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A Life Care Services Community

Fall 2011

Welcome To *The View*



***A Beautiful View of the World.
A Healthy View of the Future.***

~

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.

What's New at Ardenwoods

Debra Campbell, MPH, Executive Director

The View from Ardenwoods highlights the latest happenings in our community focusing on the people—both our members and our staff—who make it special. This quarter meet Maureen Davis, Assisted Living Director, who recently assumed the leadership of Heather Glen. In honor of National Assisted Living Week, we highlight the lives of some of our members there and introduce a program to enhance wellness through daily mental, physical and social stimulation.

A significant renovation project this year was coordinated by Social Director, Janice Husk, with the assistance of Plant Operations Director, John Watterson. Janice has added "Spa Director" to her repertoire as she now oversees the salon and professionals who serve our members through hair styling, manicures, pedicures and massage on a regular basis. The transformation of this space far exceeded our expectations.

Wellness Director, Margi Roberts, RN, together with her team serves members in the privacy of individual apartment homes and through consultative services in her office regarding an array of health concerns. But Margi's primary goal is to empower people with information, resources and choices. Here she introduces you to the spectrum of health talks designed to do just that in 2011.

It takes staff working 24 hours per day, 365 days per year to keep our community going. Meet some of those "unsung heroes" inside and see all that is new and exciting about Ardenwoods.



Sept. 11-17

National Assisted Living Week begins each year on the second Sunday of September. This year, because it coincides with the 10-year anniversary of 9-11, the theme reflects not only our national pride, but pride in our community and in the lives of those we serve at Heather Glen.



Sonja Hudson, pictured here in our volunteer reading program at the local school, is a native of N.C. She taught kindergarten for a number of years until the Episcopal Church began accepting women into the priesthood. Sonja, then in her 50s, moved to New York to become a priest. After being ordained, she served several churches across the U.S.



Etta Goldstein, shown here greeting Elvis at Heather Glen, was born in Brooklyn, NY. Working as a secretary at age 17, she met her future husband and they started their own business selling raw metals. When living in Malverne, NY, they, along with a few other couples, found the need for a Jewish place of worship. Together they worked to build a synagogue in their community.



A New Face at Heather Glen

Maureen Davis, MS
Assisted Living Director

Hello! My name is Maureen Davis and I am the Assisted Living Director at Heather Glen, joining the Leadership Team in July 2011. As a northern Virginia native, I am now delighted to call the Asheville area home. We originally moved to Asheville in 2007. However, my husband's job caused us to temporarily relocate to the West Coast in 2010. I am happy to say that we are fortunate enough to have returned to this beautiful area. Currently, my husband, Ryan, and I live in Candler with our two dogs, Ella and Bean.

I studied Health Services Administration and obtained a Bachelor of Science degree from James Madison University in Harrisonburg, Virginia. I then went on to study gerontology and obtained a Master of Science degree from George Mason University in Fairfax, Virginia.

I began my career in Virginia as an admissions coordinator at an assisted living community. I remained in this position for about a year and then decided to switch

gears and pursue my nursing home administrator's license. I have been a practicing nursing home administrator for the last five years, but I am very pleased to be able to return to the wonderful world of assisted living, here at beautiful Ardenwoods.

Assisted living offers many benefits. Namely, it is our goal in assisted living to keep our members functioning independently. Heather Glen is a full-service assisted living with about 55 members. In addition to the typical three meals a day, medication management, personal assistance, housekeeping, laundry and transportation, we also offer a personalized life enrichment program. This includes activities such as gardening, fitness and musical programs, and outings such as picnics and boat rides. All of these services are included in the monthly base rate.

We also offer respite care which is a short-term stay. A respite stay would be for a shorter duration, such as a week to a few months. One might need a respite stay if recovering from a fall, injury, illness or surgery. Physical, occupational and speech therapies are offered on site by a Medicare-certified home health agency to assist in recovery. A respite stay is also available when a primary caregiver needs a chance to rest and recuperate from caregiving, or perhaps to take a vacation. Assisted living continues to be the preferred place to receive needed health care support and other personal assistance—for a short while or as a new home.

A Brain Healthy Environment

Michele Eliashevsky,
Community Life Services
Coordinator

“Studies suggest that lifelong learning, mental and physical exercise, continuing social engagement, stress reduction and proper nutrition may be important factors in promoting cognitive vitality in aging.” (1) Good Morning Heather Glen was developed to address the factors of mental exercise and continuing social engagement by offering a daily structure where participants are encouraged to discuss various topics and challenge their recall with trivia, reminiscence and other brain healthy activities. The small group environment allows each to participate and contribute at his or her own comfort level.

The program is led daily beginning with a review of the weather, followed by group discussion on a combination of topics from current events to

quotes, facts, famous birthdays and history. Physical activity is encouraged as a lead-in to brain games by using the Ageless Grace® program, 21 simple tools for lifelong comfort and ease. These short exercises help the group to be more alert and focused for the mental challenges that round out our sessions. The trivia and brain exercises are often focused on areas that encourage reminiscing about music, food and lifestyles which spark further discussions and the sharing of memories.

The Heather Glen team works well together to remind and assist those who wish to attend each morning and to serve beverages and snacks at the end of each session. After a short break, morning exercises begin which, as we remind our participants, are another of the most important things you can do for cognitive support!

1 “Achieving and Maintaining Cognitive Vitality with Aging.” *Fillitt, Howard M.; Butler, Robert N.; O’Connell, Alan. W.; Albert, Marilyn S.; and others. Mayo Clinic Proceedings 2002; 77: 681 – 696.*



Good Morning Heather Glen is a daily activity that focuses on mental exercises and social stimulation for promoting cognitive health.



Pictured with eight of their 10 grandchildren, Harry and Anne Clarke share pride in a successful marriage, family and business. A native of Miami, Florida, Harry met Hendersonville native, Anne, in 1943. The couple married in 1946, made their home in Hendersonville, and raised five children. He worked for a printing company, eventually buying the business. Anne was an elementary school librarian but later joined him to work as a type setter.



After serving in the army during WWII, Asheville native Jim Coward attended NC State to study Industrial Engineering. Enrolling in the ROTC program, Jim was commissioned as a 2nd Lieutenant in the Air Force Reserve. He was called into active duty to serve in Korea, returned to work at Champion Papers in Canton for 22 years and continued in the Reserve until retiring as a Lt. Colonel after 32 years. Jim is proud to have served as the Western NC liaison officer for the U.S. Air Force Academy.



Sept. 25-Oct. 1

This year’s theme is to “Expand Your Experience” by engaging in activities you value and by spending at least 30 minutes each day in physical activity.



Sue Garnace, Cosmetologist, with client Edna Anderson

A native of Asheville, Sue has over 21 years of experience in the industry. The past 12 years of her career have been spent specifically serving older adults. When asked what Sue enjoys most about the work she does she stated, "Working with seniors is more than just a job to me. It is a ministry." Sue has served Ardenwoods for over seven years.



Michelle Payne, Manicurist & Pedicurist

Michelle, also a native of Asheville, has over 11 years of experience in her field. Michelle has served the members of Heather Glen and Ardenwoods for the past seven years. Michelle's favorite thing about her job is getting to know the members and building relationships.



Christine Moody, Certified Medical Massage Therapist

Christine began serving the senior population as a CNA working with cancer patients over 20 years ago. She has worked in both independent living and assisted living settings and thoroughly enjoys the members she serves. Christine has worked exclusively in her current field for over a decade with three of those years spent serving Ardenwoods and Heather Glen.



Angela Litrell, Cosmetologist

Angela joined the Ardenwoods *Spalon* team in 2011 after being highly recommended by one of her clients who lives at Ardenwoods. Angela is a native of California and has worked in her field for 16 years because she loves the people she serves.



The new *Spalon* is a marriage of casual comfort and functionality.

From Salon to *Spalon*

Janice Husk, Social Director

Ardenwoods has been busy putting a new face on quite a few spaces in the main clubhouse during the past year. Every renovation project comes with a special set of unique challenges and the Ardenwoods salon was no exception. First, the space was small, narrow and rectangular with dated décor. Our goal was to make the room feel spacious, current and luxurious. Second, co-project coordinator and Plant Operations Director, John Watterson, and I had to create two distinctly separate areas for hair and nail services and massage services, all without making the room appear smaller. Third, the decor had to accomplish the goal of converting a salon into a "*spalon*"—a salon with a "spa-like" feel that would utilize as many natural materials as possible.

In keeping with the concept of bringing the beauty of our natural mountain surroundings into the clubhouse, complimentary earth tones were chosen for the walls in the salon area and the massage space. A knock-down painting technique provided texture to the walls. This neutral background allowed for the greatest versatility in selecting colors and textures for lighting, furnishings and fixtures. Various shades of champagne gold, poppy red and green were used for chairs, artwork and lamp shades in the salon area. A taffeta fabric in gold with finely stitched amber leaves was chosen to serve as the massage area's privacy curtain. The warm color palette set against the earthy neutral wall brought a tremendous amount of energy to the overall space. Wrought iron added drama and rustic elegance to the lighting fixtures, glass topped tables and cabinet pulls. A granite countertop in dreamy deep verde with hints of gold flecks completely transformed the existing cabinetry and dazzles under the overhead track lighting.



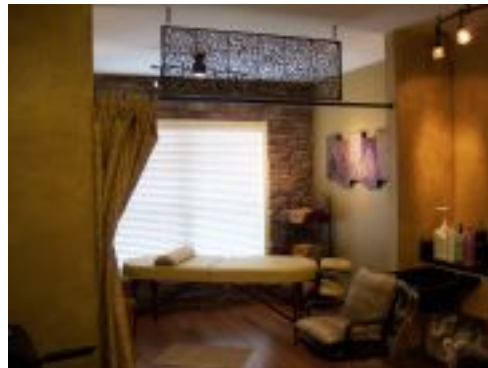
The massage area is peaceful and soothing.

In the massage area, it was essential to invoke the feeling of a soothing spa sanctuary. Debra Campbell suggested that the window wall be accented with stone to harmonize with our theme. A black granite "zen" wash basin, a chair constructed of banana bark and a massage table with rounded edges were the primary furnishings used to finish the space. A reticulated grape vine framed in wrought iron provided the perfect architectural piece to highlight the entrance way leading to the massage area.

The finishing touch to the project was to install stunning bamboo flooring throughout the

space to replace the dated commercial tile. The bamboo served to accomplish the overall goal of making the space feel larger, warmer and more welcoming.

The creative minds of the Social Director, Plant Operations Director and the Executive Director made this project a success. Of course, it could not have happened without the energy and talents of our outstanding maintenance and housekeeping staff or the many contractors who made our vision come to life. It truly takes a village to renovate even a small space!



The hanging architectural accent and the bamboo flooring were the perfect finishes for the space.



Before renovations began, the salon lacked aesthetic appeal.



The project began by emptying the room and replacing the dated ceiling tiles with drywall, as well as moving the location of the salon's washer, dryer and rinse sink.



After the paint went up, it was time to install the stone finish on the accent wall.



Installing the new wash basin for the massage area and adding the flooring and furnishings rounded out the project.



After weeks of planning and hard work, the finished salon is luxurious and inviting.

Health & Wellness

Some of the Health Talks that we have offered since January 2011 include:

- **Brain Fitness**
Speaker: Margi Roberts, RN
- **Ancient Remedies for Modern Day Problems**
Speaker: Erlinda Layman, Massage Therapist
- **Physical Therapy for Balance Issues**
Speaker: Scott Dickey, PT-Gentiva
- **Relaxation Techniques for Wellness**
Speaker: Rebecca Chaplin, L.S., M.A., Aging Program Specialist from the Area Agency on Aging
- **Makoplasty: Alternative Knee Replacement**
Speaker: T. Marc Barnett, MD, Asheville Orthopedics
- **End of Life Transitions**
Speaker: Caroline Yongue, Director of the Center for End of Life Transitions
- **Health Benefits of Tai Chi**
Speaker: King Goslin, Certified Tai Chi Instructor



Annamarie Choo has found success with the Safe Strides Program. She practices on an unstable surface with Justin Peterson, PT of Gentiva.

To Your Health

Margi Roberts, RN, Wellness Director

One of the roles of the Wellness Director at Ardenwoods is to engage diverse and lively speakers for a Health Talk each month. Complimentary health lectures are an amenity that serve to enrich the lives of the members by providing meaningful information that can be used to meet current health challenges. By partnering with local professionals to share their talent and expertise, we are able to broaden our members' knowledge of wellness. A health topic survey is used to identify their interests.

One of the most influential recent Health Talks was presented by Gentiva physical therapist, Scott Dickey, who talked about his company's trademark "Safe Strides" program. According to the National Institute of Health, falls are the leading cause of fatal and non-fatal injuries in people 65 and older. The Safe Strides program uses a multi-faceted approach to diagnose and treat balance problems. As Gentiva describes it, "Safe Strides therapists provide evaluation of vision, vestibular system, balance, sensation and coordination, as well as assessment of strength, flexibility and home safety risks. This approach drives the rehabilitation program using established protocols for improved outcomes and higher level of function."

Several members at Ardenwoods have gone through the Safe Strides program and are very happy with the results. The before and after measurements of one member who participated in the Safe Strides program showed a significant gain in dynamic visual acuity, a 90% improvement in sensory integration and balance, an improvement in gait speed (which is linked to increased life expectancy) and a lowering of fall risk from moderate to low.

This year's health topics have highlighted everything from cutting edge medical and surgical advancements to end of life considerations. As an example, Asheville orthopedic surgeon T. Marc Barnett, MD, gave a lecture about a new bone resurfacing procedure called "MAKOplasty." Dr. Barnett presented new information about this alternative to total knee replacement, as well as a new surgical approach for hip replacement that allows faster recovery time. Presenters leave brochures so members can follow up. This information also becomes part of the resources in the Wellness Office.

In the coming months, Ardenwoods members will have the opportunity to hear Health Talks related to each of the seven dimensions of wellness. Empowering our members with current health-related information enables them to make informed decisions about personal care options and the benefits of the mind-body connection.



Our security staff ensures that every night and weekend are safe and secure. From left to right are: Dale Rogers, Woody Cullen, Dan Bailey and Dwayne Thomas.

Employee Spotlight



Congratulations to Dale Rogers, Security, our most recent Hospitality Hero.



Elise Bugg, Medication Aide, likes that her 3rd shift hours provide opportunities to think and problem-solve in a unique way.



Dottie Bailey, Weekend Receptionist at Heather Glen, helps to lead a Coffee Klatch activity on Sunday mornings.



Social Director Janice Husk was one of the managers on duty over the July 4th holiday. Here she tries to keep cool while officiating our annual putting contest.

Unsung Heroes

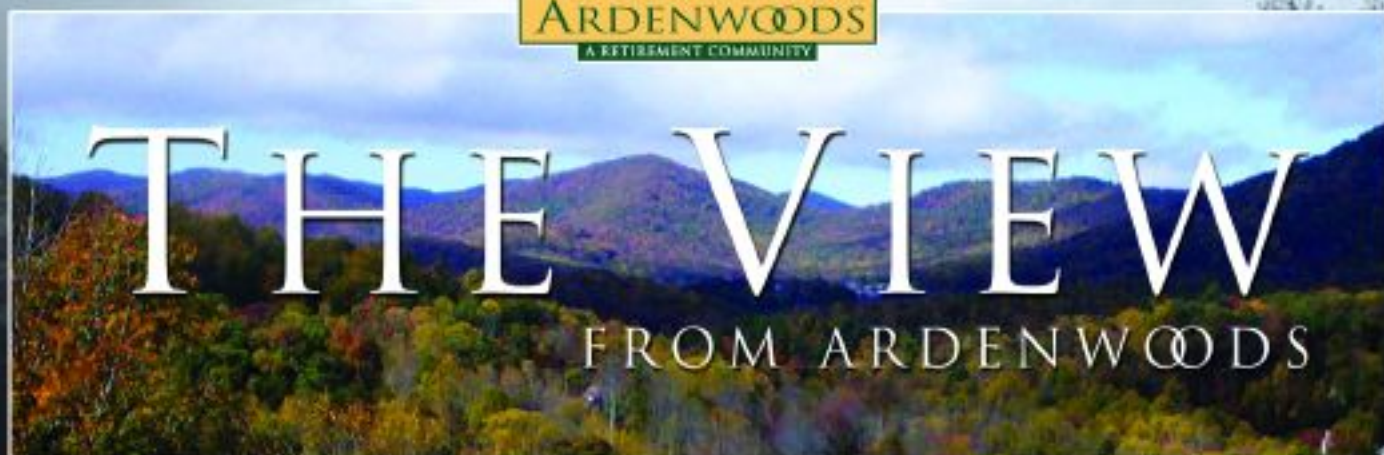
Debra Campbell, MPH
Executive Director

One of the outstanding amenities of living at Ardenwoods and Heather Glen includes a dedicated staff who work nights and weekends. Often unnoticed, these unsung heroes are responsible for ensuring that operations run smoothly after hours, holidays and weekends 365 days a year. The night owl and weekend staff includes 3rd shift nurse aides and medication aides at Heather Glen, security guards campus wide, on-call maintenance staff, weekend receptionists and food & beverage staff, and last but not least, each department director and the executive director rotate to serve as Manager on Duty for weekends and holidays. The Manager on Duty assumes full operational responsibility for the community beginning at 5 p.m. on Friday through 8:30 a.m. on Monday.

In addition to being available 24 hours per day via telephone during this time, each director must be present at Ardenwoods/ Heather Glen from approximately 10 a.m. until 2 p.m. on Saturday and Sunday.

Staff who serve the community on nights and weekends often see things from a very different perspective. Security Guard Dale Rogers (3rd shift Security) said, "Things are in reverse. The shift before me is locking doors and turning off lights. My responsibility is to unlock the doors and turn the lights back on. We want members to feel like they are at a resort. My job is to make sure the property and members are safe during the night and that everything is ready for them in the morning."

We are fortunate to have this kind of dedicated staff to ensure smooth, safe and secure operations, even while the rest of us are sleeping.



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