

CHARLES HOUSE ASSOCIATION

Helping People Age the Way They Have Lived

NEWSLETTER

SPRING 2011

CHARLES HOUSE —YORKTOWN: OUR FIRST NEIGHBORHOOD ELDERCARE HOME



Carrboro Mayor Mark Chilton, State Health Director Dr. Jeffrey Engel, Charles House Board Member Jerry Salak, Exec Director Paul Klever, Orange County Commissioner Bernadette Pellisier, Board President Mel Hurston, and Senator Ellie Kinnaird (photo by Tom Fuldner)

February 25, 2011: With a mighty “Snip” of the green ribbon, Paul Klever declared the Charles House ElderCare Home open for business! Well, not quite—there was still the matter of the final license. But for the neighbors, visiting dignitaries, and Charles House board, staff and friends, it was the culmination of five years of hard work, and an exciting look at the future of eldercare. The house itself, at 303 Yorktown, was purchased and renovated by Charles House Association with enthusiastic support from the Heritage Hills neighbors. It provides a truly beautiful home to six residents, filled with the latest safety features, which will bring comfort to the residents and their caregiving families.

Carrboro Mayor Mark Chilton, Senator Ellie Kinnaird, Orange County Commissioner Bernadette Pellisier, and State Health Director Dr. Jeffrey Engel were among the speakers at this gala occasion. Jerry Salak, a Charles House board member and Heritage Hills homeowner, summed up the feeling of many participants: “Today celebrates the remarkable partnership that the residents of Heritage Hills have undertaken with Charles House Association to provide a neighborhood-based option for eldercare in our community.”

Charles House Association is thankful for all the talent, goodwill, and spirit that has gone into creating this ElderCare Home, where the household team is charged with carrying out the vision of a “Charles House with beds.” Executive Director Paul Klever credits the “Angels,” both living and passed on, who have shepherded this project to completion. During the ribbon-cutting ceremony he mentioned some; Ken Hinsdale, who was a Charles House participant and the Hinsdale family, who generously provided and installed the landscaping at Yorktown; Dr. Ed Norfleet, who understood the vision of ElderCare Homes for our community and who, in his role with Strowd Roses, advocated for this first home to become a reality; past and present board members who have thoughtfully led the development of this project from concept to reality; and the many Charles House families who have inspired us with their dedication and caring.

About Charles House-Yorktown ElderCare Home

Charles House has been a beacon to families striving to care for their older family members. In their role as community trustees of the mission to establish high quality, non-institutional care of our elders, the Board of Trustees has undertaken the planning necessary to prepare for the growth of the senior population and an increasing need for innovative approaches to eldercare services.

The Charles House ElderCare Home differs from most area residential facilities for seniors in several ways. First, it’s being established and operated by a nonprofit organization. Second, it is, as Charles House’s name implies, a house, not an institutional setting. And third, it’s located not along a highway or a business district, but in the middle of an established residential neighborhood, where residents will have the opportunity to interact with their neighbors and participate in the life of the neighborhood. The concept of Charles House ElderCare Homes is based on the Household Model, where people who need around-the-clock personal care live in community in a setting that has all of the elements and pleasures of a normal home.

(continued on page 2)



Lisa R. Stuckey and Fred Black, Strowd Roses, with Mel Hurston and Yorktown Team member Meredith Gellman (T. Fuldner)



Paul Klever, with board members Jerry Salak, Caroline Resick, Mel Hurston



Back deck, Charles House-Yorktown



Yorktown caregiving team

FROM THE PRESIDENT

MELVIN HURSTON

Dear Friends of Charles House,

This edition of the Newsletter celebrates a milestone in the life of Charles House Association—the expansion of our mission to include Eldercare Homes, a new model of residential eldercare—with the opening of Charles House-Yorktown, a home providing 24-hour care for six residents.

The March opening of Charles House-Yorktown marked the completion of a five year journey from the original discussion about the future of Charles House through the planning and eventual construction of “a Charles House with beds.”

This home is an achievement for our community, as well as for our state and the future of eldercare services. This is the first time that the state’s regulations for Family Care Home have been used by a community nonprofit to create a neighborhood eldercare home. With this pilot project and the outstanding daytime eldercare program at Charles House, the Charles House approach to non-institutional, community-based eldercare can serve as model for communities throughout our state.

The Board of Directors has begun the deliberative process of examining how we can continue to shepherd our mission to more fully serve the growing eldercare needs of our community. We are well aware of the incoming tide of an aging population and the expanding need for supportive—and innovative—services. Charles House Association is here working to represent our community’s commitment to our seniors and to serve caregiving families in their quest for the best for their aging family members.



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(Yorktown, continued)

The concept of Charles House Eldercare Homes is based on the Household Model, where people who need around-the-clock personal care live in a setting that has all of the elements and pleasures of home.

Essential elements of the Household Model include: resident and family participation in decision-making, a team approach to caregiving, high levels of social and physical engagement, and a true home with privacy, dignity, and community as core values.

Residents can set their own schedules and levels of participation, and are encouraged to be active and contributing members of the household to the best of their abilities. Features of Charles House-Yorktown include:

- Six residents - people needing a supervised environment and assistance with the tasks of daily living (dressing, bathing, meal preparation, medications, etc.).
- Four private bedrooms and one semi-private bedroom.
- Staff trained in methods of care and group facilitation from the Charles House experience and the Household Care Team advocated in progressive long-term care facilities.
- Two household staff during daytime shifts and one staff/ team member during the night shift.
- Accessible outdoor living space and gardens.
- Interaction and involvement in the life of the neighborhood.
- Fee structure competitive with area assisted living facilities.
- Licensed by the NC Department of Health and Human Services under the rules for Family Care Homes.

Charles House-Yorktown opened the door to its first residents on March 12, 2011. Residents have been welcomed by neighbors and are being woven into the fabric of the Heritage Hills community.

We gratefully acknowledge these donations, November 2010 - May 2011

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Special Acknowledgement to Marion Hinsdale and family: Marjorie Hinsdale Shouse and Marshall Shouse for the donation and installation of the landscaping of Charles House-Yorktown, in memory of Ken Hinsdale.

CHARLES HOUSE ASSOCIATION

Since 1990, Charles House Association has operated our community's 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.

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.

Tennis – Everyone!

The skies cleared just in time for the First Annual Charles House Tennis Benefit, which took place on Saturday, May 14. Hosted by The Farm (UNC Faculty-Staff Recreation Association) and the Chapel Hill Country Club, proceeds from the event will help to furnish the Charles House-Yorktown Eldercare Home in the Heritage Hills neighborhood of Chapel Hill. It was a day of fun, food, and great tennis. Sixty-four players participated in the Doubles Tournament at both locations. Players and guests also participated in a raffle and silent auction, and watched a lively exhibition by tennis pros.

Kitty Harrison, who brought the UNC Women’s Tennis Team to four ACC Championships during her 12 years of coaching, not only played in the tournament, but also served as Special Guest Host of the lunch at the Chapel Hill Country Club. Kitty visited Charles House earlier in the week, and was impressed by the caring environment and enthusiasm of both staff and participants. “Because I know the tremendous value of having Charles House in our community to help care for our elders, I’m especially grateful that tennis, my life-long sport, is helping to raise money for this most worthy cause. I am also delighted -- and honored -- to serve as Special Guest Host for the Charles House Tennis Benefit.”

Planning committee chair and Charles House board member Patty Hill was pleased at how well things went, and how the event enhanced Charles House visibility and recognition in the community and generated significant funding for the Charles House-Yorktown Eldercare Home. “I am very thankful to all those who supported us with sponsorships, gift items for raffle, silent auction and competition, and to the tennis community who supported us in so many ways, including court sponsorships and play participation,” says Patty.

The hard-working and resourceful planning committee included Todd Ching, Tennis Pro at The Farm; Lindsay Benton, Tennis Pro at Chapel Hill Country Club; Maria Scanga, Lynn Fromme, Linda Riggsbee, Sue Bernstein, and Caroline Resnick. Thanks also to Charles House staff who played a big part, including Kate Shaw on and off the courts, Susan Siegel for materials, and Paul Klever and Amanda Borer doing their usual amazing job to keep everything going. And a special thanks to Dennis Ellis for his beautiful photos.

At age 97, the most senior player at the event was Winnie Ullemeyer, a daily participant at Charles House-Hillcrest, who was accompanied by her daughter. While Winnie didn’t compete in the tournament, she did get the chance to take on the Pros on the courts at the Chapel Hill Country Club (see photo above). With racket in hand, Winnie was an inspiration to all, and her presence underscored the importance of Charles House Association’s role in our community.

A complete list of donors and sponsors is included in this newsletter, and we invite you to view more photos from the event on the website at: www.charleshouse.org/tennis.htm



Kate Shaw and Winnie



Kitty Harrison visits with staffer Kate Shaw and participant John Jenkins at Charles House



Planning chair and board member Patty Hill, Paul Klever, Lynn Fromme, Pro Lindsay Benton, Linda Riggsbee, Sue Bernstein



Winners!



Charles House board member Caroline Resnick with Farm pro Todd Ching

Charles House – Gone to the Dogs!



The benefits of pet visits and animal-assisted therapies are well-documented. Interacting with animals can help lower blood pressure and stress, motivate patients to exercise or even speak, and diminish feelings of loneliness and isolation.

Although most visiting and therapy animals are dogs, we have also seen birds, rabbits, monkeys, horses, llamas, and even the occasional cat make a difference in the lives of those around them.

Charles House is lucky to have several animal friends as regular visitors – and not just dogs! Stella and her standard poodle Laylee stop by to visit, Amanda brings her Australian Shepherd Buckeye, Liane arrives with Llasa Apsos Seamus and Finnegan, Sally might show up with a goat in tow, and Sue Bernstein had the late lamented Macaw Murray.

Here are a few of our favorite canine companions:

Scout and Susan

Nearly everyone that Susan Stockdale and Scout meet on their trips to Charles House, Galloway Ridge, or other senior centers has a tale (tail?) to share about the dogs in their lives. A four-year old rescued dachshund, Scout had such a wonderful personality, Susan decided to have him trained and certified as a therapy dog. She was inspired by her friend Rita, who regularly takes her dog Pippin to visit hospital patients at UNC.

Scout loves the attention and affection lavished on him by his friends at Charles House, both at the Hillcrest Daytime Eldercare Center and the Yorktown Eldercare Home. People are so enthusiastic about his visits that they spontaneously burst into song!

Susan, who is retired, gets almost as much as Scout from their visits to Charles House. Aside from getting her out of the house, it gives her pleasure to see how much joy Scout gives to others, and she enjoys meeting and talking with people as well.

How did Scout get his name? "It was as hard picking a name for him as it was naming my children!" Susan exclaims. A veterinary technician actually came up with it.



The question they are most frequently asked: "Is Scout a boy or a girl?" to which the answer is, of course, "He's a BOY scout!"

Patricia and Charlie

What can a blind beagle offer to elders and hospital patients? Hope, joy, comfort, and laughter!

Charlie was abandoned – rescued as a puppy and found to have a congenital eye disorder, which led to both eyes being removed at 10 weeks. Inspired to share his joy with others, Patricia Tirrell trained him to be a therapy dog four years ago. He is a regular visitor to Oncology and Rehab at Duke, and, of course, is a favorite at Charles House.



The Charles House participants are so excited to see Charlie – in addition to visiting, they help with his tricks. They can open containers and zip up his "treats" pouches, which he then finds and unzips to get his rewards. He even finds the tennis balls filled with treats hidden under a muffin tin! So not only does Charlie get a workout, his audience gets a chance to work on dexterity and memory as well.

"For Charlie, there are no hurdles," explains Patricia. "When we visit, people see that, and it gives them hope in a way other dogs can't. Charlie figures out what people need, and gives it to them." Sometimes that's a smile or laugh, a calming influence, or a safe place to express emotions. When he encounters a blind person, Charlie snuggles up to him in a way he doesn't with others.

At home, Charlie gets around with the help of his own guide dog! He's a happy, joyful, and giving friend and companion to all.

The folks at Charles House love to sing to Charlie, and they write him wonderful thank-you notes after his visits.

When asked how he feels about his visits to Charles House, Charlie responds with a joyful "Woof!"



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*In memory of his mother,
 Suellen Gaut-Hurston, who
 experienced dementia in the
 final years of her life and would
 have benefited greatly from a
 place like Charles House*

Brian and Moyra Kileff

In memory of Doris Kileff

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*In honor of Sean Lucas and Aaron
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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:

*Susan Bernstein
 James A. Bryan II, MD
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 Lillian Lee
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Charles House Association

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 Paul Klever, Executive Director
 paul@charleshouse.org
 www.charleshouse.org



Daytime Elder Center Hours of Operation:

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

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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Charles House Association publishes a bi-annual newsletter.
 Editor: Susan Siegel. Photos by Charles House staff unless credited.
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