

UPDATE

Friday, May 21, 2010

ADMINISTRATIVE SERVICES

* RESIDENT HANDBOOK

Charter House has two publications that are must reads if you want to know what is happening in the building or information about services available. The first is the weekly Update. You will find information regarding upcoming activities, programs and other news in a timely fashion. It also includes an activity schedule for the coming week. The second is the Resident Handbook which includes information regarding daily life at Charter House. If you have any questions about any services, please check the handbook.

Each apartment received an updated *Resident Handbook* in their message center box. Please keep this handy--it is a great resource containing a lot of helpful, important information.

Always feel free to call with any questions. If unsure who to direct your question to, you may call the Receptionist and she can direct your call to the appropriate department. Thank you very much. Happy reading!

* ANNUAL MEETING OF RESIDENTS' ASSOCIATION



The Annual Meeting of the Charter House Residents' Association will be held on Wednesday, June 9, 2010 at 10:00 a.m. in Edwards Hall. Autobiographies of the nominees are attached to this Update.

Absentee ballots will be available from the Nominating Committee beginning Friday, May 28, 2010. The Committee shall provide the member a ballot, which shall be counted only if received by the Nominating Committee Representative prior to the annual meeting.

A bulletin board with names and pictures of the Slate of Nominees is on display in the 1st floor lobby. The Slate of Nominees is presented by the Nominating Committee.

The responsibilities of the Residents' Council include representing the residents so as to provide positive and constructive communication with Administration regarding the quality of life within Charter House, providing supervision of Resident Committees and, with Administration's approval, establish and carry-out new tasks and programs.

The Residents' Association By-Laws provide for an alternative method of nomination:

“A petition for the nominating of a candidate for council member signed by 25 persons of the Association, accompanied by a written statement of the candidate's willingness to serve, delivered to the Nominating Committee at least 15 days prior to the annual meeting shall constitute a nomination.”

Any petitions for nomination must be received by Tuesday, May 25, 2010.

FROM THE ACTIVITIES PLANNING COMMITTEE

The Activities Planning Committee express special thanks for last weeks remarkable Variety Show! It was enjoyed by all who attended and others are waiting for the videotape!

* **VARIETY SHOW DVD**

Do you want to relive the fun of the Variety Show 2010? The DVD has arrived and copies will be available. Cost is \$2.00. Please sign at the Reception Desk if you want a copy. \$2.00 will be charged to your Charter House account.

DINING SERVICES

* **KICK-OFF SUMMER WITH A MEMORIAL DAY PICNIC BUFFET!**

Monday, May 31 is Memorial Day and the traditional start to summer! Dining Services is planning a traditional summer BBQ Picnic buffet to be served from 11:00-1:00 p.m. in Skyview Dining Room.

The menu features summer time goodies like BLT Salad with Buttermilk Dressing, Oil and Vinegar Cole Slaw, Watermelon, Burgers and Hot Dogs, BBQ Chicken, Baked Beans, Corn on the Cob and Mac and Cheese! The complete menu is attached to this Update.

Reservations are *only* required for parties of five or larger and may be made at the Hostess Desk beginning Wednesday May 26. You do not need a reservation for smaller parties or carry-outs.

Carry-outs are available, however we will not be able to take phone-orders. Please plan to come make your own carry-out selections.

As this is an all-you-can-eat buffet, "doggy-bag" leftover containers will not be provided and we ask that you eat what you can in the dining room and leave the rest.

There will be no evening meal served in Skyview however, the Corner Cupboard will be open on Memorial Day from 7:30 a.m. until 6:00 p.m. for your enjoyment.

FACILITIES SERVICES

*** NOTE FROM HOUSEKEEPING**

Due to the Memorial Day Holiday, some resident apartments may be cleaned on a different day. Please watch for a note from your housekeeper to specify the day of cleaning. If you choose not to have cleaning services during the holiday week, let your housekeeper know or call Facilities at 266-7170.

*** TESTING OF THE FIRE ALARM SYSTEM**

Maintenance will be adding new software to the Fire Alarm System May 24, 25, and 26. Charter House Facilities staff will be required to test 10% of the system after the software upgrade. Maintenance staff each day will start around 9:30 a.m. The test being performed is to ensure all the fire alarm equipment works correctly.

Monday, May 24th Floors 4 through 18

Tuesday, May 25th Floors 17 through 23
 Wednesday, May 26th Floors Basement through 5

Example of test situation:

- Announcement will be made before test, informing you of what will happen.
- **Fire strobes and speakers will activate on the floor of the alarm; also the floor above and the floor below the alarm will also activate. You will hear the fire alarms three separate times on your floor.**
- Stairwell ventilation will turn on to ensure clean air for evacuation.
- Corridor doors will close to contain the fire.

REMEMBER: The fire alarm strobes and speakers activate on the floor above and below the actual test floor!

Thank you for your cooperation!

* **FROM THE ARTS & DECORATING COMMITTEE**

Just a reminder: Please leave the energy efficient table lamps lit in the east elevator lobbies.



RESIDENT SERVICES

* **SUPPORT GROUP FOR CAREGIVERS**

It has been suggested that Charter House offer a support group for caregivers. This group will be open to Charter House residents who are interested in attending a supportive group that will focus on miscellaneous areas for caregivers and/or family members. Family and/or friends may learn new skills from others on how to better cope with their unique situations. The support group may provide members with strategies for confronting their daily problems, as well as feeling less alone.

The first meeting will be held Thursday, June 3, 3:00 – 4:00 p.m. in the 3rd Floor Conference Room. Please contact Bobbi, if you have any questions.

* **ELEVATOR PHOTOS!**

In the last week, three of the photographs from the elevators have been

taken. PLEASE – if you want the picture, contact the Reception Desk and we will get a copy for you directly from the photographer.

* **MAY IS SENIOR HEALTH & FITNESS MONTH**

2nd ANNUAL SPIRITUAL SPA

Friday, May 21, Edwards Hall, 9:30 – 11:30 a.m.

The purpose of the Spiritual Spa is to stimulate interest in Spiritual Health and Fitness. The theme this year is "Celebrating Spiritual Health and Fitness through the Senses." There will be a Tea Room with cookies fresh out of the oven! Among the sixteen stations you will visit will be card making, art display, silk screening, massage, pet visit, geodes, yoga, and music. All residents are invited to attend.

Copies of the book, "Celebrating Creativity at Charter House," will be given to anyone who wants one in celebration of the 25th Anniversary of Charter House.



“SPRING IS NO TIME TO FALL” BALANCE PROGRAM

Turn in your completed Week 2 exercise log, then get your Week 3 Exercises off the “Balance” bulletin board in the Fitness Center.

Want some instruction? Come to learn your Week 3 exercises—and get your “balance homework” for the week—on Monday, May 24th at 3:00 during the “Perfect Balance” class.

THE NORDIC WALKING WORKSHOP WAS A BIG SUCCESS!

Luckily, you can still order the poles at the discounted price (\$71.96), so talk to Trystan by Thursday, May 27th if you’d like a set. You can also sign in the Reception Desk book under the “Fitness” Section. Residents can charge their accounts, or checks and credit cards are also accepted.

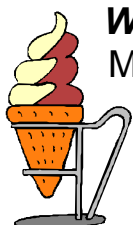
Need practice using your poles? Come to Edwards Hall on Thursday, May 27th from 2:00 to 3:00 p.m. for a group practice session!

COMPLIMENTARY AND INTEGRATIVE MEDICINE *with Brent Bauer, M.D., Director of Complementary and Integrative Medicine, Mayo Clinic*
Tuesday, May 25, Edwards Hall at noon

Dr. Bauer will talk about today’s ‘new medicine’ – nurturing your mind, body and spirit. *Because of the increasing popularity of complementary and alternative medicine — nearly 40 percent of U.S. adults report using it — doctors are learning more about these nonconventional approaches. When doctors use the term “alternative medicine,” they’re referring to practices not typically used in conventional Western medicine. Exactly what’s considered alternative medicine*

changes constantly as more treatments undergo study and move into the mainstream. When an alternative medicine therapy is used in addition to — not instead of — conventional therapy, it's called complementary. And when you use a complementary therapy in addition to a conventional one, it's called integrative medicine.

WALK TO THE DQ



Wednesday, May 26th at 3:30 p.m.

Meet in the lobby, then set out down Broadway in search of a cool treat! Ice cream may not seem like the healthiest option, but at least we are walking there and back. Plus, you get a taste of history, since the North Broadway Dairy Queen was the first in Minnesota!

POWER HOUR IN THE PARK

Thursday, May 27th at 9:00 a.m.

Power Hour regulars, as well as anyone curious, should meet in Central Park for a wide variety of exercises. We will use resistance bands, move to music, stretch, even use the park benches and trees to help get (or keep) us fit!



CURRENT TOPICS IN DENTISTRY presented by Fred Carlson, DDS

Thursday, May 27, Northview, 1:00 p.m.



Implants, cosmetic dentistry, prosthetics, and more will be discussed at this informative session with Dr. Carlson. Bring your questions regarding dentistry.

LAWN GAMES

Thursday, May 27th at 3:00 p.m.

Meet in the park for a rousing game of Bocce Ball! Never played? It's easy to catch on, and fun to do!

WALKING CLUB 2010

This year is baseball-themed! If you are interested in participating, please sign up at the Reception Desk under the "Fitness" tab. More information will be coming soon!



TRAIL WALKS

Spring is here! Come enjoy the fresh air (weather permitting, of course). As always, everyone is welcome!

Please sign at the Reception Desk.
The van leaves at 1:00 p.m.
We will return by 2:30 p.m.

Tues., May 25 th	Bear Creek	1 bench, park
Friday, May 28 th	Silver Lake	7+ benches
Tues., June 1 st	Soldier's Field	Tables
Friday, June 4 th	Quarry Hill	2 benches, Nature Center

- Tennis shoes and watches are recommended
- Water will be provided
- Bring your walking poles
- Everyone will walk at their own pace—Walk a few feet or a few miles!

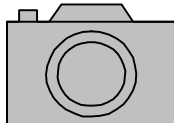
**“MOVIN’ TO THE MUSIC” 5K WALK:
SATURDAY, JUNE 12TH AT SILVER LAKE**

This non-competitive, fun-for-all walking event celebrates the 25th Anniversary, benefit the Rochester Symphony Orchestra & Chorale, and encourage physical activity. A \$25 donation is suggested, but not required. Bring your friends and family! Transportation from Charter House will be provided.



There are two ways to register:

- Pick up a registration form in the Fitness Center or at the Reception Desk. Fill it out and turn it in at the Reception Desk or to Trystan.
- Sign up in the Reception Desk book, under the “Fitness” section. Indicate if you are making a donation and what size T-Shirt you would like. Notice that your account CANNOT be charged—checks must be made out to the Rochester Symphony Orchestra & Chorale.



* **PHOTOGRAPHY CLUB**

DATE: Friday, May 21 TIME: 3:00 p.m. PLACE: Conference Room

The Photography Club will meet Friday May 21 at 3:00 p.m. in the Administrative Conference Room. All are welcome. A special invitation is offered to our new residents.

Our tutorial this month, "Color in Composition," will be lead by Marcia. The themes for this month's Show and Tell are Color in Composition, and The Seasons.

* **MEDICAL MISSION TO HAITI PROGRAM - CANCELED**

SORRY – this program is canceled. Dr. Peter Janes had a hockey accident and will not be traveling to Minnesota at this time.

* **LEWIS & CLARK**

DATE: Tuesday, May 25 TIME: 7:30 p.m. PLACE: Edwards Hall

Lewis and Clark is the topic of the display window in the Charter House main lobby. These items are from the collection of Gerald and Susan, long time collectors and enthusiasts.

The Lewis and Clark Expedition (1804–1806) was the first overland expedition undertaken by the United States to the Pacific coast and back. The expedition team was headed by the United States Army soldiers; Meriwether Lewis and William Clark and assisted by Sacajawea and Toussaint Charbonneau. The expedition's goal was to gain an accurate sense of the resources being exchanged in the Louisiana Purchase. The expedition laid much of the groundwork for the westward expansion of the United States.
(Wikipedia)

Jim Vowels, Lewis & Clark Heritage Foundation, Minnesota Chapter, will give an overview of the Lewis and Clark Expedition on Tuesday, May 25, 2010 at 7:30 p.m. in Edwards Hall. Learn more about this amazing expedition.

* **GUTHRIE THEATER PRESENTS ...**

DATE: Wednesday, May 26 TIME: Bus leaves at 9:30 a.m.

The bus will leave Charter House at 9:30 a.m. on Wednesday, May 26, 2010 for the Guthrie Theater production of M. Butterfly by David Henry Hwang and directed by Peter Rothstein.

From his prison cell, former French diplomat Rene Gallimard recalls the story of how he came to be loved by Song Liling, a performer in the Peking

opera. Assigned to Beijing in the 1960s, Gallimard encounters Song in a performance of Madame Butterfly. Dazzled by her beauty, he believes he has found "the perfect woman," and uses his Western influence to ensnare this exotic butterfly. Their relationship develops into a passionate love affair that lasts more than two decades, yet when Song's identity is revealed - as a man and a spy for the Chinese government - Gallimard discovers far more than the submissive leading lady he wanted, and his personal and political realities dissolve before his eyes. This production contains nudity and smoking.

The bus will arrive at the front door of the Guthrie at approximately 11:00 a.m. allowing two hours before the 1:00 p.m. performance. You should plan to eat at the Guthrie – or you may choose another dining establishment in the downtown area adjacent to the Guthrie - or you may choose to bring your lunch and eat in one of the lobbies or on the Endless Bridge. We will not be dining as a group. The bus usually returns to Rochester by 6:00 p.m., depending on the length of the play, weather and traffic. Cost of the bus is \$20.00 paid on the bus on the day of the trip. Checks should be made payable to Charter House.

When ordering individual tickets, you need the correct date of the play. We do not sit as a group; you will select your seat when you order your ticket. For more information, call the Box Office at 612-377-2224.

Charter House residents should sign at the Reception Desk if they plan to attend. Community members should call 507-266-7533 if they plan to attend.

If you wish to join the group, or for more information, contact Kathe or Bonnie.

* **RAKUGO**

DATE: Thursday, May 27 TIME: 7:30 p.m. PLACE: Edwards Hall

Mark your calendar for a unique program on Thursday, May 27, 2010 at 7:30 p.m. in Edwards Hall. John Braun will present a program on Rakugo.

What is Rakugo? Rakugo is a 400 year old form of comic storytelling that

has continued to amuse and entertain Japanese audiences down through the centuries. Professor Braun will present an entertaining lecture about this ancient Japanese art, and a performance of several Rakugo stories (hanachi) in the style of the traditional Edo and Kamigata storytellers.

John Braun is a retired Professor of Communication Studies from Gustavus Adolphus College, St. Peter, MN. He is a Professor of Intercultural Communication, Kansai University of Foreign Studies, Osaka, Japan and he studied and performed with Rakugo professionals for three years while in Japan.

Braun will present a similar program at the L.I.F.E. program in the afternoon and present at Charter House in the evening.

* **ISSUES AND IDEAS**

DATE: Friday, May 28 TIME: 10:15 a.m. PLACE: Conference Room

What do we know about “medi-bucks?” The National Health Care Bill that passed Congress does not include the “medi-bucks” ideas, but the “medi-bucks” proposal has a few aspects we need to face and discuss. You will have some thoughts after you listen. Everyone is welcome.

* **PROSPECT PLACE POWER PLANT PROGRAM AND TOUR**

DATE: Friday, May 28 TIME: 2:00 p.m. PLACE: Edwards Hall

We have rescheduled the program on the Prospect Power plant on Friday, May 28, 2010 beginning at 2:00 p.m. in Edwards Hall. Prospect Plant is the brick building north of Charter House. This station helps produce chilled air, heat, and energy for the buildings in the Mayo complex. Presenting the program will be Carl Von Wald, and Steve Karsell, Assistant Chief Engineers, Franklin Station Power Plant. The program will be about 30 minutes, followed immediately by a tour of the plant. You have the option of attending the program and not the tour.

* **PIANO BAR – WINE & CHEESE**

DATE: Friday, May 28 TIME: 4:00 p.m. PLACE: Northview

Come to wine and cheese on Friday, May 28, 2010 and enjoy piano bar music by Lynn Brownell. Lynn is a singer, songwriter and pianist. She was born in Minneapolis and at the age of four began playing piano by ear and singing. Lynn's style is reminiscent of a torch singer – she has a great voice and stage presence. Come and enjoy the music.

* **MUSIC BY MARK SMEBY**

DATE: Monday, June 7 TIME: 7:00 p.m. PLACE: Edwards Hall

We are please to announce that Mark Smeby will be performing at Charter House on Monday, June 7, 2010 at 7:00 p.m. in Edwards Hall.

Mark Smeby is a Pop/Christian singer and songwriter, actor and journalist, living outside of Nashville, Tennessee. Smeby's writings in words and music honestly communicate this struggle to hold onto faith and love in the midst of life's difficulties, but they are also tempered with hope and encouragement. The movie "Clancy" - featuring his tune "Precious Memories" - has been released on DVD across the country and has even had some major television broadcast premieres. Smeby wrote the song "Precious Memories" as a tribute to his grandmother who told him he could do anything he wanted.

Smeby will be in the area visiting his parents Al and Sharee Smeby. He is sharing a piece of his family time performing for us. Don't miss this unique program of music.

* **BOOK GROUP**

DATE: Monday, June 7 TIME: 3:00 p.m. PLACE: Conference Room

The Charter House Book Group will meet on Monday, June 7, 2010 at 3:00 p.m. in the 3rd floor Conference Room. Virginia will facilitate discussion on the book "Three Cups of Tea." All interested residents are invited to attend.

* **SIDEWALK SALE PLANNING MEETING**

DATE: Tuesday, June 8 TIME: 2:00 p.m. PLACE: Conference Room

The 22nd Annual Charter House Sidewalk Sale will be held Friday, July

16, 2010 from 10:00 a.m. to 2:00 p.m. Proceeds will be donated to Interfaith Hospitality Network of Greater Rochester, Possibilities of Southern Minnesota and the History Center of Olmsted County.

A Sidewalk Sale planning meeting will be held on Tuesday, June 8, 2010 at 2:00 p.m. in the 3rd floor Conference Room. Bring your ideas and suggestions.

* **COMMONWEAL THEATER presents...**

DATE: Thursday, June 10 TIME: Van leaves at 4:15 p.m.

The Commonweal Theater in Lanesboro has opened their season with the play John Gabriel Borkman, by Henrik Ibsen. Description: *A bank manager, imprisoned for reckless speculation, is obsessed with recapturing his former power and influence. A rarely-seen classic from the father of modern drama that could've been ripped from today's headlines.*

Charter House has reserved tickets for the 7:30 p.m. performance on Thursday, June 10, 2010.

On our last trip to the Commonweal we enjoyed dinner at the Vintage Restaurant – which is now closed. In their space is one of Lanesboro's newest dining experiences, *Kari's Scandinavian Restaurant* featuring a menu rich in classic Scandinavian cuisine focusing on using locally grown meats, dairy and in-season produce. You will be able to order from the menu and dinner is your responsibility.

Plan to leave Charter House at 4:15 p.m. and return by 11:00 p.m. Cost of the evening will be \$40.00 for van transportation, and tickets to the theater. This may be paid at the Reception Desk or charged to your Charter House account. Please sign at the Reception Desk if you plan to attend. We will need a minimum of 15.

* **MAYOWOOD GARDEN TOUR**

DATE: Sunday, June 13 TIME: Van leaves at 12:30 p.m.

We have had some requests to go out to Mayowood for the Garden Tour. Charter House has made arrangements to go to Mayowood on Sunday, June 13, 2010. The van will leave at 12:30 p.m. Those who wish to take the

mansion tour may pay a \$12.00 fee and take the 1:00 – 2:00 p.m. tour. Mayowood is four levels and the tour involves standing and climbing stairs. There is no elevator.

For those who wish to enjoy the grounds, the hour is free for a self-guided tour. Olmsted County Master Gardeners volunteer their time and service to maintain the gardens and keep them available so that they maybe enjoyed by all visitors of the estate. Gardeners are available for questions. Free will donations are accepted and support the Landscape Fund.

Please sign at the Reception Desk if you would like to visit Mayowood on June 13 and indicate if you will be taking the mansion tour or touring the gardens. We will need a minimum of five.

* **MAHJONG PLAYERS**

Would you be interested in playing mahjong with others from Charter House? If so, please sign at the Reception Desk. Thanks!

* **BOOK RECYCLING RECIPIENTS SOUGHT**

Higgins Library volunteers periodically withdraw volumes which have not been checked out for several years. All are in good condition. If you know a local organization that might like to receive these books please give the name to any member of the Library Committee or Bonnie, Activities.

* **THANK YOU**

Thank you to all the generous people who made my birthday so special by sending cards.

Shirley

I wish to thank everyone on the Charter House staff for the wonderful birthday I had last Saturday.

To the Charter House residents, special thanks for making my birthday a wonderful day. All your cards leaves me with a sense of caring and meaningful friendships.

Bunnie

* **AND FOR YOUR INFORMATION**

From Age to Age

Choral Music Ensemble in Concert

Friday, May 28th ~ 7:30 p.m.

The Church of St. John the Evangelist

No charge: freewill offering

From Age to Age is a professional vocal ensemble comprised of 16 highly trained vocalists from across Minnesota and beyond who wish to use their gifts to uplift and provide healing for others, whether here in Minnesota or a world apart. Their goal is to make the world a better place for all God's children.



Rochester Community Band

Central Park Concert

Saturday, June 5, 2010

2:30-4:30 p.m.