



2400 Appalachian Blvd
Arden, NC 28704-8327
Phone: 828-684-0041



A Life Care Services Community

Winter 2010-2011

Welcome To *The View*



Ardenwoods Leadership Team

Standing L-R: Bill Ramaskewich, Assisted Living Director; Pam Pate, Accounting Director; Christy Thompson, Human Resources Director; Brian Good, Food and Beverage Director; Anita Mihniak, Director of Health Services; Janice Husk, Social Director; Margi Roberts, Wellness Director. Seated L-R: Sharlyn Hamilton, Marketing Director; John Watterson, Plant Operations Director; Debra Campbell, Executive Director.

Our Mission

The mission of Ardenwoods Retirement Community is to enrich the lives of those who live and work here.

Our Vision

Our vision is to be a vibrant, friendly mountain community with a small-town atmosphere, well-known as the best value in western North Carolina.

Our Story

Debra Campbell, MPH, Executive Director

This issue marks the 2nd anniversary of *The View from Ardenwoods*. It's been fun to document and share the unique aspects of our community, including programs like *HealthyLife™ Services* and *Tell Your Story*, showcase our members who are artists or pet owners or who have lived into their 10th decade, and highlight the wonderful staff who serve our members each and every day. We created *The View* to tell our own story, which continues to evolve all the time.

In this issue you are introduced to our new Social Director, Janice Husk, through her article, "Building a Better Brain". Janice joined Ardenwoods in September after our long-time Social Director and co-editor of *The View*, Linda Kelly, left to pursue some personal interests. I appreciate the standards which Linda upheld for this publication, and Janice is now carrying the torch. Not only is Janice an experienced event planner, she recently graduated from the Institute of Integrative Nutrition as a Board Certified Holistic Lifestyle and Health Coach.

We are proud to highlight in this issue the work of MemoryCare who, in October, celebrated 10 years of service to Western North Carolina, including countless members of Ardenwoods and Heather Glen. They work hand-in-hand with our staff to assure the highest quality of life to those persons with memory loss. October was also the time for the annual Memory Walk to support our local chapter of the Alzheimer's Association. We are pleased to work so closely with organizations of this caliber, and pleased to continue to share the ongoing story of Ardenwoods through *The View*.



Statistics and Information on Fall Injuries

Published by the Center for Disease Control (CDC)

- One out of three adults age 65 and older falls each year.

- Among those age 65 and older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

- In 2008, 2.1 million nonfatal fall injuries among older adults were treated in emergency departments and more than 559,000 of these patients were hospitalized.

- For both men and women, keeping fit by engaging in a variety of balance exercises, strength training and yoga for flexibility on a regular basis is the first defense against falls. Don't be a statistic!



Why Fitness Is A Core Element In A Wellness Program

Liz Bush, Sr. Vice President,
Life Care Services LLC

Have you always participated in fitness and exercise activities? The benefits are tremendous. Ardenwoods is focused on providing classes, programs and support in making sure you have the opportunity to continue (or begin!) a fitness program.

Programs that emphasize core strength such as "Functional Fitness" through strength training help with the ability to move from a chair to a standing position, in and out of a car or a golf cart, and from kneeling to standing. Improved flexibility and balance comes from fitness classes like water aerobics or yoga to create better reflexes and a greater range of motion. Specialized focus classes such as "Balance for Fall Prevention" target stabilizing muscles which support the frame and allow you to walk with confidence on uneven pavement and while climbing stairs. These are just some of the benefits that translate to opening the door to a larger array of lifestyle choices—from athletic endeavors such as

swimming, golf or tennis to being able to confidently navigate a parking lot or lobby to attend the theatre or symphony.

And, the beauty of a fitness program created by our fitness professionals is the opportunity to have a program designed to meet your lifestyle choices and physical condition regardless of any physical challenges. Fitness programming should not be "one size fits all." Think, instead, of how a fitness program can help you participate in the activities you want, reduce stiffness and increase energy.

Recently someone commented, "Exercise should be treated like a prescription for how to be able to gain greater enjoyment out of life." With that thought in mind, enjoy the fitness programs offered at our community! Be fit, be well!



Jeff Keeler, Certified Functional Fitness Instructor, addresses the class as Kay Gettman prepares to demonstrate a stability exercise.

Employee Chats

Christy Thompson,
Human Resources Director

During the month of October, staff participated in the first ever Ardenwoods Employee Chats. These chats were similar to round table discussions and provided an opportunity for all staff to openly and honestly give feedback regarding their job satisfaction. Employees met with me and our Executive Director, Debra Campbell, in small groups of six to eight people. Each person in the group was given the opportunity to individually answer three questions. The questions ranged from, "what do you like most or appreciate about working at Ardenwoods?" to "what would you change about Ardenwoods if you were on the Leadership Team?"

These chats revealed that the most satisfying part of being on staff at Ardenwoods is the ability to connect with the members. "It's cool how members remember

things I mentioned to them weeks ago. They will remember a test I told them I was studying for and they are always interested in how I did," said staff member Felicia Pude. Similarly, housekeeper Tina McElreath commented, "We act more like a family. I am not just a number. When my daughter was sick, everyone asked about her. Members and staff genuinely care about one another."

The consensus of what employees would like to change is to improve communication in the organization. To address this concern, one idea is to have employees "shadow" another employee during the work day. This will enable staff to better understand each other's duties in an effort to improve communication.

Connecting with our staff in this informal yet structured way was most insightful and I look forward to future opportunities to do it again.



From left to right: Michael Kimzey, Matt Convery, Judy Norton, Dottie Bailey, Beverly Newell, Tiffany Henry and Pam Poston pose after an Employee Chat session.



In April of 2010, the Leadership Team introduced the Hospitality Hero Award. The award was created to reward staff who continually demonstrate the Ardenwoods mission statement of enriching the lives of those who live and work here as well as exemplify on a daily basis the culture of hospitality which is a Life Care Services standard. The award is presented six times per year during our All Staff meetings. Winners receive a gift and their names are engraved on the award plaque.



Michael Efstathiou,
Maintenance Technician



Bill Greenberg, Transportation



Lisa Price, Medication Aide



Tracy Edwards, Housekeeping



Dark Chocolate - According to Jeffrey B. Blumberg, a professor of nutrition and a senior scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, three ounces of dark chocolate per day over a few weeks reduced blood pressure and improved insulin sensitivity in patients who participated in a research study. Dark chocolate contains flavonoids making it rich in antioxidants, which help to fight free radicals that are responsible for premature aging.



Blueberries - In a USDA Human Nutrition Research Center (HNRC) laboratory, neuroscientists found laboratory rats who ate the equivalent of one cup of blueberries per day slowed age-related loss in their mental capacity. Blueberries, like dark chocolate and other fruits and vegetables, are rich in antioxidants, a necessary component for subduing free radicals.



Grapes and Wine - According to research published in *Journal of Agricultural and Food Chemistry*, Resveratrol, a flavonoid found in grapes, red wine, grape juice and peanuts can improve blood flow in the brain by 30%. This is a significant finding that can help reduce an individual's chance of stroke according to the study.



Pecans - Omega-3s have many potential health benefits ranging from cardiovascular protection, to the promotion of better cognitive function, to anti-inflammatory benefits helpful in treating asthma, rheumatoid arthritis and inflammatory skin diseases such as eczema and psoriasis. Walnuts, pecans and chestnuts have the highest antioxidant content of the tree nuts and are excellent sources of omega-3 fatty acids.

Building a Better Brain

Janice Husk, Social Director

The human brain is sometimes referred to as the "hungry master" due to its enormous energy requirements. Occupying approximately 2% of total body weight, the brain requires, among other things, an assortment of fats, proteins, minerals and carbohydrates working synergistically together to power more than 100 billion neurons. Since diet plays an important role in the prevention of both vascular dementia and Alzheimer's disease, daily meals become "opportunities" to build a better brain. According to research, taking care of the brain first has the added benefit of "trickle down wellness" as all other organs in the body reap the benefits.

Building the Brain. Among other things, the brain is compromised of both saturated and unsaturated fat. Fatty acids, in the form of omega-3 and omega-6, are critical for building healthy brain cells and there's no shortage of these at Ardenwoods. As a Lifestyle and Health Coach and newcomer to the community, I was excited when Brian Good, Food and Beverage Director, and Chef Joel offered to give me a tour of one of my favorite places: the kitchen. I quickly realized that providing local fish, fruits and vegetables is given top priority. And, while health statistics suggest that dark leafy greens are the number one food missing on the dinner table, this is certainly not the case at Ardenwoods. "Our food service team provides a variety of green leafy vegetables, fresh fruits and nuts every day," said Brian. On any given day, members can find brain boosting selections of greens in the form of Swiss chard, collard greens, bok choy and, my personal favorite, spinach. Have you ever wondered why dark leafy greens are so important? They are loaded with minerals that are not only essential for brain health but also for regulating hormones. There's a very famous study called the "Framingham Heart Study" where researchers concluded that for every three additional servings of fruit and vegetables eaten per day, the risk of stroke will be reduced by 22%. That's just one more great reason to eat plenty of plant foods.

Shielding the Brain. Once the foundation has been established for building healthy brain cells, the second course of action is to shield and protect them from the ravages of free radical destruction.

According to T. Colin Campbell, Ph.D., author of *"The China Study,"* one of the best ways to do this is to eat a plant-based diet that is rich in antioxidants that can destroy free radical invaders. Antioxidant rich blueberries, green tea and dark chocolate are just a few of the foods that help fight free radical damage. At Ardenwoods, green tea is available 24/7 and fresh berries and other colorful fruits are offered at every meal. And, because dark chocolate has more antioxidants than both blueberries and green tea, there's every reason to enjoy a chocolate dessert prepared by pastry chef Shannon Beasley on occasion.

A healthier brain can start with your very next meal. The power of the "fork" can be used three times a day to swing the pendulum of wellness in your direction. Eat like

your life depends on it—because it really does!

1 - The Framingham Heart Study was initiated by the National Heart Institute in 1948 and tracked the health of 5,000 men and women residing in Framingham, Massachusetts, over four generations. In 1961, the research revealed a direct correlation between high blood cholesterol and heart disease. Since then, doctors have used the Framingham prediction model to identify those at risk for heart disease. Over 1,000 scientific papers have been published on this study and the study is ongoing.



The Ardenwoods Food and Beverage team is happy to modify menu items for staff and members. Above, a salad of spinach, colorful vegetables, and feta cheese made to order.



Chef Joel creates a homemade vinaigrette dressing of apple cider vinegar (an excellent digestive aid), olive oil and fresh berries loaded with antioxidants. Fresh is always best!



Brian Good, Food & Beverage Director, and Janice Husk, Social Director, review the fresh fruit selection of the day.



We kicked off Halloween with a Paw Party and marshmallow roast at the dog park.



Mikey Schneider showed up for the party in full pumpkin attire. Homemade dog treats were handed out for all of our furry friends to enjoy.



Our Halloween Costume Contest was a hit. Above, members Betty North, Bev Kaap, Percy Hillier, Lois Flynn, Hans Kahn, Annette Leuthold, Annamarie Choo, Dottie Baer and Edith McDade line up to be judged.



Our staff members got into the spirit as well. Above, Michele Eliashevsky, Debra Campbell, Sharlyn Hamilton, Brittany Nelson, Shannon Beasley, Savanna Clark, Jackie Passour, Matt Gruber, Janice Husk and Brian Good pose for the audience.



Heather Glen member Wanda Sheppard enjoyed giving candy to trick-or-treaters.

Ardenwoods Serves as a Memory Walk Sponsor



Ike and Ruth Chicurel lead the group as members walk around the building in our Mini Walk & Roll to support the Alzheimer's Association Memory Walk.



Phyllis Cole, Hattie McCall and Katie Burton proudly display their Memory Walk T-shirts during a musical performance after the Mini Walk.



The large crowd of Memory Walkers heads through downtown Asheville on the beautiful fall afternoon.



After the walk, participants line up for the delicious barbecue lunch prepared by our chefs and served by Executive Director Debra Campbell, Assisted Living Director Bill Ramaskewich, and Director of Health Services Anita Mihniak.

Missing Pieces

Bill Ramaskewich, Assisted Living Director

Have you ever worked on a jigsaw puzzle and been frustrated trying to complete it? Have you had a few missing pieces, or even worse had parts from another puzzle mixed in with the one you were trying to put together? Just imagine your mind trying to piece together almost every thought, activity or memory that you are experiencing and not being able to make it all fit. That is the frustration felt by persons with Alzheimer's disease or related dementias. The puzzle has pieces missing or ones that just do not fit. No matter how hard they try, the final picture will have empty spots of lost memories.

At Ardenwoods and Heather Glen at Ardenwoods we recognize the importance of research in fighting this progressive disease. For the last two years we have been a contributing sponsor for the Mountain Area Memory Walk. This event is the Alzheimer's Association's largest annual fundraising event to end Alzheimer's. Walks are held all across the country at various times to raise funds and create awareness of this disease. On Saturday, Oct. 23, 2010, the Mountain Area Chapter of the Alzheimer's Association held its annual walk in Asheville. The walk departed the Martin Luther King Park at 2 p.m. and walkers returned around 3 p.m. Upon returning, the nearly 600 walkers were treated to a BBQ pulled pork lunch prepared by the Ardenwoods chefs.

Members living at Heather Glen as well as Ardenwoods wanted to show their support for the walk. Many not being able to attend the downtown affair decided to once again have their own "Mini Walk and Roll" at Heather Glen. Joy Jones, Life Enrichment Director, organized the event. The walk was followed by epicurean delights presented in an Autumn Harvest Buffet.

We will continue to work to promote awareness of Alzheimer's disease and the need for research. Strides have been made but more needs to be done until this disease is just a memory.





Judy Beaver and Hattie McCall reminisce with Michele Eliashevsky, Community Life Services Coordinator, as they sort through a memory basket together.

MemoryCare™

Joy Jones,

Life Enrichment Director

Western North Carolina is extremely fortunate to have MemoryCare, a non-profit clinic whose mission is to treat older adults who are dealing with memory impairment and to support and educate their caregivers. A number of our members have been served by the clinic and continue to benefit from their care. Founded by geriatrician Dr. Margaret A. Noel, MemoryCare celebrated its 10-year anniversary in October 2010. Dr. Noel saw the need for a clinic that focused primarily on memory loss issues, and today MemoryCare is recognized as a pioneer in this field across the United States.

Terry Mulligan, M.S., PA-C, came to MemoryCare with the support of a Duke endowment in 2008. Terry says that she was “drawn to MemoryCare because of its unique and special mission.” Her role was to establish a home

visit program as well as to help design and prepare an education program for caregivers. “Caregiver College” is now held quarterly on site at the clinic, and classes are always filled.

Terry assesses new patients and sees patients for follow-up visits in the MemoryCare clinic. She also makes home and facility visits to evaluate and treat patients right where they live. MemoryCare is an exceptional resource for those dealing with memory loss issues who reside in our community. For more information, please visit: www.memorycare.org.



During the interview for this article, Terry Mulligan of MemoryCare and Joy Jones, Life Enrichment Director, enjoy the mountain air and view from the Observation Deck at the Clubhouse.

Member Spotlight

Heather Glen Members Exercise Their Minds



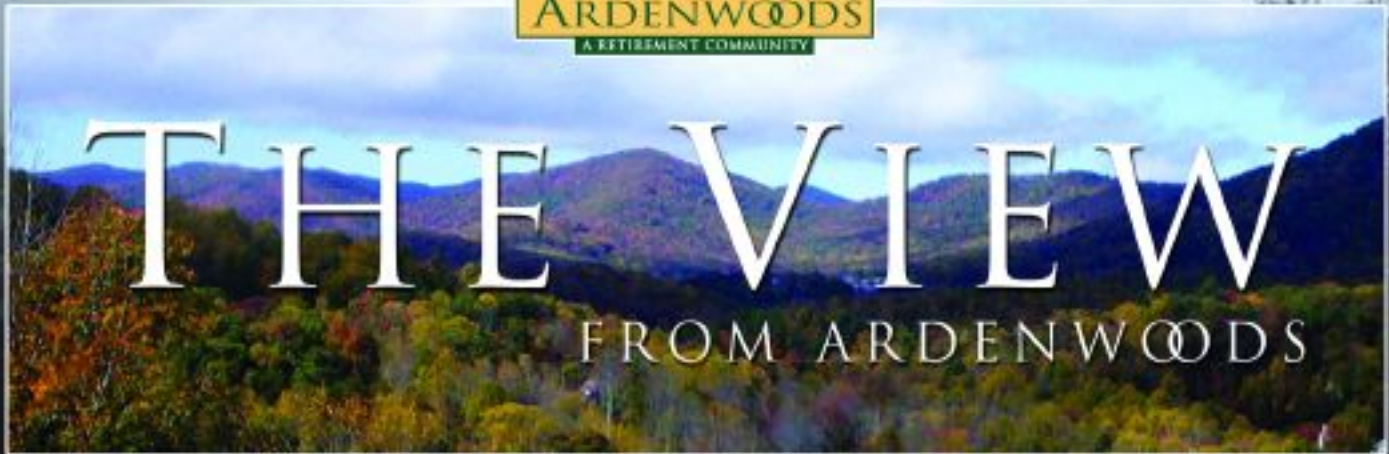
The Life Enrichment Program at Heather Glen includes many memory enhancement group activities such as team trivia games, Thinking Corner (word games, quizzes, etc.), poetry sessions, documentaries, travelogues and guest speakers. Game lovers enjoy Bridge and other card and board games. While the social interaction is an added bonus to our mentally stimulating group activities, members also enjoy their individual mental exercises. Above, Ruth Sprung enjoys doing Sudoku puzzles each day at the Bridge table.



Ora Lee Sossaman is one of several who enjoy stopping by the puzzle alcoves daily to add some pieces to the latest puzzle.



Avid reader Etta Goldstein enjoys a book from the Heather Glen Library. Her favorite spot for her daily reading is by her sunny window with a view of the mountains.



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