



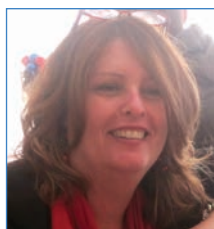
# The Winter's Tale

Howard County Center - Columbia/Montgomery County Center - Olney

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## Center Update



From the desk of Cyndi Rogers, CEO/President, Winter Growth, Inc.

It's so exciting to have the Winter Growth newsletter come back to life. There are so many wonderful moments to remember from last year and I am looking forward to sharing all the great times we will have in 2018! Both counties saw a lot of building improvements in 2017, from new flooring in most of the bedrooms in Olney, to a new walk-in shower room for Columbia. To support our hardworking kitchen managers we added part-time assistants, giving them an extra pair of hands to create the wonderful meals we enjoy each day. During the coming year we are looking forward to the start of some intergenerational gatherings. In Olney, we will enjoy spending time with toddlers from the MOMS Club of Olney. In Columbia, we will collaborate with students at Harper's Choice Middle School in a variety of ways – assisting students with History Day and other projects, working side-by-side with them in the school's garden, and displaying students' artwork in our hallways for all to enjoy.

Thank you for being a member of the Winter Growth family.

Cyndi

Happy  
100th  
Birthday!



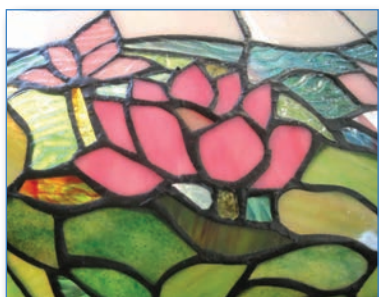
**Harriett Hopf** was born in Baltimore, Maryland on January 22, 1918. A mother of two daughters, she loves children and animals; and has been a Winter Growth-Olney resident since January 2017.



**Olga Featherstone** was born in Guyana on February 19, 1918 and moved to the United States in 1978. She has five children and is known for her strong faith and kind words. She joined Winter Growth-Olney's Day Program in October 2011, and moved in as a resident later that year.

## Client Spotlight: Jean Koch

Jean and her husband were at their favorite hobby shop, looking for a dollhouse pattern, when a book about the art of stained glass caught her eye. Captivated by the intricate patterns and beautiful colors, she remarked how much she loved stained glass and wished that they could do such a project. Her optimistic husband assured her that he thought that making stained glass was well within their reach.



They bought a book of stained glass patterns and were both immediately drawn to a pattern for a window hanging of a blue bird, the perfect gift for a friend who was an avid birdwatcher. They started with this project and never looked back. In fact, people

loved their work so much that the couple went into business together, creating pieces that were commissioned for homes, offices, and a church. Jean always chose the colors and laid out the patterns of various shades to ensure each piece's beauty. They both did the soldering. Sometimes their art was based on a store bought pattern and sometimes they created the pattern themselves.



Their largest creation was a church window. The most difficult projects were lampshades where the glass had to be bent into shape. Jean's favorite, "All of them."

Contact: Pat Wilkerson, Activity Coordinator, WG HoCo ([pat.wilkerson@wintergrowthinc.org](mailto:pat.wilkerson@wintergrowthinc.org))

## SPOTLIGHT ON STAFF

### Meet Hannah Kisia and Esther Edusah



**Hannah Kisia** joined Winter Growth's team in September, 2017. As our Howard Center Day Program RN, she is responsible for creating individualized care plans for participants, completing routine assessments, and coordinating with participants' families and primary care physicians. Hannah began her healthcare career as an LPN in 2004; and became an RN in 2015 – earning her bachelor's degree from Bowie State University. She has worked in medical day care, in-home care, and pediatric nursing settings. She is the proud mother of two amazing children.



**Esther Edusah** joined Winter Growth's team as the RN for our Ruth Keeton House Day Program in October 2017. One month later, she took on the additional role of Delegating Nurse for our Assisted Living program. In these roles, she creates care plans for day participants, completes assessments for day participants, and completes routine nursing assessments for residents. Esther began her career in healthcare as an LPN in 2003, and became an RN in 2016. She has many years of experience working in local nursing homes and rehab centers, including Lorien and Genesis. Esther enjoys the geriatric field because she loves hearing the life stories of the seniors for whom she cares. She is the mother of two active teenage boys.



# Community Connection



*The Kappa Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. - Columbia, MD joined us at Winter Growth - Howard County for Make A Difference Day 2017. Our residents so enjoyed the wonderful morning of pumpkin painting and visiting!*



*Volunteers from Cohn Reznick got residents and day program participants ready for some football with a fall tailgate party at Winter Growth - Montgomery County.*

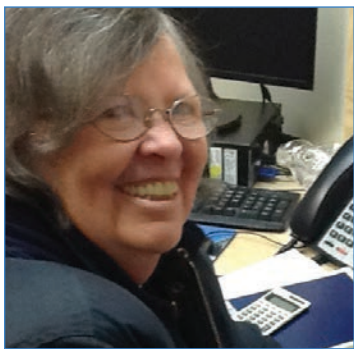


*We enjoyed a holly jolly visit from members of the 94th Intelligence Squadron of the 70th ISR Wing at Fort Meade as they decked the halls at Winter Growth - Howard County and filled our community with holiday cheer!*



*Winter Growth's Executive Director - Cyndi Rogers, Activity's Coordinator - Pat Wilkerson, and Marketing Coordinator - Colleen Konstanzer signed a Howard County Public School System Education Partnership Agreement with Harper's Choice Principal Adam Eldridge and Kelly Ruby - HCPSS Coordinator of School Counseling in December. We're all looking forward to the new friendships and experiences that Winter Growth's collaboration with Harper's Choice Middle School will bring!*

## Volunteers Count



### Volunteer Judy L.

**“I made the commitment. I leave feeling good about what I do”**

Volunteer Judy L. brings a professional touch to Winter Growth’s reception area and a loving friendship to our resident, Joanne M.



*Judy reading to Joanne*

How did Judy’s five-year relationship with Winter Growth-Olney begin? “A thought, a form filled out, an interview,” says Judy. “I started as a friendly visitor to Miss Joanne. Drawing on my skills as a retired secretary, I now also enjoy vol-

unteering 2 days a week for 2 hours in reception before going on to visit with Joanne for an hour.”

In the months before Judy started at Winter Growth, Miss Joanne had fallen into a

practice of isolation, only rarely coming out of her room for anything other than meals. Judy began going to her room and talking and reading to her on a regular basis. When Miss Joanne’s health declined and she began spending much of her time in the Sunshine Lounge, Judy simply joined her there to continue connecting with her. Reading and visiting with Joanne now involves other participants who sit nearby; but Judy is still Joanne’s special person. With family unable to visit Joanne due to distance and health challenges, the time Judy lovingly spends with her is absolutely invaluable.

Judy’s knack for meeting participants where they are cognitively and emotionally is perfect for Joanne and others. Her gift to Joanne and to Winter Growth is so much appreciated!

“I made the commitment. I leave feeling good about what I do” concludes Judy.



Volunteer support makes such a difference. Help us to bring light to our seniors’ lives - you’ll experience the light in yours! In addition to the variety of opportunities found on our website, [www.wintergrowthinc.org](http://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](mailto:ieasha.nicholson@wintergrowthinc.org) or call Alina 301-774-7501**

**Columbia – [viviangolden@wintergrowthinc.org](mailto:viviangolden@wintergrowthinc.org) or call Vivian 410-964-9616**





## Alesia, Pudge, Pansy, Tink, & Flop-Home of the Brownies

**“Winter Growth gets its staff and volunteers directly from heaven..”**

**- resident**



Alesia Harvey, Winter Growth’s famous pet therapy volunteer, is irresistible with her gang of “Brownies”. She has been visiting Winter Growth-Olney for several years; with her husband, Jim, joining her to assist from time to time. Alesia is fully dedicated to her therapy programs and to her dogs and has hosted multiple Newfie Fun Days – turning her yard into a carnival for Newfoundland dogs and their owners. Alesia’s hair even matches her “Brownies”!

### Gentle Giants

The Newfoundland was originally bred and used as a working dog for fishermen in Newfoundland, Canada. They are known for their giant size, intelligence, tremendous strength, calm dispositions, and loyalty. Newfies excel at water rescue/lifesaving because of their muscular build, thick double coat, webbed feet,

and innate swimming abilities.

Alesia shares her love for the breed with such panache and style. Her engaging, well researched programs inspire us all!



**Interested in joining our team of pet visitors? Are your vet papers up to date? We’d love to hear from you.**

**Olney** - [karen.smith@wintergrowthinc.org](mailto:karen.smith@wintergrowthinc.org)  
or call Alina 301-774-7501

**Columbia** – [vivian.golden@wintergrowthinc.org](mailto:vivian.golden@wintergrowthinc.org) or  
call Vivian 410-964-9616

# Wellness Tips

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## What is influenza?

Influenza is a viral infection of the lungs and airways that is also known as “the flu” Anybody can get influenza. Influenza is spread from person to person by coughing and sneezing. It may also be spread by direct contact with infected people or contaminated objects like door handles or computer keyboards.

Influenza can be a serious disease that causes severe complications such as pneumonia. It can also make heart disease or chronic lung disease worse. In the United States, it estimated that about 36,000 deaths are caused by influenza each year.

## Signs and Symptoms

Influenza and the common cold both have symptoms that affect the throat and nose, but influenza symptoms are usually more severe than cold symptoms. These symptoms include:

- Fever over 100 degrees F
- Cough
- Sore throat
- Stuffy or runny nose
- Nausea and vomiting
- Body aches
- Fatigue and tiredness
- Chills

Symptoms usually start 1 to 3 days after being exposed to the influenza virus. Most people feel better after several days but cough and tiredness may last two weeks or more.

## Treatment

For the quickest recovery from influenza, get plenty of rest; drink fluids like juice, water, or hot tea; and consider a fever-reducing medication, such as acetaminophen (but do not give aspirin or aspirin-containing products to children or teenagers who have flu-like symptoms – including fever). Do not give any medication including over-the-counter remedies to a child without first consulting with your pediatrician. If a fever lasts more than 3 or 4 days, see your healthcare provider. A physician may also prescribe certain antiviral medications. These medications may make symptoms milder if taken within 1 to 2 days of when symptoms begin. However, antiviral medication should be limited to those at higher risk for complications.

## Vaccination

Yearly vaccination is the most important way to prevent influenza. Everyone 6 months of age and older should get vaccinated at the beginning of every influenza season. Getting vaccinated is especially important for people at higher risk of complications from influenza, as well as those who work or live with people with high risk.

## Prevention

In addition to vaccination, there are everyday steps you can take to protect your health and, if you are sick, to prevent spreading influenza to others:

- Wash your hands with soap and water especially after sneezing or coughing. Alcohol based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw away the tissue after use. If you do not have a tissue, cough or sneeze into your sleeve.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms stay home for 24 hours after fever is gone except to get medical care. Your fever should be gone without the use of a fever-reducing medicine.
- Keep away from others as much as possible to keep from making others sick.

## Upcoming Events:

### **Tuesday, February 20th (2PM)-Anatomy of a Scam** (*Winter Growth - Howard County Center*)

Pfc. Andre Lingham, Senior Citizen Liaison with the Howard County Police Department will discuss current scams targeting the elderly and offer safety and fraud prevention tips.

### **Thursday, February 22nd (9:30 AM)-Famous “Firsts” of the 20th Century** (*Winter Growth - Montgomery County Center*)

The 20th century is full of “firsts”. Innovations, medical breakthroughs, military breakthroughs, the internet etc. all populate the 20th century. Join Winter Growth for a presentation by Derek Smith about people who achieved something that nobody had achieved before. They are from countries all over the world, from all walks of life and are men and women who were “first”.

### **Tuesday, August 7th (6PM-9PM)-National Night Out** (*Winter Growth - Howard County*)

Join us for an evening of old fashioned family fun on Winter Growth’s “front porch.”

### **4th Thursdays of the Month (4:30PM-6PM)-Caregiver Support Group** (*Winter Growth - Montgomery County*)

Please call the main office at 301-774-7501 if you will be attending.

## Did You Know?

## The Loan Closet. Resources for Aging in Place.

Tuesday .....9:00 AM TO NOON AND 1:00 TO 4:00 PM  
Wednesday .....9:00 AM TO NOON AND 1:00 TO 4:00 PM  
Thursday .....9:00 AM TO NOON AND 1:00 TO 4:00 PM

Or by appointment. The office is CLOSED between noon and 1:00.

Please call ahead to **CHECK EQUIPMENT AVAILABILITY**  
and **SCHEDULE AN APPOINTMENT** with a specialist.



Long Reach Village Center, 8775 Cloudleap Court, Suite #11  
Columbia, MD 21045 • [loancloset@howardcountymd.gov](mailto:loancloset@howardcountymd.gov)  
410-313-0363 (VOICE/RELAY) • 410-313-0369 (FAX)  
**[www.howardcountymd.gov/loancloset](http://www.howardcountymd.gov/loancloset)**

Tax-deductible donations help underwrite the operation of the Loan Closet. Financial contributions assist in the cost of care for equipment and to purchase new items as needed. All monetary donations are to be made payable to the Director of Finance, Howard County.

The **Loan Closet** is a local clearinghouse of donated medical equipment — for those who cannot afford these items or simply have a short-term need, as well as those who may no longer need their equipment.

The **Loan Closet** provides and accepts donations of:

- ▶ Bathing Aids
- ▶ Canes
- ▶ Manual Wheelchairs
- ▶ Modular Ramps
- ▶ Portable Ramps
- ▶ Shower Aids
- ▶ Therapy Aids
- ▶ Toilet Aids
- ▶ Walkers
- and much more!

- ▶▶ Some items are considered **specialized mobility devices** and require a therapist referral form, which can be found on the website.

A Howard County Office on Aging and Independence program in collaboration with



If you need this information in an alternate format, contact Maryland Access Point at [map@howardcountymd.gov](mailto:map@howardcountymd.gov) or 410-313-1234.



# Please Join Us in Thanking the Following Organizations for Their Generous Support

## DONATIONS

Amazon Smile  
Darnestown Presbyterian Women's Association  
Hamel Family Fund  
Home with You, LLC  
JL Crites and Associates  
National Cooperative Bank  
Rotary Club of Columbia-Patuxent  
Rotary Club of Columbia Town Center  
St. Mary of the Angels Fraternity  
The Richard Eaton Foundation

## GRANTS

Community Foundation of Howard County  
Horizon Foundation  
Howard County Community Service Partnership  
Grants Program  
Montgomery County Community Service Grant  
Program  
Transit Management of Central Maryland,  
MD Department of Transportation

## Photo Gallery



*Science and fun combine with a visit from Sherwood High School students*



*Gloria M and Ginny L. enjoy a visit with Maya, an exchange student from Japan*



*4 and 5 year old students from Old Cedar Lane Center Head Start joined us for fun and fitness*



*95 yr old Calvin M. loves anything Harley and, on a visit to the Harley Showroom he admired latest models - including a 3 wheeler he plans to test ride in the New Year*



*Volunteers from the Division of Rehabilitative Services (DORS) joined us for a holiday sing-a-long*