

# CHARLES HOUSE ASSOCIATION

*Helping people age the way they have lived*

NEWSLETTER

SUMMER 2016

## Rebecca and Michael Bradley Program in Learning & Service: *Inspiring Future Eldercare Professionals*

The 25th Anniversary Campaign for Charles House recently received a generous endowment from Michael Bradley, Duke Professor Emeritus and former Charles House Association board member. This gift, a combination of stock donation and planned giving, is dedicated to the memory of Michael's wife, Rebecca, and underscores his commitment to education.

The *Rebecca and Michael Bradley Program in Learning & Service* will allow Charles House to develop and expand relationships with educational and community programs, offer more experiential learning opportunities on aging, eldercare and the Charles House model, inspire young people to pursue careers in eldercare and introduce students to the value and rewards of volunteerism and the nonprofit world.

Since January of this year, more than 35 students have participated in service learning at Charles House from several schools and programs, including Duke Fuqua-On-Board, Duke pre-med student volunteers, Occupational Therapy Assistant students from Durham Technical Community College, UNC Social Work field placement, UNC APPLES internship, UNC Psychology of Aging course service learning, Watts School of Nursing, A Helping Hand Health Internship and others who have come to learn about the Charles House model of care. These students and interns have tallied more than 1800 hours of service learning at Charles House.



*Michael & Becky Bradley*

Michael and Rebecca (Becky) Bradley moved to Chapel Hill in 1995 when Michael took a position at Duke in the Fuqua School of Business, and later taught at the Duke Law School and Executive Education Programs.

Becky had been working in Early Childhood Education, and was involved in the early stages of the Head Start program. In

Chapel Hill, she started volunteering with eldercare and she joined, and later chaired, the Adult Care Home (ACH) Community Advisory Committee and the Nursing Home (NH) Community Advisory Committee. During site visits to Charles House, she was so impressed by the staff and participants that she became a regular volunteer.

Becky would spend days preparing activities for Charles House. Her goal was always to entertain AND educate. Some of her notable programs included a "Queen for a Day" game where participants would read aloud sob stories and the audience would vote on the most sorrowful story, and a lively version of "The Match Game."

*(continued on p. 3)*

### Meet the Students

*Here are some of the students who have participated in the Bradley Program in Learning & Service.*



*Jill Baron, Chuck Fleming & Tucker*

**Jill Baron** enrolled in the UNC School of Social Work after leaving a career in psychology and medical research, wanting to work with people, not statistics. She is the inaugural Social Work intern in the *Rebecca and Michael Bradley Program in Learning & Service*. Her interest in gerontology stems from being an older student herself (not THAT old!) and her experiences with her mother and other elderly relatives. She is also studying addiction in aging populations.

She appreciated how much Charles House is part of the community - welcoming community members in to volunteer and present programs, and that the participants engage in purposeful, meaningful activities that give back to the community, such as making thank-you cards for volunteers.

Jill learned to work with participants at different levels of need, and was surprised at how present and in the moment people with Alzheimer's or dementia could be, and how much they can contribute.

Now that she has experienced the Charles House model, she is frustrated by other facilities that don't use these best practices. She says that the Charles House team members are a great group who truly care about the people and provide a good quality of life that includes socialization, physical activity, music and learning. Her advice to future interns is to come with an open mind, bring your passion and joy to the work, jump in, enjoy the time and the learning will happen.



*Walter and friend enjoy the sunshine*

**Walter Moczygemba** is a recent graduate of Duke with a degree in biology and in religious studies. A year ago, as part of an internship with "A Helping Hand," (the nonprofit senior companion agency) he experienced Charles House.

*(continued on p. 3)*

## Letter from the President: Mel Hurston

Dear Friends of Charles House,

We are pleased to bring you this edition of our Newsletter, highlighting the important experience Charles House offers students and interns. The future wellbeing of our aging population depends upon a new generation finding challenge and fulfillment in careers that serve elders. Outgoing board member Michael Bradley committed his life to educating young people; his wife Becky demonstrated a dedication to service throughout her life. Michael's endowment of the educational programs at Charles House—*The Bradly Program in Learning & Service*—assures our ability to continue expanding these collaborations into the future. We remember fondly Becky's days volunteering at Charles House and commend Michael for his service and commitment to Charles House.



The continuing success of the 25th Anniversary Campaign is bringing us to the conclusion of our first year in the new Charles House Center for Community Eldercare, with the completion of the extensive renovations. Gifts have made possible the construction of the horticulture garden with raised beds for participant gardening, the nature courtyard with native plants and the water garden, a tranquil spot participants enjoy many days of the year. Since moving into our new home, the numbers of families reaching out to Charles House to be a partner in their caregiving journey have increased by more than 50%. We extend our deep appreciation to everyone who has made a commitment to the 25th Anniversary Campaign and invite all of you to consider joining the campaign - investing in the long-term future of Charles House.

We are planning a celebration of our 25th Anniversary at The Friday Center on Sunday, October 2. Watch for details and plan to join us for an afternoon of entertainment and connecting with friends—A Celebration of Caregiving.

Charles House Association, with the programs of the Center for Community Eldercare and the neighborhood Eldercare Homes, is a unique organization not only in our community, but within our state, as well. You, the Friends of Charles House, through your investment of support, time and good will, are the foundation that has brought Charles House to this level of recognition and service. Thank you for the important part you play in the life of Charles House.

## 25TH ANNIVERSARY CAMPAIGN PLEDGES AND GIFTS

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Melvin Hurston	

(Donations continue on p. 6)

*(Bradley, continued)*

Becky was the longest serving volunteer at Charles House, starting in 1995, and continuing even as her health declined. She passed away in 2011. Becky was an exemplary volunteer, possessing a rare combination of sensitivity, patience and compassion. She was honored numerous times for her dedication to Charles House. She used to say “Everybody wants to talk, nobody wants to listen,” so she spent a lot of time listening to the stories of the eclectic Charles House participants. She drew on her classroom experience in early childhood learning to engage individual participants in fun and interesting group activity.

Michael got involved with Charles House after seeing Becky’s enthusiasm and how energized she was after her volunteering days. He got to know Paul Klever, and joined the Charles House Board, impressed by the caliber, dedication and actions of the Board members. While serving on the Board, he developed and strengthened the ties to Duke faculty, students and programs, including bringing enthusiastic students from Duke Fuqua-On-Board.

As an educator for over 35 years, Michael is gratified to witness how the experiential learning program engages students and enhances their educational experience. Although he has retired to Idaho to be with family, Michael and Becky’s legacy will continue to educate and inspire for generations to come.

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*(Meet the Students, continued)*

He was invited to come on board part-time as a program facilitator, and since graduating has been working full time as a Program Director.

Walter, who hails from Oregon, had been volunteering with children since he was young, and thought that he would pursue a career with kids, but was interested to try something new, and now he loves his work with elders.

He is impressed with the level of skill and trust in the staff and how well they work together. It’s been challenging to program for participants with a wide range of abilities and interests.

After a year at Charles House, he feels comfortable leading programs, and dealing with a variety of situations that come up for participants. He has also learned to dance, which comes in handy, and has a knack for being able to twirl his partner without causing a fall!

He has learned to create programs that are both information and activity-based. One of his favorites was a lesson on the Solar System, where he could bring his interest in space and science to share with participants, and they enthusiastically expressed their appreciation.

He loves the work at Charles House, and whatever his future holds, he will always incorporate the lessons learned here - the skills for connecting with people, and the idea that everyone can contribute something, that age does not diminish one’s value as a human.

## Durham Tech OTA Students

Christine Gunnigle, OT, is an Instructor in the Occupational Therapy Assistant Program at Durham Technical Community College. She sat down with Paul Klever to talk about her students’ experience at Charles House.

The Occupational Therapy Assistant (OTA) Program at Durham Tech is a two-year Associates Degree program leading to a national certification (COTA) for working with occupational therapists in hospitals, rehabilitation centers, psychiatric settings, schools, skilled nursing facilities, etc. As part of the *Bradley Program in Learning & Service* at Charles House, Christine supervised a semester field experience for six first-year students with a concentration in the psychosocial tract.

Field work goals include learning to interact with potential clients as whole people and to interact with co-workers in a team setting. When Christine was an OT student, she completed a field placement here, so is very familiar with the valuable resources that Charles House provides for training in the precepts of occupational therapy. The students in the psychosocial tract focus on learning to work with clients in group settings. The daytime program at Charles House offers a unique opportunity for students to experience the group setting and hone group facilitation skills.

During the students’ sessions at Charles House they learned to focus on the client’s overall wellbeing, personhood and abilities rather than disabilities. The Durham Tech program emphasizes that facilitated engagement in positive group interaction often increases quality of life, decreases signs of depression, diminishes symptoms and adds to self-worth; Charles House is an exemplary setting for this experience.

Students saw the occupational therapy concept of “grading up & down,” the adjustment of an activity’s steps to facilitate participation at various skill levels and abilities within the context of the group. The students noted that the new building is warm, welcoming and homey, unlike most clinical settings and “facilities.” Participants are welcomed from the moment they arrive; each participant is seen and known to the staff as an individual. Charles House stresses the importance of choice, and facilitates choice throughout the day. Students experienced client-helper interactions from a peer relationship, rather than the dominant/subordinate roles commonly found in healthcare.

Through their time at Charles House, the OTA students learned to communicate with people at varying levels of decline and abilities, to rid themselves of fears associated with being around people who have dementia and to change their perspective about what it means to work with dementia. They experienced how worthwhile life can be for people with dementia and other limitations.

Christine’s view is that Charles House presents a vastly different philosophy than most other care settings. The Charles House approach engages participants so that they are known, liked, and seen as fully human. Christine thinks the Charles House method is the future of eldercare, because it is how we all want to be treated—throughout life.

*(OTA Students continue on p. 4)*



**Charles House  
25th Anniversary  
Celebration!**

**Save the Date!  
Charles House  
25th Anniversary  
Celebration:  
October 2nd.**

**Stay tuned for more details.**



## OTA Students' Experiences at Charles House

### Comments from Christine's students:

*Charles House has an amazing staff that serves a very diverse and eclectic group. The interactions among participants as well as their interactions with staff is heartwarming, there is a real cohesive and inclusive feel about the whole program. It was an enjoyable and inspiring experience that I will never forget.*

*I really feel that an atmosphere really sets the mood of any individual and Charles house has such a warm and soft tone from their couches to their outdoor gazebo. This is the difference that makes their participants happy and want to return.*

*I have learned a lot about how to have good boundaries to benefit myself and those I am working with. (Staff) tenderness also had a certain strength and compassion attached to it that was very special and worked really well with all different levels and abilities of participants.*

*Working with the participants at Charles House has been a truly rewarding experience. Charles House is a very unique experience for the participants in which they are able to choose different activities to fill their day while giving back to the community. I am very blessed to have been a part of such a great program.*

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### This poem, inspired by Wordsworth's poem *Daffodils*, was created in a session with local poet Bartholomew Barker



*We wander together as a crowd  
Through the neighbor's labyrinth  
When we look up we see the clouds  
We smell the flowers and the mint  
We walk past, the waterfall babbles  
To rejoin the Charles House rabble*



Charles House staff, volunteers, friends and family at the annual potluck and blueberry-picking, at the Klever-Freeman farm.

## UNC APPLES student takes a bite of Charles House internship



APPLES Service-Learning is a student-led program at the University of North Carolina at Chapel Hill that transforms educational experiences by connecting academic learning and public service.

As part of the *Rebecca and Michael Bradley Program in Learning & Service*, Charles House offered a spring semester internship to UNC APPLES. This caught the attention of senior Melisa Hollar because of her interest working with people who live with challenges of dementia.

Melisa, who is from Rockwell, North Carolina, volunteered in a nursing home while in high school. Spending time with residents and learning their life stories helped her appreciate the experience and wisdom of elders.

While at UNC-Chapel Hill, Melisa became involved in Youth for Elders; a student organization affiliated with the campus YMCA, and visited residents in three local assisted living facilities. These experiences caused Melisa to question disparities in care and an overall societal devaluing of elders, contrasting her personal values with those she observed in institutions. All this led Melisa to decide on a career in social work, which is taking her to UNC-Charlotte for graduate school to pursue a Gerontology certificate. Melisa wanted to learn methods and approaches for working with dementia, and that's when she discovered Charles House.

As an APPLES-Charles House intern, Melisa learned to interact with respect and engage with participants as people who are not defined by their diagnoses or disabilities. Contrary to her observations in facilities where care is focused on the person's physical needs, Melisa experienced a holistic approach to wellbeing at Charles House that reinforced Melisa's instinct for the individual's inherent worth and value. The Charles House model does not medicalize elders, but extends helping from genuine friendship, such as when participants need assistance with eating, walking, using the restroom, or dealing with anxiety.

The Bradley Program in Learning & Service provided Melisa with valuable experience and new perspectives that will help shape her career.



The newest member of the Charles House family, Caroline Rose, daughter of Program Director Fiona Allen and husband George, modeling her cupcake dress, a gift from staff and participants.



# CHARLES HOUSE GALLERY

Team Charles House galloped to victory in the Triangle Charity Polo Match at Crooked Creek Farm in Hurdle Mills, N.C. on June 4, 2016. The event was a benefit for Transitions Guiding Lights Caregiver Support Center.



Charles House Board Members Suzanne Kalbas and Sheana Funkhouser (also a polo team member), Program Director Sally Freeman, Executive Director Paul Klever, Board president Mel Hurston and Janice Summers.



Board President Mel Hurston holds the team's flag, with Hillsborough Mayor Tom Stevens, Ms North Carolina and members of Team Charles House.



Team Charles House riders David Brooks, Bella Hamon, Sheana Funkhouser



Yoga at Charles House-Sunrise



Pat jams with the Satin Dolls during Afternoon Music

## Charles House-Yorktown turns 5, Oppie turns 100!



5th Anniversary Celebration at Yorktown

Household teams from Charles House-Yorktown and Charles House-Winmore received the SHARP (Senior Health Advocacy and Resource Partners of Orange County) award, which recognizes Direct Care Workers (nurse aides, personal care aides, companion caregivers etc) who, on a daily basis, have an effect on their clients' lives and make a difference in our community.



Claudia Gil, Kimberly Jones, Melisha Rogers, Lucy Sumner, Heather Garden, and Amanda Borer, Associate Director/Administrator



Dr. Henrietta Ethel Alicia Miller Wilson Fitzgerald Adams (Oppie) who turned 100 on March 24, 2016, celebrated with members of her family.

## We gratefully acknowledge these donations, September 2015-June 2016

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### CHARLES HOUSE ASSOCIATION COMMUNITY ADVISORY COUNCIL

Many community leaders lend 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>Chad Lefteris</i>
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Since 1990, Charles House Association has operated the daytime adult center which 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 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 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.

Charles House Association publishes a bi-annual newsletter. Editor: Susan Siegel. Photos by Charles House staff unless credited. For newsletter information or suggestions, call Charles House or email: [communications@charleshouse.org](mailto:communications@charleshouse.org)

### Charles House Association

7511 Sunrise Drive, Chapel Hill, NC 27514 (919) 967-7570  
Paul Klever, Executive Director [paul@charleshouse.org](mailto:paul@charleshouse.org)  
[www.charleshouse.org](http://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 and Adult Services, to operate as an Adult Day Care Program.

Charles House Eldercare Homes are licensed as Family Care Homes 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