



THE HERITAGE AT BRENTWOOD

 A Life Care Services Community™

900 Heritage Way
Brentwood, TN 37027
Phone: (615) 564-4900

November 2015

The Heritage Highlights

Thanksgiving Thoughts

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” —*Melody Beattie*

This is the time of year when we celebrate Thanksgiving. On Thanksgiving Day, millions of Americans will take pause. For some, it’s just a day to skip work, eat too much, and watch a lot of sports on TV. But for most, Thanksgiving is a day to remember our blessings and offer thanks to those we care about.

A grateful heart sees each day as a gift. For the jam on our toast and the milk on our cereal. For the blanket that calms us and the joke that delights us and the warm sun that reminds us of the love that is given to us. Let’s set aside some quiet time and share it with a friend. For friendships bring a special joy and pleasure without end. So may the blessings of this day that we would ask for you, now fill you with a Thanksgiving peace that lasts the whole year through!



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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.

**Autumn Activities:
Fall Foliage
River Cruise**



**Resident Health
Fair 2015**



Veterans Day

On Veterans Day, we pay tribute to the men and women who have served and who continue to serve our country in the armed forces. If you are a veteran, we'd like to thank you for your courage and service by honoring you on Wednesday, Nov. 11. We will begin the day with a special flag raising ceremony with the Brentwood Police at 9:00 a.m. and will end the evening with "A Night to Honor:" A Special Honorary Dinner at 5:30 p.m. in the Dining Room.

This event is open to residents only and reservations are required. Please call 615-564-4949 to make your reservations today.

" ... As I watch life from atop my flagpole, As I think of all you've done ... my feelings become too powerful for words and all I can say is thank you." ~"Heroes Died for Me" by Jamie Burns

Don't Miss the Resident Council Election!

Vote for your new 2016 committee members on Friday, December 4th, at 2:00 in the Parlor.

Giving Thanks...

The collection for the employee gift fund begins Nov. 9 and ends Dec. 4. Green envelopes will be distributed in your in-house mailbox on Nov. 9. Your generosity has been extraordinary in the past. Remember, this is your only way to reward our employees for their service.

The proceeds will be distributed at the Gift Fund Presentation on Friday, Dec. 11, at 10 a.m. in the Parlor. All residents are invited to attend.

The deadline for giving is Dec. 4. —Resident Council Gift Fund Committee: Sonnie Kreiger, Dwight Baptist and Carl Moeck



Thanksgiving Day Gathering

Join us Thanksgiving morning for coffee, muffins, apple cider and the Macy's Thanksgiving Day Parade. We will gather in the Parlor at 9:30 a.m. to begin this beautiful day with friends and many thanks.

Afterwards, enjoy a delicious traditional feast with no worries of cleaning up! The dining room will be open for Thanksgiving Day Buffet with two seatings: 11:00 a.m. and 1:00 p.m. Reservations are required. Please call 615-564-4949 to make your reservation.



**A Note From Kim Holden,
Health at Home
Administrator
Keep Your Chin Up**

It is that time of year again...the beginning of the holidays. Thanksgiving is not far off and if you have been out to the stores lately, you saw Christmas decorations up before Halloween arrived. This is also the time of year when depression can rear its ugly head.

Depression in the elderly is a common problem. During the holidays it can become heightened. It is not a sign of weakness or a

character flaw. We all get depressed at times in our life. It can happen to anyone, at any age, no matter your background or your previous accomplishments in life.

Depression can be manifested in many ways. Sadness, increased fatigue, loss of interest in hobbies, weight loss or loss of appetite are only a few of the signs of depression.

Recognizing the signs of depression is first step in treating it. Things you can do to help overcome depression during the holidays are planning ahead and creating new memories. Planning ahead decreases anxiety arising from feeling, "I've got to do it right now." Creating new memories with family or friends helps get your mind off of the sadness for what you may have lost.

If you need help during this time, we here at Health at Home can assist you. You can call us at 615-564-4923.



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**Health Care
Presentation:**

Tania Williams and Anne Boling, audiologists at Brentwood Hearing Center, will be our guests on Tuesday, November 17th at 1:30 pm in the Parlor to talk with us about different types of hearing loss. They will also discuss current advances in hearing devices specifically engineered to address different types of hearing loss. Tania and Anne have a combined 50 plus years' experience in audiology. They are the owners of Brentwood Hearing Center which has been providing hearing care in our area for almost thirty years.



**WHAT'S
DIFFERENT?**

Name six things that are different in these two Thanksgiving photos.



Resident Council at Work

In addition to cooler weather and colored leaves, autumn's arrival reminds us that it's flu shot time. Health at Home administered the flu shots again this year. Two clinics were held in October and many residents took advantage of this opportunity. The shot given was the Fluzone High Dose vaccine, which is designed especially for those 65 and over. The high dose vaccine has a four times stronger antigen response than the standard flu vaccine. Experts remind us that while nothing is 100% effective, late October or early November is the best time for a flu shot. By waiting until then, we are more likely to maintain a stronger immunity throughout the flu season. If you have not yet received your flu shot, please contact Health at Home to schedule an appointment.

Some departments are still looking for staff. Finding good staff for Health Center, Housekeeping, Security, and Food and Beverage continues to be a challenge. Prospects go through drug screening, a criminal background check, plus a review of references and past work history. There are reports that businesses throughout Brentwood are having similar challenges in hiring and keeping staff.

Residents are still being encouraged to get parking stickers at the Receptionist desk. Every permanently parked car should have a sticker. Visitors' cars need to have a card for their dashboards if cars are parked in a garage overnight.

Beginning this fall, a group of Ravenwood High School students preparing for medical professions are interning in Somerfield on Tuesday and Thursday mornings. They will be learning patient care and assisting the staff there. Perhaps there will be a few who would like jobs in food service.

Once more, please consider nominating yourself for membership on a resident committee. It's a great chance for learning about The Heritage, contributing your experience and know-how, and deepening friendships.

Carolyn Oehler, Chair of Resident Council



A Note From Cathy Joki

Let's Welcome Williamson

We are grateful to Williamson Medical Center for opening their new clinic on our campus. This affiliation offers a unique and exciting opportunity for Williamson Medical Group and their professional medical staff to provide health care services for our Heritage residents, right here where they live.

This is the first time Williamson Medical Center (non-profit) has started a clinic within a community. As with any start-up business, unique challenges have presented themselves.

We realize there have been "growing pains." Please know that we are all working hard to identify areas of concern and correct problems by improving communication, implementing new processes and improving follow up. Only by listening to your comments and concerns and taking the steps to resolve any issues can the clinic not only meet, but exceed, your expectations.

We want to thank all the Heritage residents for their patience, support and understanding during the start-up process. We hope you will continue to believe in our mission which is to provide our residents with outstanding medical care.

These are our most frequently asked questions:

Q-Does Dr. Vollmer or Rupa Grummons, NP become my Primary Care Physician if I use the clinic?

A- That is entirely up to you. The clinic can be used for a quick-ill visit for minor respiratory issues, infections, etc. or if you wish, Dr. Vollmer can become your new Primary Care Physician.

Q-Can I just walk in for a visit?

A-Emergencies do happen and we will do our best to accommodate those needs when they arise. However, typically you need an appointment to be seen (call Residential Health Services).

Q-What is the "Release of Medical Information Form"?

A- This is a form that we use when it is necessary to obtain more or more specific medical information about you. Not all your health information has to be on file in the clinic for you to be seen. Records can be obtained on an "as needed" basis.

Q-Can I just walk into the clinic and ask for a blood pressure check?

A-The clinic is busy seeing residents who are ill and have appointments. We ask that you attend our vital signs screening clinic every Wednesday at 9:00AM. At that time we check your heart rate, blood pressure and oxygen level. Abei in the fitness center is available at various times throughout the day to check blood pressure. Cathy Joki, when available, can also check a resident's blood pressure.

A-Was my first clinic visit considered a physical?

Q-No, there has been a little misunderstanding about this. The

first appointment in the clinic is to get established with a medical history and medication management. We will then ask you to reschedule a physical. The clinic is now ready to provide a thorough physical with EKG, labs and exam.

Q-When is the clinic open?

A-1 PM 'til 5 PM, Monday through Friday

Q- Are my comments and suggestions heard and appreciated?

A- More than you know. Our goal is to provide Heritage residents with the best care possible. We can't do that without knowing what services are important to you. Needs change over time and we continually strive to add services to meet those needs. Your comments and suggestions are not only welcomed but also encouraged. We appreciate each and every one of you!



Library Corner

November Book Feature:

The Art of Racing in the Rain: A Novel by Garth Stein A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope--a captivating look at the wonders and absurdities of human life ... as only a dog could tell it.

Children's books are now available in the Heritage Library! It's that time of year... families gathered and grandchildren running around. We encourage you to stop by and "check out" a book for you and your family to enjoy. If you have any special requests for a particular book, please fill out a "Make a Wish" card or contact a Library Committee member.

SAVE THE DATE!

Heritage Library Open House: Monday, November 9th, from 1:00-3:00, in the Library. Puffy Muffin desserts will be served!



A Note From the Marketing Director, Judy Good

Fall is in full swing and what a beautiful time of year this is! I just love Thanksgiving. It's the day to be thankful for all the blessings we have in our lives and perhaps reflect on how we can be a better "giver."

Many interesting new residents moved in this year. I encourage you to get to know them. Some are spending the holiday in a new place for the first time in many years. Please reach out and invite a new neighbor to an event or dinner. At the beginning of each month we post a list new residents in the mail room. You will find available bios in a binder on the table in the library.

Don't forget the "Refer a Friend" luncheon on November 19th at 11:30am in the Iris Room. Call or email Ashley to make a reservation. As we wrap up 2015, there is still an opportunity to reserve a number for The Priority Club at the 2014 entrance fees. Call for more details.

Apartment of the month: We are featuring the Columbia. This floor plan is one bedroom with den, 1 full bath and powder room, totaling 950 sq. ft. This apartment is perfect for scaling down, yet retaining some "stuff" since the master bedroom closet is huge! For more information on this or other available units, stop by the marketing office.

Thank you! Judy Good

HealthyLife™ Corner: Hidden Jewels of Yoga and Tai Chi

Examine the above title. What could that mean? Perhaps that folks aren't aware they are exercising? Some would consider that a scarce jewel. With the summer in rear view and the cold winter months ahead, you may need something easy on the joints. Maybe you're unsure of what to expect when considering Tai Chi. Perhaps it's time to re-examine your notions about the ancient Chinese discipline.

Tai Chi consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo. Breathing becomes deepened, slowed and aided by visual and mental concentration.

Practicing Tai Chi combines stress reduction and good posture with movement to improve health. There is a wide spread myth about Tai Chi. The only way to uproot the misconception is to join Anna, the Tai Chi instructor, for one of her amazing 60 minute classes! And if Tai Chi doesn't spark your interest, Chair Yoga might!

In the most ordinary sense Yoga means uniting the body, mind and spirit to reach a supreme state. The beautiful hidden jewel about yoga classes offered here at Heritage is, there are no awkward bent over floor positions but rather modified yoga poses. The class is taught while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, residents can do versions of twists, hip stretches, forward bends, and mild backbends.

There are many wishes and imaginary notions when it comes to exercise; none better than "I wish I could exercise without the sweat and exertion." Well, well, well, your wish is my command; Tai Chi and Yoga await!





Resident Spotlight: Sam and Jane Wilhite

Sam grew up in Anadarko in southwestern Oklahoma, attended military school in Roswell, NM, graduated Oklahoma with a BS in Electrical Engineering and served as a US Naval officer for 2 years in Key West. Jane hailed from the Southeastern corner of Oklahoma, graduated OU with a BA in French and English literature and a secondary teaching certificate. They met as students and married in 1959. After the Navy and one baby, the Wilhites moved to Claremont in eastern Los Angeles County. Jane took charge of rearing their three daughters and volunteering while Sam worked in the ASW torpedo field with Aerojet General.

In 1970 they moved to San Diego - La Jolla and Pacific Beach. A few years later Sam changed careers to real estate lending/investing managing to "catch the wave" of California real estate and Jane acquired a real estate license. Finally, after all three daughters

had graduated from college and had flown the nest, Sam and Jane relocated to Franklin, TN, in 1992 to be near their oldest daughter and her family. A return to TN was somewhat serendipitous since Sam's father graduated Vanderbilt Law School in 1919. Their youngest daughter graduated from Vanderbilt and Jane's roots (Wilkinsons and Shelbys) were deep in Middle Tennessee. Their other two daughters live in North Carolina and New Jersey. The family includes 8 grandchildren between ages 16 and 29.

Having lived in Franklin 20+ years, the Wilhites had "kicked the tires" of the Heritage for several years and finally made the decision to move in Feb. 2014.



Employee Spotlight: Rudy Guardado, Maintenance Technician

Rudy Guardado began working for The Heritage at Brentwood in February 2015. Among general maintenance duties, he is most often seen painting interior and exterior surfaces around campus.

Rudy was born in El Salvador. His family relocated to New York City in 1991, and Rudy attended school in the Bronx. He met his wife in New York. (She is a native of Hong Kong.) They have a 10 year old daughter. While Rudy and his wife were visiting his sister in Nashville, Rudy's sister influenced them to move to Nashville. She told them it is a nice place to live and have a family. It wasn't long afterward when they moved to Nashville in March 2014.

Rudy is often caught fulfilling our *Extraordinary Impressions™* promises as he greets us with a smile and treats everyone with courteous respect. He was recognized as our "Front of the House" employee in June 2015. Rudy said, "The Heritage at Brentwood is one of the best places I've ever worked...full of good people."



Our tables are full—and so are our hearts. Thank you for being a part of our community!

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

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

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