



Charlie & Mary Routh: A Legacy of a Lifetime

Guilford campus residents **Charlie** and **Mary Routh** have been making a positive difference at Friends Homes since 1968 when Charlie was asked to join the Board of Trustees.

Falling in love with Friends Homes came naturally for the Quaker couple who appreciate all that Friends Homes has done to keep reasonable cost at the forefront of the mission, and to which they have personally contributed in ways too numerous to count. When residents of the Guilford campus were requesting greater television station options, Charlie and Mary installed a master antenna system on the original Hobbs Hall. When monitored security became a necessity, Charlie and Mary ran the wires and installed security cameras at each campus. When West was under construction, Charlie devoted 18 months selling apartments to prospective new residents. These are just a few examples of the volunteer labor they have given for the greater good of Friends Homes.

What began for the couple as outreach so many years ago turned later to serving neighbors as they made their way to Friends Homes as residents in 2005. “Handyman Charlie,” as he is affectionately known, never shies away from repairing a television, fixing a watch or helping sell a car for a neighbor, and Mary eagerly takes phone messages, and helps schedule the incoming repairs.

The Rouths have been equally committed from a financial standpoint. When the Dining Room at Guilford needed renovation Charlie and Mary made a generous contribution to support the endeavor and even offered a challenge gift. Their gift inspired others and saw



Mary and Charlie Routh and their “pet” pillows.

the dining room project through to completion.

The couple has recently taken their commitment a step further by placing Friends Homes in their estate plans and joining, as charter members, Friends of Friends Homes, a legacy circle for donors who wish to leave a final gift to Friends Homes.

“Mary and Charlie have been a part of this great community since its beginnings,” said **Arnie Thompson**, Executive Director of Friends Homes. “I find it appropriate that they are our charter members of the Friends of Friends Homes Legacy Circle,

which continues their mission of support of Friends Homes with their time, talent and stewardship.”

Charlie and Mary feel very fortunate for the many blessings they have experienced over their 72 years together. Many of these blessings encompass their relationship with Friends Homes as board member, volunteers, supporters and as residents.

Their love and support for this community has been evident to all who know them and their generosity will continue to inspire and support future generations that call Friends Homes their home.

A message from the Executive Director

I love this time of year! For me, it's a time of reflection, gratitude and charity. Friends Homes is thankful for people like **Charlie** and **Mary Routh** and their continued support of our community. Charlie and Mary recently shared they are including Friends Homes in their estate planning. Charlie and Mary are also our inaugural Friends of Friends Homes Legacy Circle members. Through their generous gift, future residents will benefit for decades to come.



We are also thankful for the dedication of our Board of Trustees. I will take a moment to acknowledge the dedication and support of **Marla Allred, Terri Harris, Carolyn McPherson, Betty Rogers** and **Ben Warren** who conclude their second term on the Board at the end of this year. We are preparing to welcome new Trustees **Jay Bumm, George Harris, Yvonne Johnson** and **Ray Treadway** who join the Board in January. Please join me in thanking those that are rotating off and welcoming those who are joining, we are very grateful for their dedicated service.

Through the vision of our Board, Phase 1 of our Master Plan will break ground next spring. These efforts provide us with a variety of new home choices including townhomes, cottage and villa apartments. We will also see an expanded Wellness Center, a bistro dining option, and a major dining room renovation at our West campus. We continue to receive a lot of positive feedback and interest regarding this expansion. If you want to learn more, visit our website www.friendshomes.org or call **336.369.4313** so we can share our expansion story with you.

We are well on our way to meeting our Annual Giving Campaign goal of \$70,000 which we have earmarked to support the Friends Homes Residents' Assistance Fund. This Update includes a contribution form for all who wish to support. A nice way to support the Annual Giving Campaign is by providing a memorial or honorarium for someone special. My heartfelt thanks for all those who have already supported this worthy campaign.

On behalf of our Board of Trustees, our 630 residents and the 400 Friends Homes' employees, thank you for your continued support and generosity. Our community and our home would not be where it is today without your contributions of time, talent and treasure. From our family to yours, may the Inward Light continue to shine upon and within you and your loved ones.

Warm regards,

Arnie Thompson
Executive Director



Be a Part of Friends of Friends Homes

You have considered your future plans carefully and made sure that the people and organizations you care about will always know their importance to you.

If you have placed Friends Homes in your estate plans, we would like to honor your future intentions today.

You may wish to have your name recognized or remain anonymous. Either way, we simply wish to show our gratitude.

To share your legacy plan with us and join Friends of Friends Homes, or to begin a conversation about your charitable goals, please contact Sarah Barker, Associate Director of Development and Public Relations at 336-458-0354, or sbarker@friendshomes.org

*Our Mission:
Guided by Quaker principles, Friends Homes offers an environment which encourages independence and a sense of wholeness, wellness and security, at a reasonable cost, so that each resident may live a fulfilling life.*

2019 Annual Report for Friends Homes, Inc.

MISSION: Guided by Quaker principles, Friends Homes offers an environment which encourages independence and a sense of wholeness, wellness and security, at reasonable cost, so that each resident may live a fulfilling life.

Vision:

To create a community that:

- offers innovative and responsive life opportunities for residents at a reasonable cost
- provides a welcoming, supportive and inclusive environment in which residents and employees may thrive
- encourages residents to continue their contribution to the betterment of the greater community
- treats each person with dignity and respect in recognition of the principle “there is that of God in every person”

Core Values:

Simplicity, Peace, Integrity, Community, Equality, Stewardship

Board of Trustees:

Terri Harris Chair	Charlotte Hamlin <i>(Resident)</i>
Don Farlow Vice Chair	Barbara Jones <i>(Resident)</i>
Carolyn McPherson Secretary	Hector McEachern
Tom Wright Treasurer	Brent McKinney
Dan Allen	Bill McNeil
Marla Allred	Elwood Parker
Kathy Coe	Ed Phillips <i>(Resident)</i>
Pete Cross	Joy Britt Reavis
Annemarie Dloniak	Judy Ritter
	Betty Rogers <i>(Resident)</i>
	Carl Semmler
	Ben Warren

Financial Summary:

The following is a highlight of Friends Homes, Inc. for the 12-month period that ended September 30, 2019.

Revenue

Resident Service Revenue	91.5%
Investment Income	8%
Contributions	0.5%

Expenses

Employee Cost	50%
Management and Professional Fees	11.9%
Maintenance and Utilities	10%
Depreciation and Amortization	9%
Supplies and Other Support	6.5%
Raw Food Cost	5.2%
Interest Expense	3.9%
Marketing and Development	2.2%
Business Insurance	1.3%

A copy of the audited financial statements for Friends Homes, Inc. will be available for review after December 31, 2019 at the administrative offices at the Guilford campus.



Introducing chair ballet and health beats

We have two wonderful resources from the arts-world to enhance our wellness programs, and Chair Ballet is just one of the wonderful options now offered at Friends Homes.

We have Health Beats as well, which is singularly taught by Dr. Haeseler, and the aforementioned Chair Ballet, which is working on a performance of “The Nutcracker Ballet” for a presentation in late November or December at Friends Homes (West Campus) in the living room.

Dr. Lynne Haeseler, an accomplished dance pianist and **Suzanne Hock Vandergrift**, founder of Greensboro Performing Arts Center have joined their talents together to introduce a creative idea for health and social bonding — Chair Ballet. A creation drawn from her extensive experience in dance accompaniment and interactive engagement senior programs, Dr. Haeseler saw an opportunity to nurture community and life enrichment through the fine art of ballet.

The class is custom designed for senior and fragile populations adapting to the physical limitation of aging—hence, dancing ballet while in a chair! The movement class follows the conventional format of a ballet class —barre, center, waltz and reverence— and includes the performance practice of attitude and artistry. Classical piano music accompanies each movement and synchronizes in temperament, character and speed.

“Chair ballet is a ‘wholistic’ program integrating artistry,

creativity, brain and physical fitness, education and social bonding,” says Haeseler. “All of this vitalizes and enriches life and the human spirit.”

The class meets regularly and culminates to a Chair Ballet performance of a ballet or theater piece. This December, Friends Homes West will collaborate with dancers from Greensboro Performing Arts Center in the unique production of The Nutcracker.

“This is an outreach opportunity for our students to engage and contribute to a larger context outside the dance studio,” Suzanne said. “Sharing and contributing to others brings meaningfulness and value to their practice. This community project enriches everyone’s lives.”

Dr. Haeseler has been staff dance pianist for Ballet Arizona Dance Company, Vail International Dance Festival, Arizona State University and Regional Dance Festival. She is currently staff pianist for UNC Greensboro and Wake Forest University.

Suzanne is a native of Raleigh, and founded the Greensboro Performing Arts in 2008. She has an extensive performance background in musical theatre as a dancer, singer, actress and accompanist. She has taught both MUSIKGARTEN® and Orff Scheulwerk®, and studied Dalcroze Eurhythmics at CMU. She is celebrating 10 years as a certified Zena Rommett Floorbarre instructor, specializing in body mechanics and alignment.



Walking the (CROP) Walk

When it comes to fighting hunger, Friends Homes residents don't just talk the talk, they walk the Crop Hunger Walk.

According to originator Church World Service, CROP (Christian Rural Overseas Program) Hunger Walks can be traced back to October 17, 1969, when 1,000 people in Bismarck, ND, walked and raised \$25,000 to help stop hunger. In 1970, York County, PA, became the first walk officially called the CROP Walk for the Hungry.

The walks are organized by local congregations or groups to raise funds to end hunger at home and around the world. Crop Hunger Walks are "viewed by many as the granddaddy of charity walks" according to the *Los Angeles Times* in October 2009. There are currently more than 800 walks, 87,000 participants, who have raised more than \$8.3 million.

Locally, Friends Homes residents have a well-documented history stepping up for CROP Hunger Walks.

Through letter writing, notices in the weekly newsletters and flyers on bulletin boards, residents have raised more than \$75,000 for the local Crop Hunger Walk since 2009.

That ranks third for the Greensboro event and places Friends Homes in the top 100 in the nation.

On October 4, residents and staff from both campuses as well as 15 student athletes from Guilford College met at the FHW campus for our annual CROP Walk. Friends Homes raised \$6,600.

Bob Benbow was among the first to lead the effort at Friends Homes Guilford when residents would walk around the solarium. Later, seasoned walker **Taylor Owens** and his wife, **Catherine**, took charge.

"Catherine and I were active CROP walkers over 40 years ago," Taylor said. "At first it was a 10k. Over the years, it decreased in length. It was always heavily supported by the faith community."

"Our start was with Guilford Park Presbyterian Church and we had a faithful group that walked together for many years," he added. "**Al** and **Helen Lee** (former FHG cottage residents) were strong developers of CROP Hunger Walk. It was always interesting to find them on the walk as they

Please see **CROP Hunger Walk** on p. 6

would be directing walker traffic somewhere on the route. They brought their passion for the CROP walk when they moved to FHG.”

Taylor stepped back two years ago to spend more time with Catherine who at the time was in the Birches Memory Care unit on the Guilford campus.

Once the Owen’s could no longer participate, **Irwin Smallwood** let it be known that **Nancy Glenz** would soon move to the community and would fill Taylor’s shoes. From the moment she moved in, Nancy worked with Irwin and Resident Services to grow the CROP Hunger Walk campaign.

Mary Belle Gilbert, a resident of FHW since 2017, has been involved with the Crop Hunger Walk most of her life. You might even say that she inherited those particular genes from her parents, **The Reverend Doane Stott** and his wife, **Flora Belle**, who were residents of FHG, along with a small group of friends, brought the Crop Hunger Walk to Greensboro in 1981.

By the time Rev. Stott passed in 1989 at the age of 90, he and Flora Bell had raised more than \$20,000 in 13 years of walks in Greensboro and Burlington.

As a CROP walker since the early 1980s, Mary Belle organized the FHG Crop Hunger Walk, and by 2005 she had raised almost \$3,000. For the last few years she has had a personal goal of \$5,000

each year and has raised \$60,000 herself since 2006.

“I don’t make a large dent, but I do what I can,” she explained. “There are so many hungry people in the world and it’s important to help with that. I just want to follow in my parents’ footsteps.”

Harold and Mary Pitts, who moved to FHW in 2000, along with the Stotts, helped bring the Crop Hunger Walk to Greensboro. A lifetime member of the Lions Club and three-time Lion of the Year, Harold was also board chair at Urban Ministries. He was very involved with the Crop Hunger Walk through his church, but he volunteered to take over the leadership of the FHW Crop Hunger Walk when he and Mary arrived at FHW.

Mary has since passed but Harold continues to work on the behalf of the hungry in our in our community. He established a drop-off box at FHW for non-perishable food items to be donated to Urban Ministries, and until recently, was delivering those items himself.

He also remembers that when the CROP Hunger Walk began in Greensboro, the walk was 10 miles. “That was a long walk,” he said. “I was glad when they changed it to a 5k.”

Harold explained that 25 percent of funds raised by the Greensboro CROP Hunger Walks are allocated to Urban Ministries, and the other 75 percent does

more than just stock food pantries. The funds benefit the greater global village, teaching people to fish, rather than just giving them one.

“It’s a good program,” he said. “I’m glad I’ve been a part of it.”

Irwin Smallwood’s motivation for being involved with the Crop Walk dates back to his early years in a small coal mining town in Kentucky. He remembers his mother feeding hungry strangers who came to their door, begging for food. His parents taught him the importance of caring for others, and he never forgot it.

“Besides that,” he laughed, “**Mike Aiken** told me to!”

Mike is a former director of Urban Ministries who recruited Irwin practically as soon as they met, almost 30 years ago. Irwin has also been involved with the Crop Walk through his church, Congregational United Church of Christ. When he and **Judy** moved to FHW in 2009, he joined Harold in his efforts with the Friends Homes Crop Walk, turning it into the *cause célèbre*.

Friends Homes truly appreciates the leadership of Al and Helen Lee, Bob Benbow, Taylor Owens, Nancy Glenz, Irwin Smallwood, Mary Belle Gilbert, Harold Pitts and all the others who have supported and continue to support CROP Hunger Walk.

As Irwin’s letter to residents states: “the hungry of Greensboro thank you.”



Residents Mary Belle Gilbert and Carolyn McMillian.



Guilford College students help at the Oct. 4 CROP Walk.



CROP walkers fight hunger.

Expansion Pre-Sales Now Underway

After unveiling our expansion plans to our Residents of the Future, the Marketing Department has begun pre-selling our new residential accommodations! We have received great response from current Residents of the Future as well as new prospects.

If you or someone you know has interest in learning more about the new floor plans and enhanced amenities we will offer with the expansion, please call us at 336-369-4313.



Steve Johnson, Director of Design and Construction, presents part of the expansion plans to Residents of the Future.