

Connections

NEWS AND EVENTS FROM THE ARBOR ACRES COMMUNITY

President's Message *by W. David Piner*

A Hero in God's Plan

Rickie Wilson is my hero! He works when he's scheduled, and at other times we need him. Rickie would probably show up everyday if we'd allow it. That's a portion of why he's my hero, the least of the portions.

Rickie washes pots at Arbor Acres. This fulfills him. Years ago I learned that the sacred work of one's life surfaces at the intersection of one's joy with the world's need. Rickie, called to serve in humble ways, discovered his life's work at Arbor Acres. Like the rest of us he found it unexpectedly, unaware that he was being lead by the Divine Hand to the holy crossroads of Joy and Need. The Call, when answered, generates power, the discernable mantel of heroism. I see that mantel on Rickie.

God's power, shining through the least and the lowest, forms the cornerstone of our faith. Examples of such exaltation abound at Arbor Acres. It gave rise to Arbor Acres in the mid-seventies through a divinely ordained movement to uplift the vulnerable elderly. Over the last thirty years, God has visited us in our low estate most often in the flesh of beloved unassuming residents and staff, the humble through whom God can be

Rickie Wilson with David Piner.



seen, heard, and touched. With no awareness whatsoever that they serve as channels for the Holy, such saints bow to the most profound of callings. They, like Mary, pregnant with Divinity, become quiet heroes in God's plan.

Rickie serves as one of these extraordinary windows into Divine grace and mystery. Ask him how he's doing and the answer explodes from him, "I fine today", or my favorite of his rejoinders, "I fine everyday at all times!" When he arrives at the employee Christmas party, he trembles with delight and dances with abandon. His voice booms greetings when he sees you. Compliments cause his chin to drop, the essence of humility. Innocent and unspoiled, Rickie is heroic.

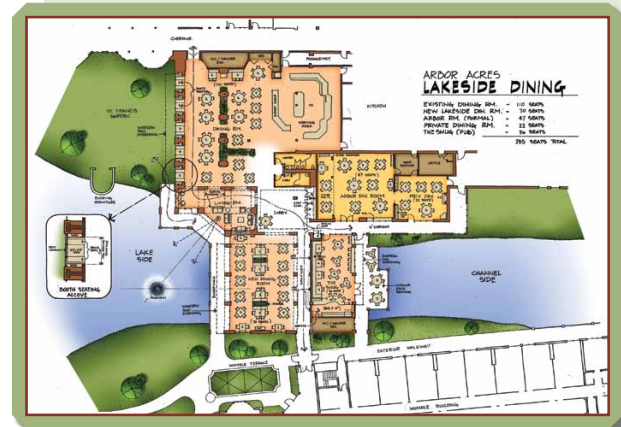
In January, walking alone in his neighborhood, Rickie suffered an attack. The assault cost him his right eye. In the hospital he was upbeat, eager to get back to work. In the days following, as he recovered, the Arbor Acres staff sorrowed and raged, then turned anger into action, delivering to Crime Stoppers a gift that ultimately served to bring about the arrest of the perpetrators. "Just Us for Rickie" was our fundraising cry, and it bought the only thing Rickie truly needed at the time, justice.

Rickie is back at work now. Through this experience of grace in the midst of suffering, I am reminded: never take for granted those who walk most humbly in our midst, for through them we see God, everyday at all times.

Inside: Our 2010 Annual Report

New Dining Choices

It used to be about peas or beans. Now it's about formal or casual. Once it was tea or coffee. Now it's red or white. In the past it was take it or leave it. Now it's get what you want, the way you want it, when you want it. And make it pretty. And healthy. Today I'll self-serve. Tomorrow bring my menu selection to me. Choice in dining matters, why? Because dining is about quality of life, promotion of health, entertainment, and connection to others. One size definitely does not fit all.



Conceptual drawing of the new dining space

Dining at Arbor Acres offers residents choice in settings, degrees of formality, modes of service, and of course menu selections. The future will expand on the present. Arbor Acres is planning to enlarge its existing dining facilities and to create some new ones. A brick oven for pizzas, breads and cobblers? Could be. A new informal dining room overlooking Arbor Acres' lake? Definitely. How about a space for morning coffees and pastries, noontime soups and salads, and evening hors d'oeuvres and beverages with friends? Watch and see.

Construction will start in 2011. Why? Because Arbor Acres is growing, and choice in dining matters.



Sculpting Studio

Most of us recall our joy as children when we stumble across a really good mud puddle. There we engaged in some of our first artistic ventures, sculpting mud pies out of cool wet clay. Molding the earth is a primal, and for some, a life long experience.

At Arbor Acres recently residents have been revisiting this experience albeit in a far more sophisticated and artful manner. Last year, cognizant of the healing effects of engaging the hands with clay, Sophie Cody began a movement to bring sculpture classes to Arbor Acres. The first question to be resolved: where to hold the classes. Adept a robbing from Peter to pay Paul, the staff, in close consultation with Sophie and her team of experts, converted a storage room to a sculpting studio. State of the art? Not really, but it works.

Enter Tom Ogburn, a student of sculptor Earline heath King, who agreed to lend his time and talent to teach this ancient art to our residents. Enrollment has been so strong that through Tom's generosity a second series of classes will be offered this Spring. Thanks to Sophie, Tom, and many others who donated time, treasure, talent, and supplies to enable our residents to rediscover in late life the childhood thrill of playing in the mud.



Instructor Tom Ogburn offering advice on Doris Anne Miller's ballerina

2011 Resident Council Officers

The Resident Council, along with our Board of Directors and staff, plays a vital role in governing, operating and sustaining excellence within Arbor Acres. Composed of elected floor and area representatives, the Resident Council provides residents access to information and gives voice to their concerns, ideas, perspectives, and needs.



Left to right: Dick Stockton, President; Margaret Keeley, Secretary/Treasurer; Coy Carpenter, President-elect; Judy Culley, Vice President.

High Tech Excitement

Though much anticipated, the new "It's Never 2 Late" computer system in MemoryCare has already exceeded expectations. A picture-based, easy to use touch screen computer, this portable system can move easily from gathering places to residents' rooms. "It's Never 2 Late" offers residents internet access, email, and webcam connection with family and friends. Cognitively stimulating, the system improves socialization, furthers independence, educates, and adapts flexibly to each resident's unique abilities and interests. Endless memory exercises, Tell Your Story templates, websites, karaoke, virtual travel, a bicycle riding simulator and more are all accessible through the a simple touch of the screen.

Shelby Kline, MemoryCare Coordinator, is extremely enthusiastic about the use of this high tech adaptive technology. "Residents can be physically and mentally engaged in pleasurable, interactive activities that they never dreamed possible. When you hear them say, 'Can you believe it? I'm using a computer', you know the residents are feeling empowered." The MemoryCare applications of this system have been so successful, we have added a Never 2 Late System to our "Wish List" for the residents receiving skilled nursing care. For those whose worlds have become so very small, Arbor Acres has resolved it is never too late for It's Never 2 Late.



Our Wish List

Please consider making a gift of one of these "wishes" which will provide extra, non-budgeted enhancement to Arbor Acres.

- "Never 2 Late" Computer System for the Fitzgerald Health Center (Cost: \$7,500). To provide a variety of intellectual stimulation activities, designed especially for skilled nursing residents.
- Two Reliant 450 Power Lifts (Cost \$3,200). One for Fitzgerald Health Center and one for the Beauty Shop.
- Landscaping Fund and Personalized Bench (Cost \$5,000). Gift to the Landscaping Fund to provide additional seating and garden plantings throughout our expanding campus.
- Roll-away wheelchair scale for the Clinic (Cost \$1,500).

Arbor Acres Welcomes Our Newest Board Members



*Al Beaty
Retired, Assistant
City Manager*

*Ken Carlson
Retired Physician*

*Mary Preston Yates
Broker, Prudential
Carolinas Realty*

*Nick Daves
Director, Center of
Excellence in Financial
Services, Winston-Salem
State University*

*Duane Davis
Senior Vice President,
First Tennessee Bank*

*Anita Ogburn
Retired Executive
Director, Ronald
McDonald House*

*Tim Davis
Professor of Law,
Wake Forest University*

*David Blanco
Attorney, Blanco,
Tackabery, Matamoras*

Resident Spotlight

E. Sue Shore

Walk into E. Sue Shore's studio apartment and you immediately get a glimpse of her personality – colorful, comfortable and gracious. Portraits of her children adorn the walls and mementoes of travels show up on knick knock shelves. One corner holds a specially built cabinet ideal for entertaining while against the wall is the day bed in which she slept as a child (her great-grandson has the matching bed.) Permeating everything are indicators of her love of home, whether it's the dairy farm where she grew up, now the site of nearby Pinebrook Country Club; the house in which she and her husband, Dick, raised their four children; the home at Arbor Acres where the couple lived; and now her apartment in Corpening.



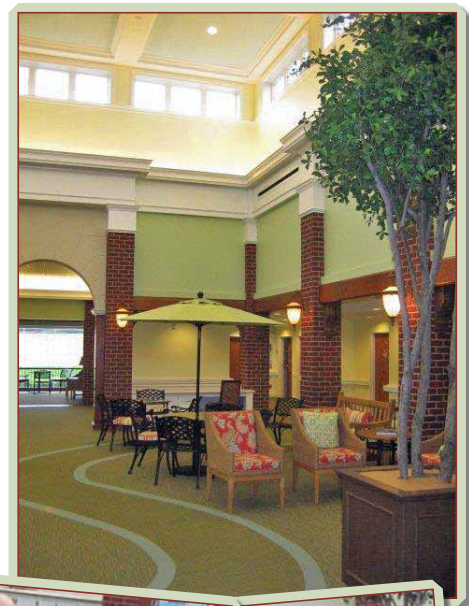
E. Sue Shore with her daughter, Susan Schwartz

E. Sue's appreciation of Arbor Acres is clear. "It's a wonderful place to be. The service is excellent. They do anything I want them to do and I try to do everything they want me to do!" she says with a smile. Susan Schwartz, E. Sue's daughter and a board member, agrees. "I love that Mother lives here," she explains. "Daddy wanted to be here when he turned 80. It was their strategic decision to transition to Arbor Acres, and we children shared in the excitement of the move. I was so glad she was here when my father died, because she was used to it and had people who could help her look after the house. And now the health care part is so comforting."

Arbor Acres is committed to making sure that in all levels of care the atmosphere is as close to home as possible. "I feel like it's my home," replies E. Sue, when asked how she feels about Arbor Acres. "I do, too," says Susan. And then E. Sue repeats: "It is my home."

MemoryCare

On February 9th, the much anticipated new addition to MemoryCare came to life as the first residents moved into their spacious private rooms. The new space is carefully designed to alleviate stress, engage the mind, support dignity and provide comfort to residents and their loved ones. A 24 foot tall atrium, engulfed in natural light, is the center of a lively gathering area, surrounded by 12 residential rooms. The atrium is designed to mimic a park, and even includes two 14 foot real, "preserved," black olive trees. This interior gathering space fosters social interconnection and wide-ranging activity programs. Window seats look out to green space and gardens. With the addition, Arbor Acres is able to provide care to 30 residents with dementia. Please join us April 3rd for an Open House to see this amazing space coupled with the extraordinary care that Arbor Acres provides.



The Atrium of the new MemoryCare addition

Assisted Living

It's fascinating to watch the new 112,000 square foot Assisted Living building emerge from the ground. This building will serve 72 residents in studio, one bedroom and two bedroom apartments. Completion is scheduled for January 2012. All facilities will be handicap accessible and are designed and constructed with environmental sensitivity. Dining rooms, an activity center, new beauty salon, spa-like assisted living bathing, a state of the art physical therapy center with a therapeutic pool are just some of the amenities that will maximize quality of life.



Asbury Neighborhood

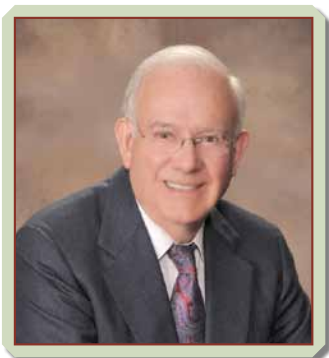
Drive by Arbor Acres now and you'll see several houses in full construction mode in our new Asbury Neighborhood! Phase one is underway, with Frank L. Blum Construction anticipating the first houses to be complete this summer. These freestanding homes have spacious floor plans, varied architectural styles, and

beautiful landscaping. All the houses are free-standing with plans ranging from 1326 -1932 square feet. Residents who will be moving in are actively working with the architects to "tweak" their floor plans and choosing their finishes. If you're interested in Asbury, please contact Lynn Ross at 336.724.7921 for more information.

Henry S. Miller, Jr., M.D.

Arbor Acres Board Member

Henry Miller is nationally recognized as a pioneer in cardiac rehabilitation and known locally for his exceptional work since 1975 as the medical director for the Cardiac Rehabilitation Program at Wake Forest University. His research interests include the relationship between exercise and cardiovascular rehabilitation, sports medicine training and rehabilitation issues. He attended Wake Forest University and medical school here, with a residency in internal medicine at University Hospital in Charlottesville, VA.



Henry S. Miller, Jr.

Henry married Martha Scott Miller (Scottie) and they had three children, Marie, Henry and Scott. As a member of Centenary United Methodist Church, donor to Arbor Acres for 23 years, and physician and friend to many, Henry was keenly aware of the care and love that Arbor Acres provided to residents.

Several years ago, Scottie began to show signs of Alzheimer's disease, and attended Respite Care at Centenary UMC. When she needed additional care in 2007, she became a resident of Arbor Acres. As her disease progressed, she moved from Assisted Living II, to MemoryCare and finally skilled care in the Fitzgerald Health Center. "It was comforting to me to know that Scottie was well cared for," said Henry. "Sometimes I would arrive to visit her at 8am, and the next day appear at 7pm. I always felt her needs were more than met, and I was extremely grateful for the staff, especially for the loving nurses in Fitzgerald and Shelby Kline in MemoryCare." Scottie passed away in September of 2010.

Henry joined the Arbor Acres Board of Directors in 2008 and serves on the Resident Life, and Health and Wellness Committees. Especially pleased by the addition to MemoryCare, and the new Assisted Living building, Henry says, "we've needed this additional space for quite some time. I've also been hearing from residents that we need designated space for an expanded Wellness program. Since many

Upcoming Events

- Thursday, March 31**
Mary Ann Parrish, Author and Storyteller
- Sunday, April 3**
MemoryCare Open House
- Thursday, April 21**
AARP Safe Driving Course
- Sunday, April 24**
Easter
- Sunday, May 8**
Mother's Day

medical conditions are improved with exercise, having space and programming to encourage participation is important. A larger and better equipped fitness room along with a permanently specified area for exercise, stretching classes like yoga, Pilates, and Tai Chi would be wonderful."

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President: W. David Piner



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