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ACTIVE Living in
Ridge Care
Communities



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Having Pets Can
Benefit Our Health!



Above: Residents meet to shell fresh peas for good eating later at The Havens at Princeton in West Virginia.

Right: Corky Godfrey celebrates her birthday at Arbor Landing at Ocean Isle.

senior connection

Ridge Care
Pioneering Senior Living Alternatives

An Active Lifestyle Makes the Difference

Choosing a Ridge Care community means choosing a home-like setting. That setting is combined with a variety of activities promoting wellness and recreation. The professionals in each of Ridge Care’s communities believe that emphasizing socialization and a full range of activities provide healthy stimulation. Brain and body activities allow seniors to maintain a healthy and independent lifestyle.

At Villages of Ashe in West Jefferson, activities director Joyce Richardson exceeds the number of required activities per day for their residents. Richardson changes activities frequently so that activities stay appealing, stimulating and fun.

And if an activity is enjoyable but difficult for a resident, Richardson modifies it to fit the resident’s ability level. For example, one resident enjoyed the regular beading craft class that Richardson offers; but her dexterity did not allow her to handle a needle like she once could. Richardson devised a system where a Styrofoam ball holds the needle so that the resident can continue to participate.

Activities at Ridge Care communities aim to create a social environment far different than sitting alone at home. Respecting that residents have unique interests and backgrounds, activity calendars contain many different choices for getting involved.

Deerfield Ridge activities director Deborah Downs enjoys devising interactive activities as well. Her frequent “Tea & Chat” programs feature tables set with teapots and magazines and newspapers to jumpstart conversation. Each “Tea & Chat” session includes word games akin to Wheel of Fortune.

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A Letter from the VPO

Quite often, adults reach a point when they should no longer live on their own but do not need around-the-clock nursing care. Ridge Care Assisted Living Communities provide an alternative. Assisted living is for adults who need help with the everyday tasks of dressing, bathing, eating and other personal care functions but do not need full time nursing care.



At our Ridge Care Assisted Living Communities we provide the following services:

- Individualized care plans with registered nurse overview
- 24 hour access to Certified Nursing Assistants and personal care staff
- Medication management
- 24 hour pharmacy service
- Professionally developed social/recreation programs
- Emergency response system
- Three nutritional meals plus snacks served daily
- Housekeeping and personal laundry services
- Transportation for scheduled physician appointments
- Respite care (short stay) program based on availability
- Partnership with family and physicians
- Private or semi-private rooms

A good match between a community and a resident's needs depends as much on the philosophy and services of the assisted living community as it does on the quality of care. At Ridge Care our mission statement says it all: "Person Centered, Service Focused and Passion Driven." We strive to meet a resident's current needs as well as looking ahead to be able to provide for future needs. Our staff is trained to focus on, listen to and help our residents enjoy their lives rather than become distracted by worrying over daily care.

As I have said many times in my career, I believe that caring for our seniors in any arena – Independent Living, Assisted Living or Home Care – is a matter of the heart.

**Tracey S. Dobson, Vice President of Operations
Ridge Care, Inc.**

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Another popular event is the regular "What's Cooking" session that Downs hosts.

"We have made caramel apples, popcorn balls and muffins. Of course, the best part is when we eat what we've made," says Downs with a laugh.

With Appalachian State University so close in Boone, Deerfield Ridge is treated to special music from the college's music department. The music therapy program is a popular activity with Deerfield Ridge residents.

Each community sponsors special events along with their weekly favorites. Games are popular at all of the Ridge Care communities. Card games like Crazy 8, Uno or the ever-popular Bingo not only help stimulate conversations and build camaraderie; they encourage strategic thinking. Special events take place each quarter such as fall festivals, proms, dog shows and other entertaining events.

"Our activities are planned to work the hands and arms while we are having a good time. I like to incorporate the five senses into as much as we can," says Deborah Downs.

Various activities give people a wide array of recreational options. This commitment to resident satisfaction keeps residents motivated and interested in their environment.

"We want the residents busy and interested in more than when their favorite TV show comes on. We plan a mix of activity and socialization each day," says Cameron Keziah, Director of Community Relations at Villages of Ashe.



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RIDGE CARE: If you have any questions or would like further information, please contact us at info@ridgecare.com.



ACTIVE Living in Ridge Care Communities



Ridge Care communities believe in active living with a little bit of everything for everyone's interest levels! Our certified Activity and Social Directors develop creative, enjoyable programs for our residents. Our activities prove we live our mission statement: "Person Centered, Service Focused and Passion Driven."





SCIENCE SUPPORTS THAT HAVING PETS CAN BENEFIT OUR HEALTH!

- Holding a pet can lower blood pressure and reduce symptoms of depression.
- Walking a dog provides daily exercise and boosts energy levels.
- Long-term survival rates of heart attack victims with pets are higher than those victims without pets.
- Pet ownership has been documented to decrease feelings of loneliness and melancholy.
- Pets offer affection and being needed.
- The best dog breeds for seniors are smaller lap dogs, especially those that do not shed. Some examples are Boston, Cairn, Scottish, West Highland and Yorkshire Terriers. Other good breeds for seniors are Miniature Poodles, Chihuahuas and Miniature Schnauzers.

853 Old Winston Road
Suite 118
Kernersville, NC 27284
www.ridgecare.com

