



# ARDENWOODS

 A Life Care Services Community™

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Spring 2015

## Welcome to *The View*



In April we opened a photography exhibit featuring the work of Bill Eppes. **Mockingbird** (upper left corner), **Moon & Rime Ice** (above) and **Summer Nectar** (below) are among the 16 prints on display until June 22.



### **In a World**

Jake Rightmyer, Executive Director

"In a world" ... I'm sure you've all heard those words at the beginning of a movie trailer or advertisement for a show? The deep, masculine vocals coerce the viewer into watching a snippet of what the movie is about. For years the movie executives have been using those three little words; so much so, that if I say, "In a world" not only do you know what I'm trying to convey, you probably hear it in that all too familiar voice.

Familiarity is a common theme at Ardenwoods too, but in the form of feelings...not words. When we do put it into words it comes out as, "family," "community," and "it just feels right." We may not be on the big screen, but we definitely have some characters. We have a story that is fun to tell, so please, by all means tell it.

The best marketing resource we have is you, and we very much appreciate any time you invite others to learn more about Ardenwoods. I'm honored to be, "In a world" ... with you all.

# Resident Spotlight

The Resident Wellness Champion Program is growing! Just two more residents to go to and we'll have our first round of Great 8's.



Joy Lee Eppes, Social Dimension.



Robert Wiley, Intellectual Dimension.



Lillian Meiggs, Spiritual Dimension.



## Earth Day Hoopla

This year we turned the Earth Day observance into a week long event to incorporate all eight dimensions of wellness with an emphasis on the environment. The week started with special projects in the creative arts studio (see next page) and the documentary "Home." Mother Nature supplied plenty of sunshine for the scavenger hunt and putting contests. Several residents took advantage of the perfect weather to work in the garden while others enjoyed a glass of wine under the hospitality tent.

Many new residents joined in for the Peruvian Prayer Ceremony referred to as "Despacho" to create a prayer bundle for the community (see photo above). All of the fresh flowers and leaves were gathered on-campus and participants blew their prayers and gratitude into the bundle. This year's bundle was buried by the flagpole in honor of our veterans. The 2013 bundle (the ceremony occurs every two years) was buried by our Peace Pole.

A fabulous vegetarian meal preceded the Earth Day concert by David Lagadi. The week ended with an outstanding production by the Rocking Chair Reader's Theater directed by Penny Mattice. Hurray for hooplas! It was a great week.



Activity Committee members, Shirley Morrow, Joanne Nisbet and Lyn Teven served beer and wine during the contests.



Sally MacMillan, Dick Turner, and Executive Director, Jake Rightmyer, watch as Sally nails a hole-in-one. However, it was Bob Wiley and Dick Jedwill that won prizes for their putting expertise. Bob won a thermal bag of organic fruit and Dick Jedwill won a hummingbird feeder complete with nectar.



Above, Janet Mitchell and Linda Kelly discuss scavenger hunt instructions. Participants had to locate "Lady Bug" rocks hidden on the trail that the arts and crafts class hand-painted during one of the Earth Day projects. Joyce Wiley and Janet Mitchell received orchids for participating and Sally and Chris MacMillan earned a pay load of organic fruit.

# Home & Garden



Arts and crafters created potholders from scraps of fabric for Earth Day using our new sewing machines which work great.



Metal washers morphed into beautiful necklaces made during one of the arts and crafts jewelry making classes.



A garden marker project was offered for Earth Week in the pottery class. Above, Annette Leuthold's design blends in beautifully with her real flowers.



The arts and crafts class went "all-natural" making spa products. Body scrubs were made from sugar, olive oil and organic essential oils. Participants made DIY neck and small joint hot/cold packs from scraps of fabric and filled them with rice; packs can be frozen or heated.



Spring flowers planted by resident gardeners were a feast for the eyes following the long winter. All 28 garden beds are blooming with flowers or growing vegetables.

## People & Places



Following her mission trip to Nicaragua, Janet Mitchell shared photos and stories of her adventure with the Ardenwoods community. Above, Janet socializes with orphaned children at the mission home.

### We Have New Additions to the Nest!



Betty Rhett, Camden, SC.



Oris & Kitty Crout, Candler, NC.



Ina Grebe, Hendersonville, NC.



# THE VIEW FROM ARDENWOODS

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