

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

AUTUMN 2013

Charles House — A Learning Experience

Charles House hosts a range of students and interns who get the chance to practice hands-on communication and caregiving skills with participants and learn from the unique Charles House approach to caregiving.

UNC SERVICE LEARNING STUDENTS

Nick Appel, an Offensive Tackle from the UNC Tarheels, hands out percussion instruments with gentle good humor to the eager participants in the music circle. He is a senior at UNC, and is spending Mondays at Charles House as part of Dr. Elizabeth Jordan's Psych 502 class, Adulthood and Aging. Charles House usually hosts about 10 volunteers each semester from this class.



UNC Senior and Offensive Tackle Nick Appel hands out instruments

Nick plans to work with elders using a combination of physical, emotional and cognitive therapies. He was inspired by experiences with his grandmother who suffers from dementia.

"I look forward to coming to Charles House every week. It's very therapeutic for me, and makes me feel closer to home," says Nick.

He enjoys the challenges, such as communicating with people who may have memory loss or confusion. Coming here also serves as a reality check that none of us live forever.

"This is a wonderful experience and a great way to give back to the community. A lot more people my age need to get involved with programs like Charles House."

Nick's teammate AJ Blue is also a Charles House volunteer (mulching, right) and he is hoping to recruit more of his buddies to experience the rewards of volunteering at Charles House. *(continued on p. 5)*



"Open Tent" celebrates Charles House-Winmore

Drizzle could not dampen the enthusiasm of the Charles House staff, board members, friends and neighbors who gathered on October 12 for an "open tent" to see plans for the new Charles House Eldercare Home being built in the Winmore neighborhood of Carrboro.



Charles House board members Jerry Salak, Tammie Stanton, Sheryl Zimmerman, Dickie Andrews and Caroline Resnick, plus Amanda and Paul visit the building site of Charles House-Winmore

Charles House shared the day of celebration with the Winmore Fall Festival and the Home Builders Association (HBA) of Durham, Orange & Chatham Counties 2013 Parade of Homes. Board members, staff, families and friends of Charles House enjoyed cake and cider, listened to music and met the new Winmore neighbors.

Construction is beginning on the new Eldercare Home, which will open in the Spring of 2014 to six residents. Applications are being accepted now.

The move into the Winmore neighborhood builds upon the success of Charles House-Yorktown, the Eldercare Home in the Heritage Hills neighborhood and continues the pioneering effort to bring assisted living care into neighborhoods. Charles House-Winmore will be home to six residents, with a full-time household caregiving team and the latest in care technology, as well as the home atmosphere which is the hallmark of Charles House. *(continued on p.7)*



Charles House-Winmore Blueprint

FROM THE PRESIDENT – CINDY SKOCIK

Dear Friends of Charles House,

At the annual meeting of the Charles House Association in October, the Board of Directors installed new officers. I am honored to serve as president for this coming year and to be joined by Luke Riggsbee as vice-president, Dickie Andrews as secretary and Shelly Eubanks assuming the responsibilities of treasurer.

I am pleased to introduce new board member Sheana Funkhouser, who brings the perspective of former Charles House families to the board; her mother was a participant in the daytime eldercare center and was the first resident of Charles House-Yorktown Eldercare Home. Sheana has also worked professionally as a nurse.

We regret that Debbie Frazier has had to step down as a member of the Charles House board. Debbie has made significant contribution to the board during her tenure, including leadership in the annual tennis benefit.

Building on the success of Charles House-Yorktown Eldercare Home in Heritage Hills, we are expanding the neighborhood Eldercare Home model. Our second home—Charles House-Winmore—started construction in October. We are excited to be part of the Winmore neighborhood and to be working with Kovens Construction on this project.

June marked the 23rd anniversary of the opening of Charles House, the daytime eldercare center. We extend sympathy to founder Beppie Bradford (daughter of Charles and Dorcas Jones) and her family at the passing of her husband Roy Bradford. Roy was stalwart support to Beppie in the founding of Charles House giving generously of his time and talents to Charles House.

The mission and work of Charles House Association is built upon the support of many volunteers and donors. With your financial support, we have grown the outstanding daytime eldercare program at Charles House, developed the model for Eldercare Homes and are poised to continue expanding the Charles House approach of non-institutional, community-based eldercare.

With your help, Charles House Association continues to address the growing needs of caregiving families and eldercare alternatives.

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.

Serving up to twenty-two people daily, the Charles House program is an exemplary model of non-institutional care, activity and social engagement. 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. Flexible scheduling includes full-day and half-day options. Families choose the number of days which work best for them.

Charles House has expanded into residential care with Charles House-Yorktown Eldercare Home. Six residents live as part of a caring household in the Heritage Hills neighborhood. A new Eldercare Home is being built 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.



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Aging in Community Lecture Series

Charles House, in partnership with the Orange County Department on Aging and Second Journey, led a three-part lecture and discussion series exploring alternative housing options for seniors entitled Aging in Community: Planning for Our Future.

The September 17 kick-off event featured acclaimed author, architect and visionary Sarah Susanka speaking about her own journey from architect to advocate for the integration of home, community and self,



and offered some tools for making all three a better fit, by making room for what really matters. Susanka's *Not So Big* message has become a launch pad for a new dimension of understanding—not just about how we inhabit our homes, but also about how we inhabit our planet and even our day-to-day lives. (continued on p. 7)

Some of our favorite photos



Yorktown ladies lunch at Foster's



Winmore Groundbreaking!
10/27/13



Vintage Lincoln visits Charles House



Oppie at Yorktown



Season's Greetings!

Learning Experience *(continued from page 1)*

CHARLES HOUSE INTERNSHIP

This year Charles House initiated a summer internship program for college students. The first group of summer interns included Megan Gray, Sarah Blanton and Andri Seay.

Megan and Andri are seniors at UNC-CH; Sarah is a senior in gerontology at UNC-Charlotte. They spent the summer at Charles House and the Eldercare Home learning about aging, older adults and dementia.



In addition to attending the Triangle Caregiver's Conference and receiving trainings and in-service learning, they got to know the residents at Charles House-Yorktown for a life stories project.

The projects were personalized based on each individual. Sarah created a photo/scrap book and a shadow box for two of the residents. Megan worked with two residents to make a photo book and a scrapbook. Andri made a photo book for one of the ladies and a storybook called "The Adventures of Oppie and Ruth" for the other.



The students spent 15 hours a week at the Daytime Eldercare Center and the Yorktown Eldercare Home, learning to do assessments, plan activities and interact with participants and families.



WATTS NURSING STUDENTS

Watts School of Nursing in Durham, founded in 1895, is another of Charles House's educational partners. Instructor Liz Cantor has been bringing students for a day at Charles House for the past several years. They are not merely observers; this is hands-on, experiential learning. Students are required to read the Charles House staff handbook, compare theory to practice and implement these theories they've been learning in class.

Students can be anxious about their rotations. They may have had a bad experience with eldercare, or not been around older folks. But some find they love it here and want to continue visiting Charles House as volunteers.



Watts School of Nursing Students Sumer Edwards, Ashley Hill and Alicia Lanham, with instructor Liz Cantor, observe exercises

Student evaluations on their Charles House experience stress the staff's expertise in safety, communication, respectful interactions, supporting independence, building relationships and making the activities and interactions fun and enjoyable. A few examples:

I could pick any part of my day at Charles House and all of them connected to the principles of communication. From their handbook to the reality of daily interactions, respect was given to the participants, family members, volunteers and workers.

It was exciting to see so many people participating in the activity and the way the staff managed to make everyone feel successful. I think this facility does a great job of maintaining as much independence as possible for each of the participants.

The students visiting Charles House on this day commented on the atmosphere. They had just completed a rotation at nursing home and felt that some people there seemed so sad and downtrodden and that it's really eye-opening to see how the atmosphere impacts their mental health.

Charles House, on the other hand, breaks down stereotypes of what an older adult facility care is – it may not be typical, but it should be.

"Charles House is an amazing place for students," according to Liz. "It gives them a unique experience and makes them all better nurses for having worked with and been valued as part of the team by the staff. valued as part of the team by the caring, professional staff."

We gratefully acknowledge these donations, November 2012-October 2013

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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:

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Aging in Community *(continued from p. 5)*

Karen Ridout of Global Learning Partners led a conversation exploring the development of alternative housing options within the county.

On October 15, Marianne Kilkenny, founder of the Women for Living in Community Network, presented on shared housing, as popularized by the TV series *The Golden Girls*. Kilkenny, who lives in a collaborative house in Asheville, NC discussed the benefits of the shared home model. Linda Williams, a co-founder of their home, joined her in the presentation and the follow-up discussion.

Dene Peterson, founder and developer of ElderSpirit Community in Abingdon, Virginia concluded the series on November 19. Ms. Peterson, a former Glenmary nun, has won national recognition for her work; she received the Lifetime Achievement Award of the Cohousing Association of the U.S. in 2011. ElderSpirit is one of the first elder co-housing projects in the United States and home to 44 mixed-income units of housing. Bolton Anthony, founder of Second Journey, led a discussion about local co-housing options following the presentation.

A new series will begin in the spring. Contact Charles House for more information.

DONATIONS IN SUPPORT OF THE AGING IN COMMUNITY SERIES

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Caregiver Support Group at Meadowmont



Charles House and the UNC Division of Geriatric Medicine are co-sponsoring a Caregiver's Support Group that started this past January. The monthly support group is hosted by the UNC Wellness Center at Meadowmont on the 4th Wednesdays.

If you or someone you know want to learn more about this support group, contact Paul Klever at Charles House or call Susan Chesser at the UNC Wellness Center : (919-966-5500).

Winmore *(continued from p. 1)*

"We are thrilled to be a part of the Winmore neighborhood, and look forward to the same close relationship with our new neighbors that we have found in Heritage Hills, where Charles House-Yorktown is located," says Charles House Executive Director Paul Klever.

The new Eldercare Home is being built by Kovens Construction, the developers of the Winmore neighborhood.



Charles House Association

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Carrboro, NC 27510
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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

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