

# ADAMSPLACE *Accent*

## Residential Living Newsletter *SUMMER of 2014*



### **From the Director – Adam Coggin**

As an AdamsPlace resident, you know that a remarkable living experience is at the heart of what makes our community unique. This newsletter provides a glimpse into the opportunities and people that make AdamsPlace the community it has become today. From birthday parties, convertible rides, Hungarian dancers, a wellness program that rivals any other complete with a fully equipped fitness center are just a few of the ways AdamsPlace endeavors to please the community. No matter which activities you choose to participate in we hope that your experience is rewarding and your memories lasting.

AdamsPlace has developed a comprehensive residential living package, designed to offer you maximum freedom to pursue your favorite activities. A monthly service fee entitles residents to weekly housekeeping and linen service, one meal a day at the AdamsPlace restaurant, regularly scheduled transportation, in-home security, a medical alert system, swimming pool and a myriad of recreational activities.

Your monthly fee also provides guaranteed access to healthcare at the Health Center, including assisted living, rehab, and continuing care. AdamsPlace offers an abundance of opportunities for fitness and recreation. Residents have access to indoor swimming, billiards room, library, game room, meeting room and more.

You've waited your whole life to enjoy this chapter. As you enjoy the AdamsPlace Lifestyle it is our pleasure to serve you!



Thank you for choosing AdamsPlace!

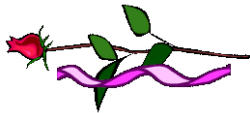
**Adam**

**OUR NEWEST RESIDENTS :**

322 - Jim Arnhart  
329 - Louis & Nancy Bittrich  
221 - Faye Brandon  
232 - Joan Byrne  
208 - Melba Chick  
321 - Lee Fly  
112 - Nancy Grebus  
205 - Bess Pickron  
219 - Russell & Joan Stanley  
234 - Lee & Sophia Owen  
215 - Edmund & Marilyn Lanni

**We're glad you're here!**

"God has a plan for all of us, but He expects us to do our share of the work." – Minnie Pearl



**HAPPY BIRTHDAY  
to these AdamsPlace  
Residents!**

**MAY**

11th - Bill Millsap - Apt. 224  
19th - Sharon Koller - Apt. 308  
30th - Bob Kucker - Apt. 327  
31th - Pat Kajetzke - Apt. 211

(Birthdays continued at right)

**JUNE**

11th - Russell Stanley - Apt. 219  
12th - Dot Tracy - Apt. 325  
16th - Liz Black - Apt. 332  
18th - Jerry Gaither - Apt. 119  
19th - Carolyn Marx - Apt. 319

**JULY**

3rd - Wordna Black - Apt. 127  
4th - Margaret Gordon - Apt. 123b  
8th - Rosenel Bequette - 312  
11th - Guy Fortney - Apt. 306  
14th - Walter Kemp - 206  
21st - Doris Clayton - 225

**AUGUST**

1st - Vara Ruth Williams - Apt. 101  
3rd - Mary Jane Gregory - Apt. 304  
8th - Marge Cushman - Apt. 108  
10th - Lee Owen - Apt. 234  
17th - Jim Clayton - Apt. 225  
23rd - Howard Clark - Apt. 336  
24th - Faye Brandon - Apt. 221  
24th - Betty Phillips - Apt. 106  
27th - Nancy Grebus - Apt. 112  
29th - Bess Pickron - Apt. 205

## Some Fun Stuff

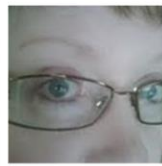
*Jim Ridley, the proud original owner of a red 1965 Dodge Coronet 500 convertible, takes Madge Lewis and Nancy Smith cruising!*



**Flossie Ridley and one of her little cousins entertain one another in the Parlor.**



Partners gave cookie-loving Adam some “healthy cookies” baked by our cook Ruthie. Lima bean, broccoli, carrot, & Brussel sprout cookies were cute but not consumed!



*Greetings!*

**From Betsy Bond -  
Activities Director**

Dear Residents,

It's almost the time of year when we do various events to raise money for the **ALZHEIMER'S ASSOCIATION.**

**Monday, September 22, we'll have a Bake Sale in our Lobby, 9:00 to 2:00.**

PLEASE BRING YOUR GOODIES IN SMALL, PRE-PACKAGED BATCHES.

Bring your money – cash or check – and buy what other residents and partners provide. Proceeds go to the Alzheimer's Association.

**Chefin' It Up will be on Wednesday, September 24. This is a small event NEXT DOOR that some residents have enjoyed.**

Chefs compete! Details will be made available as they are known to us.

**A Rummage Sale will take place NEXT DOOR, on Wednesday, October 15 to benefit the Alzheimer's Association.**

If you wish to donate items, we'll make arrangements for you to do so.

***Stay tuned for more info on all of these events to be posted in the Mail Room and on the TV Channel 920.***

Thank you for once again supporting the Alzheimer's Association! - Betsy



**Folkfest at AdamsPlace in June**



**Dancers accompanied by an upright bass and two violins**



**Hungarian Folk Dancers & Musicians**





## Ladies' Afternoon Tea & Jewelry Show



**Pictured: Kay Penny, Joyce Dossey, Kathryn Warren, Rosenel Bequette, Genelle Evans, Marilee Todd, Pat Kajetzke, Joan Stanley, Liz Rhea, Regina Breeden who brought the jewelry show, Janet Flotemersch, Ann Davidson, Lyla Russell, Carolyn Russell**

## Fashion, Food, & Fun!



## New Exercise Equipment

Thanks to Adam for our new exercise equipment!



**Melanie who teaches our popular M-W-F Exercise class did a training session for residents on the use of our new exercise equipment.**

**She demonstrated how each new piece is used. However, if you missed the demonstration, she also wrote instructions for each piece which you may read & follow so you're able to use the equipment.**

### *Congratulations to these Partners on their anniversaries of employment!*

Andrew Bass - 5/16/08 - 6 years

Ted Butler - 5/16/13 - 1 year

Chef Michael DeChirico - 5/8/01 - 13 years

Calli Vaughn - 5/27/09 - 5 years

Grace Oullette - 6/6/07 - 7 years

Ruth Pacheco - 6/20/07 - 7 years

Kelsey Webb - 6/1/13 - 1 year

Sam Bass - 8/19/11 - 3 years

Bobby Clark - 8/29/02 - 12 years

Jim Pitchford - 8/6/10 - 4 years

Savannah Robinson - 8/16/13 - 1 year

**RECYCLING in the trashrooms is NOW ONE BIN for paper, cardboard, plastic, & aluminum cans, no sorting needed. NO glass may be recycled.**

## Life...& the pursuit of:

### Interview with Danny Walters

~ ~ ~

**Betsy:** When you aren't working in the AdamsPlace Dining Room or Soda Shop, where might we find you?

**Danny:** I play drums in a rock 'n' roll band with old friends. We play in bars around Murfreesboro.

**Betsy:** We saw some of your art a few years ago in an art show here. What art have you been doing lately?

**Danny:** I make and repair guitar amplifiers and effect pedals. Also I'm planning on making a silk screen rig so I'll be set up to print.

**Betsy:** What does the future hold?

**Danny:** That's a good question!



**Organization One** by Danny Walters at Todd Gallery  
(interactive art)

Nine etchings on metal boxes are arranged cleanly on the wall and underlined by a rectangular board of buttons. When pushed, each button coordinates with a box and makes a different sound than the next. A small light turns blue at the bottom of the etching.



# Staying Resilient into Your Later Years

By Matt Narrett, M.D.

**If I had to choose one single attribute that is fundamental to aging well, it would be resiliency.**

Resiliency has many definitions, but it is quite simply our ability to get through difficult times and maintain a sense of self and well-being in the process. It is our ability to bounce back. No life is free of negative circumstance—what is most important is how we react to untoward events and whether we are prepared for the next one coming around the bend.

In a Harvard School of Adult Development study spanning over 70 years, researchers found that how we respond to and overcome troubles is a more important determinant of healthy aging than the actual amount and type of difficulties we encounter.

## **Building better resilience**

We all possess some degree of resilience, primarily based upon heredity, our life experiences, and personal motivations. The very good news is that you can improve your resiliency through practice and perseverance.

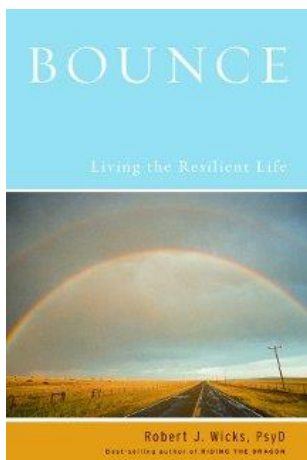
**Bob Wicks, a leading expert, writes in his book *Bounce* that we can move to greater resilience by “minimizing the effects of stress, cultivating an inner life, and developing new skills and actions that can help us thrive rather than merely survive.”**

**We must start with understanding ourselves and knowing which factors in our lives cause stress and how much that stress affects our everyday functioning.**

Improving personal resilience may involve caring for your physical well-being by eating well, exercising, and getting enough sleep, but it also may require some emotional work such as putting things into perspective and maintaining a positive attitude through setbacks and disappointments. The most resilient among us also have solid social networks. Studies show good social support decreases your risk of becoming physically ill and cognitively impaired, and also lowers your overall risk of death.

**Building your resiliency takes focus and practice and is well worth the effort. Consider a guide such as the book *Bounce* to help in the process. The ancient message “heal thyself” still rings true today.**

-From <http://www.ericksontribune.com>



## *Bounce: Living the Resilient Life* by Robert Wicks

Stress is a fact of modern life. Finding healthy ways to handle stress is more important than ever. In this book, Robert Wicks shows you not just how to manage stress, but how to transform opportunities to live a more meaningful, self-aware, and compassionate life. A wide range of methods are offered to help you bounce back from stress and live life to the fullest.

This book is available at Amazon.com and at Barnes & Noble (BN.com).



**Carol Ghattas, author of the books *Lust Under the Veil* and *Things I never Told My Mother*, met with the Book Club in June.**

Carol writes of Muslim life in the Middle East and shares insights through her books. She and her husband, Dr. Rev. Raouf Ghattas, have lived in Turkey, Syria, Lebanon, Tunisia, and Egypt, serving through the International Mission Board.

Pictured left to right are: (seated) Carol Ghattas, Patsy Rogers, Mary Parker; (standing, 1st row) Pat Kajetzke, Flo Nicholson, Wordna Black, Rosenel Bequette, Liz Rhea, Ida Read, Janet Flotemersch, Sandy Everett, Sue Messick, Nancy Grebus; (standing, 2nd row) Fran Rosenthal, Liz Black, Carolyn Russell, Nancy Bittrich, Joan Byrne.

**The First Monday No Guilt Book Club meets the 1st Monday of each month at 2:00 pm in the Card Room. *Come if you have read the book or not (NO guilt).* Check the electronic sign (Channel 920 on your TV) each month for the titles of books to be reviewed.**



AdamsPlace Independent Living  
1925 Memorial Boulevard  
Murfreesboro, TN 37129

615-904-7100

[www.adamsplace.org](http://www.adamsplace.org)