

# Seasons *at Kirkwood by the River*

A Ministry of Independent Presbyterian Church

3605 Ratliff Road, Birmingham, Alabama 35210 (205) 956-2184

## *Oh, What Fun it is to Get Out and About!*

### *Wii Bowling Competition held at Kirkwood by the River*

This October Kirkwood was host to a friendly Wii Bowling competition against area Retirement Communities. It was a time of great food, fun and fellowship! Kirkwood looks forward to hosting this season's Wii Fellowship Luncheon in April.



Don Rindt, Wayne Robbins and Jack Adkins

### *The High Museum of Art in Atlanta*

In August our group traveled to the High Museum of Art in Atlanta. There, we were fortunate enough to view the *Girl with a Pearl Earring* by Johannes Vermeer. In addition, we viewed the *Mauritshuis*; 35 of the world's most beautiful paintings from the Dutch Golden Age.



Minelle McNair, Ralph Bentle, Mildred Simpson and Right at Home helpers at the High Museum in Atlanta

### *Amtrak to Anniston and dinner at Top O' The River*



Nelle Pierson and Amtrak worker

In October our Kirkwood Lane residents enjoyed a trip by train to Anniston. The scenery was beautiful; full of fall colors and blue skies! While in Anniston residents stopped for dinner at Top O' The River restaurant.



**Kirkwood**  
*by the River*

# *Kirkwood Residents still on the go!*

## *The Museum of Natural History*

A trip to Anniston and the Museum of Natural History was next on the agenda. Residents were guided, with the help of a staff scientist, through seven fantastic halls. They learned

about the wilds of Africa, the wonders of the North American wilderness and the mysteries of 2,000 year old mummies. Lunch, after the museum tour, was enjoyed at Classic on Nobel.

## *Hayden Pumpkin Patch*

The residents of Kirkwood Lane were blessed with beautiful weather the day they set out for the Pumpkin Patch in Hayden, Alabama. It was the chance of a lifetime for one resident who had her first hayride, with her Kirkwood Lane friends, at the age of 81.



Minnie Crenshaw, Nelle Pierson, Elsie and Jack Cole, Esthie Black, Myra Grable, Emily Phillips, and Janet Caldwell

## *Local Entertainment*

At Kirkwood we love to support the local arts and Kirkwood residents got to do just that through the Leeds Arts Council. Residents enjoyed “The King and I”, a wonderful musical with

extravagant costumes. Next was “A Variety Show” which showcased local talent. The play “Death and Taxes” was next, a fun play where the actors interacted with the audience.

## *Current and Upcoming Events*

- Baptist Church Handbell Chorus
- Mike Dulin – Carnegie Award winning concert pianist
- Iron Bowl Party
- A trip to the Tennessee Aquarium
- A trip to The Ave Maria Grotto
- The Nutcracker at Samford University
- Miss Alabama performance
- Proof of the Pudding - Yale University

## *Ongoing Events*

- Book Club
- Wii Bowling Competition against area Retirement Communities
- Residents’ Weekly Social Hour
- Exercise Class including Tai Chi and Gentle Chair Yoga
- Shopping
- Chapel Worship Services
- Bible Study

# Assisted Living Week

---

## Happiness Cookie Contest

This year's Assisted Living week's theme was "Homemade Happiness." One of the ways Kirkwood chose to celebrate this idea was by hosting a cookie contest. We asked our Assisted Living Residents to submit recipes, which our wonderful kitchen staff then prepared. Mrs. Lois Farmer won our Homemade Happiness Cookie Contest with a recipe for Oatmeal Lace Cookies, given to her by her daughter, Pam Farmer Ferguson. Here is the winning recipe.



### Lace Cookie

*1 ½ cup quick Quaker oats*  
*1 tsp. flour*  
*1 stick margarine*  
*1 egg (well-beaten)*  
*¾ cup sugar*  
*1 tsp. vanilla*  
*1 tsp. baking powder*  
*½ cup finely chopped pecans*

Sift together the sugar, baking powder, and flour. Melt margarine. pour over oats; add sugar mixture and blend well. Add egg, vanilla, and nuts. Cover baking sheet with foil. Drop small amounts (1/2 teaspoon) at wide intervals on pan and bake 11 minutes at 325°. Let cool completely on foil. Makes 6-7 dozen cookies.

---

## Christian Based Gentle Chair Yoga

"Exercise has always been a part of my life and I believe that we need to honor the body that God has given us by taking good care of it. Yoga is one way to do just that. Join me in a class and experience for yourself the many health benefits from the wonderful exercise of chair yoga." ~ Star Rosser, Yoga Instructor at Kirkwood By The River

Kirkwood is proud to offer Gentle Chair Yoga to our residents. As winter arrives, you need to keep moving to prevent the stiff muscles and achy joints that are common

complaints among seniors. The best remedy is yoga for seniors! Yoga easily adapts to your individual fitness level and abilities. Adding basic yoga stretches into your fitness routine benefits your body, makes the mind calmer, and lifts your spirit. Muscles and joints were designed to move and basic yoga stretches will do just that, get you moving again in a gentle stress-free way. The gentle bending and moving of yoga is important for relieving stiff joints. As they say, you have to "move it or lose it!"

# Resident Spotlight *Meet Janet Tillery*

---

---

While walking the grounds at Kirkwood you may have had the opportunity to stop and chat with Janet Tillery. Often, she can be found sitting outside with a canvas, palette knife, and a colorful array of paints. Her love of art and vivacity of life are reflected in her paintings. Kirkwood by the River is honored to have been the subject matter of many of Janet's paintings.

Janet is a native of St. Petersburg, Florida. She received her BFA from Florida Southern and then continued her education at Florida State where she received her teaching certificate. Janet taught school children for many years in Florida and then moved to Japan where she would ride her bike past the rice fields to reach her students.

After returning to the states, she accepted an offer for a blind date. Bill Tillery, a traveling salesman from Alabama, could sense immediately that Janet was something special. Janet had a keen interest in Native Americans and Bill invited her to visit Tuscaloosa with the promise of showing her the Indian Mounds located there. They were married 6 months later, a union that lasted 53 years.

Janet and Bill lived in a home they built in nearby Huffman, Alabama. Both shared a passion for travel and the outdoors. Together, they built several small boats in their backyard which they then would take sailing.

Janet's teaching credentials would not transfer easily from Florida to Alabama so she returned to her first love; art. Janet has been blessed with a talent for both painting and sculpture. She began sharing her passion with students at The Birmingham Museum of Art. This opportunity led to many invitations to show her work in various art galleries and shows throughout the south.



This increase in art sales afforded Janet and her husband additional money, which they used for travel. Together they would visit communities throughout the United States, Europe, Mexico and Portugal staying anywhere from two to three weeks at a time. Janet always had a sketch book or palette knife in tow.

Look for a sample of Janet's art on display in our lobby.



## *Meet Janet Caldwell*

Janet Caldwell has been a member of the Kirkwood family since 2011. Until recently, she has been part of our Skilled Nursing unit. Janet has 30 years of experience as an LPN, 27 of those years have been in geriatric nursing. Kirkwood is pleased to have Janet as our new Unit Coordinator for ALF/SCALE. "I am looking forward to serving the residents and staff here at Kirkwood by the River in the spirit of unity and service. God bless each of you." ~ Janet Caldwell

# Chapel Chimes

by Reverend Richard B. Hanna, Chaplain

*“Be it ever so humble, there’s no place like home.”*

John Howard Payne

*If I asked you, “Where is home?” how would you answer me?*

Some of us might answer by telling me where you were born or grew up. I was born and raised as the child of missionaries in the Republic of Lebanon and every now and then when asked that question, I have the impulse to say, “Lebanon.”

Or we might answer by telling where we have lived the greatest part of our lives. Illinois. San Francisco. New Orleans. Seattle. Miami. South Carolina. Ohio. Huntsville. New York. Birmingham. Here at Kirkwood by the River we have residents from ALL of those places and many more and when I first met them and I asked where home was that’s likely what they told me.

The fact is that most of us have several places in our lives that we could call home. Where we were born and raised. Where we lived the greatest part of our lives. Or where we are living right now.

Our residents at Kirkwood are no different. Most of our residents, as expected, are from the greater Birmingham or Jefferson County area. A good number are from various towns and cities across Alabama – Huntsville, Demopolis, Marion, Tuscaloosa, Mobile, Selma, Florence, Montgomery, Sheffield, Oxford. And the list goes on and on. But a significant percentage of our residents moved from much further when they came to Kirkwood – from Louisiana. Florida. Tennessee. North and South Carolina. Mississippi. Ohio. Kentucky. Colorado. Kansas. Pennsylvania. Washington state. California. New York. That geographical diversity, by the way, is one of the things that makes our community at Kirkwood such an interesting and lively place!



*But whether near or far, any transition to a new home can be challenging!* As I have said many times, some of our residents come to Kirkwood kicking and screaming.

*But what I’ve discovered is that it doesn’t take long before our new residents begin to feel like Kirkwood is home!* One resident who had been here for about three months went back to her hometown in north Alabama for a short visit. I think she surprised even herself when she got back to Kirkwood and said, “I’m glad to be back home.” A son of a long-time resident of Skilled Nursing said, “Kirkwood has been mother’s home for all these years. You have been her family.” And another resident who moved here from another state said after just a few months here, “I feel like Kirkwood is home.”

So where is home to you? Here at Kirkwood we try hard to make this a wonderful home for our 150 residents. It may not have a white picket fence. It may not be where our residents were born or raised. It may be half way across the country from where they have lived most of their lives. But nevertheless, Kirkwood becomes a place of comfort and security, of friendship and love - a place where good times are shared and wonderful memories are made. And isn’t that what home is all about?

*‘Mid pleasures and palaces though we may roam, Be it ever so humble, there’s no place like home.*

Isn’t it a blessing when, through the power of God and the presence of human love, a new place can become “home” to us? Kirkwood has been that to many people throughout its years of ministry. *God willing, it will continue to be “home, sweet, home” to all who live here!*



**Kirkwood**  
*by the River*

Presbyterian Retirement Homes of Birmingham, Inc.  
3605 Ratliff Road  
Birmingham, Alabama 35210  
ADDRESS SERVICE REQUESTED

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 1049  
BIRMINGHAM, AL

Contact Kirkwood by the River today for more information, or even better, we invite you to come visit us. Come for a tour of our communities, have lunch or dinner, or join our residents in an activity or special event. When you don't want to leave, you know you've found the right place.

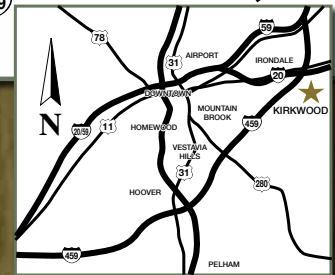
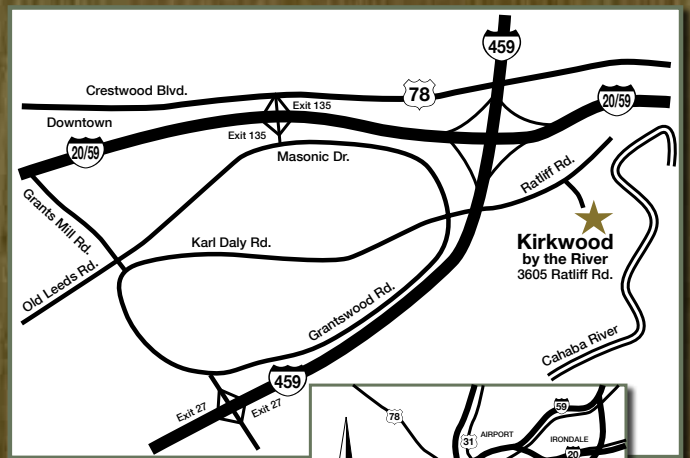
*Independent Living*

*Assisted Living*

*Memory Care Assisted Living*

*Skilled Nursing*

*Medicare Rehabilitation*



follow us on



Contact: **Sandi Hall**

office: 205.956.2184 cell: 205.862.0305

3605 Ratliff Road • Birmingham, AL 35210

[www.kirkwoodbytheriver.com](http://www.kirkwoodbytheriver.com)