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Spring

*Deerfield Ridge residents and Appalachian State students make joyful music together each week.*



# senior connection

Pioneering Senior Living Alternatives

## Bloom Where You're Planted

**A**t Ridge Care, we stress community, both within our walls and with a connection to our neighbors in society. We seek to be involved and to follow the popular adage “to bloom where you're planted.”

“Being a part of a quality senior living community is nurturing. We see many instances where people blossom in our environment,” says Amanda Moore, Ridge Care's Vice President of Sales and Marketing. “We have great things happening.”

### **Mallard Ridge Assisted Living, Clemmons, North Carolina**

Activity Director Pam Bailey assembled a collection of treasured family recipes to create a nearly 400-page cookbook. Residents, employees and families contributed to make the cookbook a special keepsake. Already in its second printing, the cookbook is a popular gift. Proceeds benefit colon cancer research.

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**Deerfield Ridge Assisted Living, Boone, North Carolina**

Residents at Deerfield Ridge take advantage of being near to the widely acclaimed music department at Appalachian State University. Each week a group of music students visit Deerfield Ridge to work with Assisted Living residents and those in Horizons Memory Care. This benefits both the students and the residents.

**Arbor Ridge at Kernersville, Kernersville, North Carolina**

This independent living community worried when Happy Hearing decided to close their Kernersville branch office. Using a mutually beneficial partnership, Arbor Ridge at Kernersville offered office space. Now Happy Hearing is open in Kernersville on Fridays. People from the greater Kernersville community and Arbor Ridge residents utilize Happy Hearing's services. "Our residents get their hearing aids cleaned and adjusted. Sometimes the services are free and keep our residents from just living with poor sound quality because it would be too much of a hassle to go to their office in Winston-Salem," says Social Director Teresa Bodford.

Arbor Ridge Kernersville also sponsors Senior Idol, a talent show for seniors sponsored by the Kernersville Shepherd's Center. In just two years, the show has grown to be one of the best attended senior events in town.

**Walnut Ridge Assisted Living, Walnut Cove, North Carolina**

Walnut Ridge Assisted Living regularly schedules blood drives for the community at their building. In addition, Walnut Ridge serves as a food bank collection site. They participate with Walnut Cove Rotary Club to collect money through a raffle to purchase "shelter boxes." These are large crates that contain a tent for housing, food and other needed items to help with Haiti victims. Walnut Ridge sponsored a Flight of Honor veteran, and they offer a scholarship for high school students. Walnut Ridge hosts family nights with invitations to discuss

topics that can benefit both families and residents.



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## Meet Deerfield Resident Lucille Smith

For over 90 years, Lucille Smith lived in Laurinburg, North Carolina. Her son, a teacher in Boone, wanted his mother to move closer to family. So at 91, Lucille Smith made Deerfield Ridge Assisted Living her new home after her son and daughter-in-law researched the community's amenities and atmosphere.

"Everyone is real nice here. I love people and decided it was my mission after being here three days to get to know everyone. I got up in the dining room and went table to table introducing myself," says Smith, now 94. "I realized that I have to get used to something. It doesn't happen in one day."

Her positive attitude and smile are infectious. Fellow residents voted her "Miss Firecracker" last July.

"Lucille stops to visit briefly with every resident who has preceded her into the dining room. Her nurturing and caregiving heart is evidenced by the way she spends those extra moments with her fellow residents who are cognitively and physically impaired. She senses their loneliness and hurts, and somehow with her great big heart, transforms a cantankerous resident into a peace-loving individual. Her hugs and infectious smile extend not only to her fellow residents but also to all employees," says Sharon Welborn, Deerfield Ridge Executive Director.

## Never Too Old to Exercise

Spring just calls us to come outside and walk around, a healthy way to enjoy the weather. Adding a consistent exercise program can benefit much more than one's disposition and waistline. Experts at the Leonard Davis School of Gerontology at the University of Southern California cite studies that indicate it is never too late to start exercising.

While strength and capacity may decrease with age, people who are inactive have much more muscle loss than those who continue to exercise.

Clearly, exercise regimens will differ with

capability. A water aerobics class, a movement class done while sitting, or brisk

walks may be

appropriate for agile seniors.

People confined to a wheelchair or walker may find leg lifts a challenging workout.

Regardless of one's level of movement and/or fitness, no exercise is detrimental. Staying active translates to staying healthy, even while stopping to smell the roses.



# Spring Wildflowers - The Look of Spring



- ☀️ **Dogwood** (*Cornus florida*) – North Carolina's state flower
- ☀️ **Large flowered trilliums** – low to the ground, they like to grow on hillsides and near small streams.
- ☀️ **Wild orchids** – These rare, delicate flowers have fallen prey to development. Look for the Pink and Yellow Ladyslippers or Moccasin Flowers. They grow where a certain fungus is present in the soil and are increasingly difficult to find. The Pink Ladyslippers are often found near pine trees. Land near Kerner Ridge, now neighborhoods, was once filled with wild orchids.
- ☀️ **Fire Pink** (*Silene virginica*) – These delicate small wildflowers do not live long, but the five petals of their vibrant red flower are beautiful.

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