Arbor Acres is changing. From the completion of a major renovation to the addition of this community’s 3rd ever President and CEO, Arbor Acres is experiencing a lot of transition this fall. After nearly five years of planning and two years of work, the transformation of Fitzgerald, the building that houses Strickland Place (skilled nursing) and Arborview (memory care) is complete. Some have called the metamorphosis of the building, which houses residents needing the most care, as breathtaking. The massive project also the last major task on David Piner’s list as he retires and Andrew Applegate begins his tenure as Arbor Acres’ new President and CEO.

“It is a privilege and a joy to follow in the footsteps of David Piner. He’s a wise, strategic thinker and leader,” says Applegate. “I am extremely excited to have the opportunity to serve the residents of Arbor Acres. The incredibly warm greeting has been overwhelming.”

David Piner says, “Andrew possesses a perfect background and the requisite gifts of heart and mind to equip him to lead Arbor Acres into the future. I am delighted by his selection. As a candidate, Andrew demonstrated the highest level of sensitivity to Arbor Acres’ historic and continuing emphasis on caring, excellence, and beauty. He is the leader Arbor Acres needs as it enters its third generation of service to seniors.”

(Story Continued on Page 2)
While Andrew settles in, the dust is settling on the largest renovation project Arbor Acres has experienced in several years. The final phase of renovation at Fitzgerald opened in late October. It included the front entrance, the new Carom Café, Long Chapel, Phoebe’s Gift Shop, Brock Court and Taylor Pavilion. What was once called West Wing has been transformed into a garden like, pavilion setting with unique spaces for families to visit loved ones. “It’s unlike anything I’ve ever seen,” says Les Cranfill, Director of Building and Grounds Arts. “It’s better than we had ever hoped for.”

If you would like to see Fitzgerald’s transformation then please join us for an open house and reception scheduled on November 20th from 3 until 5 p.m.

Arbor Acres’ residents who qualify for Medicare’s short term payment of skilled nursing rehabilitation should be able to use their benefit at Arbor Acres by the end of the first quarter in 2017. Arbor Acres is in the process of completing its Medicare Certification for 6 beds in Strickland Place. The certification will serve only Arbor Acres’ residents who have lived in the community 30 days or longer and who meet the qualifications set forth by the federally funded program.

“After a three day hospital stay, instead of going to another facility, our residents who qualify can come to Arbor Acres and use their Medicare benefits for the number of days Medicare qualifies them for,” says Kathy Gwyn, Arbor Acres Vice President of Health Services. “The cost savings to our residents, as well as their being able to get the rehabilitation services they need with the staff they know, and in an environment that’s already home to them is the best part about this,” says Gwyn.

Medicare’s rules and regulations that qualify residents and that subject facilities to surveys, audits, significant documentation and inspections had been a deterrent in the past. “You are much more government controlled and up until now Arbor Acres did not want to be a part of that and the costs associated with it,” said Gwyn. But as Arbor Acres moves to a more Resident Centered Care approach, it has become obvious certification for Arbor Acres residents would be of benefit. Gwyn went on to say, “residents know us, how we operate and know how passionate our staff is so the transition this allows during rehabilitation will be much easier.”

The Arbor Acres 2016 Board of Directors

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There are many reasons why people decide to make changes in their lives. We can make a choice to either move away from something or to move forward to something new, unaware of the joys and opportunities that lie ahead. On October 1st, I had the privilege to begin a new journey as the President and CEO of Arbor Acres. For me, this is a transition already bringing joy and opportunities. If the warmth of greeting that I have received from residents, board members, and the artists who work at Arbor Acres is any indication of the welcome others receive when they become part of this community, they must come away feeling they’ve made one of the wisest choices in their lives. That, indeed, is how I feel.

For those of you I haven’t had the opportunity to meet, let me tell you a little about me. I’m a native Nebraskan who has spent the last 28 years of my life serving older adults in faith-based not for profit organizations as a licensed nursing home administrator, executive director and now, as CEO. My wife, Lisa, and I have been married for 17 years and we have three children: Ian, Liam, and Anna, ages ten, seven and five, respectively. For the last 13 years home has been Maryland, living the last ten years just off the Chesapeake Bay.

I have been asked numerous times, “What attracted you to Arbor Acres?” Well, there are so many reasons. My first visit to Winston Salem convinced me that this is an extraordinarily beautiful and vibrant city. One only has to drive around a short while to feel its sense of pride and hospitality. But what I have found to be the greatest draw has been the sense of community that characterizes Arbor Acres. From my first interview, I have felt a connection to residents and staff. For me there was a feeling of finding kindred spirits. When you realize you spend the vast majority of your waking hour serving a community like Arbor Acres, knowing you have found a group of residents and staff with whom you love to work, you realize you have something amazing. To be completely honest, the additional bonus, the promise of a little less snow, was not something of which I failed to take note of either!

I have shared with a number of people and groups that when I think of Arbor Acres, one phase comes to mind. For me it sums up Arbor Acres and its commitment to beauty and art: “At Arbor Acres we set the stage for life’s next great performance.” My mission is for residents and our staff to find this community a place where life, work, and play are opportunities for creativity, artistry, and an expression of unique beauty each one brings to this world. It’s not about molding clay or painting a portrait. It’s about using the God-given gifts and graces that define who we are and finding their fullest expression in the present moment.

Andrew Applegate with his family.
For years Arbor Acres’ stage has transformed into one of David Piner’s unique creations. The centerpiece of this year’s annual Meals-on-Wheels Fundraising Gala was the original musical production “CAR-lloween”. The tale took place in a graveyard, with ghouls, monsters, and witches preparing to play pranks on seniors. One monster with a heart sought to change the mean-spirited game into something more meaningful. And meaningful it ended up being, after five performances the show entertained more than 550 people and garnered total donations of $56,000.

Since Arbor Acres started the annual event for Senior Services 14 years ago the years of donations translate into more than 79,500 hot meals for seniors in need. Including this year’s event, Arbor Acres’ residents, residents’ guests, and staff have donated more than $467,000 to Meals-on-Wheels.

Richard Gottlieb, Senior Services President and CEO, said, “we are overwhelmed and inspired at the generosity, talent, and creativity of the Arbor Acres community. What a fantastic group of people who are making lives better for seniors who are less fortunate! We can’t thank everyone at Arbor Acres enough for their kindness and philanthropy.”
“Keep learning and keep doing or else you just go to pot,” says Margaret Nicholson in a way only she can. Most people at Arbor Acres know Margaret and she knows, well, most everyone. Funny thing is not everyone knows, or believes, that Margaret turns 100 years old this month. She walks every day, still volunteers and visits residents who live in Fitzgerald. After 22 years living at Arbor Acres, Margaret has seen this campus transform while she seems to remain unchanged.

“I was floating around this place as it was being built,” she said. “My mother lived here before I did.” Margaret moved to Arbor Acres in 1994 after her mother’s death. “I knew Arbor Acres when Jule Spach was the CEO, then of course with David Piner and now with Mr. Applegate. I’ve seen lots happen here and I’ve told all of them the one thing they have to maintain is the family feeling. The staff and residents – we understand why we need each other and why we are each important in this family,” she says.

Margaret has a Bachelor’s of Science in Chemistry from UNC Chapel Hill. She spent much of her career writing educational materials for the Food and Drug Administration. After her two children were born her husband died at age 40 from leukemia. “I’ve been through lots of transition in my time and you just have to be agreeable to it. Change is good, it makes you think, it makes you do, and it makes you accept new ways to live,” she claims. “For me understanding things will change and being willing to get out and learn new things, always being active, that is why I’m in the shape I’m in,” she says.

Over the past year, Margaret accepted another life transformation, a move to Asbury Place assisted living. “When I lived on Bayberry Circle I cooked, did my own things, took my own medications and was very independent. But after a major fall, I realized it was time to accept that being cared for in assisted living wouldn’t be all that bad.” She went on to say, “the move has been good. I am well cared for and can still keep my mind busy, keep walking, and doing what I want.”

So as Margaret enters life as Arbor Acres’ newest centenarian she’s excited to watch Arbor Acres’ transformation under new leadership. “I’ve lived here a long time and there will always be updates. While I never imagined Arbor Acres would end up like it is now, it is still a beautiful place because it accepts change and keeps up to date.” And Margaret says if the time comes and she needs to get “up to date” with others her age, she’s ready. “I have a walker, but for now it’s in the corner waiting on me to need it.”
Over the past thirty-six years, more than 200 people have enjoyed the care, comfort, and security of living at Arbor Acres because of your generous gifts. If you have given to the Annual Fund already this year, thank you. If you have not given, please take a moment and consider the needs of seniors served through the mission of Arbor Acres.

What a lovely way to celebrate those you love while at the same time caring for seniors who depend on your generosity.

Direct your gift to Denni Peebles, Director of Philanthropic Arts, 1240 Arbor Road, Winston-Salem, NC 27104. Should you have questions please contact Denni at 336-464-1923 or via email at dpeebles@arboracres.org.
Meet Board Member
Art Bloom

“I didn’t expect my own retirement to be so transformational, but the past two and a half years have been powerful, almost life changing experiences,” says Art Bloom. “To be able to know I can make a difference in people’s lives through the power of music is so gratifying.” What started out as Art Bloom agreeing to help his long time friend, Loma Hopkins, as an accompanist has turned into so much more. “I never expected I would have this much fun. Every time I come here I learn something new,” he says.

As a professional Art began his career as an investment counselor. He moved on to work for the family furniture business, then expanded into marketing and public relations with Horn, Stronach, and Bloom. In 2000 he branched out on his own to form The Bloom Agency, a marketing, advertising and public relations firm. Most recently Art became a certified business coach and has worked to help other business owners grow their passion. Art retired in 2014 when he sold his agency. “I decided I was going to take this time and extend myself in community and do things I love to do. People didn’t know I had a musical side, they saw me as just this marketing guy,” he says. In fact, as a talented baritone Art has served as the cantor at Temple Emanuel in Winston-Salem for the last 20 years.

At Arbor Acres his volunteering turned into more. “Loma and I started thinking about how we could transform Sharps and Flats (the Arbor Acres Choral Ensemble). As we started adding more challenging songs, our concerts grew larger and larger. We found the power of making music became transformational for residents. We are now up to 60 people!,” says Art.

When Art isn’t at Arbor Acres he’s also living out his musical passion playing the piano for sing-alongs at Daybreak, the respite care program at Centenary United Methodist Church, or in his new role as the Chief Operating Officer for The Winston-Salem Symphony. “All these opportunities were new. I am not a professional musician but I have passion and now I am getting to live it. I have always been about reinventing myself and I’m doing that again,” he claims.

As an Arbor Acres Board Member Art serves on the Resident Life Committee and the Resource Development Committee. “The advantage I have as a board member is that I am really connected on the inside. I hear things, I talk to residents, and hear things they want to change and be improved. I can understand their concerns because I connect with them in a totally different way,” says Art.

“When people make the choice to come live at Arbor Acres, most of them have been somebody else before. They come here and just like me they reinvent themselves, by getting involved in things like Sharps and Flats,” he says. “All of a sudden they open up themselves up to something new. I feel fortunate I found Arbor Acres, when I get here and start singing with these people all my stress goes away.”
This original, acrylic painting is called The Arbor at Reynolda Gardens. It was painted specifically for the Arbor Room by Arbor Acres resident Steven W. Dunn.