



THE HERITAGE AT BRENTWOOD

 A Life Care Services Community™

900 Heritage Way
Brentwood, TN 37027
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September 2015

The Heritage Highlights

Seeking Autumn Splendor

In many parts of the country, people will begin to take in the explosion of color that comes when the leaves on trees change from green to hues of red, orange and gold. From September to November, leaf-peeping—viewing and photographing fall foliage—becomes a popular pastime, especially in the Northeast and parts of the Southeast and Midwest.

When the calendar reads September, we know that changes are in store. Sunsets will arrive earlier and fall’s cool crispness will soon replace summer’s heat and humidity. Whether you’re the first cook in the kitchen prepping pumpkin pies or the first to pick up a fallen leaf, there’s no doubt that autumn is upon us.

September offers opportunities to stay active and involved. Our goal is to keep you active in all areas of wellness through programs that enhance your quality of life and meet your needs. So, take this opportunity to enjoy all our community has to offer!



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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.

Beating the Heat With Birthday Bash Fun!



Christmas Is Coming ... the Heritage Employee Gift Fund

With fall only a few weeks away, it is time to inform the many new residents and remind other residents about The Heritage Residents Gift Fund for employees. This fund was founded in 2007 by the Resident Council at The Heritage.

It is clearly stated in the Resident Handbook (pages 28-29) that: "Staff may not accept gratuities or gifts and actually risk losing their jobs if they do, so residents are asked not to offer them." Gratuities are defined as presents or cash given to acknowledge service received. Gifts are defined as material items and non-cash payments.

Notwithstanding these restrictions, there is a way for residents and their families to express appreciation for the many and varied services rendered by certain employees at The Heritage. That is through an annual solicitation of donations from residents. All contributions are voluntary and confidential.

Eligible recipients include full-time, part-time, and seasonal

employees from all departments who have been on the payroll for at least 30 days prior to Nov. 15 and on the date checks are distributed. Those departments include kitchen, wait staff, housekeeping, laundry, security, maintenance, community life services, administrative, Somerfield Health Center, and Winfield at The Heritage. Department heads reporting directly to the Executive Director or Administrator, other LCS employees, and outside contractor employees (i.e. salon employees, landscape, residents Health at Home employees, etc.) are NOT eligible.

The amount to be awarded each employee will be based on the number of regular hours he/she worked and total funds donated. Checks will be presented at a special program early in December. Last year eligible employees received just \$0.73 for each regular hour worked.

The annual opportunity to participate in remembering those service employees who make our lives more pleasant takes place in November. Members of the Resident Council urge all to plan now for the 2015 The Heritage at Brentwood Residents Gift Fund. At the same time there is an unbroken record (since 2007) of total contributed for distribution each year exceeding the prior year donations.

*Resident Council Gift Committee
(Sonnie Kreiger, Chair; Dwight Baptist;
Carl Moeck)*

I Love My New CapTel®

I dislike doing business over the phone. You see, I am hearing challenged and everyone wants to talk so fast. No matter how often I politely ask, "Please slow down," it does not happen. So, when I saw a meeting scheduled on the Heritage calendar introducing a phone allowing hearing impaired callers to read the text rather than listen to conversation, I decided to attend.

The presentation was clear, using the phone seemed simple, and best of all, the phone was free, due to a special grant and Medicare. I took an application and had my audiologist sign it. A doctor's signature would be okay, too. I sent in the application and waited.

After several weeks, I had a phone call from the company. The slow-speaking caller (!) wanted to be sure I had Internet access and someone to help me hook it up. When I mentioned that I would use the phone in a different room from where my Internet router was located, the caller said she would

include an attachment that would make that possible. I was impressed. When the box came, I unpacked the various wires and two HELP books, totaling 130 pages. I immediately began flipping through the books.

Concerned about connecting to the wrong outlet or place on the router and messing up the Internet connection to my computer, I felt stymied. Upon seeing a phone number to register my instrument, I called. The person who answered the phone spoke in a clear, slow voice and assured me that he would walk me through it. And he did! One piece and plug at a time got me connected and reading the words on the telephone screen!!!

I squealed with delight, and with many thank yous ended the conversation!! Now I no longer dread talking on the phone. If you have trouble hearing on the phone, get an application from Cathy Joki and get yourself a free CapTel telephone.

Margery Mayer Heritage resident.

**Health Care Presentation:
Prescription Positive:
a Great Way to
Live Longer**

**Tuesday, Sept. 15,
1 p.m. in the Parlor**

Our guest speaker, Richard C. Huseman, Ph.D. provides insight into how the power of the mind affects our health.

His "prescriptions positive" are mindsets that help to harness our thoughts and beliefs to enhance our overall health and well-being. The power of the mind, attitude and force of personality, and personal will, are truly amazing and humbling.

And isn't that what we are all about?

Dr. Huseman is a well respected authority on health and longevity. His interest has been his own personal pursuit for a happy, long life and the ability to pass what he has learned to his family, especially his seven grandchildren.



Save the Date! Saturday, Oct. 17th!

A Note From the Administrator, Dahlen Jordan

We would like to welcome Dr. Vollmer and Rupa Grummon to The Heritage at Brentwood. We're excited to offer this newly expanded clinic to all of our residents.



**DR. DON
VOLLMER**

Don Vollmer, M.D., has been practicing family medicine and providing geriatric care for more than 15 years. He is board certified in hospice and palliative medicine and has a certification in hyperbaric oxygen therapy.

After graduating from Loma Linda University School of Medicine in California, Dr. Vollmer moved to the Middle Tennessee area where he developed an extensive background in serving the health care needs of residents in assisted-living facilities.



**RUPA
GRUMMON,
NP**

Rupa Grummon, NP, was born in Delhi, India, and raised in Singapore. After moving to Ohio in 1999, she earned a bachelor's degree in nursing and dual master's degrees in adult and geriatric nursing from Case Western Reserve University. As a board-certified nurse practitioner, Rupa has provided care in cardiology at the Vanderbilt Heart and Vascular Institute.

During her free time, she enjoys spending time with her husband and two children, cooking America's Test Kitchen recipes, and participating in group fitness classes at the YMCA.

Resident Council at Work

Thank you for observing the Dining room dress code. According to Webster's Dictionary, the term "young adult" refers to young people between ages 12 years old to 18 years. It's nice to see the well-dressed "young adults" eating Sunday brunch and dinner here.

The Health Care committee is sponsoring another Health Care Fair on Oct. 15, from 8 a.m. to 1 p.m. The Fair offers information, blood pressure and glucose readings, and tote bags to be filled with "stuff" of all kinds. There are even drawings for prizes. This is an opportunity I look forward to every year.

The Resident Council and the Finance Committee had a recent opportunity to receive a briefing on Risk Management at The Heritage. Life Care Services helps us to create and maintain safe environments. This responsibility includes training, education and access to a property-casualty insurance program.

The Heritage is making progress on Information Odyssey, an application that is web-based. Ashley Emerson and Jennie Poe are heading this effort. Ashley reports that Odyssey "provides a platform for residents and the community to be engaged and share information. This program was designed with the following goals in mind: the program should be a source of up-to-date information, a place to share information, photos, a place to find others with similar interests, and a way to stay connected when not at the community."

"Our initial group of resident users can view such items on the portal as digital announcements, dining menus, community calendar, resident directory, telephone directory, transportation request forms, and monthly newsletters. The social section of the portal allows users an area to share photos and videos, discuss various topics, and connect with other residents. (This section will develop further once we bring on more resident users.) There are also sections that contain information related to Somerfield and Winfield. We hope to be able to grow our team of resident users in the coming weeks!" Thanks, Ashley.

Carolyn Oehler, Chair, Resident Council

A Note From the Director of Plant Operations, Eddie Tomlinson

Exceeding your expectations is our primary goal. Each week, the maintenance staff is given several residents' names to visit personally in their home. These visits stem either from a recent work request or because there has not been a request submitted for a long period of time. Our goal is to create a dialogue with residents in order to understand each person's needs and to act upon them accordingly. During our weekly staff meetings, we discuss concerns, formulate a plan to resolve as many daily issues as possible and plan work for the upcoming week. During this meeting, the team members relate how each visited resident felt about our performance in exceeding their expectations.



August Employee Spotlight: Addendum for Carolina Conn, Housekeeper

Carolina Conn joined our Environmental Services Department as a housekeeper in October 2013. Carolina was born and raised in Nashville. She is the fourth child of seven. She enjoys cooking, cleaning, dancing and spending time with family. She really enjoys dressing up her Shi-tzu dogs and taking them out on the town!

Carolina devotes her time to making our Somerfield Health Center look great and can usually be found with a smile in our Cumberland Neighborhood.



Library Corner

September book feature:

Circling the Sun: A Novel by Paula McLain

Paula McLain, author of the phenomenal bestseller *The Paris Wife*, now returns with her keenly anticipated new novel, transporting readers to colonial Kenya in the 1920s. *Circling the Sun* brings to life a fearless and captivating woman—Beryl Markham, a record-setting aviator caught up in a passionate love triangle with safari hunter Denys Finch Hatton and Karen Blixen, who as Isak Dinesen wrote the classic memoir *Out of Africa*.

Brought to Kenya from England as a child and then abandoned by her mother, Beryl is raised by both her father and the native Kipsigis tribe who share his estate. Her unconventional upbringing transforms Beryl into a bold young woman with a fierce love of all things wild and an inherent understanding of nature's delicate balance.

Set against the majestic landscape of early-twentieth-century Africa, McLain's powerful tale reveals the extraordinary adventures of a woman before her time, the exhilaration of freedom and its cost, and the tenacity of the human spirit. *(Excerpt taken from amazon.com)*



A Note From the Marketing Director

Tell Your Friends to Join the Fun! As our mornings become crisper and cooler here at The Heritage, why not enjoy a walk on our walking path? Then, stop by our office to pick up a few pens or business cards after your walk.

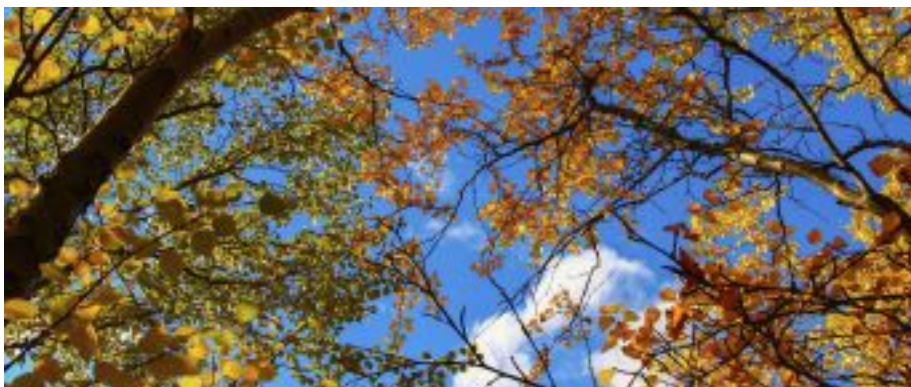
We hope you have had an opportunity to meet some of the many new residents who now call The Heritage their home. There are 31 new faces so far this year! At the beginning of each month, look for a post in the mail room, featuring new residents who moved in during the previous month. You will find available bios of your new neighbors in a binder on the library's check-out table.

Don't forget the "Refer a Friend" luncheon on Sept. 10, at 11:30 a.m., in the Iris Room. Call or email Ashley to make a reservation.

There is still an opportunity to reserve a number for The Priority Club at the 2014 entrance fees. Now is the time for your friends to join the club and secure the lowest entrance fees for Redbud.

Apartment of the month: We are featuring the Harpeth, a 2 bedroom unit with 2 1/2 baths. This Garden Villa has 1498 sq. ft. A special feature is the wonderful privacy offered by this spacious 2nd floor Garden Villa! For more information on this or other available places, stop by the marketing office.

Thank you! Judy Good



HealthyLife™ Corner: Sleep Better Tonight

Sleep rejuvenates the body and is necessary for healthy daily functioning. Although there is no "magic number," seven to nine hours of sleep each night are recommended for seniors.

Seniors often experience normal changes in sleeping patterns. However, insomnia, disturbed sleep and waking up fatigued are not a normal part of the aging process. Sleep is important for our physical health and emotional well-being. So, what can you do to promote better sleep?

Exercise daily. Activity releases endorphins that enhance mood, reduce stress and supply the body with energy. Exercise should be done for at least 30 minutes a day. This can be done in 10-15 minute segments if 30 minutes at once is too strenuous.

Engage in activities around our community. Join a social club or educational class like The Great Courses, keep your brain active by doing puzzles or using the Dakim Brain Trainer, or volunteer to coordinate an event or become a member of a committee. Staying engaged prepares your body for a good night's sleep.

Don't eat a large meal less than two hours before bedtime. Try to limit sugar and fat intake at your evening meal. Your body needs several hours to digest a large, high-fat meal. This can make relaxing for sleep difficult.

Limit caffeine. A cup or two of coffee in the morning is fine, but refrain from sipping all day long. A 2013 study published in the "Journal of Clinical Sleep Medicine" reported that consuming caffeine six hours before bedtime can have a negative effect on your ability to sleep soundly.

Maintain a regular bedtime routine. Create a soothing ritual before bed, like taking a warm bath or shower, practicing meditation, deep breathing, or doing slow, gentle stretches. Going to bed and waking up at the same times every day can also lead to more restful sleep.

Finally, keep your bedroom dark, quiet and cool. Disturbances such as light, noise and heat can disrupt sleep and/or make it difficult to fall asleep.



Resident Spotlight: Don Russell

Don and Glada Russell moved from Logan, Ohio to Brentwood, in 1999, to be closer to three of their four children and grandchildren. Don moved to the Heritage in March 2014. They have six grandchildren and five great-grandchildren. Glada, his wife of 65 years, passed away in December 2013. Her favorite pastime was painting watercolors. Don's computer contains numbered copies of 620 of her paintings, which serve as the source for his computer generated greeting cards.

Don graduated from Ohio's Newcomerstown High School, in 1946. He served in the U S Army, and in 1951, graduated from Ohio University with a degree in Industrial Engineering. Don retired from a Logan, Ohio brick manufacturing company, in 1994, after serving as the plant manager for 38 years. In Ohio, Don served as a member of the Logan City Council, Logan School Board, and

as a hospital trustee .

In 1955, in a remote West Texas town, Don was part of a crew on a high speed Goodrich tire testing assignment. This testing crew was the only outside guests allowed to stay in the town's small hotel, because Warner Brothers had leased it for the filming of the classic movie "Giant," starring Elizabeth Taylor and Rock Hudson. They became hotel friends with the movie staff and a Warner Brothers friend arranged for a set visit. Don is shown above in a 1955 photo with Elizabeth Taylor, on the set of "Giant."

Don's favorite hobby is his computer. He is editor of his Brentwood Methodist Church Sunday School Class email system and their picture directory. He recently took a computer course at the Cool Springs Apple store to learn how to edit home videos and slide shows (You may have seen some of his videos on channel 920). Don also serves on the Facilities Committee and Yearbook staff.

Employee Spotlight: Edwin Garcia, Food and Beverage



Edwin Garcia was born in Alexandria, Virginia, in 1989. He moved with his family to Tennessee, in 2006. Edwin graduated from LaVergne High School, in 2008. After relocating out-of-state for a couple of years, Edwin returned to Tennessee five years ago. He moved on the day of the May 2010 flood! Edwin joined our Food and Beverage Department a year later, in May 2011.

Edwin feels he has really grown professionally during his employment with The Heritage at Brentwood. He began his employment bussing tables in the main dining room, advanced to a server position and was promoted to Dining Room Supervisor in May of this year. He has plans to attend Nashville General Hospital School of Health & Science. Edwin plans to become a Radiologic Technologist.



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

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

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