



*The “Biggest Loser Contest” at EP has just ended after a two-month focus on healthy eating. Faye Whisler (left) was named the contest winner based on percentage of body weight lost after the initial meeting. Hattie Hicks (center) was runner-up. Pictured with them is Shannon Atchenson, Support Services Coordinator. Twenty-two people started the program and 17 finished. Congratulations to all residents who completed the program!*

## Thursday Grocery Trip Added

On August 13, EP will begin regular van trips to Piggly Wiggly – Clairmont for residents who want to shop for groceries every other week on Thursdays. The van will leave EP at 3:00 pm and will return by 4:00 pm. No other stops are planned for these grocery trips. Please sign up with Shannon, as space is limited.

The Thursday van trips will also benefit residents who do not want to go to the store but want to have groceries delivered. While at the store with residents who are shopping, our van driver will pick up groceries for residents who have pre-ordered. If interested, please see Shannon for details.



*American flags graced tables and t-shirts as EP residents celebrated the Fourth of July in red, white and blue style. Enjoying the Resident Association’s annual barbecue dinner were: (top left photo) Jimmy Putman, John Putman and Bob Aldridge; (photo above) Boots Carroll, Tim Atchenson (husband of Shannon) and Dot Cahill; and (left photo) Faye and Ollie Coggins.*

MISSION

STATEMENT

THE MISSION OF EPISCOPAL PLACE IS TO PROVIDE TO SENIOR AND DISABLED ADULTS WITH RESTRICTED INCOME, SAFE AND AFFORDABLE HOUSING AND ACCESS TO RELATED SERVICES IN A HOME-LIKE ENVIRONMENT



*EP UPDATE* by Tim Blanton, Executive Director

We are fortunate to have the opportunity to participate in two programs being offered by the School of Medicine, Division of Gerontology, Geriatrics and Palliative Care, at UAB. The first program, called “Community Elder Experience” involves pairing a first-year medical student with a senior citizen living in the Greater Birmingham area. Since UAB is our neighbor, the residents here are a perfect match for the students. The goals of the program are:



- Provide students with an opportunity to develop a longitudinal relationship with a patient
- Expose students to community-dwelling elders
- Allow students the opportunity to visit elders outside of UAB
- Provide opportunities for students to practice their interviewing skills
- Make students aware of some of the principles and challenges involved in care of the elderly

The student and volunteer resident are expected to meet approximately seven times over an 18-month period. The student will come to Episcopal Place for the meeting at times that are convenient for our residents. Topics to be discussed include General Health History, Medication Issues, Experience When Visiting Your Doctor, and other interesting issues.

The other program is called “History of Medicine”. Medical students are asked to interview a person that experienced medical care prior to 1945. Remember that many first-year medical students were born in the mid to late 1980s, so they have very little concept about what medical treatment was like prior to the introduction of penicillin. This experience involves one meeting or interview between the student and resident and allows the resident to explain how medicine has changed in his or her lifetime and whether those changes are positive or negative.

Eight of our residents have signed up to participate in one or both of these experiences, which are being coordinated on EP’s end by Shannon Atchenson, Service Coordinator. Thank you, Shannon and resident participants for keeping us involved in the community! This is a wonderful experience for our residents to have influence on the way today’s medical students think about and treat the elders of tomorrow!

**July/August Move-Outs**

Frank Amerson (419)

Miriam Mitchell (406)

**July/August Move-Ins**

C. Jerry Grief (712)

George “Buddy” Robbins (406)

Diane Turner (419)



*We mourn the loss of EP Resident  
Archie Hopson, Jr.  
and extend our deepest sympathy to his family*

***The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18***

The times we feel our Lord certainly not near, the word of God affirms that these are the times he is most near. This amplifies that we cannot depend upon our feelings but rather the word of our God. When we are broken, crushed, disheartened, discouraged, sad, grieved, etc., etc., our Lord is not only present and close to us, he is present, ready and able to deliver.

Father, assist us this day with strength of heart to embrace your truth, to know that you are always with us and ready to save. In your Son's matchless Name, Amen.

**Evelyn Chambers, Chaplain**

***Happy Birthday*** 

### *August Birthdays*

704 Nedra Holder 8/4  
808 Agnes Malone 8/4  
509 Betty Murray 8/5  
522 Thelma Jackson 8/5  
614 Lynnes Thompson 8/5  
214 Charlotte Gober 8/10  
401 Kelly Ostrom 8/12  
706 Dean Collins 8/12  
209 Patty Burns 8/15  
307 Gladys Crittenden 8/15  
424 Lin Bridges 8/16  
203 Kenneth Brown 8/21  
602 Anna O'Donnell 8/22  
708 Anna Guy 8/22  
813 Tielle DeRamus 8/23  
305 Margie Thomas 8/27  
810 Mamy Richards 8/29  
402 Merle Neumeier 8/31

### *September Birthdays*

711 Jean Rikard 9/4  
210 Shawana Mack 9/5  
805 Lois Whitley 9/7  
605 Edith Gilchrist 9/8  
310 Bonnie Beaver 9/9  
814 DeAnn Tyler 9/10  
503 Florence Pfeil 9/11  
516 Lucile Hull 9/12  
303 Marion Dale 9/14  
208 Beverly Dismukes 9/20  
405 Ethel Hutchins 9/20  
623 Annie Peck 9/20  
506 Paul Thrasher 9/22  
404 Bea Crowell 9/23  
210 Jamilla Mack 9/30

### **EP's FELINE RESIDENTS ARE PURR-FECT**

All eyes were focused on some of EP's furriest residents in July as seven contestants competed in the 2009 Cat Show.

Each cat showed off its unique personality in front of judges who deemed these felines the category winners:

**Most Fantabulous:** Sing Li, owned by Lin Kendrick

**Most True to Breed:** Cleopatra, owned by Beverly Ball

**Best Dressed:** Pretty, owned by Jamie Cherry

**Mr. Congeniality:** William Blue "Billie", owned by Jean Rikard

### **RING FOUND**

**Has anyone lost a white gold ring? Call Janice for information.**



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Birmingham, AL 35205

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Fax: 205-939-0101

*Episcopal Place is a faith-based not-for-profit housing community. We are federally subsidized operating under the regulations of Housing and Urban Development (HUD). We serve individuals or couples that are 62 years or older who meet annual income guidelines set by HUD and individuals or couples that are 19 years or older if mobility impaired, blind or deaf and that meet annual income guidelines set by HUD. Serving Birmingham since 1980.*



### **ANNUAL RECERTIFICATION INITIAL NOTICE**

The following residents with December move-in anniversaries are asked to gather their income, asset, and medical information for the recertification interview. Linda will schedule appointments for August.

- |                            |                             |
|----------------------------|-----------------------------|
| 208 Beverly Dismukes       | 610 Carolyn Hawkins         |
| 301 June Byrd              | 614 Lynnes & Linda Thompson |
| 318 Pat Fox                |                             |
| 414 Annie & Evelyn Burnett | 620 Jeanette Ellis          |
| 524 Liz Aylor              | 707 Mary Miller             |
| 602 Anna O'Donnell         | 811 Frances Ager            |

The following residents with January move-in anniversaries are asked to gather their income, asset, and medical information for the recertification interview. Linda will schedule appointments for September.

- |                  |                    |
|------------------|--------------------|
| 302 Donna Hosey  | 511 Rosa Seatts    |
| 308 Beverly Ball | 521 Mamie Vance    |
| 401 Kelly Ostrom | 703 Barbara Morgan |
| 418 Ellis Hyche  | 814 Deann Tyler    |

### **Fire Drill And Training Scheduled**

A **Fire Drill** for Floors 1-4 of EPI and II will be held Thursday, Aug. 20 at 3:30 pm. This is a required safety event for all residents on Floors 1-4. Written excuses are required if you cannot attend and must be in the office by Noon on Thursday, Aug. 20



Operated by Episcopal Housing Foundation, Inc. & Episcopal Housing of Birmingham, Inc.



### **RESIDENT NOTES**

Congratulations to EP Resident **Kenny Brown**, who recently received the Personal Achievement Award from the Alabama APSE at its Annual Conference and Training Event in Montgomery.



Kenny was among eight attendees who were presented with the organization's top awards.

The mission of AL-APSE (Alabama Association for Persons in Supported Employment) is to enhance innovative individualized employment opportunities, promote careers, and improve the quality of life for individuals with disabilities.

Kenny has worked for over a year at Publix—Vestavia and has a bachelor's degree in Social Work from Jacksonville State University.

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**THANK YOU** to EP Resident **Tielle DeRamus** for having the piano in the common area of EPI tuned. The improved sound is "music to our ears!"

**Fire Captains and Assistants** will meet in the New Kitchen on Tuesday, Aug. 18 at 3:30 pm for review and updates before the Aug. 18 fire drill. If you cannot attend, please leave a written excuse at the front desk by Noon on Tuesday, Aug. 18.