

# Connections

FALL 2018

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## *New Residency Option*

**R**IGHT TIMING A MOVE TO Arbor Acres is one of the biggest challenges future residents face as they consider this major life-changing decision. They may have to sell a family home they have lived in for 30 or 40 years, and the process of downsizing to a smaller space can feel overwhelming. The reality of leaving behind memories, keepsakes, a lot of love, and yes, square footage, adds stress to the short-term disruption brought on by a big move. Soon, though, a new option for establishing residency at Arbor Acres will be available for those who are not quite ready to leave their own home.

Later this year, Arbor Acres is introducing the Arbor Acres Advantage Program for Off-Campus Residency. This program will allow individuals and couples who live in Forsyth County, NC and surrounding counties in convenient proximity to our

campus to become residents without making an immediate move to our community. Off-campus residents who meet the program's requirements will be able to remain in their own homes while experiencing some of the health and life-enriching opportunities Arbor Acres offers.

The Advantage Program will provide access to the following benefits:

- ~ Availability and coordination of home care services (i.e. CNAs and sitters)
- ~ Inpatient care in Strickland Place/ skilled nursing for temporary or long-term care
- ~ Medicare-certified beds after 30 days of program participation
- ~ Tomlinson Wellness Center, including aquatic, land and wellness classes and personal consults with our Wellness Coordinator

*(Story continues on page 2)*



**“10 IN 10” PARTICIPANTS LOST ALMOST 400 POUNDS IN JUST 10 WEEKS!**

*Learn more about our Wellness Arts program on page 2.*

## *New Residency Option, cont.*

- Arbor Acres dining and catering facilities using an inclining balance plan
- Nursing consultation in the Clifford W. Perry Clinic at no additional charge
- Support and guidance during health care crises from Arbor Acres Continuing Care Arts staff
- Monthly entertainment and recreational programs
- An annual health and wellness assessment to identify ways to achieve optimal health
- The Wellzesta Arbor Acres resident portal, a communication tool available through an iPad mini, provided by Arbor Acres, which offers easy access to campus information. (*See related story on page 5 of this newsletter.*)

Those interested in applying to the Advantage Program must complete and submit an Arbor Acres admission application and financial statement. Upon accep-



Through the Advantage Program, participants can take part in campus activities.

tance, program participants pay a one-time entrance fee followed by a fixed monthly fee to cover costs associated with the utilization of programs, services, facilities and amenities.

*If you are interested in learning more about the Advantage Program, call Lynn Ross, Director of Marketing, at 336.748.4645. Participation will be limited in the first year.*

## *Wellness Is Ageless* STAYING ACTIVE IS KEY

“I BELIEVE THERE IS MORE to good health than good nutrition,” says Alice Smith, Arbor Acres Director of Wellness Arts. A registered dietitian and health coach, Alice, with help from the Wellness Arts team, has designed and implemented an integrative wellness initiative that engages the “whole person” in living a rich, fulfilling and healthy life.

Each month, programs and activities nurture the many dimensions of wellness, taking into consideration how social, emotional, spiritual, intellectual, vocational, physical, financial and environmental influences can positively affect well-being.

“Holistic wellness is a passion of mine,” Alice explains. “You can never underestimate the importance social engagement and intellectual stimulation can have on overall health and well-being. We are building programs for residents and staff where we hope to make a long-term impact on their health.”

For example, earlier this year, Alice and the Wellness team launched “10 in



**Arbor Acres**  
*Wellness Arts*

10,” a weight loss challenge designed to support residents and staff who wanted to lose at least 10 pounds in 10 weeks. The challenge involved weekly education sessions and weigh-ins, healthy cooking demonstrations, as well as personal coaching and lectures on healthy eating and exercise.

The result? More than 70 residents and staff lost a combined total of almost 400 pounds!

Then, in June, the Wellness Arts department organized Arbor Acres’ first annual on-campus “No Limits” 5K Walk and Run for residents, staff and families, complete with face painting, caricatures,



balloon animals, bounce house, dunk tank, magic shows and lunch prepared by Arbor Acres' Dining Arts department and served through a food truck. This intergenerational event was a huge success!

"We are challenging old ways of thinking about wellness and broadening our horizons to provide our residents and staff with even richer, value-added experiences," Alice says. "The ability to adapt to new ways of thinking and being are not age dependent. Even at 90, one is capable of change!"



Alice Smith, *Wellness Arts Director*

## Snapshot

*Below is a look at some of the highlights from Arbor Acres' first annual "No Limits" 5K Walk and Run for residents, staff and families.*



Arbor Acres' first annual 5K Walk & Run in June got off to a great start!



Residents shared the 5K Walk/Run with their children—and grandchildren.



Misting stations along the race route kept participants cool and hydrated.



They finished the race—a smile on each face!



Kids of all ages enjoyed balloon attire!



Face painting and balloon animals were big hits during the post-race fun!

# Working Today, Preparing for Tomorrow

## THE PRESIDENT'S MESSAGE

**A** WISE MAN ONCE SAID, “The only reward for doing good work today is the opportunity to do better work tomorrow.” For nearly 40 years, Arbor Acres has focused on doing the good work needed to make our community beautiful and financially secure. In fact, our financial performance over the past two years has been exceptionally strong. In many ways, we feel like we are experiencing a “mountain top” moment. As the quote above so wisely states, however, all that good work is simply a foundation for better work in the future.

*“We are doing the good work today to preserve, strengthen and build the stage we call Arbor Acres so your next great performance can shine brightly.”*

In this edition of *Connections*, you have the opportunity to read stories about a variety of interesting and fun initiatives. What do they have in common? Each story shines a light on how adults who are entering a new chapter in their lives have the opportunity to envision their future. At Arbor Acres, we believe that our job is to set the stage for life's next great performance. That means providing new opportunities for experiencing Arbor Acres through our new Arbor Acres Advantage Program for Off-Campus Residency, or

supporting a desire to live healthfully and well for as long as possible. It even means using new tools to communicate, engage and measure one's own well-being.

The stories are about more than self. Some stories address how residents are making an impact and leaving a mark on the world in big and small ways. I could not be more proud of the residents who call Arbor Acres home as they reflected on the community around them and found a profound way of giving back to younger generations through our partnership with Crossnore School and Children's Home, and our “Barn Raiser” fundraising project. Another example: the group of residents who feel called to environmental stewardship and are taking a stand against environmental decline one beehive at a time. And, I am in awe of a woman who is taking personal responsibility for her health and achieving physical feats that I can only dream about!

The speed of change is accelerating. We are doing the good work today to preserve, strengthen and build the stage we call Arbor Acres so your next great performance can shine brightly.



Andrew Applegate,  
President

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## Technology in Retirement

**YOUNGER BABY BOOMERS** are now joining retirement communities in record numbers, bringing with them a reliance on technology, such as smart phones, iPads and lap top computers, to communicate with each other and to stay in touch with family, friends and, indeed, the world.

Over the past year, Arbor Acres considered ways to meet the evolving needs and expectations of residents and their families, and staff, by incorporating more technology in how we communicate and engage with residents. After considerable research, Arbor Acres identified a tool called Wellzesta that we introduced to residents this summer as part of our wellness program.

Wellzesta is an innovative and user-friendly app designed for senior living communities, such as Arbor Acres, that can serve as a calendar, communication device, information repository and wellness-tracking tool. The app is available through an Apple iPad Mini, which Arbor Acres provides each resident.

More than 200 residents have already received an iPad Mini. Even participants in the Arbor Acres Advantage Program for Off-Campus Residency, will receive an iPad Mini. We provide training sessions to help existing and new residents understand how easy it is to use Wellzesta and its robust capabilities.



Residents receive one-on-one help whenever they have questions about Wellzesta.

Wellzesta offers residents access to up-to-date information at their fingertips, including the resident directory, event calendars and current menus.

Resident Martha Kirby who claims she is not very computer literate is already finding Wellzesta to be very helpful.

“The Wellzesta menu is so easy to use,” says Martha. “I can check on the time of my exercise classes, and I love being able to access the resident directory to get phone numbers and addresses and match up the names and faces of newer residents.”

We won't be giving up on printed communications quite yet—that will be a gradual process. Nevertheless, the promise of how Wellzesta is already improving internal communications excites us. Moreover, we are pleased by how many trees we will ultimately save!

## Benefits of Planned Giving

**ARBOR ACRES' AFFILIATION** with the United Methodist Foundation allows us to offer Charitable Gift Annuities to our friends and families. The rate change effective July 1st further enhances the benefits of these vehicles in meeting the wishes of the donor. In exchange for donating money or stock to Arbor Acres, the donor realizes income stream for life and may be entitled to an income tax deduction.

Example: Donor is 72 years old with a stock valued at \$10,000 yielding 1.2%. Instead of selling it, donor uses the stock to establish a gift annuity. The ACGA table provides an annuity rate of 5.8%. Donor's income increases from \$120 to \$540 per year and donor may be entitled to a charitable income tax deduction of \$4,651 (depending on tax bracket).

For further information, contact **Denni Peebles (336/464-1923)** or [dpeebles@arboracres.org](mailto:dpeebles@arboracres.org).



## Raise the Roof!

HELPING OTHERS BY SUPPORTING good causes is something that comes naturally to the residents of Arbor Acres. This year, residents decided to raise money for an organization that is near and dear to their hearts.

On the northern edge of downtown Winston-Salem there exists an unusual sight—a 200+ acre working farm that cares for children who have experienced the trauma of abuse and neglect. Here, children interact with and care for farm animals as part of their therapy and vocational training. Many of the animals were rescued from situations where they, too, were abused or neglected. The children form emotional bonds with the animals as part of the healing process.



The Children's Home has been located on this property since its founding in 1909. In fact, the Children's Home and Arbor Acres have a shared history going back to 1975 when the Children's Home donated land for the creation of Arbor

Acres. (In 2016, the Children's Home merged with The Crossnore School located in Western North Carolina). The Crossnore School & Children's Home continues to serve children through a variety of services, including on-campus group residential care.

Earlier this year, Arbor Acres residents chose The Crossnore School & Children's Home to be the beneficiary of this year's fundraising project. Discussions with



The roofs of the barns on the Crossnore School & Children's Home are in dire need of repair.



Children who have experienced the trauma of abuse and neglect interact with and care for farm animals at The Crossnore School & Children's Home as part of their therapy and vocational training.

school administrators shed light on the fact that the barns that house the farm animals, which are such a critical part of the children's healing process, are in desperate need of repair and restoration in order to be functional.

Residents felt that a fundraiser to help restore the barns was a meaningful way to help honor this important neighbor, a shared past, and the important work they do on behalf of children.

They chose "Barn Raiser" as the theme, a reference to the tradition of a farm community turning out in force to help one of their own in a time of need. Planning for the October 18, 2018, celebration party, which will feature music by the renowned Winston-Salem musician Martha Bassett and her band, has begun in earnest. There should be much to celebrate! By late August, the fundraiser had already reached more than 90 percent of its goal!



Fundraising co-chairs (l to r) Hayden Kepley, Mary Kepley and Carroll McCullough, set a fundraising goal of \$109,000 to recognize that 2018 marks the 109th birthday of The Crossnore School and Children's Home.

## Resident Spotlight: JOY LEVINE

“I’M 90-SOMETHING YEARS OLD, and I attribute my longevity to my focus on fitness,” says Joy Levine. “I moved to Arbor Acres from New Jersey in the spring of 2016, and I brought with me my passion for an active lifestyle. I quickly discovered all the different ways Arbor Acres could feed this passion and support my wellbeing.”

In fact, every weekday morning for three hours starting at 8 am, you can find Joy in the Tomlinson Wellness Center taking water aerobics and exercise classes, stretching and working out on nautilus equipment. You might even catch her doing some planks!

In addition to her focus on fitness, Joy brought something else to Arbor Acres: a Peer Leader certification in Project Healthy Bones from the state of New Jersey. Healthy Bones is a wellness exercise and education program launched by the Garden State’s Department of Health and Senior Services in 1997 to help older men and women at risk for or who have osteoporosis. It comes as no surprise that Joy is now teaching a Healthy Bones class for Arbor Acres residents every Saturday morning!

“I taught Healthy Bones in New Jersey, and wanted to teach it at Arbor Acres, too,” Joy explains. “This program helps participants develop balance, improve posture, and increase strength.”

“From my training and what I read, I know it’s important to our health to keep

our bodies moving. I follow Dr. Oz’s advice and try to move every hour.”

Joy is a bit of a maverick. On her first day at the wellness center to take a water aerobics

class, she discovered only men in the pool—and she was the oldest.

“I decided I was not going to let any of this stop me, and I joined the men in the pool for that class. That started me on my daily exercise regimen.”

Fitness is not Joy’s only passion—she loves volunteering at Arbor Acres, visiting with residents in Strickland Place and Asbury Place a few afternoons each week.

“In healthcare environments, it’s important to get residents out of their rooms and engage them in activities. I ‘dance’ with residents in wheel chairs and bring them to many of the musical events available.

“I love it here.”

When asked if she has any other secrets to her longevity besides a dedication to physical fitness, Joy does not hesitate to respond:

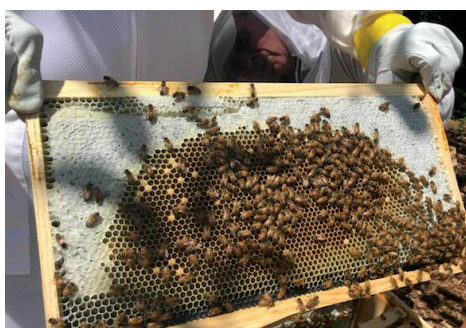
“You have to laugh a lot. Even at your own expense!”



## Campus Buzz



Thanks to the interest and efforts of (l-r) “Bee Team” members Chan Chandler, John Albright, Ron Vinson and Dan Jones, Arbor Acres welcomed 20,000 bees to campus in May!



By mid-July, the bees were already making honey to get them through the winter!





1240 Arbor Road  
Winston-Salem, NC 27104-1194

866-658-2724 | 336-724-7921  
[www.arboracres.org](http://www.arboracres.org)

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**FEATURED  
ARTWORK AT  
ARBOR ACRES**

*This original watercolor, called Stockbridge Bowl, was painted by resident Toni Petersen, a professional artist.*