

ADAMSPLACE *Accent*

Residential Living Newsletter *SPRING of 2014*



From the Director – Adam Coggin

CHOICES. I heard a sermon one time where the preacher kept talking about choices. He kept saying, “Life is about choices . . . It’s all about choices . . . What do you choose? . . . Who do you choose?” I never knew that there were so many ways to use the words choice, choose, chosen, etc. He just kept going and going. I have to admit I got a little tired of the redundancy and simplicity of the message, until I realized what a powerful message it was. I heard this message over ten years ago and I am still today reminded of those powerful words, “It’s all about choices.” Our life is truly the sum of all the choices that we have made along the way. The relationships we choose, the choice to get married or stay single, the choice to go to college or to work, the choice to have children or not, the list could go on and on. Of course this list and much of our lives are intertwined with circumstances of which we have no choice. While we do not control all of our circumstances we do control how we “choose” to respond to them.

There is a quote that I really enjoy. It says, “You are today where you thoughts have brought you, and you will be tomorrow where your thoughts take you.” Through life we have all made choices that have taken us to where we are today.

Everyone here has chosen to live here at AdamsPlace. This choice has been made in a varying array of circumstances. Whatever the circumstances, we are honored and blessed that you are here. We welcome you each morning to an environment we hope you find clean, safe, and inviting. We promise to provide you with as many choices as we can.



Thank you for choosing AdamsPlace!

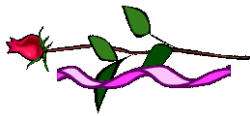
Adam

WELCOME TO ADAMSPLACE

New Residents
since the last
Newsletter:

309 - Jim & Ann Davidson
307 - Tim Graves
305 - Jean Garner
303 - Betsy White
325 - John & Dot Tracy

We're so glad you're here!



HAPPY BIRTHDAY
to these AdamsPlace
Residents!

JANUARY

9th - Eddy Kucker - Apt. 327
15th - Ted Fix - Apt. 202
23rd - Ruth Lambert - Apt. 217
20th - Nancy Smith - Apt. 122
28th - Mildred McMillion - Apt. 314
29th - Anna Brooks - Apt. 230
30th - Ruth Hager - Apt. 100



FEBRUARY

4th - Vivian Farrar - Apt. 222
5th - Helen Stephenson - Apt. 227
6th - Octa Smith - Apt. 118
15th - John Todd - Apt. 201
16th - Margaret Hobgood - Apt. 102
19th - Marty Martens - Apt. 301
19th - Martin Moseley - Apt. 215
19th - Irene Wenderoth - Apt. 204
24th - Patsy Rogers - Apt. 213
29th - Eva Hillman - Apt. 216

MARCH

11th - Frances Kemp - Apt. 206
19th - Linda Christiansen - Apt. 229
29th - Genelle Evans - Apt. 110

APRIL

3rd - Marilee Todd - Apt. 201
7th - Sue Messick - Apt. 121
8th - Joyce Dossey - Apt. 212
10th - Dennis Martens - Apt. 301
20th - Hank Kajetzke - Apt. 211
20th - Mary Sue Leach - Apt. 208
21st - Betsy White - Apt. 303
26th - Lyla Russell - Apt. 311

Resident Council has new members and new duties

New Resident Council members were elected at the Annual Meeting. Here is the roster of names and their duties, some of which are different from last year.

An asterisk * next to a name indicates residents who were elected at this year's meeting.

*Janet Flotemersch – Activities

*Helen Stephenson –
House & Grounds

*Martin Moseley –
Gifts & Memorials

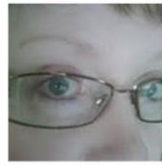
Fran Rosenthal – Dining

Dennis Martens – Communication

Sandy Everett – Hospitality

Sue Messick - Library

Thank you to these new and returning members for all of the hard work they do on behalf of the resident population.



Greetings!

From Betsy Bond -
Activities Director

Dear Residents,

The Partners start every work day with a Stand-Up meeting to read and discuss one of the 20 *Better Way Promises* that NHC employees use to focus on “caring in a better way day by day” (the NHC slogan). I want to share them with you; even if we sometimes fall short, these are the goals we are striving for day by day.

All 20 promises begin “**I promise to . . .**”

- greet you with a smile, make eye contact.
- use your name always.
- address your needs with a sense of urgency.
- put my heart into everything I do.
- respect your privacy, dignity, confidentiality.
- answer the phone within 3 rings, with a smile.
- give you as many choices as I can.
- maintain a safe, secure environment for you.
- do my part to keep the environment pleasant.
- resolve any of your concerns.
- Give no excuses, apologies only.
- anticipate your needs.
- be a part of the NHC team, no “I” in team.
- only make promises to you that I can keep.
- be neatly dressed and well groomed.
- respond to your needs not keep my schedule.
- use compassion as my second language.
- escort you to your destination.
- recognize that all your concerns are major.
- maintain a positive attitude.

I hope when you observe the AdamsPlace Residential Living Partners you see these promises in action! - Betsy

Memories of Christmas at AdamsPlace



Betty Phillips' wonderful *Dickens Christmas Village*



Beautiful *Nativity Play* by Northside Homeschoolers



Jim Ridley (in Santa cap) & *Sons* present Christmas music



Northfield Elementary School Choristers give their all

A long Winter kept us indoors.



It was mighty cold in the Mid-South.

We managed to find some indoor activities.



We hosted a *Book Buddies* event where some of our residents and other volunteers from the community were trained to help children read.



Our *Book Buddies* have continued to go to *Erma Siegel Elementary School* every week to meet with young students and help them using their life experience and tender loving care.

Chef Mike and Ruthie the Cook demonstrated
Fruit Decorations and Garnishes



Decorations rose to the level of art.



The turtle was a crowd-pleaser.



Chef Michael DeChirico and Cook Ruth Pacheco

Linda Christiansen also planned a Kitchen Kwiz:
residents guessed what the spices and utensils were.



Tied for the most correct answers in the
Kitchen Kwiz were Pat and Ruth Ann:



Pat Kajetzke, far left



Ruth Ann Simmons, far right

Doing Something for Others

Thank you to all of the residents
who participate in the monthly

Activities Preview!

Each month, currently on the
first Tuesday at 3:00,
we get together in the Meeting Room,
and residents tell each other about
special upcoming events and give
updates concerning ongoing activities.

(Oh, by the way, we give away coupons
for free services such as Soda Shop Lunch,
Shampoo & Set, Haircut, and others.)

*If you haven't attended, come to the next
Preview and hear what's going on!*

*If you know of a resident who is doing something for others,
please tell Betsy or Paige.*

Congratulations to these Partners on their anniversaries of employment!

Tonya Messier - 1/20/12 - 2 years

Paige Rijhoff - 1/10/01 - 13 years

Christine Gerspacher - 2/24/12 - 2 years

Betsy Bond - 4/9/01 - 13 years

Anna Grace Lane - 4/2/13 - 1 year

Lori Lewis - 4/20/04 - 10 years

Lofton Marable - 4/23/13 - 1 year

INFORMATION, TIDBITS, UPDATES, & FYIS

-Coming Soon: A program on Preventing Falls
is in the works for later this Spring. Be sure to
attend this important program.

-A Reminder: If you are parking your walker,
please engage the brakes so that if someone
sits down on the seat of your walker, the
walker does not roll out from under them.

-About Carts: Oh those handy carts . . . where
is one when you need it? Please do your
neighbors the service of returning a cart to its
original location in a timely manner.

-PEP Cards: Residents are remembering to
write the Partner's full name (and sign their
own full name) on a PEP card. This helps the
Business Office, who ends up with the PEP
cards so that Partners realize a monetary
benefit from them.

-Missing from the Library: The book, The
Flip Dictionary, has been missing for a
while from our AdamsPlace Library. If you
have forgotten to return it, or have seen it
around the building, please bring it to the
Library, or notify Sue Messick / 893-2874
or Doris Clayton / 867-6698 of its location.

-Our Library Ladies: Many thanks to Sue
Messick and Doris Clayton for the fine
work they do in the AdamsPlace Library,
keeping the place in excellent shape for us.

-Legal Info: Tennessee Bar Association
has a handbook to help Seniors better
understand federal and state benefits and
new health care laws. The Legal Handbook
for Tennessee Seniors may be accessed
for free downloading at the bar association
website www.tba.org. It is 341 pages long,
so you may want to read the PDF online.
The Concierge may be able to download it
in the Investment Center by googling
"tba.org legal handbook for seniors."



Five Inventions That Changed the World



This information was copied from a column by Michael G. Williams in a Senior housing newspaper.

“What are the top five inventions that changed the world?

Here are the inventions in descending order on which most Seniors agree.”

1. Electrical generator and the light bulb - As early as 600 B.C., Greek philosopher Thales made observations on static electricity, demonstrating that friction gave amber magnetic properties. Throughout the centuries, people continued to experiment with electricity, most notably Benjamin Franklin, who tied a key to a dampened kite string during a thunderstorm to prove that lightning was electrical in nature. By 1800, scientists had made great strides. Alessandro Volta, for one, created an early battery out of alternating layers of zinc and copper. Such experiments led to the crowning moment in electrical innovation the creation of electric generators such as Thomas Edison s Dynamo, and the subsequent advent of electric light.

2. The wheel - The wheel is without a doubt among the most important inventions ever conceived. Chances are there is some variation of the wheel within a few feet of where you sit. It could be on the bottom of a table or a chair, or maybe the circular blade on a pizza cutter. While scholars believe that the wheel dates back as far as 4500 B.C., the earliest depiction of a wheeled vehicle appeared on a piece of pottery from 3500 B.C., which archaeologists discovered in southern Poland.

3. Writing/printing press - From politics and revolutions to arts and entertainment, we use the written word to record our ideas and to express our emotions. The oldest writing system roughly dates from 3200 B.C. in what is today Iran. What started out as crude symbols gradually evolved into a phonetic system of letters that, together, formed words. Before long, many a monk had sacrificed his finger joints and eyesight to create elaborate handwritten books. And by the mid-1400s, an unknown goldsmith named Johannes Gutenberg gave the world its first movable type printing press. The rest, as they say, is history.

4. The computer - Once the stuff of science fiction, computers are now in every household indeed, in every pocket. But computers of various sorts date back more than 200 years. In 1801, Joseph Marie Jacquard created a series of punched paper cards that, when used with special textile looms, enabled the machines to weave complex patterns automatically. In fact, it was this invention that inspired Charles Babbage (widely credited as the father of the computer) to create a punch card based mechanical computer in 1822. He designed his difference machine, as he called it, to compute polynomial functions. Today, computers run virtually every aspect of our lives and have literally placed an entire world of information at our fingertips with the Internet.

5. Internal combustion engine - The internal combustion engine is at the heart of arguably the most important transportation innovation in history: the automobile. Though the use of such engines wasn't commonplace until the advent of commercial oil drilling, early models appeared over 150 years ago. In 1860, innovators like Jean Lenoir produced internal combustion engines and paved the way for subsequent variations by Karl Benz (of Mercedes-Benz), Gottlieb Daimler, and Rudolf Diesel.

– Thank you to Dennis Martens for submitting this information.



Keel Hunt, author of the book, *Coup*, met with the Book Club in February.

Pictured left to right behind the seated author: Margaret Gordon, Wordna Black, Nancy Smith, Sue Messick, Mary Parker, Sandy Everett, Janet Flotemersch, Book Club Chairman Pat Kajetzke, Hank Kajetzke, Carolyn Russell, Mary Sue Leach, Jerry Gaither, Helen Stephenson

The First Monday No Guilt Book Club meets the 1st Monday of each month at 2:00 pm in the Library.

Come if you have read the book or not (no guilt). Check the electronic sign (or Channel 920 on your home TV) for details each month, including the title of the book to be reviewed.



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