



The Winter's Tale

Howard County Center - Columbia/Montgomery County Center - Olney

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Center Update

From the Desk of Claire Noll, - Howard County Center Director



Forty years ago, our founder, Marge Burba, launched what would become a model community-based nonprofit serving the needs of seniors and disabled adults in Howard and Montgomery Counties. She believed that no matter the age, disability, or cognitive decline, there remains the ability to grow in one's ability to give and receive love, to give and receive encouragement, to teach and to learn - hence Winter Growth was born.

Over the course of four decades, the organization has grown from a small adult medical day center first conceived as the master's thesis project of its founder, to one that serves over three hundred individuals and families each year through its vibrant Assisted Living, Adult Medical Day, and Respite Care programs. Today, Winter Growth boasts two campuses, and is proudly achieving its vision of establishing a community where everyone feels they matter, and where all are supported in achieving their highest potential for independence, dignity, and life satisfaction.

To recognize this achievement Winter Growth will host two "Forty Fabulous Years" events – one in Olney and the other in Columbia. All are invited to join us. Tickets are \$40 and can be purchased online at www.wintergrowthinc.org, or via check, mailed to 5460 Ruth Keeton Way – Columbia, MD 21044 - ATTN: Anniversary Celebration Tickets. Proceeds will support Winter Growth Wheels, a new collaborative project expanding accessible transportation in Howard and Montgomery Counties.

Wednesday, April 24th
(4:30pm-7:00pm)
The Oak Room
17921 Brooke Road
Sandy Spring, MD 20860

Thursday, April 25th
(4:30pm-7:00pm)
Kahler Hall
5440 Old Tucker Row
Columbia, MD 21044

Wishing everyone a fabulous year,
Claire Noll

Ian Campbell

“Rising to the rank of Sergeant, he led a platoon to the front lines in the Korean War and during his service traveled to Libya, Korea, Gibraltar, Yemen, and the city of Ipoh in Malaysia.”

Born to an Irish mother and Scottish father in 1926, Ian, along with his younger brother, Ken, grew up in Dundee, Scotland during the years leading up to the Second World War. Their father was a police officer, also known as a “Bobby.”

While Ian’s had many careers in his lifetime, his 14 years as a member of the British Army was the most memorable. Rising to the rank of Sergeant, he led a platoon to the front lines in the Korean War and during his service traveled to Libya, Korea, Gibraltar, Yemen, and the city of Ipoh in Malaysia. Noting that “the army is made up of people who learn a lot of things,” Ian believes that the most valuable lesson he learned in the army was respect both for authority and for the varying talents and perspectives that different people bring to the table. This appreciation and respect for others made him an outstanding leader and served him well in his post-war positions in car sales, as Manager of a D.C. Woolworth Five & Dime store, and finally in his 20-plus years at the Library of Congress.

Ian has two beautiful daughters, three grandchildren, and one great grandson.



Ian (sitting) and his younger brother, Ken



From left to right: Ken Campbell (Ian’s younger brother), a friend Johnnie Steele, and Ian Campbell. Photo taken in Inchon Korea on August 15, 1956, when Ian and his brother, who was serving in the US Army during the Korean War, happened to land at the same base.



Mac

“Linda truly valued the time she and Mac spent at Winter Growth and felt that they were rewarded every week by big smiles on the faces of those they met.”



Mac’s full name is Telane MacIntosh. He is a retired Grand Premiership Tonkinese (that’s a grand championship for neutered cats). Tonkinese is a mix of Siamese and Burmese. The Burmese side gives him his very soft fur and the Siamese side gives him “points” with a darker face and tail. Born on Nov 8, 2011, he is now almost eight years old.

Mac’s owner, Linda, was in a church course about finding your strengths and using them for good when she first heard about therapy pets from someone else in the class. So, when her 20 year old Tonkinese cat died a few months later in 2013, Linda’s family went to cat shows to try to find another Tonkinese adult cat who would have a calm enough personality to become a therapy cat. That’s where they found Mac, who was about to receive his final points needed to be declared a champion.

There are lots of therapy dogs but very few therapy cats, as most cats want to do their own thing and not be bothered socializing with strangers. However, being a show

cat, Mac was used to strangers judging him, touching him and picking him up, so he seems to like meeting new people. When the doorbell rings at Mac’s

home, he runs to the door to greet the person while his brother dives under the bed.



Mac was certified as a therapy cat by Pets On Wheels in 2014 and Winter Growth was his first assignment. Linda and Mac were regular visitors for the next four years. With more and more calls to visit hospice patients, though, Mac recently retired from visiting Winter Growth. Believe it or not, it was tiring for Mac to interact with everyone – he would often sleep the rest of the day after his visits.

Linda truly valued the time she and Mac spent at Winter Growth and felt that they were rewarded every week by big smiles on the faces of those they met. Some residents had had to leave their cats at home when they

MAC continued on page 4

**Interested in being a pet visitor volunteer? Are your pet’s vet papers up to date?
We’d love to hear from you.**

Olney - ieasha.nicholson@wintergrowthinc.org or call Alina 301-774-7501

Columbia – vivian.golden@wintergrowthinc.org or call Vivian 410-964-9616

SPOTLIGHT ON STAFF

Abu



Born in Sierra Leone, Abu moved to the United States when he was ten years old. The transition was difficult at first because English is not his first language. A new friend named Elizabeth took him under her wing however, easing the transition; and they are still very close to this day.

Abu joined the Winter Growth team as a kitchen assistant and “smile giver” in Olney on July 25, 2017. In February 2019, he began splitting his time between our Montgomery and Howard County locations. Before coming to Winter Growth, Abu worked as a kitchen manager in an Indo-Pak restaurant.

When asked what he enjoys most about being at Winter Growth, Abu responded, “Everything – the people, the environment, interacting with the elderly – I feel such motivation to get up and cook for them every day.”

Outside of work, Abu enjoys going to the movies. His genre preference is action fantasy and his all-time favorite movie is Lord of the Rings.

MAC continued from page 3

moved to assisted living and really appreciated having another kitty to pet. Others just loved to stroke Mac’s fur because he is so soft. The wife of one of the day care participants once shared that she always knew when it was cat day at Winter Growth because her husband would come home and tell her

all about Mac’s visit. It brought him happiness, letting him forget his troubles, even if it was just for a short time.

We are all so grateful for the smiles Mac and Linda brought to Winter Growth throughout the years!

Photo Gallery



Joyce T.



Patrick, Ty & Dennis



Dennis W. and Alice K. caught dancing

Volunteers Count



Raghu G.

“It’s true that there is more happiness in giving than receiving.”

Motivation

What motivated a software developer with 20 years of experience to give up his valuable time to help out at Winter Growth in Olney?

- “2 reasons – To help in any way I can in my community using my skills”
- “My daughter Siri”

What better way to teach the younger generation that material things do not bring happiness.

“I am pleased with my daughter helping seniors, particularly those with disabilities. The children in our community are privileged, I grew up with little but I was happy – I want Siri to be exposed to different communities, learn how to help”

Aging Eyes

“Winter Growth focuses on the many little things that make life easier for seniors. Poor eye sight is often a problem. I have set

up power points on the big screen for programs, Netflix Oldie Movies for residents, printers and computers that help staff deliver really good therapeutic activities.”

Truth

“It’s true that there is more happiness in giving than receiving”.

Thinking about volunteering?

See below for Columbia and Olney contact information.



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 – ieasha.nicholson@wintergrowthinc.org or call Alina 301-774-7501

Columbia – vivian.golden@wintergrowthinc.org or call Vivian 410-964-9616

Wellness Tips

National Institute on Aging

AGE PAGE

Exercise and Physical Activity: Getting Fit for Life

“My wife and I have heart problems. About 2 years ago, we joined our local health club, where we do both endurance and strength training exercises. On the off days, we walk near our house. It’s been lifesaving for us.” Bob (age 69)

Bob and his wife are living proof that exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do
- Improve your balance
- Prevent or delay some diseases like heart disease, diabetes, and osteoporosis
- Perk up your mood and reduce depression

You don’t need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to Be Active

To get all of the benefits of physical activity, try all four types of exercise - (1) endurance, (2) strength, (3) balance, and (4) flexibility.

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That’s called an endurance activity because it builds your energy or “staying power.” You don’t have to be active for 30 minutes all at once. Ten minutes at a time is fine. How hard do you need to push yourself? If you can talk without any trouble at all, you are not working hard enough. If you can’t talk at all, it’s too hard.
2. Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, lift your grandchildren, and walk through the park. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.
3. Do things to help your balance. Try standing on one foot, then the other. If you can, don’t hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.
4. Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don’t stretch so far that it hurts.

For tools and tips to help you be active every day, visit www.nia.nih.gov/Go4Life.

Photo Gallery



There is so much to celebrate during our 40th Anniversary year - from Fabulous Fridays to our Fabulous Families. Follow us on Facebook to see additional photos.

The Fabulous 40

As a part of its 40th Anniversary Celebration, Winter Growth will be recognizing 40 Fabulous Howard or Montgomery County residents, age 50 and over, who are living their lives with joy and purpose. To nominate yourself or someone you know, visit www.wintergrowthinc.org or send your responses to the questions below, along with both the nominee's and your own contact information to: claire.noll@wintergrowthinc.org or Winter Growth - 5460 Ruth Keeton Way - Columbia, MD 21044 ATTN: Claire Noll. **Submission Deadline:** April 10th

1. How is the nominee living his/her life with joy and purpose? Please be descriptive - including specific examples that tell the story of the vibrancy with which the nominee approaches each day.
2. Provide a saying or a quote that sums up the nominee and his/her attitude towards life.
3. How has the nominee impacted your life and your own perspectives and attitudes?

Please include a fun photo(s) of the nominee with your nomination.

We are so grateful to all who submit nominations; and can't wait to be inspired by their stories. Forty nominees, 20 from Montgomery County and 20 from Howard County, will be selected by a Review Committee for special recognition as a part of Winter Growth's Fabulous 40th Anniversary Celebration. These honorees will be invited to be a part of celebration events scheduled for Wednesday, April 24th (4:30pm-7pm) at the Oak Room in Sandy Spring/Montgomery County and Thursday, April 25th (4:30pm-7pm) at Kahler Hall in Columbia/Howard County.

NOTE: We want to inspire others to live their lives with joy and purpose. As such, all photos and written materials submitted as a part of The Fabulous 40 nomination process may be shared by Winter Growth through social media posts, press releases, and other avenues as a part of the organization's Anniversary Celebration. Submission of a nomination indicates that both the nominator and nominee grant explicit permission to use stories and photos in this manner



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