



THE HERITAGE

AT BRENTWOOD

 A Life Care Services Community™

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May 2016

The Heritage Highlights

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Bouquets of Blossoms

May 1 is often celebrated as May Day, a spring holiday when baskets or bouquets of flowers are given to friends, family and neighbors. Celebrate May this year by learning some fun flower facts:

- The spice saffron comes from the fall-flowering crocus.
- Flower vegetables include cauliflower, artichokes and broccoli.
- The daisy's name came about because the flower's yellow center resembles the sun. It was called the "day's eye," which evolved over time into "daisy."
- In 1986, Congress voted to make the rose the national flower of the United States.
- The rose family also includes pears, apples, cherries, plums, peaches, apricots and almonds.
- A rosebush growing at St. Mary's Cathedral in Hildesheim, Germany, is thought to be the world's oldest at more than 1,000 years.
- The earliest known flower is *Archaeofructus sinensis*. Scientists discovered the fossilized flower in northeast China and believe it bloomed about 125 million years ago.
- Although dandelions are considered weeds, they are nutritious. The flowers and leaves are a good source of vitamins A and C, iron, calcium and potassium.
- Cut tulips will continue growing in a vase. They can grow up to another 3 inches.

Mission Statement

Our mission at The Heritage at Brentwood is to provide unmatched services and living accommodations for seniors that create confidence and enhance their quality of life.

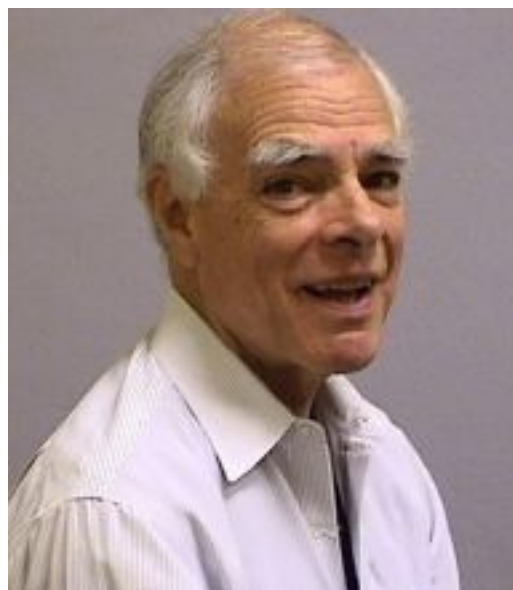
Chef's Table

Each month, Executive Chef Jonathan King provides a unique opportunity with his Chef's Table. The meal featured is based on a region or theme. Chef walks residents through each course and gives additional insight to the particular dishes being served. Chef's Table is only open to 20 residents to provide an intimate dining experience.

Chef's Table will be offered on May 16th and May 25th at 6:00 p.m. To participate, please sign up in the mail room.



Resident Spotlight: Penn Cobb



I was born a New Englander (Burlington, VT), but quickly became a Midwesterner by the age of 5. I graduated from Downers Grove High School, located in a Chicago suburb, in 1958, before attending Denison University, a Liberal Arts college in Granville, Ohio, where I received my BA in Economics in 1963. I then entered Officer Candidate School (OCS) in Newport, RI, where after graduation, I served on the USS Edson.

After spending 3½ years in the Navy on the USS Edson, stationed in Long Beach, CA, and making 3 deployments to the South China Sea, I was discharged in 1967 and began thinking about my career. I initially thought I wanted to be in the retail business, so my first job was working for Marshall Field & Co. in the Loop in Chicago. That lasted about 9 months, when I then got accepted at the Whittemore School of Business at the University of New Hampshire and received my MBA there in 1971.

After graduation, I spent 2 years in hospital administration at the Frisbee Memorial Hospital as Credit Manager and data processing supervisor. I found my passion in the data processing area. A division of General Electric, Medinet, did the hospital data processing off-site. I learned that Medinet had just signed a contract to do the data processing for the Hospital Corporation of America (HCA) in Nashville. I began my first of 37 years with GE beginning in 1973. After spending the first 2½ years with GE in Nashville, I was transferred to GE's HQ in Rockville, Maryland, for 8 years before returning to Nashville. The last 4 years at HQ were spent living in a row house on Capitol Hill in Washington, DC, rooming mostly with people who worked for senators and congressmen and the Reagan Administration. It was interesting to say the least.

I have become involved with various volunteer activities in Nashville since living here. One of my favorites was volunteering at the Cumberland Children's Museum, now known as the Adventure Science Center. When desktop computers first became popular in the '80s, the museum opened a computer lab with 10-15 Apple IIe computers. They had all kinds of computer games on floppy discs and I supervised the lab on weekends. Kids would stand in line to get into the lab and would stay until the museum closed. You could tell back then that computers were going to be a big deal.

I have yet to enjoy a Sunday Brunch at The Heritage, mainly because I drive the church bus most Sundays at my church, Hillsboro Presbyterian Church, just south of Green Hills. We bring some of the homeless community to our worship service and provide a Jason's Deli box lunch, plus access to our very well stocked clothes closet. The church is where I recently became very close to a refugee family from Kenya, Africa. About the same time that I moved into The Heritage, an 8-member family from Kenya arrived in Nashville and their sponsor placed them in a 2-bedroom, 1-bath apartment in south Nashville. I became acquainted with them when I drove the church bus and would bring them to church on Sundays. It has been most interesting and rewarding watching them become Americanized. The older ones will be working on their citizenship this summer. Most of the family at one time or another has been to The Heritage and have

enjoyed the hospitality and friendliness that they have received here.

I feel very blessed to volunteer about an hour a week at Vanderbilt's Children's Hospital with the very successful Books from Birth program. This is Dolly Parton's and Mayor Phil Bredeson's project of giving a book every month to all Tennessee children between 6 months and 5 years of age.

I'm very happy to be living at The Heritage which has such exceptional staff and employees working here. I moved in shortly after retiring from GE about 5 years ago. It's only 20 minutes from where I lived for nearly 30 years near Radnor Lake in Nashville. I love singing in the Glee Club, taking group line dance lessons from Peter Hoadley, playing the harmonica for residents at Somerfield twice a month, eating at the Chef's Table dinners and getting to know other residents.

Kentucky Derby Party



And they're off ...

It's a safe bet you won't want to miss our party on race day! Join us for the annual Kentucky Derby party on Saturday, May 7, at 4:00 p.m. in the Parlor. You may place your bets on the winning horse as you arrive to the party. Ladies, don't forget your derby hat! There will be a hat contest and a prize awarded for the best hat. Light refreshments will be served.



www.theheritage.lcs.com

A Note From the Executive Director, Jon Tagatz



The 2016 resident satisfaction survey should be distributed in October. This confidential survey is conducted every other year by an independent market research company, and the results are used to help us understand what we are doing well and areas that offer the opportunity for improvement. It is very important for us to get the highest possible response rate. Additional information will be shared as we get closer to October.

During the month of May, we will be celebrating The Heritage at Brentwood's nine-year anniversary. It is hard to believe the community is nine years old. Time certainly has gone by quickly. The Heritage continues to be Middle Tennessee's premier destination for senior living. Why? Because of the wonderful group of residents that call The Heritage "home." It continues to be an honor to be a part of your fantastic community! Happy Anniversary!

Resident Council at Work

To help explain the characteristics of an organization, the term "culture" is often used. We have corporate culture, organizational culture, family culture. Analyzing the culture often helps explain the kind of organization it is. The Heritage at Brentwood has a culture, too, and I want to suggest a few ways in which we have established our identity.

Our culture is a friendly, welcoming one. Often, I hear newer residents say how friendly and welcoming we are. One resident told me about how lonely she was living alone until she moved here. We can live into our culture of friendliness as we reach out to those who are new or whom we don't know.

Our culture is one of education and learning. The library is a popular place, making a variety of books available for reading and discussing. Two book discussion groups provide opportunities to discuss ideas and challenge different viewpoints. Many of us have brought our thirst for learning with us, learning from the wide variety of residents who live here. So many interesting people!

Is flexibility a characteristic of The Heritage? It depends, I think. Getting new furniture in the Great Room created some issues—some of us didn't like the colors, the styles, the difference between old and new. We did better with the new clinic, adjusting to new requirements, personnel, and hours. So, I think we can claim flexibility. Change is a challenge, but we can manage it most of the time.

Spirituality/religion is also part of our culture. Bible studies are well attended. Many of us attend church services and activities. For those who make other choices, there are opportunities for conversation about values and meaning. We are a well-grounded community.

We are also committed to physical fitness and activities. Exercise here, including classes, use of the fitness equipment, walking and riding bicycles, attending YMCA classes lead us toward a culture of health and fitness.

What are other aspects of our culture? Let me know.

Carolyn Oehler, Chair, Resident Council

A Note From Transportation

Don't forget! We've recently expanded Transportation services. The Heritage offers complimentary transportation to medical and dental appointments Monday - Friday from 8:00 a.m. to 4:00 p.m. We still ask that residents submit a Transportation Request three days in advance to ensure we are able to appropriately schedule a driver for these appointments. You will find a Transportation Request form located in the mail room or at the front desk.

In addition to expanding the hours of Transportation, we now offer prescription pickup services. You may request transportation for any prescription that is ready to be picked up at any pharmacy located in Brentwood or the Cool Springs area and you must be present to pick up the prescription. These requests will be worked into the daily schedule. To schedule prescription transportation, please call 615-564-4957.

Anniversary Celebration: Nine, Swine & Wine



Thursday, May 12
1:00 p.m. - 3:00 p.m.
Magnolia Courtyard

Join us for an afternoon of swine inspired hors d'oeuvres, fine wine and live entertainment. This event is a free event open to all residents. No RSVP required. We hope to see you all there to celebrate nine wonderful years of The Heritage.

Library Corner

The following large-print books will be added to the Library in May:

Skeleton Man by Tony Hillerman tells the story of a 1956 airplane crash that left the remains of 172 passengers scattered among the cliffs of the Grand Canyon—including an arm attached to a briefcase containing a fortune in gems.

Mean Streak by Sandra Brown delivers a heart-pounding story of survival that takes the age-old question, "Does the end justify the means?" and turns it on its head.

A New Song by Jan Karon Mitford's chronicles longtime Episcopal priest Father Tim as he retires and agrees to serve as interim minister of a small church on Whitecap Island.

The Wedding by Nicholas Sparks is the long-awaited follow-up to *The Notebook*—a story of an ordinary man who goes to extraordinary lengths to win back the love of his life.

The Shack - Revisited by C. Baxter Kruger guides readers into a deeper understanding of God the Father, God the Son, and God the Holy Spirit to help readers have a more profound connection with the core message of *The Shack*—that God is love.



Healthy Life® Corner: Upcoming Events in May

National Senior Health & Fitness Day

Residents of The Heritage at Brentwood are active and engaged in a variety of health and fitness activities throughout the year. On Wednesday, May 25, 2016, The Heritage will be hosting a special celebration to honor the efforts of our residents in staying healthy and fit. Please join us in the Magnolia Courtyard from 2:00 p.m. to 3:30 p.m. for a picnic and fun active day outside. All residents are invited to join us!

Special Programs

Move with Music- May 3rd at 1:00 p.m. Join this fun, new exercise class that will have you moving to music.

Adventure Walk - Thursday, May 26th. The bus will leave at 9:00 a.m. The walk will take place at Shelby Bottoms Greenway. We will start at Nature Center with lunch promptly afterwards at *The Pharmacy*.

Dakim Machine

Don't forget, our minds need exercise, too! The Dakim Machine, easily located in the Business Center and open to all residents, is an excellent way to sharpen and exercise the mind.

A Note From the Marketing Director, Judy Good



Beauty Abounds!

May is a very busy month with graduations, weddings and outdoor parties! And likewise, the marketing department is busy as well. Many grandparents are visiting their grandchildren to see them graduate or get married. And we get to see them as they drop in and desire to learn more about the lifestyle here at The Heritage. It is an enjoyable time for us, as we meet new people who will become future residents and your new neighbors.

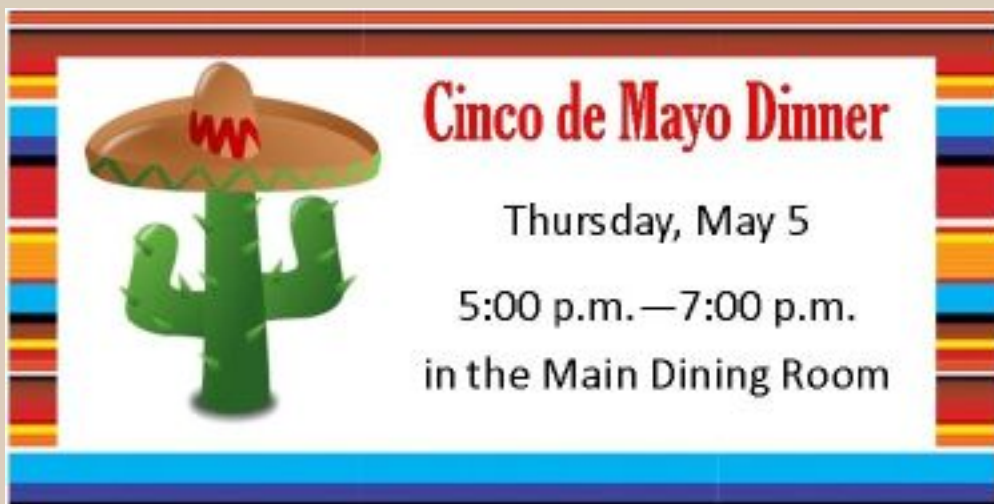
In April, we achieved over 95% sold. This is a great milestone and kudos go out to Stephen and Ashley for their tireless efforts to provide exceptional customer service.

We continue to host a monthly resident refer-a-friend luncheon. Keep an eye out for the date; you will receive an invite in your community mailbox.

Apartment of the month: we are again featuring the Crockett; this floor plan has two bedrooms, 2 baths, with 1048 sq. ft. This apartment is on the second floor with a southern view. Spacious closets. For more information on this or other available places, stop by the marketing office.

Our Future Looks Bright!

Judy Good



**Employee Spotlight:
Alfonso Parra Rodriguez**



Alfonso Parra Rodriguez joined *The Heritage at Brentwood* in our Food & Beverage Department in April 2014. He is responsible for storing food and non-food supplies and general cleaning duties. Alfonso was born in Bogota, Columbia. He relocated to Tennessee in March 1999 with his wife and two daughters. He is the 3rd of 12 children. Alfonso enjoys working here and would someday like to move into a position in the main kitchen. Alfonso enjoys listening to Salsa music and eating grilled steak.

The Heritage Family Feud



The Heritage held Family Feud on March 15. It ended up being so much fun, we're having another Family Feud on May 24!

Teams made up of residents of The Heritage will compete in a Family Feud style game. Each team will work to guess the most common responses to survey questions. Please sign up in the mail room to reserve your spot on a team.

Family Feud will take place on Tuesday, May 24, at 1:30 p.m. in the Parlor. You won't want to miss this hilarious game.

**Summer Is on
the Horizon!**

As we get closer to the summer months, take advantage of all the fun activities The Heritage has to offer! Programs run throughout the week and are geared for all levels. Our goal is to keep you active through our HealthyLife™ Services Programs. These programs offer an all-encompassing commitment to your healthy lifestyle ... including Fitness, Nutrition, Active Life and Well-Being. Such programs include Continuing Education Classes, Health Presentations, 5K Charity Walks, musical entertainment, day trips, evening movies, holiday celebrations, cards and games and so much more. Check your monthly activity calendar for dates and times of these enriching programs! With questions or inquiries, please contact Ashlie Burnett in Community Life Services.



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

9	7	3	8	6	2	4	5	1
6	1	2	4	5	7	9	3	8
4	5	8	3	9	1	2	6	7
8	3	9	2	4	5	7	1	6
7	6	4	1	3	9	5	8	2
2	1	5	6	7	8	3	4	9
4	2	6	9	8	3	1	5	7
3	6	5	7	1	9	8	2	4
5	8	1	4	2	7	9	6	3

3					7			5
		8	9	1			6	
	7	1					4	
	4		8			5		1
			6		1			
9					2			3
	9					8	5	
	3			5	4	2		
1			2					6