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Blast from
the Past –
Famous Firsts



senior connection

Ridge Care
Pioneering Senior Living Alternatives

Breaking Ground in Stanleyville

Arbor Ridge at Stanleyville will open in 2011. Located north of Winston-Salem, North Carolina, this new 70-apartment community promises to be the pinnacle of independent living for retirees in its area.

A. Sam Hooker, Ridge Care Chief Development Officer, breaks ground on Arbor Ridge at Stanleyville.

B. Kirkland Construction team representatives attended the event.

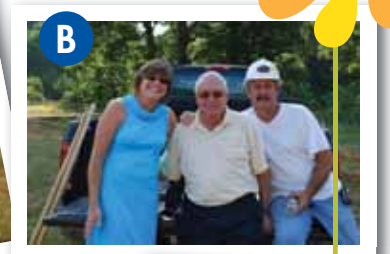
C. A Winston-Salem Chamber of Commerce ambassador meets Elizabeth Young, Director of Community Relations at Deerfield Ridge and Mary Genia Day, Executive Director of Arbor Ridge at Kernersville.

D. Ceremonial hardhats and shovels stood ready.

E. Amanda Moore, Ridge Care Vice President of Marketing, and Tracey Hennessee, Director of Operations

F. Ridge Care officials were pleased to welcome local senior service providers.

G. Tina Long greets members from the Ridge Care home office administrative team.



Alfredia Gravely, The Havens at Princeton

Alfredia Gravely, 75, moved into The Havens at Princeton April 1. The retired school teacher has been writing poetry since the age of seven and discovered The Havens to be a new, rich source of poetic inspiration.

“I like to write poetry about people I love or care about. I describe them and write a few things about them. I think I’ve really stumbled on something special that I call ‘People’s Poetry,’” says Gravely.

Where Gravely once taught English to middle and junior high school students at Graham Junior High School, now she shares her love and gift of poetry. Every other Thursday, Gravely hosts “Inspiration Time” at The Havens at Princeton. Residents join to discuss



various topics and try their hand at poetry.

“She came to the activities director about Inspiration Time. For a full hour, they discuss topics; and Alfredia teaches how to write poetry,” says Lisa James, director of community relations and business manager at The Havens. “There is always a full house. Alfredia has written several poems about residents and staff members. Everyone loves them.”

The Havens

By Alfredia Gravely

There is a special place with a special view,
And it’s known as the Havens to me and you.

Love lives there with the staff and the residents
And they are all one big happy family.

Joy and happiness reside there too
And nobody is ever lonely or blue.

The Havens has something great within
There is no strife, but peace abounds.

This is the reason the Havens has stood the test,
And it’s widely known that the Havens is the best.

PLEASE PASS THE...

Feeding an entire community three meals a day is no light task, Ridge Care food services directors readily admit. Choosing menus, selecting ingredients, assembling personnel and then preparing, serving and cleaning up after each meal requires both organization and creativity.

Ron Bridges, food services director at Arbor Ridge at Eden, notes that his most requested dish is baked

ham. Banana pudding, always a popular selection, wins the favorite dessert award easily.

“Residents set their clocks around our meal times. We pour our focus and energy into trying to please everyone. This can be a challenge because everyone comes from so many different walks of life. For example, we have a couple who has been married for 76 years and lived on a farm and we have a former buyer for a department store who traveled all over the world,” says Bridges. “Finding a common thread is both a challenge and our goal.”

Joyce Fournier serves as the director of dining services at Deerfield Ridge Assisted Living in Boone. She says that her mission is



The most requested dish at Arbor Ridge is baked ham.

to provide nutritional meals in a comfortable, social atmosphere. Residents often request favorite recipes or new ones that they have clipped out of a magazine.

“I do all I can to honor special requests. Someone may want homemade chicken and dumplings. Or, we’ve had a request for fresh tomato biscuits so I go to the market for tomatoes,” says Fournier.

From getting tips on decorating the annual gingerbread houses to trying a lemon pie recipe, listening to what residents want is as important to providing what they need, according to Fournier.



FAVORITE DESSERT AWARD

Banana pudding, always a popular selection, wins the favorite dessert award easily.

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RIDGE CARE

If you have any questions or would like further information,
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Blast from the Past

FAMOUS FIRSTS:

- **1789** George Washington proclaimed the first National Thanksgiving.
- **1863** President Abraham Lincoln proclaimed the last Thursday in November to be the United States' official Thanksgiving Day.
- **1888** The Washington Monument opened to the public.
- **1908** Henry Ford introduced the Model T automobile.
- **1933** The five-day work week officially was sanctioned by the American Federation of Labor.
- **1950** "Peanuts" by Charles Schultz debuted.
- **1967** Thurgood Marshall, the first African-American to be appointed to the U.S. Supreme Court, was sworn into the court.
- **1989** The San Francisco Bay area earthquake occurred, killing 62, wounding nearly 4,000 and leaving 12,000 homeless.
- **2010** The Blue Ridge Parkway, with its autumn foliage attracting many of its 22 million annual visitors, turns 75 years old.

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