



The Winter's Tale

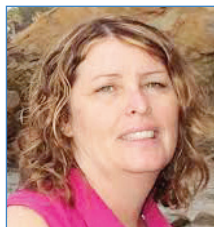
Howard County Center - Columbia/Montgomery County Center - Olney

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Center Update

From the Desk of Cyndi Rogers, President & CEO



It's hard to believe our 40th Anniversary celebration was 6 months ago! We had an amazing time at both events remembering all the community members who supported us in the beginning and through the years. Without the amazing generosity of Montgomery General Hospital (now MedStar Montgomery Medical Center), which provided a permanent location for our Olney site, we would still be moving from place to place. The community of Howard County found us not only land but also convinced a construction firm to donate materials and labor. All of us at Winter Growth are so thankful for all of their support. In addition to celebrating Winter Growth, we had the pleasure of recognizing 40 Fabulous members of the Montgomery and Howard County communities. Meeting these amazing community members who shared how they were continuing to live life with joy and purpose was inspirational. Each week we are sharing their stories at our Facebook page. If you don't already, be sure to follow us so you can read these and other *fabulous* stories yourself.

I am grateful to live in a community that supports non-profits, enabling us to make a positive difference in the lives of the individuals and families we serve.

Cyndi

Thank You to Our Fabulous 40th Sponsors

Advanced Nursing & Home Support
Applied Business Services, Inc.
Brooke Grove Retirement Village
Friends House Pharmacy
Global Health Pharmacy
Long & Foster Columbia Sales

PSA Insurance & Financial Services
Rehabilitation Services, Inc. (RSI)
Rotary Club of Columbia Town Center
Sandy Spring Bank
Sandy Spring Lions Club



Oliver

“Oliver loves exploring the Ruth Keeton Center Complex and getting to know all his new friends.”

The newest member of Winter Growth’s furry friends team is Oliver, an adorable and energetic chocolate lab, born on May 20, 2019. He goes to super puppy school and has already learned to sit and lay down on command.

Oliver loves exploring the Ruth Keeton Center Complex and getting to know all his new friends. He also enjoys it when people

come to visit him in his mom’s office (aka Claire, the Center Director’s office). Of course, visiting and exploring take a lot out of busy puppies like Oliver, so he can often be found taking a nap – sometimes with one ear or his tail draped in his water dish.

We are all having such fun watching Oliver grow!

Community Partnerships

“I enjoy working at Winter Growth because the participants are very kind and lovely; it’s always a joy to help them and brighten their day” - Sam Hasselroth

Winter Growth is proud of and grateful for our partnerships with the Academy of Health Professions at Sherwood High School and the Howard County Public School System (HCPSS) Certified Nursing Assistant Academy. Both academies train high school students in the skills and knowledge necessary to work as certified nursing assistants (CNAs). After their training, including 40 clinical hours, is complete, stu-



HCPSS CNA students take a moment to join in some dancing fun at Winter Growth

dents have the opportunity to sit for their licensing exam. Upon passing, they become certified nursing assistants and are registered by the Maryland Board of Nursing. Partnerships with organizations like Winter

Partnership continued on page 5

Volunteers Count



Annie Leslie

“After working with Mr. Tom for a few months, feeding him and talking together, he one day said, ‘Annie, it’s ok if you just want to call me Tom.’ I really felt that I must be making his day more relaxing.”

Having recently recovered from a serious medical issue, Annie first came to Winter Growth-Columbia feeling unsure of what she could contribute. Our Volunteer Coordinator, Vivian, however, quickly recognized that Annie’s gentle spirit would be a wonderful asset and reassured her that there were plenty of ways she could help out. For two years, Annie volunteered twice a week – brightening our clients’ lives with her wonderful smile and sweet demeanor. Clients and staff alike looked forward to seeing her and missed her when she was not around. During her time with us, we could see Annie blossoming and growing stronger by the day as she developed deep bonds with the Winter Growth family. Annie shared a letter she wrote to the family of a recently deceased client to whom she had been particularly close. With Annie’s permission, we wanted to share this letter because it beautifully illustrates how volunteering brings such joy and love to both volunteers and those they serve.

Hello,

My name is Annie Leslie and I had the gift of getting to know Mr. Tom from 2015 through 2017.

When I first started volunteering at Winter Growth, I was just 2 years post a medical injury of my own. I was asked to assist with feeding Mr. Tom. After learning that skill with another client I worked with Mr. Tom who was not too happy to eat at the time. Mr. Tom deeply impacted my life.

I am now working at another job, so my time time at Winter Growth has come to an end. However, I did get back in touch with Vivian recently and learned that Tom had passed.

When I heard this news, my memories of being with him came flashing back. After working with Mr. Tom for a few months,

Annie L. continued on page 7



Volunteer support makes such a difference. In addition to the variety of opportunities found on our website, www.wintergrowthinc.org, we are looking for dining service volunteers (weekdays 12:30pm-2pm or 4pm-6:30pm).

Interested? We’d love to hear from you.

Olney – britney.guillory@wintergrowthinc.org or call Britney at 301-774-7501

Columbia – viviangolden@wintergrowthinc.org or call Vivian at 410-964-9616



Joe and Rick

“With his warm smile and shoulder massages Joe spreads kindness and joy everywhere he goes. Rick ...plays music or serenades other participants.”



Born in Nebraska in 1947, Joe K. considers no single state his home state. He's lived from Colorado to Germany as a member of the Air Force. A computer systems analyst, Joe's truly a numbers guy and always has been. He loves reading, running, and all things sports. Among these, running is a favorite. He has an hour-long route through his neighborhood that he always follows, accompanied by a playlist of over 600 songs on his phone. Although Joe's ability to communicate verbally is limited, he is able to express himself through touch and body language. With his warm smile and shoulder massages Joe spreads kindness and joy everywhere he goes. He's quick to provide a helping hand at home by getting the mail and making the coffee as well as at Winter Growth by lending a hand to staff and participants. When Joe is not at Winter Growth helping his friends, he is home enjoying time with his beautiful wife, son, and daughter.

Rick M. was born in Chicago, Illinois and moved to the east coast after enlisting in the military. He served in the US Army for a number of years and then moved on to a career as a medical photographer. Reflecting on his time as a photographer, Rick commented “I loved it. I got to do a little bit of

Known as the hype (as in pump up the fun) man of Winter Growth, Rick brings a level of excitement and joy to every activity.



Joe being dear, sweet Joe – carefully cutting the pancakes for one of his friends who no longer has the ability to do so.



Joe and Rick continued on page 7

SPOTLIGHT ON STAFF

Deborah Bissell



Born in Washington, DC and raised in Ashton, MD, Deborah is a true local. She started her career at Winter Growth Olney in 2011 as our part-time Transportation Coordinator. That soon evolved into a full-time position adding administrative duties to her list of responsibilities. This, in turn, morphed into work as our Human Resources Manager and then to her appointment as Assistant Center Director. Today, Deborah's primary focus is Olney's Assisted Living Program, which she lovingly ensures always feels like home for current and prospective residents.

When Deborah is not at Winter Growth, she enjoys walking, going to the theater, and trying new foodie restaurants. You name the type of cuisine, she'll be up for trying it! After raising 6 wonderful children, Deborah also now hopes to add traveling someplace new and exciting to her yearly "to do" list.

Partnership continued from page 2

Growth enable these students to begin interacting with clients while closely observing health professionals providing medical care. In doing so, the partnerships help students develop the skills that give them a head start on their CNA and other future medical career plans.

At Winter Growth, for instance, students assist with the daily care of both our day program participants and assisted living residents while also having fun engaging with our clients through crafting, dancing, and other program activities. This opportunity allows students to

"Working with residents gives me a sense of purpose" - Kirstyn Collins

broaden their experiences, fine tune their skills, and develop the work place aptitude that will allow them to confidently enter the job market upon graduation. Most, if not all, of these students will continue their education after graduation with many entering pre-med, nursing, physical therapy, and other specialty programs.

Wellness Tips

10 Essential Parkinson's Resources

Are you using all the free resources the Parkinson's Foundation offers? Check out are our top 10 tools designed to make life a little easier for people with Parkinson's disease (PD), caregivers and family members.

- 1. Contact Our Helpline**-Call 1-800-4PD-INFO (473-4636) or email Helpline@Parkinson.org to ask a Helpline specialist your PD questions, receive current disease information, referrals to health professionals and community resources. Our specialists speak English and Spanish and are available Monday through Friday from 9 a.m. to 8 p.m. ET. Call 1-800-4PD-INFO (473-4636).
- 2. Use Our Resource Finder**-With so many resources, where do you begin? Answer two questions and we will personalize a list of free resources you can check out right away. Read Now at Parkinson.org/Keys.
- 3. Check Out Science News**-We sort through the latest published PD research studies and give you the big picture, while highlighting how these studies can impact people with Parkinson's. Visit Parkinson.org/Blog.
- 4. Find Expert Care Near You**-Visit our website to find expert care in your community, along with chapters and community organizations that provide access to local resources and services. Go to Parkinson.org/Search.
- 5. Order A Patient Safety Kit**-It is critical that people with Parkinson's get their medications on time when hospitalized. The free Aware in Care kit contains tools and information to share with hospital staff during a planned or emergency hospital visit. Order the kit at Parkinson.org/AwareInCare.
- 6. Follow us on Facebook**-Like us on Facebook and join our global community. We post the latest PD articles about research and managing Parkinson's, along with links to our free resources. Follow us and never miss an important update. Visit Facebook.com/parkinsondotorg.
- 7. Listen to Our Podcast**-With more than 100,000 downloads, join us as we discuss the latest in PD research, medications, exercise and treatments. Subscribe now on iTunes, Google Play and TuneIn. Listen at Parkinson.org/Podcast.
- 8. Read Our Educational Books and Fact Sheets**-Read or order in-depth information about PD from our vast collection of free publications, fact sheets and more. Many books are available in English and Spanish. Visit our PD Library at Parkinson.org/Library.
- 9. Register for Expert Briefings Webinars**-Join us online for free educational webinars led by a PD expert who provides insight and practical tips on topics critical to the PD community. Visit Parkinson.org/ExpertBriefings to register.
- 10. Join Us at Moving Day**-With 46 Moving Day events taking place across the nation, get out and move with your community. At Moving Day walks across the country, we're fighting Parkinson's and celebrating movement – proven to help manage Parkinson's symptoms – and we're doing it together. Sign up at MovingDayWalk.org.

Navigating Parkinson's is a life-long process, but you don't have to do it alone. We're here for you. Contact the Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636) or Helpline@Parkinson.org for answers to all your Parkinson's questions, help finding nearby resources and more.



Introducing the Community Connector

Expanding Accessible Transportation

In partnership with Neighbor Ride and through the generosity of The Hamel Foundation, we are excited to introduce the Community Connector, a pilot project dedicated to expanding accessible transportation in Howard County. During the pilot project, scheduled to launch at the end of January 2020, wheelchair accessible transportation will be available for Howard County residents who were registered as Neighbor Ride passengers before November 1,

2019. Rides will initially be restricted to weekdays between 9 a.m. and 3 p.m. and will only be available for medical appointments in Howard County. While our capacity will be limited during the pilot period, we are looking forward to expanding the Community Connector program in the coming years. Contact Colleen at (410) 964-9616 or colleen.konstanzer@wintergrowthinc.org for more information.

Joe and Rick continued from page 4

everything from event photography to working on articles and other publications.” During his post-military career he also worked a second job delivering newspapers, regularly winning awards for most papers delivered. In addition to his rewarding career, Rick has always been a talented artist and has created wonderful paintings for Winter Growth. Rick also sang in a choir and, if he’s



Rick M. in uniform

not taking shots of butterflies or flowers from the green room window in Olney, he is playing music or serenading other participants. His wife, Ellen, describes him as “the kindest and sweetest person I have ever known.”



Painting by Rick

Annie L. continued from page 3

feeding him and talking together, he one day said, “Annie, it’s ok if you just want to call me Tom. “I really felt that I must be making his day more relaxing.

As the weeks and months passed, Tom and I really began to bond. He mentioned his sister quite a bit. She was always his number one support.

There was a day when his awareness seemed stronger when we were sitting together in the small room” in Winter Growth and he told me he loved me. This was after 2 years of visiting him and my heart told me in that moment, “Wow,

you have had an impact on someone’s life.” Of course, he had impacted me as well and I told him I loved him too.

I want to say thank you to Winter Growth and even more so to his family. Thank you for sharing Mr. Tom with me as he taught me a lot about life, especially the purpose of genuine care.

Sincerely,

Annie Leslie

Photo Gallery

