

Connections

Page 3
Any Cuisine
is Possible!

Page 4
Mother's Day
Offering

Page 5
Resident
Spotlight

Page 6
Dog Park
Grand
Opening

Page 7
Meet a Board
Member

Summer 2015



Food for the Journey of a Lifetime

The President's Message

Watching the renovation of Arbor Acres' skilled nursing facility feels like traveling through time to the beginning of my relationship with it. When we first met, the building that would be Fitzgerald and the 32 year old that would be its first Administrator had no way of predicting the future. Still we sensed our destinies were one. We have grown up together.

For the first time in 30 years I can see beneath the sheetrock of Fitzgerald to the cinderblock shell and the steel bones that comprise its material body. I wonder what Fitzgerald would see if it could peer beneath my skin. No doubt it would find still there my original hopes and fears, my yearning that this building and I may yet discover new ways to bring joy to the lives entrusted to us. I feel this more keenly today than I did in 1985.

Aging, if it is done well, opens us to our soul and to the souls of others. A transformation occurs that allows the soul to seep around the edges of our deconstructing bodies and minds. Through the rice-paper of aging skin the



Fitzgerald 200 Hall Demolition

soul's glow emerges. Clouded eyes that strain to focus become portals through which the pure light of human essence shines. Aging, again when it's done well, renders us translucent which is why some among us become more radiant with time. Those who have resided in Fitzgerald over the last 30 years have revealed this to me. Like infants, frail elders lack inhibition, power, control, all that the world values. But the soul shines and, for those with eyes to see, the beauty of it can be dazzling.

(Story continued on Page 2)

Dining Arts



Arbor Acres' Anchovy Salad

President's Message Continued



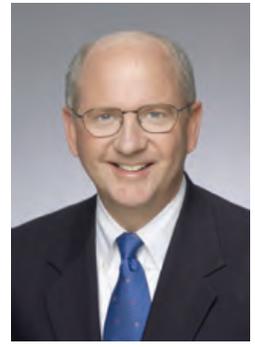
Fitzgerald Dedication Ceremony, August 1985



Fitzgerald Entrance Photographed in 1985

The renovation of Fitzgerald that is underway affirms the belief that the Eternal within every resident continues on its vast exploration regardless of, perhaps even because of what happens to us as we age. Frailty, far from the curse we project it to be, invites us to new depths of Being beyond our capacity to understand, so, like the shepherds before the angel, seeing it we tremble with fear. The vision for this renovation assumes that the souls of those living in Fitzgerald remain vital, energetic, hard at work accomplishing what the Divine always accomplishes, the saving work of bringing order out of chaos, life out of death. The question that led us to the moment when the first piece of sheetrock came down is this: How can we feed more fully the living souls of Fitzgerald? How can we nourish them as they labor?

This issue of Connections focuses on nourishment. It's about food and its importance. It highlights aspects of the banquet spread for residents to enable them to experience fullness not only of body but also of life itself. At the outset of this issue, therefore, I direct your attention to the purest manifestation of the purpose of the whole of Arbor Acres. The mission appears most transparently within the walls of my life companion for the last 30 years, in Fitzgerald. There, right now, once closed spaces are being opened, windows are being enlarged, gardens and fountains are poised to appear, and beauty is unfolding. The banquet is being reset after 30 years so the living souls of the residents may find food for their journey of a lifetime.



W. David Piner, President



Rendering of the New West Court Pond Inside Fitzgerald

Dining Arts



2 Arbor Acres' Surf and Turf

Upcoming Event
Thursday, September 24
**CARte Blanche
in Gay Pa'ree**



Daniel Smith: Any Cuisine is Possible!

It has been said, “if you hang around earth long enough, you really see how things come full circle.” That phrase could easily apply to Arbor Acres’ new Executive Chef Daniel Smith, his passion for food and career as a chef. As a child growing up in Washington state, Daniel’s family ate food from local farms, locally owned restaurants, and small farmer’s co-ops. “I am all too familiar with farm to table style food and find it amazing that after years of formal education, training and work, I am at a place where I can appreciate all aspects of dining. I feel I have come full circle by being able to incorporate what I’ve learned at a place that’s focused on fresh, local foods like I grew up with,” says Daniel.



*Arbor Acres Executive Chef Daniel Smith
Grilling for a Reception*

Before accepting the position at Arbor Acres, Daniel’s career took him to major cities on the west and east coasts. He’s worked in fine dining settings in New York, Florida, Washington, and a 5-star resort in Africa. That well traveled career path, however, began when Daniel’s family moved to Winston-Salem. “I got the bug for food in my first job at Village Tavern in Reynolda Village.” From there it was on to The Culinary Institute of America, restaurant work in Charlotte, New York City, followed by more education at the French Culinary Institute in Manhattan.

“I was a hungry culinary guy. My New York City restaurant experience really grounded me and exposed me to the big leagues of cooking,” says Daniel. After all that formal education, vast experience and training, Arbor Acres came calling.

Residents Carolyn and Charles Duckett interviewed Daniel and were immediately attracted to his vast experience. “When we were first introduced to Daniel, his friendly, easy manner was apparent at once. Our conversation with him revealed his North Carolina background and his subsequent training at the Culinary Institute of America. We felt those factors combined with his broad experience in the fields of good food would bring new and consistently good experiences to Arbor Acres. His desire to enable all working with him to develop their skills to the fullest degree possible was a very positive note,” the couple says.

After a few months in Arbor Acres’ kitchens, Daniel’s ideas and experience are evident. His immediate desire to source and prepare the freshest, local products he can find is underway. “Already we are looking no further than North Carolina, South Carolina and Georgia. As of right now we are serving fish just caught the day before. All of our poultry, sweet potatoes, eggs and tomatoes are from North Carolina,” he says.

Daniel says Arbor Acres is the perfect platform for honing his craft and using his range of experience to keep residents wanting more. “The magic question I am always asked is, what is my specialty. My answer is whatever you like, any cuisine is possible here.”

Dining Arts



Arbor Acres' Grilled Cedar Plank Salmon

Mother's Day Offering... Nourishing the Soul



Mother's Day has come and gone, yet we continue to receive gifts on behalf of our residents with urgent financial needs. These gifts will provide assistance for housing, critical care, and medical prescriptions for over 30 residents.

Cama and Robert Merritt, the Mother's Day Campaign co-chairs, have made passionate appeals to Arbor Acres residents whose generous support of the Campaign each year proves critical to its success. The support of a caring community is equally vital. The fundraising goal for this year is aggressive at \$130,000. This is an 8% increase over last year's goal. Reaching it is essential if Arbor Acres is to keep pace with existing needs and unknown needs that often present unexpectedly.

To date, \$104,765 has been raised or 81% of the amount we hope and need to raise. To those who have already contributed, we send our deepest gratitude. If you have yet to give, please consider a gift to assist the financially needy seniors whose future care and security depends each year on the generosity of friends, neighbors, the community, and the church.

The magic of Arbor Acres is found in the exquisite spell cast each year as generous donors accomplish miracles in the lives of needy seniors. Through your gift this mission continues. Thank you for making it so.

Dining Arts Fun Food Facts

So far in 2015, Arbor Acres Dining Arts has used these North Carolina products:

- 2,040 squash & zucchini from Lipmann Farms, Hendersonville
- 2,360 pounds of chicken from Pilgrims Pride, Sanford
- 2,400 pounds of sweet potatoes, from Wayne E. Bailey Farms, Chadbourn

Dining Arts



Arbor Acres' Carolina Burger and
Homemade Sweet Potato Fries

Featured Artwork
"Fanny and Lou"
Steel Art by
Steve Cote

Resident Spotlight:

Betty Richardson

Resident Council Dining Committee Chair

“I’ve never been anxious about doing the dishes, but the cooking has always been fun to me.” Betty Richardson has spent a lot of time in the kitchen and most of it she’s enjoyed! Betty’s love of good food and cooking started at a young age as she helped her mother prepare family meals and desserts at their home in Omaha, Nebraska. As a child she enjoyed ice skating and sledding, but the outdoor activities never took precedence over her passion for cooking. That affection for food led her to Iowa State to become a dietician. Armed with a degree and years of learning from her mother, Betty married and became a mother. Her profession quickly became parenting.

As a mother of 4, Betty says her children never went without a full breakfast, well, except for biscuits. “I was not a biscuit maker,” she laughs. “I do enjoy making desserts though.” Family dinners were common and every one had a dessert. She still bakes cookies today.

Flash forward, 11 grandchildren and 9 great grandchildren (the tenth is on its way) later, and Betty still loves food. She is the Chair of Arbor Acres’ Dining Committee of the Resident Council. “Food is so much a part of our lives here. For many people it’s a highlight of the day, so the food should be good,” she says. “And it IS good. I have no quarrel with the food. I am so impressed with Rick (the Dining Arts Director), Daniel (the Executive Chef), and Chef Jeremy. I am a big fan of the Arbor Room specials and often enjoy just bringing the food home,” she says. “I think the choices here are remarkable and since food is so vital to me and others, having this committee with residents is something very important.”

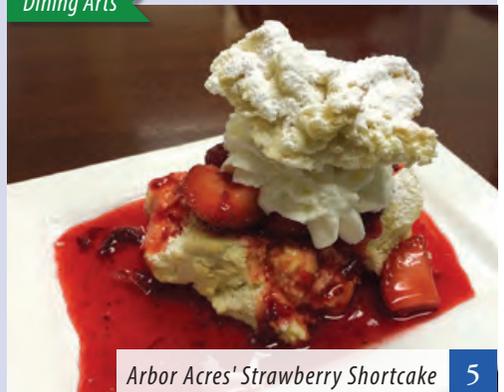


Betty Richardson and Daughter, Arbor Acres Board Member Susan Hauser, on a Recent Trip to Spain

Betty’s love of cooking did pass on. Her son, Scott, is the founder and owner of Village Tavern Restaurants. Her daughter, Susan, has worked in catering and owned a business called the Stocked Pot. “I’ve been glad that passion has somehow or another come around to them,” she said.

Susan, Scott and Betty’s other two children are the reason she moved to Arbor Acres 4 years ago. “I am so glad they encouraged me to come here. I really didn’t want to, but being here has expanded my life after my husband died. I play croquet and have the best time. I go to ‘Live and Learn’ and you know that stimulating knowledge is something we crave. It lights my fire,” she says. “I am so satisfied here. For me it offers everything that I am capable of taking part in. Oh, and the fish here is very good too.”

Dining Arts



Arbor Acres' Strawberry Shortcake

Food and Four Legged Fun at Arbor Acres' Dog Park Grand Opening and "Paw-ty"

In May Arbor Acres opened its first ever dog park. The afternoon included a blessing of the animals followed by refreshments which included homemade doggie treats! The park provides an enclosed space so our four legged friends can run leash free. The Arbor Acres Barkway is on Fountain Hill Road, just outside Fitzgerald, across the street from the Stockton entrance.

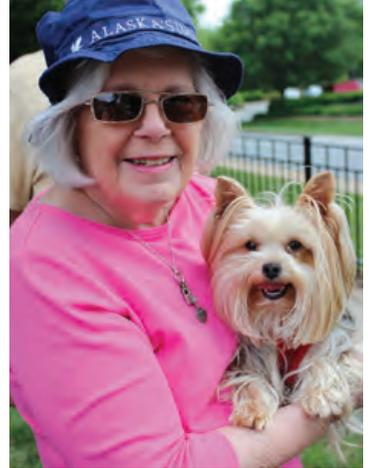
Rev. Bert Sanders Blesses the Park



Dogs Enjoy the New Park



Sue Northcraft Enjoys the Day With Cricket



Dining Arts for the Dogs



Meredith Lindel Relaxes With Her Friends Cami and Annie



Meet Board Member **Ralph Holthouser**



Board Member Ralph Holthouser

He knows healthcare. As an administrator of hospitals in Florida, South Carolina, and North Carolina, health care management and hospital administration shaped Ralph Holthouser's career. Through the years, he observed nursing care in many environments and managed services for thousands. But for Ralph, nursing care became personal in 2003 when his mother began the last stages of her life at Arbor Acres.

"One of the nurses during mother's last days devoted her time and attention to my mother in such a personal way that I still remember that nurse and how she cared for her." Ralph says, that experience created a lasting impression, one he hadn't had before. "My career has been managing care, and what happens at Arbor Acres has always impressed me."

That impression is why serving on the Arbor Acres Board of Directors was something Ralph didn't think twice about when asked 7 years ago. "I value the time I have served this organization and am thankful I was able to contribute," he says.

Ralph has most recently served as Chair for the Resident Life Committee. "The idea is to develop and implement plans and programs for the health, safety, and assistance given to residents. I found it to be challenging and full of opportunity," says Ralph. Most recently Ralph has spearheaded the committee to lead discussions around physician coverage. While he is pleased with the delivery of service, he says there is always room to improve.

As Ralph prepares to end his term on the Arbor Acres Board of Directors, he says there are challenges for the

board ahead. "The needs and expectations of the next generation of residents are changing. The leadership in this organization will have to continue doing a good job monitoring medical developments and environmental developments that will influence those needs."

Ralph says an example of how Arbor Acres is facing those challenges can already be seen in the renovation of Fitzgerald. Ralph was a member of West Market Street United Methodist Church while Dr. Ernest Fitzgerald served as pastor. He remembers the facility when it was first built and named after his former pastor. He says, "after all these years the transformation of Fitzgerald fulfills what I envision as the role of Arbor Acres in the future."

Meeting the needs of the future, preserving the significance of the past, and providing "impressive" care, that is how Ralph describes Arbor Acres. He says a quote he recently read sums up his thoughts about his time on the board. "The beauty in this life is in finding our gifts. The meaning of this life is giving them away." He says, "after reading that, I am pleased and honored I could share my gifts with this organization."

Dining Arts



Arbor Acres' Grilled Chicken Wrap

Arbor Acres Board of Directors

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Bishop: Larry M. Goodpaster
District Superintendent:
Dr. Jeffrey Patterson
President: W. David Piner

Arbor Acres Wish List

- **The Duet Wheelchair Bicycle Tandem** - a therapeutically stimulating bike for physically challenged and cognitively impaired riders (\$6,000 - \$7,500)



- **Outdoor Putting Green**
(\$1,500 - \$2,500)



You can also make gifts online at arboracres.org by clicking on Charitable Giving.



Arbor Acres' new Fitness Coordinator, Jami Gerard, leads an Ai Chi water exercise class

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