

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

SPRING 2010

COMMUNITY LEADERS ENRICH CHARLES HOUSE EXPERIENCE

The daily program at Charles House is recognized as exemplary in its ability to create a vibrant, active and adult atmosphere for seniors with cognitive impairments and other physical challenges. One of the hallmarks of the program is its strong connection to the community, exemplified both by participants giving back to the community through service projects and by the large number of community members who volunteer to share their talents and interests with participants.

This interaction between Charles House and our community reinforces the dignity and respect we hold for our elders and our families' desire to keep loved ones engaged in life and community. In this way, our Charles House family extends beyond the enrolled families and staff to include the whole community.

This newsletter highlights just a few of the wonderful community volunteers who bring so much to the life of Charles House. While giving of their time and talents, these volunteers develop an appreciation for participants and find enrichment in their own lives through their participation in the magic of Charles House.



Dr. Susan Moeser first became interested in beekeeping while attending graduate school. It was after moving into the UNC-Chapel Hill Chancellor's house that she added beekeeping to her busy career as UNC organist and instructor and her duties of working alongside her

husband, UNC Chancellor Emeritus Dr. James Moeser. Susan and the groundskeeper/horticulturist at the Chancellor's house took responsibility for 2 beehives given to UNC by Fountain Odom. (Two hives were also given to NCSU to encourage a friendly competition. The Carolina bees, under Susan's care, produced 240 pounds of honey while the NC State hives, despite being at the "Aggie" school, only produced 100 pounds.)

As Susan began to learn about Charles House through friends, she was invited to participate in the Charles House experience. Accepting an invitation to give a talk on the subject of beekeeping at Charles House, Dr. Moeser wore her bee suit and brought the "props" of the trade to show participants who were quite engaged and asked lots of questions. While often asked to perform at the organ, the January request from Charles House was the first request for Dr. Moeser to make a presentation on her interest in beekeeping.

Mildred Council, affectionately known as Mama Dip, started cooking for her family at the age of 9, on the farm where she grew up in Chatham County. Her Chapel Hill restaurant on Rosemary Street—Mama Dip's Traditional Country Cooking Restaurant—is a local treasure. On her website, Dean Smith is quoted as saying, "I've been a fan of Dip's for years. Chapel Hill wouldn't be the Southern Part of Heaven without her."



On March 29, she regaled the Charles House participants and staff with tales from her experience in the kitchen, writing cookbooks, going on talk shows like Good Morning America, and spreading the gospel of Southern cooking. She enjoys visiting with seniors at places like Charles House, and appreciates the questions and stories she hears from them. Participants enthusiastically praised her visit. Their only complaint: Next time, bring chicken and gravy! Mama Dip is getting ready to hang up her apron - planning to retire at the age of 81, but will remain a leader in our community and a friend of Charles House.

On March 29, she regaled the Charles House participants and staff with tales from her experience in the kitchen, writing cookbooks, going on talk shows like Good Morning America, and spreading the gospel of Southern cooking. She enjoys visiting with seniors at places like Charles House, and appreciates the questions and stories she hears from them. Participants enthusiastically praised her visit. Their only complaint: Next time, bring chicken and gravy! Mama Dip is getting ready to hang up her apron - planning to retire at the age of 81, but will remain a leader in our community and a friend of Charles House.



Joshua Lozoff has traveled around the world, learning and sharing his magic. In addition to his popular and successful magic shows, he is a frequent visitor at senior centers and to the patients and families at UNC Hospitals. On March 31, he magically appeared at Charles House. Joshua customizes his shows so that his audience can participate fully, no matter what limitations they might have. The Charles House participants expressed their appreciation for his taking the time to come visit, as well as their enjoyment for his magic. "Magic is about bringing joy to people," says Joshua. He embodies that joy, as he shares his magic with those who need it most.

(continued on p. 3)

FROM THE PRESIDENT

MELVIN HURSTON

Dear Friends of Charles House,

2010 is an exciting year for Charles House Association. This June, Charles House will reach the milestone of 20 years of service to our community. Throughout these years, Charles House has become an important care partner to hundreds of caregiving families, supporting their efforts to keep loved ones at home and involved in the community. Together—Charles House, families, volunteers, supporters and community leaders—we have forged an idea into a viable and significant eldercare organization.



This year we will also introduce our first Eldercare Home. Charles House Association has been developing this plan for several years in response to families asking for “a place like Charles House” when their loved ones need care in a residential setting. Charles House-Yorktown in the Heritage Hills neighborhood will be home to six elders and our model for a nonprofit, community based approach to residential eldercare.

More and more families are turning to Charles House for daytime care and community involvement. The staff, volunteers and board of directors are honored to work with these families and to have their loved ones as participants in our program. The growth of the aging population and the broader understanding that adult day programs are a cost-effective, valuable and therapeutic support to family caregiving contribute to the continuing growth of Charles House.

I am pleased to welcome Norman Klase to our board of directors. Norm is Director of Human Resources for UNC Health Care. He and his family have been long time residents of Chapel Hill/Carrboro. Norm adds Charles House to his community involvement in Boy Scouts and church committees. We are very fortunate to have Norm bring his experience and expertise in human resource management to the board and to the organization during this period of expansion in our services.

Finally, I want to express the board’s appreciation for the continuing support of our friends and donors. Your vote of confidence in our services and our organization is the foundation of our ability to serve the needs of elders and their families in our community.

Charles House Association Board of Directors

Melvin S. Hurston, President

Senior Vice President, Professional & Support Services. UNC Hospitals

Nina Hackney, Vice President

Retired Clinical Nursing Director, UNC Hospitals

DuVal Byrd, Treasurer

Division Controller-Real Estate Group; Capital Broadcasting Co., Inc.

Beth Tillman, Secretary

Attorney, The Tillman Law Firm

Dickie Andrews, Andrews & Associates Realtors

Jan Busby-Whitehead, MD

Chief, Division of Geriatrics, UNC Program on Aging

John Dunkle, Contractor, Dunkle Design

Lynn Fromme, Community Member, Family Caregiver

Patty M. Hill, Professor Emeritus, UNC School of Nursing

Carolyn Jefferson

Dementia Care Coordinator, Orange County Department on Aging
Retired Clinical Nursing Director, UNC Hospitals

Norman Klase, Director of Human Resources, UNC Health Care

Caroline Resnick, Former Family Caregiver, Retired Teacher

Luke Riggsbee, Vice President, High & Rubish Insurance

**Jerry Salak, Director, Alumni and Donor Relations,
Gillings School of Global Public Health, UNC**

Philip Sloane, MD, MPH

Associate Chair, Department of Family Medicine, UNC



“A Day at Charles House” (2009) Woodcut

Join us for our Art Show Benefit: A Day at Charles House

On Sunday, August 8th, the Horace Williams House in Chapel Hill will host a benefit art show entitled “A Day at Charles House: Etchings and Woodcuts by Lisa M. Jones,” sponsored by the Preservation Society of Chapel Hill. An afternoon reception will celebrate Charles House Association’s 20th Anniversary. The wood blocks will be displayed along with the prints, to show the process – it’s about the journey as well as the destination. All proceeds of sales of the prints at the Horace Williams House will benefit Charles House Association.

Lisa, former Charles House program director and current MFA candidate, says that she has come to understand what Charles House means to the community – how these services are needed and valued. She is inspired by the participants and the joy, friendship, and discovery that she has witnessed there. Charles House offers hope and support for our aging community.

(Community Leaders,
continued)



Horticultural Therapy became a profession in the US about 1973, but the use of plants for therapeutic purposes is as old as the trees.

Nancy Easterling and **Sally Hackett** of the North Carolina Botanical Garden provide outreach and direct services to elder-care facilities, including training health care professionals in the benefits of horticultural therapy. They praise Charles House for being open to and seeking out resources in the community. Nancy notes that many of the participants have been gardeners, and they are generous in sharing their individual reflections and memories. Sally was recently at Charles House to lead a seeding project, and observed how working with natural materials gets the memories flowing. Gardening gets people working together – participants, volunteers, and staff.

One of Nancy's favorite Charles House memories is sitting on the porch with the participants, snapping beans and making a salad from harvested vegetables. They are looking forward to being able to work with the garden at the new Charles House Eldercare Home in Chapel Hill next spring and to future vegetable harvests!

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 represented at Duke Alzheimer's Conference

Executive Director Paul Klever and board member Philip Sloane, MD, MPH, were part of the faculty of the 24th Annual Bryan Alzheimer's Disease Research Center Conference, Alzheimer's 2010: Pathways to Discovery, Treatment, and Prevention, in February. This Duke conference held annually at Research Triangle Park is well attended regionally by professionals and family caregivers.

Dr. Sloane spoke about a study project to help physicians become more familiar with the resources available in their local communities to provide support and services to families and patients dealing with Alzheimer's disease and related dementia. Dr. Sloane's panel stressed the importance of early detection of dementia and timely referrals to Alzheimer's services.

Paul participated in a panel discussion on adult day services led by Teresa Johnson, Executive Director of the NC Adult Day Services Association. The panel presentation, "Adult Day Services Treatment Approaches," demonstrated the valuable role that a community eldercare center like Charles House can play for those with dementia and for their caregivers. The workshop highlighted the therapeutic outcomes that result from participants engaging in the social, supportive program of Charles House.

Charles House

109 Hillcrest Ave.
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

Our thanks to Eddie Price (eddiepricephotography.com) for his wonderful photography, including the photos of Mama Dip and Joshua Lozoff on page 1.

ELDERCARE HOMES—PROJECT UPDATE

A New Tradition of Caring in Neighborhoods

**303 Yorktown Drive
Heritage Hills Neighborhood, Chapel Hill**

While careful planning has been underway, the Charles House Association's reputation and interest in the Eldercare Home concept has spread, and one neighborhood, Heritage Hills in Chapel Hill, formally invited Charles House to be a part of their community. Together, Charles House and Heritage Hills are creating a new model of care in neighborhood eldercare homes.

This past December, Charles House Association acquired the property at 303 Yorktown Drive in Heritage Hills and began planning to renovate the ranch house into the pilot Eldercare Home.

Renovations Plans and Construction Approval

Charles House Association has been working with architect Jorge Abad to develop drawings and plans to adapt the existing structure into a home for six residents, including four single bedrooms and one double bedroom. The plans configure additional living space for community and household activities, accessible outdoor areas and staff functions.

An application has been submitted to the construction section of the NC Department of Health and Human Services for initial licensure and review. Approval for the construction is expected from the state late this spring.

Following state approval, Charles House Association will be working with the Town of Carrboro for local building permits and approvals. The board of directors will be finalizing construction details and overseeing the summer construction schedule. After receiving final state licensure approvals, CHARLES HOUSE—YORKTOWN Eldercare Home will continue on a timetable for opening this fall.

Families Signing on

As word has spread about Charles House Eldercare Homes, many families have inquired about possible admission for a family member. The board of directors is working on policies, procedures, admission criteria, staff training and other operating details. Families interested in exploring Eldercare Homes as a potential care option are signing on to the waiting list and being invited to participate in planning for the home.

Chapel Hill News article

An excellent article about the Charles House Eldercare Home was written by Dave Hart and published in the January 6, 2010, Chapel Hill News, as well as in the Durham Herald. Anyone interested in reading the article may request a copy from Charles House or view the article online at: www.chapelhillnews.com/2010/01/06/54481/charles-house-to-open-residential.html

A Community Partnership Campaign

The timing is optimal for Charles House and the community to work together to establish the Eldercare Homes project. To bring this vision to reality, Charles House Association is embarking on a fundraising campaign in support of the pilot Eldercare Home and to seed a revolving fund for additional homes and a resident scholarship program. As more people learn about this important project to address the growing need for innovative eldercare housing, enthusiasm for Charles House's vision is growing. Those who want to be a part of making Eldercare Homes happen can contact Paul Klever at Charles House.

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 individuals:

*James A. Bryan, II, MD
James L. Copeland
B. Anthony Lindsey, MD
Joan Huntley
Carol Lucas
Sandy McClamrock
John B. Morris, III
Georgia Nelson
Susan Moeser
Linda Riggsbee
Maria Scanga
Robert Seymour*



Charles House Eldercare Home - 303 Yorktown

Charles House-Yorktown Design

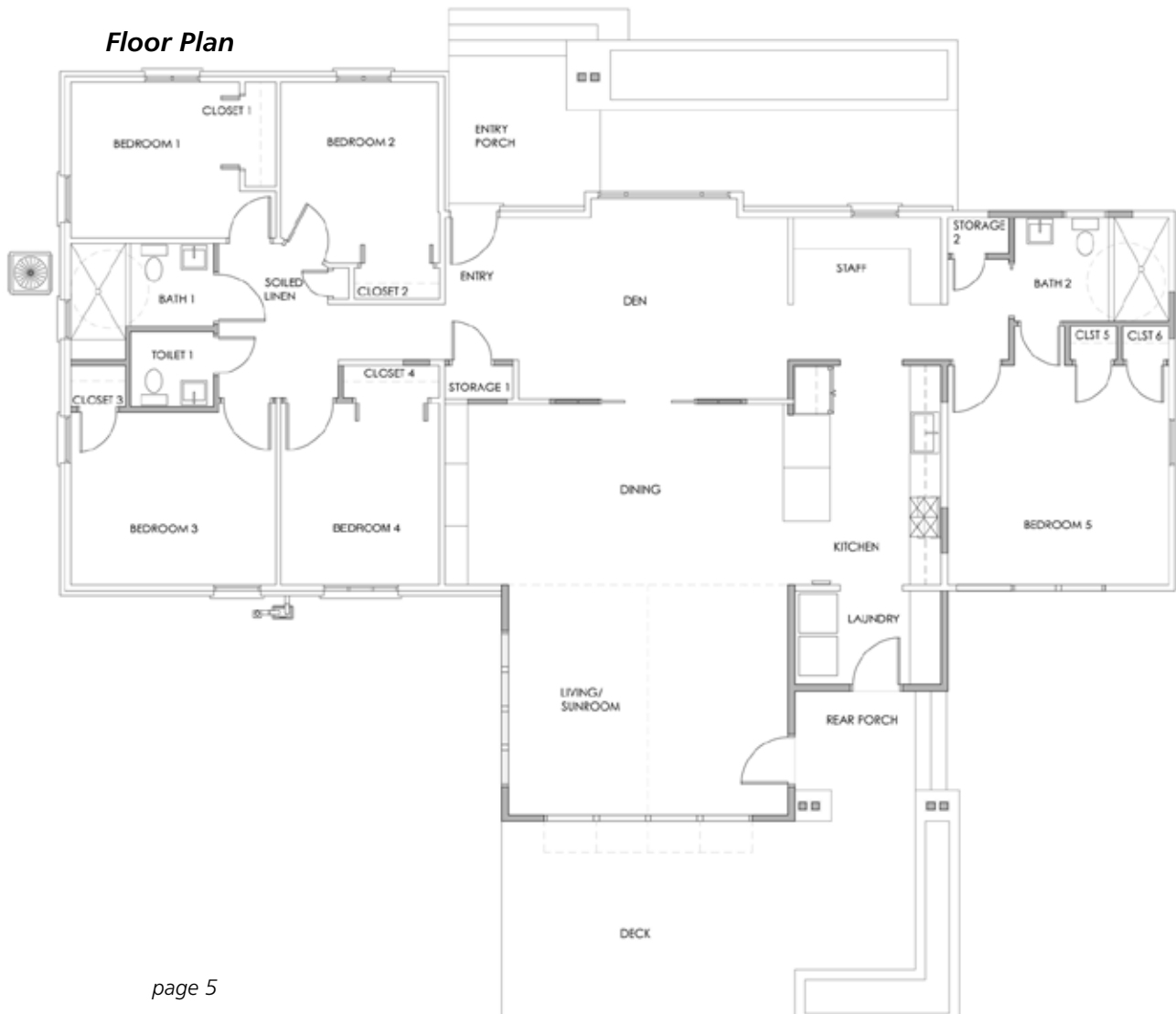


*Charles House-Yorktown:
Front View*



*Charles House-Yorktown:
Rear View*

Floor Plan



We gratefully acknowledge these donations, Spring 2010

MEMORIAL DONATIONS

E. Maynard Adams

Phyllis S. Adams

Mort Barrow

Elizabeth Sher

Wayne A. Bowers

Maryellen Bowers

Mary Clardy Brockwell

Patricia & Melvin Class

Steve & Mitzi Deal

Joseph & Diane Griffin

Mary Colaiace

Joyce Colaiace

Lucy Ann Conley

Patrick Conley

Dr. Raymond Dawson

Helen Wettach

Charles Freeman

David & Connie Freeman

Edward L. Frost

Lois L. Frost

Dieter Geratz

Ulla Geratz

Marjorie Gordon

Robert Gordon

Eugene Gressman

David & Nancy Altimier

Ronald Bernstein

Eric & Gladys Gressman

Cynthia Johnson-Stacks

Zan Harper

Jean Harper

Ken Hinsdale

Marion Hinsdale

and Family

Marthe Houanche

Anonymous

Becky Bradley

Kayla Briggs

Sheila Burgard

Richard & Adele Civitano

Sheana & William

Funkhouser

William & Elizabeth

Greenlee

Brian Levy

Christopher McKittrick

Jodi Preminger

Allison Lee Worthy

Charles House Staff

Arthur Hurow

Gerda G. Hurow

Dorcas & Charles Jones

Katherine & Ingacio Gotz

Jack & Gloria Anderson

Ray & Patricia Carpenter

Enno Reckendorf

Beth Kell

Mary Dexter

Harold Langenderfer

Bob & Carmen Woodruff

Violet Lecus

Robert & Kathleen

Anderson

Tack Melcher

Nannette S. Melcher

Elsie McKenrick Mentzer

Rod & Ellen Ironside

Adelle Miller

Perry & Ruth Miller

Don Miles

Paul & Barbara

Nettesheim

Ed Moore

Ted & Marilyn Koenig

Teresa Murphy and

Maggalen Burke Bobbitt

Kate Green

Ivy Nogle

Carol Lucas

Wendell Oldham

Glenda Hargraves

John H. Oldham

Frances Oldham

Billie Owensby

Anne & Tom Hastings

Martha Pekar

Jaroslav Pekar

Mary Purefoy

Barbara Alhadeff

Ralph Resnick

Ada & Seymour Armm

David & Vidabeth Bensen

Betty J. DeSherbinin

Jack & Mavis Gill

D.H. Gold Associates

John & Mary Hammond

Irwin & Susan Levy

Dr. & Mrs. Richard Malvin

Bernard & Doris Ostroff

Louise Pagano

Leonard & Phyllis Rosen

Elizabeth Sher

Don & Linda Siebold

Lori & Barry Tenser

Mark Walters

Kay White

E. R. Robinson

E. Wayne Robinson

Beulah Watts

Billy Watts

Dr. H. Bradley Wells

Eunice Brock & Sam Magill

John & Mary Herion

Mark & Agnes Whitaker

Nina Hackney

Alida Wolfe

Charles House Staff

GRANTS AND OTHER FUNDING

Carol Woods Retirement Community

Shared Visions Foundation

The Soo Foundaton

State Employees Combined Campaign

TH Maren/SK Fellner Fund of the Triangle Community Foundation

Home Health Endowment of Chapel Hill Fund of Triangle

Community Foundation

Wide Waters Fund of the Triangle Community Foundation

Human Services Funding

Orange County

Town of Carrboro

Town of Chapel Hill

Planned Giving

As a nonprofit organization, Charles House Association relies on contributions. For example, community support helps us serve those who cannot afford the daily fee.

The following are options for planned giving. Talk with your attorney or financial professional and determine how giving to Charles House can be in the best interest of you and the people you are helping. Contributions are tax deductible.

Bequests

There are several forms of bequests that can be made to support our work:

- Specific Bequest - usually a stated dollar amount. It can also be a gift of securities, real estate or tangible personal property.
- Residual Bequest - names Charles House to receive all or a percentage of the remainder of the estate after specific bequests have been fulfilled.
- Contingent Bequest - takes effect only if all primary beneficiaries named in the will have predeceased the donor. Declaring Charles House a contingent beneficiary can prevent the property from going to the state if there are no heirs.

Gift of Life Insurance

A gift of life insurance may also be made to Charles House. You can:

- Make Charles House the beneficiary of an existing policy
- Make Charles House the owner and beneficiary of an existing policy
- Take out a new policy with Charles House as the owner and beneficiary

For more information about supporting Charles House, please contact Paul Klever.

DONATIONS TO THE ANNUAL AND ELDERCARE HOMES FUND

Maureen Adams Paul & Caroline Lindsay
 Patricia Amtrano Scott and Sarah Madry
 William & Charron Andrews Betsy & Raleigh Mann
 Tony & Bonnie Armer Sam Marion
 L.M. Ball Shirley Marshall
 Elaine & William Barney James McEntire
 Geary Blackwood Ann & Eugen Merzbacher
 Shirley & Marvin Block Dave & Polly Moreau
 Agna Boass Judy Murray
 Amanda Borer Philip and Georgia Nelson
 Ray & Verena Borton William L. O'Brien, Jr.
 Thelma Boyd Lucinda Paris
 Lois Bronstein & Howard Daniel & Beverly Patterson
 Glicksman Stanley & Carolyn Peele
 Ken & Marjorie Broun Gary & Donna Phillips
 Lorren Bryant Richard Plaisted
 Stuart Burroughs Dan Pollitt
 Carol & Joe Bylinski Jack & Joan Preiss
 DuVal & Lisa Byrd Rochelle Ragusa
 Mary Cameron Margaret Rider
 Michael & Diana Caplow Margaret Rook
 Barbara & Jay Cooper Kathryn Rose & Chris Lillie
 Morris & Dorothy Davis Christopher Rowe
 Mr. & Mrs. Arthur DeBerry Rosalie Samson
 Shelton & Jo Anne Earp Jim & Irene Scatliff
 Thomas & Mary Eckman Eleanor & Lee Schaller
 Janet Eley Fred Schmidt
 Gordon E. Evans Gladys Siegel
 Gerald & Marjorie Fernald Robert & Pearl Seymour
 Brad Fox & Jane Oldham Kate Shaw
 Michael Frawley Nancy Sitterson
 Flora Freeman John & Frances Slavin
 James & Jeanne Freedman Lawrence & Miriam Slifkin
 Virginia French John Soltys
 Mel & Ruth Friedman Joseph & Marilyn Sparling
 Kalyan & Abha Ghosh Allen & Susan Spalt
 Jill W. Godwin Robert Spransy
 Karin Griffiths David & Elizabeth Stallard
 Jim & Barbara Grizzle Lewis M Stevenson and
 Janne Groner Maude L Stevenson
 Joe Hackney Foundation/
 Charles & Paula Head Daniel Gaba
 Sara S. Hill Beth Tillman
 Joan Huntley Rebecca Trangenstein
 Melvin Hurston Martha W. Trull
 Betty O. Hutton Sue Uknes
 Betty James Hunter & Katie Wagstaff
 C. David & Perry Jenkins Dudley & Jean Waldner
 Marian & Tom Jerdee Andrew Wallace
 Ritchie D. Kendall Mark Weber
 Ann & Vern King Dr. William Whitehead and
 Ernest & Eunice Kraybill Dr. Jan Busby-Whitehead
 Lucile Kravitz Robert & Christine Whyte
 Ruth Kravitz Anonymous
 Anselmo Lastra and Mary Helen W. Young
 Mace
 Joe Laton
 Allison Lee
 Mary LeMay
 William & Jean Leuchtenburg

DONATIONS IN HONOR OF:

Maureen Adams
The Ironside Family
C. William & Virginia Castor
Rebecca Smith
Charles House Staff
Michael & Rebecca Bradley
Donald & Susan Brewer
Sandy and Greg Casale
Molly, Everett, & Gretchen Feezor
Brian & Amy Feezor
Ali & Kent Fisher
Dr. & Mrs. Edward Norfleet
Peggy Glosson
Deborah & Ed Hauser
Chad Lefteris & Julie Emerson's Wedding
Paul Klever & Sally Freeman
The Friends and Family who celebrated the marriage of Chad Lefteris and Julie Emerson - A donation was made in your honor, on behalf of the bride and groom
Chad & Julie Lefteris
Mary Merritt
Veta Flanagan
Steve & Paula Miller
Claire Williams Bridgewater
Orange County Department on Aging-- Aging Transitions Staff
Kate Barrett
Caroline Resnick
Evelyn Barrow
Suzie Donner
Liane Senter
The Ironside Family
Ralph Smialowicz
Lynda Tamblin

Memorial Donations, continued

Gary Phillips
Mary Anthony
JoEllen Brannan
Jim & Sharon Clayton
Cheri & Bill Clement
Edith & Bob Davis
Marlin & Dixie Dawdy
Joe & Florence Gobin
Bob & Shirley Hanson
Norman & Vicky Hosey
Edward & Amy Jackson
Jacksonville Area
Community Food Center (IL)
Loraine Krueger
Robert & Peggy Maschhoff
Jacksonville Mobil Retirees
Robert & Patricia Neff
Robert & Toi Nicolet
Paul Nunes
Carl & Wanda Phillips
Lyndell & Martha Phillips
Earl & Marilyn Phillips
Rex & Norma Pratt, Todd & Troy
Don & Barb Pruett
Albert & Judy Roberts
Robin Snelling
Nadine Szczepanski
Marti & Tom Templin
Antje Thiessen
Sue Uknes
Mike & Suzanne Verticchio
Clarissa & Ralph Willhite
Charles House Staff

Support Charles House

Enclosed is my tax-deductible contribution of \$ _____

\$ _____ In support of Scholarship Funds

\$ _____ In support of Eldercare Homes

In honor or memory of _____
 (please specify)

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____