

3205 Skippack Pike
Worcester, PA 19490

meadowood.net
484.991.4469

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celebrity chef series!



MEADOWORDS

A seasonal newsletter for friends
of the Meadowood community

SUMMER/FALL 2016
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MEADOWWORDS

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What's on our menu for **DINNER?**

Meadowood focuses on the six dimensions of wellness, which enrich residents' lives on a daily basis. As a reminder, the six dimensions are physical, emotional, spiritual, intellectual, environmental and social. Our dining program covers at least three of these: intellectual, environmental and social.

In your own home, meals tend to be a time for your family and friends to share a nutritious meal, enjoy one another's company and discuss the highlights of the day. It's the same at Meadowood — with one big difference. WE do the cooking and cleaning up!

We partner with FLIK Lifestyles to manage and plan our dining program. Meadowood has three dining areas. Our main dining room offers a fine dining atmosphere; our Garden Café serves three meals a day in a more casual atmosphere; and our newest addition, The Bistro, offers small plates and a festive atmosphere!

FLIK assures that the food we serve is from sustainable sources. Our produce comes from local farms; we use cage-free eggs and poultry that has been raised with limited use of human antibiotics; our seafood is acquired from fisheries that meet the criteria set by Monterey Bay Aquarium Seafood Watch; and our meats meet the gold standard for animal welfare.



Above: Residents enjoy a meal together in Meadowood's dining room.

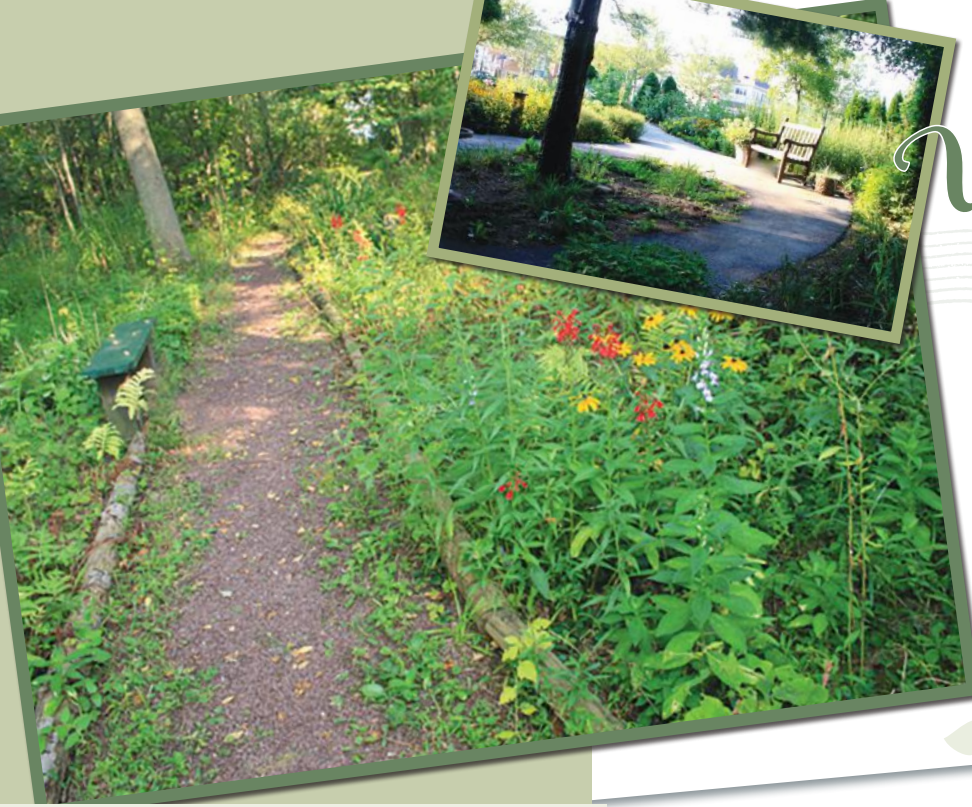
Below: Celebrity Chef Fabio Viviani demonstrates healthy gourmet cooking to residents

Some of the special programs we offer include “super food” demonstrations and our celebrity chef series, which showcases the culinary talents and expertise of nationally recognized celebrity chefs. Fabio Viviani, who was featured on “Top Chef,” visited Meadowood last fall for a live cooking demonstration.



Meadowood strives to create a memorable dining experience for our residents and even has a dining committee made up of residents and staff. We are always looking for ways to explore new ideas and expand our offerings.

Our project to enhance the courtyard, which breaks ground this summer, will add another venue for dining. Who wouldn't enjoy a meal or snack outside by a lovely pool in a beautiful courtyard? We look forward to sharing more about our dining program when you come for a visit.



Wish you were
HERE

Our woods and trails system covers over a mile of groomed terrain. Take a walk on our trails and look for wildlife, bird-watch at one of our bluebird boxes, or stop at a bench and enjoy the beautiful vistas.

CEO CORNER



Paul Nordeman,
President & CEO

The Meadowood Master Plan Steering Committee is preparing to seek the board's approval of a comprehensive strategic plan that will guide us for seven to 10 years. We engaged this committee as we considered

the achievements realized from our 2008 Master Plan. As we examine the themes of dining and nutrition, it is refreshing to see the exciting ideas for our dining venues. They directly connect to our commitment to wellness detailed in our vision document.

Our team understands the impact of the dining experience on our community's well-being. The very positive changes that have resulted from our current plan embolden us as we consider our programs for the future. We appreciate the efforts of all who have guided this important planning process.



Shannon Grieb,
Vice President,
Marketing

Shannon Asks

Are you eating enough?

This may seem like a personal question, but oftentimes, as people age, they tend to let proper nutrition slide. We often hear, especially from people living alone, that cooking for one is too much effort. This can begin a slippery slope to health problems.

A few quick statistics about malnutrition in older adults:

- Out of the millions of older adults admitted to the hospital every year, one in three are admitted for malnutrition.
- Disease-associated malnutrition costs the U.S. \$157 billion each year.
- Social factors account for a lower intake of food.
- Malnutrition can cause increased infection, anemia, weakness and fatigue.

Living in a community that offers a comprehensive dining program significantly decreases the risk factors for malnutrition. Residents at Meadowood feel motivated to meet friends for an enjoyable meal. A complaint we often hear from new residents is that they gain weight after they move here!

TO YOUR HEALTH



A balanced diet is key!

1. Know what a healthy plate looks like. Check out choosemyplate.gov.
2. Eat enough proteins, vegetables, whole grains, low-fat dairy and vitamin D.
3. Read nutrition labels. Be a smart shopper and find items lower in fat, added sugars and sodium.
4. Use recommended servings. Visit heart.org to learn about the recommended daily servings for adults 60+.
5. Stay hydrated throughout the day. Water is an important nutrient, too!

at HOME WITH *Tom & Tootie Friend*

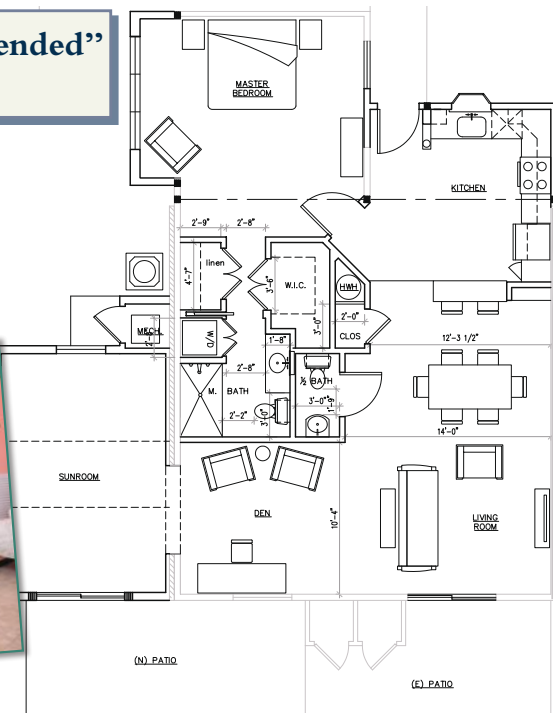


When we were looking at retirement communities, we knew we didn't want to walk down a long hallway in a high-rise building. We wanted a living space with an outside entrance and a courtyard view. After visiting a few communities, we came to Meadowood and instantly fell in love!

We love so many things about our courtyard home: it's on the end, with windows all around, the room sizes and layout suit us well, and the extra-large patio off of our sunroom is delightful. We describe Meadowood as a community with a heart and soul, and we could not imagine living anywhere else!

Floorplan: "Durham Extended" in The Courtyards

- Square footage: 1,186
- Bedrooms: 1 plus den
- Bathrooms: 1.5
- Details: Sunroom, private patio



It all begins with **you.**

Two Great Ways to **DISCOVER MEADOWOOD**

Register NOW
for These FREE Events

Dine and Discover Luncheons

Be our guest as we explore life at Meadowood, enjoy a delicious lunch and tour residences.

Luncheons are held twice a month at 11 a.m. Space is limited. Reserve early.

Wednesdays:
September 28
October 26

Thursdays:
September 8
October 13



◆ MEADOWOOD'S "ANTIQUES ROADSHOW" ◆
FREE APPRAISAL EVENT
FIND OUT IF YOUR TRASH IS TREASURE!

**Wednesday, September 21,
1:30 p.m.**

Join the fun at an entertaining appraisal event hosted by antiques experts Jeffrey Henkel and Tim Zeigler of Kamelot Auction House.

Please bring in personal items tagged with your name, such as vases, candlesticks, watches, furniture, statues and silver.

If your item is too large to bring in, feel free to share pictures. No coins, stamps or jewelry, please.

Please RSVP

for all events at
484.991.4469
or register online at
DiscoverMeadowood.net.