

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

AUTUMN 2014

Charles House-Winmore welcomes residents



This past September, the new Charles House-Winmore elder-care home received a state license and opened its doors to six residents.

Developed and custom built by Kovens Construction, it is located in the Winmore neighborhood in Carrboro, close to

Chapel Hill High School and the Seymour Senior Center.

This new home for four ladies and two gentlemen features smart technology for safety and comfort, and the views of the street and the playground next door provide a connection to the neighborhood. But it's the household team that implements the Charles House model of care with warmth, compassion and enthusiasm.

Charles House is creating jobs in eldercare homes, offering an innovative work-life opportunity for direct caregivers. Household Team members carry out all the responsibilities of the household, including personal care of the residents, medication administration, assessing resident health changes, communications with families and physicians, activities, welcoming visitors, cooking, laundry, cleaning and creating special moments throughout the day.

The CH-Winmore Household Team is led by Household Coordinator Heather Carden, who first learned of Charles House as a student living across the street from Charles House-Hillcrest. Heather was interested in nursing, and had completed a clinical rotation with Alzheimer's and dementia patients, so she became a volunteer at Charles House.

Volunteering soon led to working for Charles House. She spent two and a half years as part of the Household Team at the first Eldercare Home, Charles House-Yorktown. Now she leads the new team in a brand-new location.



It takes time to establish rhythms and routines for the six residents and their caregiving families, with different personalities and priorities, but that's what makes Charles House special.

Heather is working with the Household Team to get everyone settled into feeling at home and establishing new household routines. She finds Charles House to be a great work environment.

Not only is the work rewarding, but it's also a lot of fun!

Gathering Kicks Off 25th Anniversary Campaign



Paul Klever with Charles House founder Beppie Bradford, original staff member Carol Gunn and board member Jerry Salak
Photo: Sally Keeney, Chapel Hill News

The Charles House 25th Anniversary Campaign kicked off on Sunday, September 28, at the Fearington Granary. Over 80 friends and families, volunteers, board members and staff spent the beautiful autumn afternoon enjoying hors d'oeuvres, listening to music from the Satin Dolls and connecting with Charles House acquaintances.

Board member Jerry Salak served as master of ceremony for the presentation, starting things off by telling of his mother's time at Charles House and the support he found when he took on the primary caregiving responsibilities. Mil Witt talked about her family's move from New York City and how finding Charles House eased the transition for her mother, who was in their care. Kathy LaFone spoke of her husband's days at Charles House where he enjoyed music and camaraderie through his continuing decline. Christine Lathren reflected on her journey of becoming the primary caregiver for her mother and the contentment her mother has found as a resident in the Charles House Eldercare Home, and the joys of bringing her two young sons to visit Grandma at Charles House-Yorktown. Sydney and Stan Jenkins shared the trauma of Stan's cerebral accident and the solace and encouragement he found in his days at Charles House while on their arduous path of recovery.

Executive Director Paul Klever showed a photo of the original house at 109 Hillcrest 25 years ago, before it became Charles House. (right)



(continued on p. 2)

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

Dear Friends of Charles House,

2014 has been an eventful year for Charles House. Paramount in our efforts has been the construction, licensure and opening of Charles House-Winmore, our second neighborhood eldercare home. Many of you visited during our summer open houses and got a sense of what a wonderful setting the home is for our elders needing 24 hour care.

Charles House continues to work with the Orange County Department on Aging and Second Journey in leading the Aging in Community speakers series, which culminated with the October senior housing expo. This series is spurring community discussion about alternatives to the traditional choice of aging-in-place or moving to a continuing care retirement community. Charles House is pleased to be engaged in envisioning a future with a broader array of options for aging within our communities.

I want to extend our appreciation to Dickie Andrews upon his completion of six years of service to Charles House on our board of directors. Dickie's long time association with Charles House started with his mother's time as a participant many years ago. His knowledge of the Carrboro community, as well as his experience in real estate, have been valuable assets to the board. We wish him well.

I noted in the Spring Newsletter that we are working toward a 2015 move to a larger facility on Sunrise Road on the edge of the Carol Woods campus. We have progressed to having architectural and engineering plans developed, which are in the review process with the various jurisdictions, projecting that the renovation construction will begin early in the new year.

In order to make these critical expansions possible, we are embarking on a 25th Anniversary Campaign. I am pleased to report that the residents of Carol Woods have demonstrated their enthusiasm for our expansion and relocation by raising the lead gift of \$150,000 to our campaign. Community leaders are coming together in support of Charles House's mission to serve elders and caregiving families. Many Charles House families and friends gathered in September at the Fearington Granary for our kick-off event. We will be giving your friends and families opportunities to learn more about our 25th Anniversary Campaign and the expansion of Charles House to be the Center for Caregiving.

At this time of year, we express our deep thanks to all who give of themselves to Charles House - our staff, program team and eldercare homes household teams; our dedicated volunteers, students and interns who do so much each day; our Charles House participants and eldercare home residents and their very special families with whom we share love and care; my fellow board members and leadership of our Community Advisory Council; the friends, neighbors and community organizations who share their time and talents, and of course, to the many donors who support us — Charles House's success belongs to each of you. And to you, we extend our most sincere appreciation, along with best wishes for the holiday season.

(25th Anniversary, continued)

The photo of the Carrboro mill house highlighted the vision of the founders and of the community effort over the years to transform a simple house into the highly respected daytime eldercare program, neighborhood eldercare homes, and the still-growing organization that has served hundreds of caregiving families.

Paul explained the increasing need for Charles House services and the board's commitment to expanding to meet the needs of caregiving families. As Charles House enters its 25th year, plans are underway to relocate Charles House to a larger facility on the edge of the Carol Woods Retirement Community campus, a move that will accommodate expansion of the daytime eldercare program, caregiver support and education, as well as experiential learning opportunities.

In order to accomplish the renovations, the move and the expansion, Charles House is embarking upon a two-year 25th Anniversary Campaign. The campaign will help realize Charles House's expansion as the Center for Caregiving.

The event was hosted by the Friends & Family Committee of the 25th Anniversary Campaign. Subsequent newsletters will offer updates on the expansion and relocation, as well as opportunities to participate in the 25th Anniversary Campaign. For more information or to join the campaign, visit www.charleshouse.org



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We gratefully acknowledge these donations, November 2013-October 2014

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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>B. Anthony Lindsey, MD</i>
<i>Susan Bernstein</i>	<i>Carol Lucas</i>
<i>James A. Bryan II, MD</i>	<i>Sandy McClamrock</i>
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Japanese delegation visits Winmore

Charles House-Winmore was one of the sites visited by a delegation from the Foundation for Senior Citizens' Housing, which was formed to respond to the housing needs of older adults in the rapidly aging Japanese society.

The theme of this visit was "age-friendly housing and community development for older adults." The delegation visited organizations and facilities in Chatham, Orange, and Durham Counties to learn about senior housing options and programs in smaller community settings, followed by a visit to national organizations and urban programs in Washington D.C.

Delegates visited numerous sites including Carol Woods and the Seymour Senior Center. They were impressed with the Charles House model of Eldercare Homes, and were interested to learn that it is a nonprofit organization.

DONATIONS TO THE CHARLES HOUSE- WINMORE GIFT REGISTRY

Mary Beck	David Woodmansee & Cherie Rosemond
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**Caregiver Support Group meets 3rd Wednesday of the month,
12-1:30 at the UNC Wellness Center at Meadowmont**

Aging in Community

The Fall 2014 Aging in Community Series convened by the Orange County Department on Aging, Charles House and Second Journey continued on September 23 with Diana Christian, author of *Creating a Life Together* and *Finding Community* and the former editor of *Communities* magazine, who spoke on creating and living in community.

On October 15, over 300 people participated in the Senior Housing Expo at the Seymour Senior Center, which included lectures and exhibits on alternatives to traditional housing such as green building, aging-friendly architecture, co-housing, tiny houses and smart house technology.

A program on Tiny Houses will be offered in the spring of 2015. To be added to the mailing list for the Aging in Community Series, contact Charles House at 919-967-7570 or info@charleshouse.org



Charles House Photos, from top left:
 Muriel's Birthday
 Charles House Speakeasy
 Visit to NC Botanical Garden
 Aggie - World's Cutest Puppy
 Tar Heel Baseball Team visit
 UNC Art Heels at Share Project
 Visit to Poinsettia Nursery



CHARLES HOUSE ASSOCIATION

Since 1990, Charles House Association has operated our daytime adult care center. Charles House-Hillcrest 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-Yorktown 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

109 Hillcrest Ave. Carrboro, NC 27510 (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, to operate as an Adult Day Care Program.

Charles House-Yorktown Eldercare Home is licensed as a Family Care Home 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

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.

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