



ARDENWOODS

 A Life Care Services Community™

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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.

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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.

Winter 2011

New Horizons

Debra Campbell, MPH, Executive Director

This winter at Ardenwoods we celebrate family, community, new ideas and fresh starts. At Heather Glen, we have a tradition of celebrating family and community through our Family Gatherings each spring and fall. We consider these our “family reunions,” bringing together our members and those who are important to them. It is this extended family that is the foundation of our community—providing love and hope to all who live here.

Our new ideas in 2011 included both our concert series and our culinary events, both of which received rave reviews. The fun thing about our concert series was that it brought together people who currently live at Ardenwoods, and those who are considering a move here—all of whom had a true love of music. At Ardenwoods, we celebrate both music *and* food. Our culinary events highlighted our focus on fresh and unique dishes, and made our participants feel like they were truly witnessing an artist at work.

Fresh starts have come to Ardenwoods both through renovations and a new member joining our Leadership Team. Major projects such as the dining room renovations and new flooring throughout the building are complete, with plans for 2012 to include new furnishings. Inside you will also be introduced to our Human Resources Director, who moved across country for a change of pace and to be near family. Kristen Speer brings a wealth of experience to Ardenwoods.

As we look back on all that we have to celebrate about 2011, we anticipate a new year of gifts yet unknown.



Georgette was delighted to welcome her nephew, George, to our Spring Family Gathering.



Our program for the 2011 fall gathering included Travis Ginn, who spoke about Tai Chi and led the group in a series of poses. Here members and their families practice the art together.



Bands who entertain our members throughout the year provide music that sets a festive mood for our Family Gatherings. Acoustic Swing's lively tunes were well-received at our 2011 fall event.



Phyllis Cole and family enjoyed the antique and classic cars at our 2011 Spring Family Gathering.

Community as Family

Maureen Davis,
Assisted Living Director

I knew when I accepted my new position as the Assisted Living Director at Heather Glen that I would enjoy getting to know our members. I did not anticipate how much I would also enjoy getting to know their families. Before I came to work at Heather Glen, I was a nursing home administrator, and though I found that role both worthwhile and rewarding, most of my patients came for short-term rehabilitation, and only stayed with us for about three or four weeks. I was not able to take the time to get to know my patients or their families, the way that I have had the chance to get to know the members here at Heather Glen.

Every day I am able to see the joy our members express when a loved one comes to visit, and I must say, we have a lot of family visitors at Heather Glen and that is a wonderful thing. Time and again, I have been witness to acts of overwhelming kindness and selflessness by family members and staff.

Special times for interaction with family members are our Family Gatherings, one held in the spring and one in the fall each year. These events provide a great opportunity for us to spend time with family members and for them to get to know each other, as well. Our most recent gathering in October was our best attended to date, with over 120 resident members, family and staff

attending. We were treated to a fabulous meal prepared by our Food and Beverage team, up-tempo classics of the band Acoustic Swing, and a program by our Tai Chi instructor who leads weekly classes for our members. These gatherings offer time for our Heather Glen family to get together and create memories.

Family is more than just those to whom we are directly related. Here at Heather Glen and Ardenwoods, I believe we act as one family and embody a profound sense of community. It is our goal to make living at Heather Glen an enriching and fulfilling experience for all of our members. In order for Heather Glen to reach its fullest potential, we depend on our family members and greater community to collaborate with us and share ideas on how we can continue to improve our services and exceed expectations.



Kay Kiely's daughter, Christine, who lives in the area, paints a pumpkin with her mom as Kay's son, Danny, visiting from California, looks on.

Family Connections

Joy Jones,
Life Enrichment Director

An important and beneficial aspect of life at Heather Glen is the interaction with family members of those who live in the community.

Our monthly newsletter, "The Family Connection," helps to keep family members aware of what is happening related to community life, health care and activities, as well as opportunities to dine and enjoy special programs with their loved one. With photos of various activities and member involvement, the newsletter also serves as a connection to family members who may live far away.

As family members visit their loved one, others benefit from interaction with them as well. Children, grandchildren and great-grandchildren coming into the building, provide intergenerational communication, and their smiles and greetings add pleasure to the day. Often family members will bring a pet along to

the delight of many.

An added plus for the community is that some family members volunteer to assist with the Life Enrichment program, sharing their interests and talents or recommending others who can provide music, education or other programming that enhances the quality of life for our members.

Several family members serve on our Culture Change Leadership Team, meeting with staff and resident members to evaluate, brainstorm and implement changes that help us continue to pursue excellence while providing the comfort of home. About her involvement in the team, Kristen Hahn, granddaughter of Anne Clarke, says, "Having the opportunity to be a part of the Culture Change process ensures that my grandmother receives the highest standards of care. I appreciate that Heather Glen values my input as we continue to seek ways to make them feel at home, safe and comfortable."

Welcome Home



Families most often bring dogs to visit, but former veterinarian, Frank McClelland, enjoyed interacting with a cockatoo when another member's family brought it in for a visit.



Jean Clerici smiles proudly as her son, Guy, and grandson, Luc, share photos and talk about their trip to France.



Our members benefit from interaction with the families of staff as well throughout the year. Here, Steve enjoys a trick-or-treat visit from Matt, a cook, and his son, Carter.



Dr. Numa Carter's grandson, Josh, brought his bluegrass band, The Mason Jar Drinkers, to perform for his grandfather and other Heather Glen members. Afterwards, Dr. Carter posed for a four generations photo with his son, grandson and great-grandson.



People & Places

There seems to be something about food and music that draws people together. Whether it's around a dinner table or in a concert hall, there is nothing that delights our senses quite like a delicious meal or a beautiful melody. With this in mind, Marketing and Food and Beverage teamed up to create the Ardenwoods Concert Series and Culinary Events to help introduce the greater community to the Ardenwoods lifestyle. The events were huge successes and have created quite a buzz around town.



The Asheville Jazz Orchestra performs for a packed house.



Alan Dynin stayed after his concert to play a private birthday encore.

Concerts and Cuisine Draw People to Ardenwoods

Brian Good, Food & Beverage Director
and Michele Eliashevsky,
Community Life Services Coordinator

The Ardenwoods Concert Series was created to provide first-class entertainment to be enjoyed by both members and prospective members. Food and Beverage set the tone with a beautiful display of hors d'oeuvres and beverages on the patio where arriving guests could mingle and enjoy our views before the concert. Each of the concerts had around 100 people in attendance and smiles and applause were abundant!

The series began in June with concert pianist Hwa-Jin Kim and her daughters performing for a full house. Dr. Kim was trained in her native Seoul, South Korea, before coming to the Manhattan School of Music. She has performed in venues around the world, including Carnegie Hall, and now resides in Asheville with her husband, Dr. Paul Kim, and her two daughters.

In August, we continued with the Asheville Jazz Orchestra, who rocked the house with a 17-piece ensemble. Their mission is awareness of jazz music through recreating the swing era hits of the '30s and '40s, as well as performing new compositions. The band is made up of some of the finest jazz musicians in the area who bring their own expertise, having played with such artists as the Glenn Miller Orchestra, Mel Torme, Tommy Dorsey and Guy Lombardo.

Alan Dynin's unforgettable performance in September was the next in the series. He is a versatile pianist with a repertoire of thousands of songs. Alan has played with the Atlanta Symphony and the North Carolina Jazz and World Music Society. His grand finale of Rhapsody in Blue led to a standing ovation.

Frederick Moyer completed the series at the end of October. A concert pianist for over 25 years, Moyer has carved out a vital and unusual career that has taken him to 41 countries playing in venues such as Suntory Hall in Tokyo, the Sydney Opera House, Windsor Castle and the Kennedy Center.

Featured Recipe

Orange & Rosemary Roasted Hen

Ingredients:

- 3 Cornish game hens, approx. 1.5 lbs. each, split in half
- 2 Tbsp. salt, dissolved in 4 cups unsalted vegetable broth
- 3 cups orange juice
- 2 Tbsp. brown sugar
- 2 Tbsp. butter
- 1 Tbsp. Dijon mustard
- ¼ cup chopped fresh rosemary

• Olive oil as needed
Place hens in brine and marinate overnight. Remove from brine and pat dry. Reduce orange juice by half on the stove over medium low heat. Add butter, brown sugar and mustard. Mix until dissolved and remove from heat.

Brush hen with olive oil rosemary mixture. Place in a 375° oven until internal temperature reads 145. Baste with orange juice mixture and return to oven and cook until internal temp reads 163. Remove from oven and let temperature rise past 165. Let rest for 10 minutes and serve.



In September, we set three dates for our Culinary Events. The theme was “Fresh Ideas” and we created this unique gathering to allow small groups of prospective members to sample our delicious food and become acquainted with our community. These events were limited to 25 people each and seats were in high demand! The Chef prepared three dishes while explaining each step and answering questions. The dishes included Spinach and Walnut Stuffed Phyllo Purses, Orange and Rosemary Roasted Hen, and Mayan Crème Brulee with Quinoa Bark. This was the first marketing event of its kind here at Ardenwoods and we had no idea what to expect. Our expectations were exceeded in every way!

As the Chef explained the process behind each recipe, guests watched intently as he prepared each dish. Then, plates were brought out from the kitchen for all to sample. Recipe cards were sent home with each attendee who left with satisfied appetites and

smiles on their faces. The events resulted in several scheduled tours and rave reviews for our food. The positive feedback of such comments as, “amazing food,” “that was the best meal we ever had” and “simply unbelievable” were much deserved after the extraordinary efforts of our Food and Beverage team. One of my favorite comments was “Ardenwoods must be the best restaurant in town!” I would definitely have to agree!



Spinach and Walnut Stuffed Phyllo Purses were just one of the menu items that Culinary Event attendees learned to prepare.



September's Culinary Events were an outstanding success.

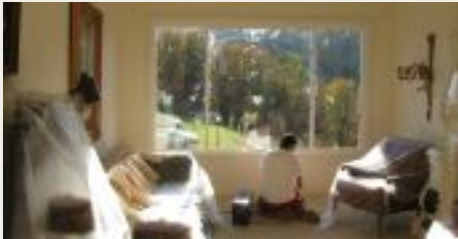
What's **NEW!** New?



Our latest phase of renovation began with painting the building exteriors.



Even as the paint was being completed, the window crew arrived to begin installing the new windows.



The double slider windows allow for both sides to be completely open for maximum ventilation, and are effortless to open and close. The multi-chambered vinyl construction creates greater insulation value and reduces outside noise.



The installed windows and fresh paint are the perfect compliment to our mountaintop paradise.

Community Face-Lift

John Watterson, Plant Operations Director

In 2007, we kicked off a five-year project to give Ardenwoods and Heather Glen a face-lift that would carry us into the 21st century with an attractive new look. Commencing with the common areas of member apartment buildings, interior hallways of each building were painted, new carpet installed and a variety of new and antique furnishings were set in place. Shortly thereafter, the more complex project of the complete overhaul of Heather Glen was accomplished resulting in a fabulous grand reopening in 2010. Then our focus turned to the Ardenwoods dining areas with the updating of the Mountain Laurel Grille and the refurbishing of our formal dining room—both of which required many creative minds and man hours to complete.

In the summer of 2011, we entered the final phases of this very long process with the complete repainting of the Ardenwoods Clubhouse (interior and exterior), which included all common areas and offices. Simultaneous with this undertaking, was the exterior painting of the apartment buildings and the installation of brand-new windows for each member's home.

Our community renovations are still a "work in progress," but much has been accomplished. Gone is the beige, burgundy and greens so prevalent of 1990's decor. The revamped color palette of the Ardenwoods community ushers in the tranquility of our oasis in the mountains boasting a soft neutral theme of greens, taupe and browns with a hint of autumn strategically situated. The new paint colors provide the perfect backdrop to the new flooring that combines rich carpeting with elements of wood and stone used to accentuate our vision and provide dynamic texture and interest.

All phases of our renovations are not quite finished, but we are well on our way. The exciting transformation of our community continues to evolve and keeps us focused on the ultimate goal of a beautiful community that we can all continue to be proud of and enjoy for decades to come.



John Watterson, Plant Operations Director, preps the reception desk for new stone work. The new stone contrasts nicely with the new pine flooring.



Annamarie Choo, Rufus Fisher, Annette Leuthold, Harry Jamesson, Marlene Wynne, and Penny Mattice (not pictured) all earned over 75 nautical miles in our Race to West Palm Beach wellness event. Margi Roberts, Wellness Director, presented these "high-milers" with special prizes to reward their hard work.

From California to Carolina

Kristen Speer,
Human Resources Director

Thank you for the warm welcome and true southern hospitality. I arrived from California and just a few days later started my employment at Ardenwoods on Oct. 17, 2011. I have been visiting and enjoying the Asheville area since I was a young child for vacation. My parents and cousin now live in the area, which is what brought me here from Southern California. I moved here with my Yellow Labrador Retriever, London.

I was born and raised in New Orleans and spent my kindergarten through high school years at St. Martin's Episcopal School. My continuing education started at Clemson University with an undergraduate degree where I played on the volleyball team. After college, I became a Petroleum Landman in New Orleans. I was transferred to Houston, where I gained my MBA

with an emphasis in Human Resources from Houston Baptist University. Upon receipt of my new degree, I pursued a career in Human Resources and the rest is history. My goal has been to assist businesses in developing their critically important employee population. As a Professor in the University of California system, I taught executives how to define their businesses objectives and translate that to the employee population to achieve maximum success. As employees, we spend more time at work than with our families and friends. Human Resources' role in enriching the lives of our work family is one of the main reasons I joined the profession.

I am excited about living here. Along with hiking, some of my favorite activities are: world travel, golf, snow skiing and reading. I am very happy to have landed "at home" here in Asheville and Ardenwoods, and I look forward to my new journey in life.



Jan Till and Annamarie Choo tend a booth at the Holiday Shopping Open House, held this November in the clubhouse.



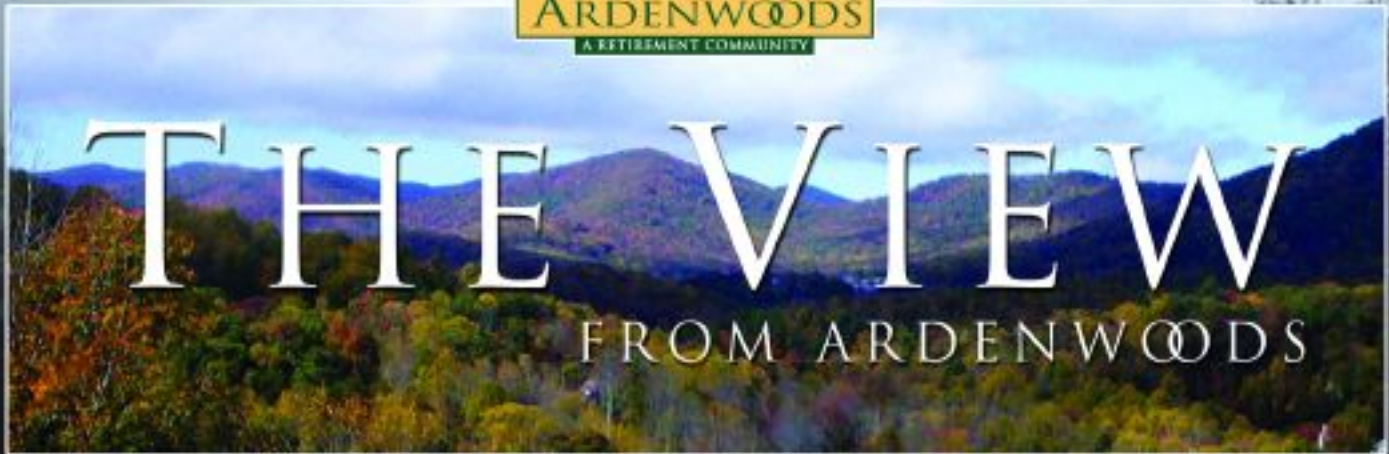
Wellness Committee members Grady Broadwell, Ruth Chicurel and Annamarie Choo were part of the team that collected unused medications and empty pill bottles for donation to Asheville Buncombe Community Christian Ministries for use in their medical ministries.



Many good sports participated in our "Bride of Frankenstein" contest during the Halloween Party ... we even had a "shotgun bride!"



Our staff was a motley crew during the Halloween Costume Contest - but server Michael Kimzey walked away the winner with his costume ... He came as Assistant Food & Beverage Director Lawrence Perkins - and even shaved his head to look the part!



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