and belong to. She will feel useful, respected, and her contributions to the house will be important. My family will have a chance to experience life feeling less restricted in our activities, and my husband and I will have the chance to reconnect. But most of all, my relationship with my mom will go from sometimes stressful daily caregiving to mainly plain old mom and daughter."



*Christine Lathren and Grant
photo by Tom Fuldner*

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FROM THE PRESIDENT

MELVIN HURSTON

Dear Friends of Charles House,

This year has been full of exciting events in the life of Charles House Association --from our 20th Anniversary to the Groundbreaking of our first Eldercare Home.

Our Eldercare Home , Charles House – Yorktown, is progressing steadily with the renovations and construction at 303 Yorktown being carried out by Custom Carpentry Group of Carrboro. Our Spring Newsletter will detail the completion of construction, initial operations and the first residents enjoying their new HOME. This innovative project may serve as a model of care for our elders, not just to our Charles House families, but to our community and as a pilot for our state.



I am pleased to welcome Cindy Skocik to our board of directors. Cindy has been a CPA, a corporate chief accounting officer and Chief Financial Officer. In addition to her financial expertise and accounting skills, Cindy is well aware of the importance of our mission, as she is also part of a caregiving family.

We bid farewell to two of our long-time Board members. Nina Hackney and Carolyn Jefferson both have completed six years as members of the board of directors. Nina and Carolyn brought both clinical and managerial expertise to our board and contributed greatly to the review and updating our organization has accomplished over the past six years. While we will miss their presence as Board members, we look forward to their ongoing friendship and support. Nina is also serving on our Community Advisory Council.

As more and more families find themselves caregiving for aging family members, the need for the services of Charles House Association in our community also grows. We, as a Board of Directors, take our role as stewards of the valuable mission of Charles House very seriously. But we can't carry out the important work of Charles House Association without the support and dedication of our donors.

I cannot adequately express the Board's appreciation for our friends and donors. Your strong and generous support is the foundation of our ability to serve the needs of elders and their families in our community. We are partners in the future of eldercare.

Charles House Association Board of Directors

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Philip Sloane, MD, MPH

Associate Chair, Department of Family Medicine, UNC



Kate Shaw and Winnie Ullemeyer get in shape for the tournament

Tennis, Everyone? April 30, 2011 Charles House Gala Tennis Tournament

Mark you calendar for April 30, 2011, to join us in a day of tennis, fun, and friends in support of Charles House and Eldercare Homes, in collaboration with the Chapel Hill Country Club, The Farm recreational facility at UNC, and other tennis enthusiasts. We are grateful to Luke Daniels and his company, Corporate Events Consulting, who are donating their services in planning this exciting event. The goal of this special event is to raise community awareness about Charles House and eldercare homes, and to raise money to help furnish Charles House-Yorktown, Eldercare Home. The morning tennis tournament will be followed by a luncheon.

Charles House Association Board Member Patty Hill is chair of this event: She is joined on the planning committee by Lynn Fromme, Susan Bernstein, Lisa Soeters, and Maria Scanga. If you would like to participate in the tournament and/or volunteer at the event, please call Charles House.

Caregiver Survey Attests to Charles House Program Success

"Charles House provides entertainment, social settings, health and safety, good cheer, all around enjoyment throughout the day."

Comments like these are found on the 2010 Caregiver survey. Caregivers rated Charles House highly on safety, cleanliness, cost-effectiveness, and quality of meals. Highest ratings went to the staff for courtesy, competence, and helping participants to get involved in activities.

Three-quarters of the respondents noted improved functioning in the participants, with the strongest areas of improvement being improvement in emotional well being and self image, and communication/social skills.

"I am very impressed with the general positive atmosphere of everyone who works there. I am equally impressed with the wonderfully cultural programs you have each day. [Participant] is very impressed with the excellent cuisine! Keep up the good work!"

Charles House continually uses feedback from participants, families, and caregivers to improve the quality of programming, training of staff, and variety of activities. Please contact Paul Klever any time with questions or comments.

Charles House

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Carrboro, NC 27510
(919) 967-7570
Paul Klever, Executive Director
paul@charleshouse.org
<http://www.charleshouse.org>



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

Hours of Operation:

Monday through Friday: 7:30 to 5:30
Saturdays: 9:00 to 4:30

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.

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) 733-4510. The license is not an endorsement by the state.

CHARLES HOUSE ASSOCIATION

Since 1990, Charles House Association has operated our community's daytime adult care center.

Charles House provides daytime care for older adults and respite for their caregiving families. Serving up to twenty-two people daily, the Charles House program is an exemplary model of non-institutional care, activity and social engagement. The homelike setting provides a warm and welcoming environment for participants to enjoy their day among friends, feel productive, and contribute to their community.

The professional and dedicated staff lead group and one-on-one activities that promote socializing, creative expression, mental stimulation, and physical mobility. Exercise, discussions, games, music, gardening, and reminiscence are all part of the vibrant program. Home cooked meals offer sound nutrition and a friendly social time during the day.

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

Flexible scheduling includes full-day and half-day options. Families choose the number of days which work best for them.

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

CHARLES HOUSE - YORKTOWN ELDERCARE HOME



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:

Susan Bernstein
James A. Bryan, II, MD
James L. Copeland
B. Anthony Lindsey, MD
Nina Hackney
Joan Huntley
Lillian Lee
Carol Lucas

Sandy McClamrock
John B. Morris, III
Georgia Nelson
Susan Moeser
Linda Riggsbee
Maria Scanga
Robert Seymour

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

Christine is looking forward to visiting her mother at Charles House-Yorktown, knowing that her mother will be well cared-for, and that her own life as a wife, mother, and daughter will be fuller and less complicated. They had explored other living situations for Rochelle, but she has been spoiled by [or...grown accustomed to] the attention and respect she has received at Charles House and did not do well during respite care at an assisted living facility.

Members of the Board of Directors of Strowd Roses, Inc, a charitable foundation supporting nonprofits in the "blooming" of Chapel Hill and Carrboro were also present for the groundbreaking. The renovations are funded by a three-year loan from Strowd Roses Inc., whose board members are happy to support such an important initiative to provide a caring home environment for our elders.

Jerry Salak's mother, Fran, was an enthusiastic Charles House regular. Sadly, she passed away before the dream of a Charles House eldercare home came to be. But Jerry has been working tirelessly toward creating "Charles House with beds," as a member of the Charles House Association board, Chairman of the Development Committee and an active Heritage Hills homeowner. Says Jerry, "We believe the community will join Strowd Roses, Inc. in supporting the establishment of this important model of eldercare. Residents of the Triangle area recognize how this service can enhance the quality of life for entire families for generations to come and as a model for other communities in North Carolina."

Congressman David Price, a longtime supporter of innovative eldercare programs, served as keynote speaker for the occasion. He started his day with a visit to Charles House-Hillcrest, the daytime eldercare center, where he was regaled with a chorus of "Happy Birthday." The Congressman toured the facility and met with Executive Director Paul Klever, board member Beth Tillman and Charles House family caregiver Jack Preiss to discuss issues of aging and caregiving in North Carolina.



Charles House participants serenade Congressman Price

The event concluded with a reception that included cake and snacks, with a rousing chorus of "When I'm 64" and lively musical accompaniment from Heritage Hills neighbors.

The Heritage Hills neighborhood is welcoming Charles House-Yorktown. The Eldercare Home will benefit from the involvement of neighbors as volunteers and their participation in the lives of the residents. Charles House-Yorktown is scheduled to open in January, 2011.



Standing Room Only at 303 Yorktown!



Hannah Wood, Ray Damron keep toes tapping



Strowd Roses Board and friends sing "When I'm 64"



The party's over... photo by Tom Fuldner

Charles House lost a great friend on October 21 with the death of Dr. Ed Norfleet

The community mourns the deep loss of a remarkable human being--a community leader, a compassionate and accomplished physician, an extremely kind and accepting friend, talented, humorous.... just to use words can't express the place this man holds in so many hearts.

Dr. Norfleet's embrace of Charles House's role in the lives of elders and their families, his enthusiasm for a future with Eldercare Homes and his advocacy has made it possible for us to be manifesting our dream of bringing Eldercare Homes to our community.

Among the countless tributes and expressions of sympathy that will be forthcoming as Dr. Norfleet is remembered and the community acknowledges the loss of his life and energy, we in the Charles House Family also remember this great friend with our gratitude.



Dr. Norfleet spoke at the Charles House - Yorktown Groundbreaking photo by Tom Fuldner

CHARLES HOUSE HAPPENINGS

Down on the Farm



On July 21, The Farm (the UNC Faculty-Staff recreation facility) hosted over 65 Charles House participants, families, staff, and volunteers for a rollicking potluck supper and appreciation for the tireless efforts of the Charles House volunteers. It was a special opportunity for Charles House participants and their families to join in a social gathering and share their Charles House connection.

Charles House 20th Anniversary and Art Show

On Sunday, August 8th, Charles House Association and the Preservation Society of Chapel Hill hosted a reception celebrating Charles House Association's 20th Anniversary, along with a benefit art show entitled "A Day at Charles House: Etchings and Woodcuts by Lisa M. Jones." The event, at the Horace Williams House in Chapel Hill, celebrated 20 years of success, as well as the expansion of Charles House Association services into neighborhood-based Eldercare Homes.

The day offered a chance for friends of Charles House to gather, admire the art, listen to live music by the Chameleon Consort, and enjoy snacks from Mediterranean Deli and breadsticks handcrafted by Charles House program participants. Ernest Dollar and his staff at the Preservation Society of Chapel Hill provided the venue, interesting history about the Horace Williams House, and expert assistance in organizing the event.



Lisa Jones and Paul K with art



Former Board president Chad Letteris with current president Mel Hurston

Lisa Jones, who worked as a program director at Charles House for several years, was inspired to create these works of art by the joy, friendship, and discovery she witnessed there. It filled her with hope for how the community can age with the right support and resources.

Thanks to generous donations from Board members—former and current, Charles House families and staff, the series of four woodcuts titled "A Day at Charles House" and the fifth woodcut print "Dancing to Music" will now be displayed permanently at Charles House-Hillcrest for all to enjoy.

CHARLES HOUSE ASSOCIATION ANNUAL FUND APPEAL

Our population is aging and our economy has been declining. More elders than ever are now living in poverty, and more frail elders are needing services as they age.

In November, you will be receiving our year-end appeal to contribute to the Charles House Association Annual Fund. This is our major source of funding for scholarships. Your response to the Annual Fund enables Charles House to serve a broad spectrum of families and provide financial assistance to nearly 20% of the enrolled families at Charles House.

Please consider a tax-deductible gift to Charles House Association this year.

Contributions can be made by sending a check to Charles House Association and now

donors are able to make ONLINE donations from our website. Many of our donors make gifts in memory or in honor of loved ones.

Some families consider a year end transfer of stock to Charles House Association. We are grateful to all of our generous donors, without whose generous support we could not continue the important work of providing the best possible care for our beloved elders.



Charles House "gets down" with students from the Chapel Hill Friends School

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We gratefully acknowledge these donations, October 2009 - October 2010

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