

# CHARLES HOUSE ASSOCIATION

*Helping People Age the Way They Have Lived*

## NEWSLETTER

**AUTUMN 2009**

### CHARLES HOUSE - ELDERCARE AND MORE

Charles House is a community Eldercare Center. Many of the participants are experiencing memory and cognitive problems, and are considered senior citizens. But Charles House has much to offer some younger members of the community. In this issue, you will meet two men who are recovering from brain injuries, and are being aided in their recovery by the staff, programs, and people of Charles House.



*John Jenkins and Susan Linn*

The first thing you notice about John Jenkins is his laugh. It comes booming down the hallway, before you see his thousand-watt smile as he rolls into view. John is a people person – that's one of the reasons he enjoys and appreciates his time at Charles House.

John has been a caretaker – he used to be a massage therapist, and also worked as a florist and a truckdriver, among many other jobs. A massive stroke at age 48 (6 1/2 years ago) changed his life forever.

His wife Susan Linn, who works in the Health Sciences Library at UNC, had heard about Charles House several years ago. She knew John would benefit by getting out of the house and getting involved in the many activities, and that he would bring his gift of being with people to the other participants.

John, a huge Tar Heel fan, likes all the activities, especially the daily discussions about current events. Susan reports that he quizzes her on what he's learned at the end of the day. John finds an opportunity to grow and learn by hearing other people's stories and experiences as well.

John feels like the staff and participants are a family – always glad to see each other. His first order of business when he arrives is to see who's missing or late and make sure that they are OK. "We joke, we laugh, we tell our stories, we learn."

He enjoys the diversity of the people from different parts of the globe, and he looks forward to the wonderful, well-balanced lunches.

Susan feels relieved on the days when John is at Charles House. As a caregiver with a full-time job, she knows that he's safe and well cared-for here. She doesn't have to wonder if she'll get one of those alarming phone calls, as she often did when John was in other programs.

John has improved dramatically since his stroke, but still has a long way to go, and the Charles House programming helps to improve his mental, emotional, and physical status. His goal is to be up and walking again, without assistance.

They are grateful for the generous supporters of Charles House who make it possible for John to spend one day a week here through the scholarship fund. John is a great advertisement for Charles House, even handing out brochures to friends to encourage them to come and visit.

He always comes away from Charles House uplifted, and with a smile he reports to Susan, "I made a new friend today."

In 1973, as Stan and Sydney Jenkins were driving to Alaska to homestead, the Federal homesteading program was shut down. Despite this setback, they ended up staying there for 30 years. They tried out different jobs like farmworking, bartending,



*Stan and Sydney Jenkins*

and dishwashing, and they camped out in a Tipi and explored the Alaskan wilderness before settling down to working for the government.. Stan retired in 2003 as a Hearing Officer for the state of Alaska, and his lung problems forced them to leave the cold for the Sunny South and return to North Carolina.

Stan had just applied for a part-time job at UNC in June of 2008 when at the age of 57 he suddenly experienced a sub-arachnoid brain hemorrhage, which left him unable to walk, talk, remember, or comprehend what was going on.

He spent several difficult months at UNC and Wake Med before his family found Learning Services rehabilitation in Durham, where he was able to receive more intensive therapy and began rapid recovery. The Case Manager from Learning Services recommended Charles House to the Jenkins in preparation for his discharge from the rehabilitation program.

Both Stan and Sydney could immediately see and feel the difference between Charles House and other places Sydney had visited and evaluated. It was bright, airy, and sunny. Paul and the staff were welcoming, and the participants were happy. The small details make a big difference too – the way the table is set for lunch, the good food (though Stan would like it even

*(continued on p. 2)*

# FROM THE PRESIDENT

MELVIN HURSTON

Dear Friends of Charles House;

This summer, Charles House Association reached its 19th year of service to our community. We are proud of the quality program offered at Charles House and the support it offers caregiving families.

We, as a board of directors, find it instructive and gratifying to review the annual survey of families and caregivers each fall, when we receive constructive suggestions and also positive feedback from our client families. One family's comment:

"Charles House has been a very important place for my mother. She wakes up with a purpose and is happy to come to Charles House each day. Her communication and social skills have improved and she takes pride in her appearance. Charles House provides a daily routine for her that is stress-free and comforting. I also think this routine helps with her health in general. She eats three meals a day on a regular basis, sleeps well at night and enjoys varied activities during the day. "

We are pleased to welcome Patty M. Hill to the board of directors. Patty is Professor Emeritus at the UNC School of Nursing with an emphasis in maternal and child health and in human growth and development. Having served on the NC Public Health Commission and the School of Nursing Foundation, Patty brings a wealth of expertise and experience to Charles House Association.

We extend our deep appreciation to Robb English, who has completed his six-year term as a board member. Robb's association with Charles House started back in the mid-1990s when, as a recreation therapist, he served as program coordinator. With his keen understanding of the Charles House program and history, Robb has been an invaluable asset to the board through the past six years of growth.

We also bid farewell to Allison Lee after her three years of service on the board. Allison's experience in assisted living facilities and her personal commitment to the success of Charles House have been important gifts during her tenure on the board.

While everyone has been coping with economic uncertainties this year, nonprofit organizations have also faced challenges. We have closely monitored our fiscal operations to assure our ongoing strength and viability. The families we serve are challenged by the tasks of caregiving as well as these difficult financial times. They continue to depend upon our services, and together we depend upon the generosity of our community to keep Charles House affordable.

Our partnership with the community is expanding as we strive to develop the innovative model of neighborhood Eldercare Homes. We look forward to exciting progress in the new year and will be keeping you—our friends and partners—informed.

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*Eldercare and More, continued from p. 1*

more if they had Dr. Pepper!), and the way the staff connects with every client and family.

Charles House also provides programming and resources for additional support and healing. Paul recommended home health services to provide a CNA (certified nursing assistant) to come to the home.

Stan finds that he is helped by having interesting activities and discussions with participants. He appreciates that no one at Charles House asks, "What do you do?" – that people don't have to experience that sense of loss from what your life may have been like in the past. He also discovered that the exercises at Charles House are similar to the ones he learned in rehab.

Stan began by spending four days a week at Charles House, and as he continues to improve, he now is attending one day a week. His goal is to be able to return to working part-time.

"We need more places like this for people who are recovering from injuries or illness," says Stan. "Charles House is not just for elders – it's adult care."



## Charles House Participants Contribute to Service League's Christmas House



For 50 years, the Chapel Hill Service League has hosted the Christmas House. This project helps financially disadvantaged families celebrate the holidays. During the holiday season, community organizations come together to donate food, clothing, toys, books, and more. The parents or guardians are then invited to "shop" for the perfect gifts for their children.

Here at Charles House, we enjoy working on gifts for the children and the Christmas House. Some of these gifts include jewelry boxes, necklaces, coloring books, dolls, juggling sets, and even homemade wrapping paper. It allows Charles House participants to continue to be involved with and to give back to the community.

## “Team Charles House” walks for Alzheimer’s Research

On Saturday, October 3rd, Charles House participants, family, staff, and volunteers gathered at Koka Booth Amphitheater in Cary for the Alzheimer’s Association Memory Walk. We joined thousands of others in North Carolina and across the country to support the Alzheimer’s Association and their important research.

We would like to thank Laura Wenzel, daughter of participant Genie Bill, who suggested Charles House form a team for the walk. Charles House raised over \$700 for Alzheimer’s research and enjoyed the walk around Symphony Lake on a beautiful Saturday morning. With Laura’s help, the Charles House staff organized the Charles House team and event. This included a social gathering with brunch donated by a local Harris Teeter and Charles House friends. All of the team members received complimentary Charles House t-shirts to wear as well.



Genie Bill said: “I enjoyed the walk, the company was nice and everybody was very helpful.” Laura was thrilled with the response of the Charles House families. “When I sent the email about the donation opportunity to my mom’s friends and family, I didn’t know what would happen. The day of the walk was a great opportunity for my husband, daughter, mom and me to join with the folks at Charles House who work so hard and do something fun and accessible to all of us.”

We look forward to making this an annual event for Charles House friends and family to help raise awareness and support for Alzheimer’s Disease. (See more photos from the walk on Facebook. Go to: <http://www.facebook.com/> and search for “Charles House”)

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### 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

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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

109 Hillcrest Ave.  
Carrboro, NC 27510  
(919) 967-7570

Paul Klever, Executive Director  
[paul@charleshouse.org](mailto: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.

#### THESE FRIENDS HAVE MADE DONATIONS IN SUPPORT OF ELDERCARE HOMES

*Catherine Clark*

*Allison Lee*

*Eugen & Ann Merzbacher*

*Donna & Gary Phillips*

*Charles and Barbara Milone*

*William L. O’Brien, Jr*

*Strowd Roses, Inc. Charitable Foundation*

*Home Health Foundation of the Triangle Community  
Foundation*

## Donors are the Cornerstone of Charles House Association's Success and Future

The success and viability of Charles House in our community depends upon the generosity of individual contributors, corporate and foundation support, and public grants. Charles House has been extremely fortunate to be associated with many wonderful people: participants, caregivers, families, friends, volunteers, community supporters, staff, and board members. Indeed, Charles House would not have been established or would not continue to thrive without strong community financial support.

Many of our donors have benefited from the special services of Charles House. Others make financial contributions because they believe in the mission of Charles House Association to lead our community in innovative, non-institutional approaches to eldercare. This support comes to us as unrestricted donations, support of capital improvements, gifts of stock or planned estate bequests, contributions to the Jones Endowment and memorials or gifts honoring friends and loved ones. Along with donations of time and talents, these contributions to the work of Charles House make all the difference in our success now and for the future.

### ***Gifts "In Memory Of" and "In Honor of" Touch the Heart***

Many individuals and families hold Charles House close to their hearts. Friends of Charles House frequently make contributions to honor someone who is significant in their lives or in the life of Charles House. Families have remembered Charles House at the time of loss of loved ones. Designating Charles House as a recipient of memorial contributions is an especially meaningful way to remember and honor loved ones. These donations make up a significant portion of the individual contributions to Charles House each year. The Board of Directors greatly appreciates friends and family for these generous gifts that support the mission of Charles House.

### ***Stock Donations***

Those wishing to make a contribution to the Charles House Association through a donation or transfer of stock may use the Charles House account with RBC Wealth Management. For instructions for stock transfers contact John Marlow at RBC Wealth Management, 919-687-3701

### ***Tax breaks for gifts from IRAs through 2009***

People age 70-1/2 or older can make charitable gifts using funds transferred directly from their individual retirement accounts (IRAs) without adverse tax consequences through the end of 2009 under reinstated charitable IRA legislation. Although these gifts are not eligible for a charitable deduction, you will not pay income tax on the gift amount. Individuals may transfer up to \$100,000 directly from their IRAs in 2009 and can make an IRA gift transfer even if you are not required to take a minimum contribution.

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## *We gratefully acknowledge these donations, October 2008 - October 2009*

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Nina Hackney

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### Joy and Beverly Staats

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