

# SERENDIPITOR



**Brooks-Howell Home**  
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**266 Merrimon Avenue**  
**NANCY GARRISON, Executive Director**

**Asheville, NC 28801-1218**  
Web-Site: <http://www.brooks-howell.org>  
**March-April 2014**

**Built to last**  
**Raise our voices in song**  
**One with the Lord**  
**Outstanding surroundings**  
**Kind nurses**  
**Special people abide there**

**Hearts filled with belief in the Bible**  
**Optimism**  
**Women and men live there**  
**Experience in traveling the globe**  
**Love is all around**  
**Learning from the residents**

**Home of Methodist Missionaries**  
**“Orange” you glad we’re here?**  
**May God bless you.**  
**Everyone loves Jesus!**

*Written by the 1<sup>st</sup> and 2<sup>nd</sup> Grade classes at Asheville Catholic School.  
(They are frequent visitors to Brooks-Howell Home)*

# From Our Administrator - -



I have always liked the idea of having a water feature on the campus, so Mother Nature gave it to us, in the form of frozen pipes in the activity building. Water was falling in the building as well as outside the building, making beautiful ice formations in the bushes outside and a steady downward flow from the ceiling inside. “Mother Nature: This is not what I had in mind.”

Because of the cold many of us stayed here at night for fear the power would go off and we would need to move people to the main building to keep warm. Then Old Man Winter blew in the snow so once again many of us stayed for three nights “In Case.” We have a good time when we stay, and this year it gave Carole Gilham and me a chance to get a jump on our year end entries for the audit. It surely is nice to work late and just go down the hall to bed instead of driving home.

One major item for 2014 is the installation of computers and software for the electronic medical reporting which was mandated by the Federal and North Carolina committees that oversee health units. The cost will be approximately one hundred twenty-five thousand, one hundred thousand of which has been approved by and from the national office of United Methodist Women.

Esther Megill (editor of the *Serendipitor*) celebrated her 90<sup>th</sup> birthday on March 2, with 70 people in attendance. Included were her brother Keith (a.k.a. “Santa Claus) and his wife Vi; Ken, her youngest brother, who flew from Malaysia (to Washington, D.C., and then on to Asheville); her sister-in-law Abelina (“Abbie”), from Utah, with her daughter-in law, Debbie; cousins George and June Megill from Raleigh; a longtime friend, Verna McLain, and her husband from Knoxville; one of her former students in the theological college in Ghana, Sam Atiemo, from Louisville; and two African women named after her who now live in Maryland. These were Esther Momoh and her husband, Didi, from Sierra Leone, and Esther Owusu and her mother, Mary Kwakye, from Ghana. Many Brooks-Howell residents attended, as well as members of Biltmore UMC, Church Women United, and other organizations in the community in which Esther is or has been active. Friends planned and prepared for the event in her honor.

If you will be coming to Assembly this year, I hope you will visit the Brooks-Howell Home display. We have a great theme this year and will have a giveaway that goes along with the theme. Additionally we will have the new Brooks-Howell Home DVD available, thanks to the hard work of Deaconess Debbie Pittman.

We welcome one new resident, Gregory Bieksha, but have lost three: Mary Freeman, Dena Peterson and Gow Low.

Your Sister in Christ,  
Nancy Garrison, Administrator

# I Remember--



While teaching at Trinity Theological College in Singapore as a World Division missionary, I was assigned to direct the field education program (called "practical work" back then). In this capacity, I spent almost every Sunday visiting students in their parishes to learn their situations and supervise their ministries.

On one particular Sunday I went with a Presbyterian student to a small rural church in southern Malaya, which was accessible only by boat across the Johore Straits. After the service a farmer invited the congregation down the road and into his dirt-floor *attap* (thatched-roof) hut, where he had asked his pastor--our student--to conduct a thanksgiving-and-blessing service for his sow which had just delivered a litter of piglets--a memorable occasion in its own right!

A couple of weeks later this student came to my office to ask a question which had been posed to him by that same farmer--who remembered the visit of the American missionary-professor. I will remember his words: "If America is a Christian country, why are they over here in Vietnam killing our Asian peasants who are just like me?"

Just a few months before that--during the U.S. Thanksgiving season--I had written a letter to our supporters back home describing all that I was thankful for--including the presence of U.S. troops in Southeast Asia "holding the line against Communism!"

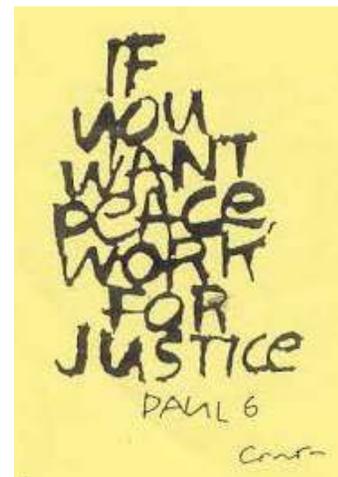
But with this Asian peasant's question--relayed by my student--I was struck smack in the forehead with the realization that my country's expansionist, militaristic foreign policy was actually undermining my own mission there! Up to that

point I had assumed that Asians were grateful to Americans for protecting them against the evil of Communism. But now I saw that, to the contrary, they resented our violent aggression and destruction in their part of the world. I now had to come to terms with the reality that, I, as an American, could be perceived--not as a helpful friend--but as an invading enemy. And the Christian faith, which I was endeavoring to represent and share, could be seen as an alien, imperialistic imposition on their culture, people, and way of life.

That encounter was a "new birth" (paradigm shift) experience for me. Prior to that, my primary contacts had been with middle-class, English-educated, pro-Western Chinese. But from that point on--especially as my facility with the Chinese language improved--I met more and more Chinese Christians who expressed nationalistic, anti-colonial views and identified my country with their past--and present--oppression.

That experience was a contributing factor in my later decision not to return to the "mission field," but instead concentrate my mission and social change efforts on addressing the source of many problems in the developing world, by seeking to change the policies and practices of my own country--the United States of America.

—Doug Wingeier



# News from Resident Services

Through the Woodfin YMCA, a Moving for Better Balance Class is being provided twice a week for twelve weeks for the residents of Brooks-Howell

--Tracey Owens, Activities Coordinator



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BALANCE CAN BE TOUGH. HANG ON TO US.



### **Moving for Better Balance**

"Moving for Better Balance is an evidence-based fall prevention program for older adults. The program protocol consists of a core 8-form routine and a subroutine of eight integrated therapeutic movements, which, collectively, involve a set of simple, rhythmic Tai Chi-based actions. The program builds on traditional Tai Chi by transforming the movements into therapeutic training for balance and integrating the movements into daily functioning for older adults."

*(Information is from a YMCA handout sheet.)*

# From Our Chaplain --

## Sacrifice and Self-Denial

Jesus is often described as one who gave himself for others by always responding to the needs of the persons that came into his life. Even his teachings were concerned with how we as God's people are to live and interact so that our spiritual, emotional and relational needs are met.

As followers of Jesus, it is right to think of ourselves as persons who are willing to be involved in ministries that meet the needs of other persons. Sometimes we are reluctant because we know there is a cost to this way of life. It is amazing how the awareness of other persons needs comes at inconvenient times, making it very easy to do nothing.



Some form of personal sacrifice and denying ourselves is almost always required when we want to help meet the needs of others. For Lent, instead of giving up some fattening food or unhealthy drink, consider focusing on meeting some other person's needs. In all probability the sacrifice that it will require will force you to deny yourself in some way. This seems like an appropriate way to fulfill these words of Jesus: "If any want to become my followers, let them deny themselves and take up their cross daily and follow me. (Luke 9:23)

Sacrifice and self-denial in order to meet the needs of others also brings personal growth and blessing. Being less self-centered for the well being of others leads us to new friends, much joy, and frees us to really live.

Jesus surely had this in mind when he said, "For those who want to save their life will lose it, and those who lose their life for my sake will save it." (Luke 9:24)

--Don Turman, Chaplain

## Surprised by New Life

Every lent and Easter season I recall the first home I owned in Iowa and my first tulip bed. In the fall of 1979 I excitedly planted lots of tulip bulbs. The directions told me how deep to put the bulbs. Since our winters were so cold and long I figured it would be better to plant them a couple of inches deeper.

The next March, every day after work, I eagerly went to the tulip bed, expecting to see little shoots. Disappointedly, none had appeared by the end of the month. To my eye nothing was happening, and I was beginning to worry they were planted way too deep and had died.

During Holy Week I went away on a silent retreat and returned home on Good Friday afternoon. Surprisingly, four inches of snow covered everything. Upon getting out of the car I immediately went to the tulip bed, never really expecting to see anything. To my utter amazement, rising above the snow, were all those green shoots. Ecstatic and overwhelmed, I stood there the longest time, delighting in those pesky, marvelous tulips and thanking God!

Then the realization hit me. This is so like life, especially the spiritual life. We pray, read, study scripture and worship, and nothing appears to be happening or changing. Yet all the time, deep inside, something is growing and developing. Then, walla! In the most surprising time and way the growth is manifest. All along, God and the Holy Spirit really have been at work! There is new life—a resurrection. It is Easter!

--Bev Reddick





# Cat's Eye View--

## My Miss Grace

The appearance of suitcases is among my most dreaded experiences. My Staff, Marcia & Mary Z., seem to be obsessed with the need to pack suitcases and leave me while they travel to parts unknown. I try to register my displeasure by turning my back to the suitcase while they are packing or sitting in the suitcase but nothing seems to detour this obsession. If anyone knows a cure for this dis-ease please let me know.

There is a silver lining for this cloud of disruption in my routine. Marcia gathers up all of my essentials, food, bowls, litter, etc. and takes them to my dear friend, Miss Grace's home which is also located in Brooks-Howell community. Everything is placed so I know where to find them. Then Marcia comes to get me. We go up the steps to the second floor level and I know where we are going. My excitement grows the closer I get to Miss Grace's home. I stop right at her door and in we go. Miss Grace cares for all my needs and she doesn't mind if I scratch her furniture. Miss Grace reminds Marcia it is fun when Marcia says, No.



Miss Grace walks with me and requires that I wear my leash. This limits my exploration & adventure but she is very faithful with the daily walk barring inclement weather. We tried snow during my last visit but that was short lived. Getting my feet wet is one thing but that freezing stuff is very unpleasant and frizzles me from paws to the tip on my nose. We returned to the warmth of Miss Grace's home and we were very content to be inside and I received a little extra to eat.

Miss Grace is kind, gentle, and easy to train. She has obviously had experience with a cat. I am blessed that Marcia & Mary Z. have engaged a very good substitute who maintains my routine and minimizes my distress with their obsession to leave at the drop of a hat. Thank you, Miss Grace, for your gracious and loving service.

*Walking with  
Miss Grace*

Something you might want to keep in mind. I go to Miss Grace's door once or twice a week and meow to pay her a visit. Marcia knocks at the door and if Miss Grace is home we go in for a visit. It is good to stay in touch so your friends don't forget you.

--By Eliza Dolittle Longknight

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## I'm Tired

Yes, Im tired. For several years I've been blaming it on middle age, iron-poor blood, lack of vitamins, air pollution, water pollution, obesity, dieting, underarm odor, yellow-wax build-up, and a dozen other maladies that make you wonder if life is really worth living.

But not I find out 'taint that.

I'm tired because I'm overworked. The population of this country is 200 million. Eighty-four million is retired. That leaves 116 million to do the work. There are 75 million in school, which leaves 41 million to do the work. Of this total there are 22 million employed by the government. That leaves 19 million to do the work. Four million are in the Armed forces, which leaves 15 million to do the work. Take from that 188,000 in hospitals, so that leaves 12,000 to do the work. Now there are 11,998 people in prisons. That leaves just 2 people to do the work, You and Me. And you're sitting there reading this. No wonder I'm tired.

-Author Unknown

# BIRTHDAYS



## RESIDENTS

18 HELENE HILL  
24 DANA TYSON  
29 BARBARA MARKHAM  
31 LELA MAXWELL

## EMPLOYEES

1 ELISHA HANTY  
8 ALYCIA JOHNSON, RES SERVICES  
13 STEPHANIE MCCURRY, NURSING  
15 MICHAEL LEE, DIETARY  
26 SALLIE TIPTON, NURSING



## RESIDENTS

3 JORIE RUEGGER  
7 MARIE NAILLING  
8 ELLIE CHARLTON  
11 BETTIE WILLIAMSON  
13 MARCIA KNIGHT  
21 BETH GRIFFIN  
28 ROSEMARY SCHEUERMAN

## EMPLOYEES

1 BENAJMIN ROSE, DIETARY  
2 JOACHIM BRUDER, MAINTENANCE  
9 ELLEN COLES, NURSING  
9 LYUDMYLA KEBAP, NURSING  
11 KATHY MORRIS, NURSING  
12 JASON GERRIE, MAINTENANCE  
20 SHARMAN HESS, ADMINISTRATION  
23 PATTI WILSON, MAINTENANCE  
24 JOAN PAGE, NURSING  
28 ANNIS LYTLE, ADMINISTRATION  
29 ANNA ANTYUFYEVA, NURSING

