

CHARLES HOUSE ASSOCIATION

Helping people age the way they have lived

NEWSLETTER

2024



She Wears Many Hats!

When Kathryn Chetwynd, an Apples Service-Learning intern, first started at Charles House in January, she was a little nervous about how our participants would react to her. She was pleasantly surprised by how welcoming everyone at Charles House was, and relaxed into spending her time here. Kathryn grew up in Cary and just graduated from UNC with a degree in health policy and management.

Kathryn enjoyed talking with Doris about cross stitch and other crafts, and Doris helped her with a project she was working on. So, when it came time to select an individual project, she chose to make a cross-stitch name plate for Doris.

Kathryn wears many hats! She developed a program for Charles House attendees based on her love of marching bands – she played Mellophone in the Marching Tar Heels – and put together a lively show. She researched where the participants had attended college so she could play their fight songs, which many remembered and really lit up to hear them played.

(cont. on p. 4)

Doris, you busy?

Wintertime in Michigan is awfully cold, and you can't go outside and play for long, so Doris Pillen's mother taught her embroidery to while away the hours. Since then, she also mastered knitting, crochet and sewing, including making her daughter's clothes, husband's flannel shirts and her own wedding dress! When the call would come from one of the many cousins, "Doris, you busy?" she would start in on the baby clothes, blankets, and many other gifts that her family and friends have enjoyed.

A former teacher, she continues to offer her help here at Charles House. She helped Kathryn with a cross stitch project, and gently offers assistance if she sees participants struggling with projects or tasks. The cross stitch that Kathryn made for her is framed and hangs proudly in her bedroom.

Doris and her husband moved here from Michigan, and since he passed, she lives with her daughter, a university professor. "She won't let me live alone – I don't know if she's protecting me or the neighborhood!"

She loves it here at Charles House – there are people to talk to and things to do, and more ways to help and encourage others. She doesn't let the hard times get her down. Her indomitable spirit and giving nature are an inspiration, and her sneaky sense of humor will keep you in stitches!



Kathryn presents Doris with a cross stitch name plate she made to thank her for her help with embroidery.

A Message from the Charles House Board of Directors

2024 has been a year of transition at Charles House. After months of thoughtful planning by the Board of Directors and Succession Planning Committee, we experienced a significant leadership change as Paul Klever retired following 20 years of shaping Charles House into the organization it is today. This year also marked the retirement of Sally Freeman, our longtime Program Director and one of the principal architects of the *Charles House Method*, the guiding framework that shapes our work.

We are deeply grateful for the strong foundation Paul and Sally have built, which positions us well to navigate a new era with confidence. Their legacy continues to inspire us as we look to the future with optimism and determination.

Transitions within the Board of Directors

This year, we also bid farewell to several dedicated Board Members. With heartfelt appreciation, we recognized the many years of service from Beth Tillman (past Board President), Robert Spransy (past Board Treasurer), and Tamara Baker. Their leadership and commitment have been instrumental in advancing the Charles House mission.

We were delighted to welcome Ben Buckner as our new Board Treasurer and attorney Jeff Bloomfield as a new Board Member. Their expertise and dedication, alongside our talented Board of Directors, ensure that Charles House remains in highly skilled hands. We are deeply grateful to everyone who has contributed their time and talents to the Board over the years.

Programmatic Growth and the Garden Legacy

Our gardening program has long been a hallmark of Charles House, providing participants with opportunities for year-round participation in planning, planting, tending, and harvesting the garden – and of course enjoying the fruits of their labor. For many years, Sally Freeman served as our unofficial “Garden Guru,” and her retirement challenged us to carry on this cherished tradition. Under the thoughtful leadership of Suzanne Blankfard, Administrative Director, and Pamela Dingman, Assistant Program Director, the garden continues to thrive. Participants continue to find joy and pride in their efforts—a testament to Sally’s enduring influence.

Personal Milestones

Amid these transitions, there were also personal milestones to celebrate. Dan became a grandfather late last year, and Dean welcomed his first child this August. These generational transitions have brought new joys and perspectives to our lives, reinforcing the importance of family and community.

Continuing Community Support

While change has been a central theme this year, one constant is the steadfast support we receive from the Charles House community. A couple of highlights from 2024 include:

- Community Church of Chapel Hill: Continuing its long-standing tradition, the Church selected Charles House as a beneficiary of their “Share the Plate” giving program. Volunteers from the Church also participated in their annual Spring Day of Service at the Center for Community Eldercare.
- St. Paul AME Church: This year, Charles House was honored to be a beneficiary of the St. Paul Village Community Walk and 5K Run—our first time participating in this inspiring event.

Looking Ahead with Gratitude

As we reflect on the changes and milestones of 2024, one thing remains constant: our commitment to providing meaningful engagement for program participants and essential support for caregiving families. This important work is made possible by you—our friends, donors, participant families, and collaborators. Your generosity sustains Charles House as a beacon of hope in our community. As you consider your year-end giving, we ask that you consider supporting our scholarship fund. Your contribution helps us expand our reach and bring the Charles House experience to even more caregiving families each year. Together, we continue to make a lasting impact.

We extend our warmest wishes to you and your loved ones for a joyful holiday season and a bright, promising start to the new year. Thank you for being part of our community - we look forward to all we’ll accomplish together in the year ahead!



Dan Lehman, President



*Dean Fox,
Executive Director*

Board of Directors

| | |
|-----------------------------------|------------------------|
| Dan Lehman, President | Jeff Bloomfield |
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WE ARE GRATEFUL TO OUR SUPPORTERS FOR THEIR GENEROUS DONATIONS

THE FRIENDS OF CHARLES HOUSE GIVING SOCIETY

Grants

Bertsch Family Charitable Foundation
Michael Bradley
In memory of Rebecca Bradley
Lorren Bryant
In Memory of Beulah Hackney
Patricia Carpenter
In memory of Ray Carpenter
Residents of Carol Woods Carolina Meadows
Community Church of Chapel Hill
The Custer Family
In Memory of Lorena Custer
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Home Health Foundation of Chapel Hill Endowment Fund of Triangle Community Foundation
Home Instead Charities
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Dennis Whelan
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Homewatch Caregivers
Eunice & Don (deceased) Collins
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Peggy Cohn
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In Memory of Ann Stabler Culton
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In Memory of John & Sally Hill
Martin Key & Lori Marshall
In Memory of Jim Key
Christine Lathren
In Memory of Rochelle Ragusa
Ned and Sandy (deceased) McClurg
In honor of Sandy (deceased) McClurg
Margaret Rider (deceased)
Linnea Smith
Robert Spransy
Gail Stepp
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Silver Members

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Sheryl Zimmerman & Philip Sloane
In Memory of Aaron Itkin



Major Gifts

Bertsch Family Charitable Foundation
Home Health Foundation of Chapel Hill Endowment Fund of Triangle Community Foundation
State Employees Combined Campaign
The Carolyn Smith Foundation
Mary Berman Charitable Trust
Community Church of Chapel Hill

Michael Bradley
Pat Carpenter
Ned & Sandy (deceased) McClurg

Outside Agency Funding
Orange County
Town of Chapel Hill
(Donations cont. on p.5)

(hats, cont.)

Always interested in public health systems and services, her time at Charles House opened her up to the idea of working on improving health care systems for older adults. She currently works as a clinical research coordinator within UNC's School of Medicine and is eager to pursue a career in healthcare quality improvement.



Kathryn demonstrates her Mellophone



Participants explore new uses for clarinets and saxophones

The garden that Sally helped grow and nurture continues to offer its bounty. For summer we planted zinnias, basil, tomatoes, watermelon and sweet potatoes, which we used for programs on tasting the varieties of tomatoes or watermelons, making pesto, and making salsa. We harvested all the sweet potatoes, made sweet potato pie and enjoyed sweet potatoes with our lunches. We look forward to enjoying the red lettuce, swiss chard, kale and collards from our winter garden. We press the pansies to create note cards for a community service project.



Gardening, with and without goats, and harvesting basil for pesto

Community Service projects include arranging flowers for a local women's emergency shelter, making bookmarks for the public library, and pressing flowers for handmade greeting cards.



DONORS TO THE ANNUAL FUND AND SCHOLARSHIP FUND NOVEMBER 2023-2024

Elizabeth Angell
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 Karol Wenner
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 Becky White
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 Ann Woodward

Charles House is fortunate to engage many student volunteers each year - from high schoolers, and even younger, to graduate students starting second careers. This fall, East Chapel Hill High School student Leighton McDaniel was able to complete his Eagle Scout Project at Charles House - Winmore. Residents enjoyed getting to know Leighton and the team of volunteers he recruited as they deconstructed our well-aged raised garden beds, built us new ones, cleaned up our garden and then planted the new beds.



Charlie - Dean Charles "House" Fox, III

Dean's New Chapter

This year brought a joyful new chapter to my life with the birth of my son, Charlie in August. For two months after he arrived, I stepped away from work to soak up those precious first weeks as a new parent. It was a time filled with late-night feedings, countless cups of coffee, and a newfound appreciation for balance. I have always been grateful to be a part of an organization that walks the walk on work-life balance. Our commitment to self-care and family has never felt more personal or important – and I have found new opportunity to practice what we preach.



Winmore residents enjoying the new garden beds

MEMORIAL DONATIONS NOVEMBER 2023-2024

| | | | |
|---|--|---|---|
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| | | Lilyan Rampone Christine Marrone | |

DONATIONS IN HONOR OF... NOVEMBER 2023-NOVEMBER 2024

| | | | |
|--|--|--|--|
| Nancy Anderson William Banks Anderson Jr. and family Rena Monk Jacklyn Monk Anthony Porter | Carol and David Diaz Ed (deceased) and Janet Flowers Norma and Bob Gindes Ron and Marianne Greto Renee Hedstrom Kris Herfkens Susan and Loren Kelley Fran and Patti Meyer Bea and Jon Miller Doug and Mary Taylor Ned and Sandy (deceased) McClurg | Dr. and Mrs. Kevin Guskiewicz Howard and Lillian Lee Robert Koenig and Dylan Kiernan-Koenig Marilyn and Ted Koenig | Paul Klever and Sally Freeman John and Barb Chapmen Cheryl Wilson Dean and Jennifer Fox Meredith Fowler Peggy Cohn |
| Jesse Basnight The Basnight Girls | Charles House Staff Margie Britnell and Howard Doll Nancy and Neal Cheek Tom and Joan Christopher B.V. and Shirley Cooper | Paul Klever Margie Baldwin Priscilla Boomer Sheana and William Funkhouser Donell Kerns Doug and Yvonne Mendenhall Mary Monaco and Ron Liberty Jan Busby Whitehead and Bill Whitehead | Tim, Kathy, and Sally LaFone John and Barb Chapman |
| | Charles House Eldercare Household Team Jim & Linda Lathren | | Wayland Massey Michael Massey |
| | | | Maria Scanga Jean and Jim Blaine |
| | | | Becky and John Tragenstein Dave and Bonnie Custer Marilyn and Ted Koenig |

In our annual survey, Charles House families express their appreciation, and we are grateful to all of them:

- *CH is a really important part of my dad's routine and staying connected to others and being involved in meaningful activities. As an extremely social person, he literally needs interaction to stay happy.*
- *Please don't change anything. Charles House has an amazingly competent, friendly, and compassionate staff. I've noticed how they're constantly on the alert for even the smallest problems or concerns a participant might have; and they immediately address anything needing attention. The staff makes her feel loved and safe - two critical aspects of her care.*
- *Charles House is fabulous, as are all of their staff. My mother comes home energized and happy. The way the program is run is outstanding! I am grateful for this amazing place.*
- *Participation at Charles House gave my father joy, laughter, friendship and focus during his decline. He loved his time there.*
- *He is eager to go to Charles House. He comes home singing! He sings a lot now!*

Since 1990, Charles House Association has been a nonprofit leader in community eldercare.

In 2015, Charles House established the Center for Community Eldercare in Chapel Hill, which houses the Daytime Eldercare Program, the Bradley Program in Learning & Service, and CORE--Caregiver Orientation, Resources & Education.



Beginning in 2011, Charles House has been pioneering a new model of residential care in neighborhood Eldercare Homes where six residents live as part of a caring household. Eldercare Homes are nonprofit licensed facilities integrated into the fabric of their neighborhoods.

IN MEMORIAM 2024

Adam Goetz - June 11, 1960 — January 2024
Ed Flowers - February 10, 1944 — March 10, 2024
Zeny Cruz - March 11, 1945 — March 13, 2024
Valerie Addo - March 19, 1949 — April 10, 2024
Wayland Massey - December 2, 1942 — May 14, 2024
Betsy Fenhagen - May 5, 1930 — May 30, 2024
Nancy Anderson - June 25, 1937 — June 5, 2024
Sandy Jacobs - July 5, 1937 — June 16, 2024
Sandy McClurg - January 21, 1942 — September 10, 2024
Meredith Friedman - February 3, 1948 — September 13, 2024
Kathy Zink - December 20, 1948 — November 28, 2024

We remember all of our Charles House friends and offer condolences to their loving families

Charles House Community Advisory Council

Many community leaders lend their expertise and advice to assist Charles House Association. Charles House is grateful for the consultation of these Council members. You can find them listed on the Charles House website:

<https://charleshouse.org/board-of-directors/>

Charles House Association
7511 Sunrise Drive, Chapel Hill, NC 27514
(919) 967-7570
Dean Fox, Executive Director
dean@charleshouse.org
www.charleshouse.org

Certifications: Charles House Daytime Eldercare Program 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.

Charles House Association publishes an annual newsletter.

Editor: Susan Siegel. Photos by Charles House staff and families unless credited. For newsletter information or suggestions, call Charles House or email: communications@charleshouse.org

CHARLES HOUSE ASSOCIATION

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