



FHI Administrator Tim Jackson retires

On March 31, **Tim Jackson** retired as the Administrator at Friends Homes Guilford after having worked here since January 15, 2007. Tim's rich and diverse work history as an attorney and chaplain prepared him well for taking on the responsibility of shepherding over 200 employees and managing a community where over 300 residents called home.

Since the start, Tim has been a quiet but strong leader. He has had faith in his staff and its leadership allowing them to make their own mark. Tim was instrumental in leading a staff that received multiple awards from OSHA and ARC. He was a guiding force through several renovation projects over the years and a source of knowledge and support for PHI Management. One of his strongest qualities has always been his genuine love of this community and the residents and staff he served. At the start of most meetings, you could be assured he would delight the crowd with a couple of the corniest jokes you have ever heard – a trademark that will be greatly missed! Tim has been a listening ear for many issues, and he has been a support in times of need. He was always willing to put on a Santa suit or Easter Bunny costume to spread joy to our healthcare residents, and he was always too willing to entertain for Fall Festival! No matter the task or occasion, Tim met it with a great smile, charm, and grace, and he approached his job with joy. These qualities are not rare, but they are rare to find in one person. We were fortunate to be led by Tim Jackson!

Tim won't be going too far away, he will remain in Greensboro. He and his wife, Deborah, who recently retired as well, will have plenty of relaxation, travel, and golf to keep them busy in retirement. We wish Tim the best in his journeys. May he continue to inspire and be the guiding hand with everyone he meets.

We thank you, Tim, for being such a wonderful leader and friend to us all!



A message from the Executive Director

Happy 2017! I hope you all are off to a great year! We have been very busy here at Friends Homes since our last Update.



Our board is actively engaged with reviewing and updating our 5-year Strategic Plan. As part of that process, we have hired Nancy Borum with ID Collaborative to complete a full interior assessment of the Guilford and West campuses. We have also contracted with Stewart & Connors Architects of Charlotte, N.C., to help us develop a long-term Master Plan for both locations. These assessments will provide insight and create the foundation for addressing important questions related to our current state, identifying areas for development, and targeting the processes necessary to get us there.

Under our current timeline, we will present the plans to our full Board of Trustees this summer. With their approval, we will begin the task of phasing in various components and recommendations over the next three to five years. This is a very exciting time for our communities, and we look forward to communicating the details about our progress as we move forward.

Your input has been and will continue to be invaluable to

our planning. Thank you for taking the time to attend focus groups and meetings to share your thoughts and ideas. The commitment of our current and future residents, board members, staff and neighbors is inspirational.

Throughout the various meetings and brainstorming sessions, I have witnessed a common desire to build upon the core values that make our community unique. Those values, which are imbedded in the Quaker way of life include Simplicity, Peace, Integrity, Community, Equality and Stewardship. Although my time at Friends Homes has been brief, I have had the pleasure of seeing these core values lived out by our residents and staff alike. In a world that sometimes seems overwhelming, encountering people who – every day – remain focused on ways to make life a little brighter or leave the world in a better position is motivational and energizing.

If you have not visited our community in a while, whether as a resident of the future, family member, neighbor or friend, I encourage you to take the time to stop in and enjoy this place we call Friends Homes.

As always, I look forward to hearing from you.

Warm regards,

Arnie Thompson
Executive Director

Annual Giving Campaign enriches lives

In March, Friends Homes kicked-off its Annual Giving Campaign. The overall goal of the campaign is to enrich the lives of residents living at Friends Homes. This year, funds raised will be used to purchase enhanced fitness equipment for the fitness centers and to increase available dollars in the Resident Assistance Fund for each campus. Donors may designate their gift toward one of these areas, or divide it by focus area and/or campus location.

The goal of the Annual Giving Campaign is \$20,000 for West and \$20,000 for Guilford.

A sizable “wish” list of enhanced and additional fitness equipment has been

created. The dollar amount of funds raised will determine exactly what can be purchased. The Resident Assistance Fund is made available to residents, who in good faith, have exhausted their personal financial resources and require additional funds in order to continue to live in the Friends Homes community. And, because the Resident Assistance Fund is in place, no resident has ever been asked to leave Friends Homes. Funds for both focuses are vital for the enrichment of resident life, and keep with the Friends Homes mission to encourage independence and a sense of wholeness, health and security.

If you have not already, you will be

receiving a letter inviting you to make a tax-deductible gift to the Annual Giving Campaign. Your thoughtful consideration of this request is greatly appreciated by all those who call the Friends Homes community “home.”

Residents **Julia Richmond** and **Patrick Miller** are helping to lead this effort. Board of Trustees member, **Jenny Ross**, will lead this effort for the current and former Board members and other external sources. **Sarah Barker** from PHI Management Services is assisting also. Should you have questions, please feel free to reach out to Sarah by calling 336-458-0354, or by email at sbarker@friendshomes.org.

Two Friends Homes employees receive UNC-G Pacesetter awards

Jane Stout, Director of Dining for Friends Homes Guilford Campus, and **Teresa Cox**, Wellness Director for Friends Homes, Inc. received 2017 HHS Pacesetter awards from the University of North Carolina at Greensboro. Each year the departments and programs within the UNCG School of Health and Human Sciences honor outstanding Alumni who have attained local, state, or regional recognition through their achievements in scholarship, leadership, or service, during their careers or through civic involvement.

Jane is a graduate of the Master's program at UNCG and was selected by the Department of Nutrition to receive this year's HHS Pacesetter Award. "Jane has made a significant impact as a leader working in long-term care and has been a great mentor to UNCG students who do internships under Jane's tutelage," said Professor Brenda Burgin Ross of the Department of Nutrition.

Teresa Cox has worked at Friends Homes for over 16 years as Wellness Director. She received a Master's Degree in Gerontology in 2004 and a Doctorate in Kinesiology from UNCG in 2014 and was selected by the Department of Gerontology to receive this year's HHS Pacesetter Award. Teresa brings skill and passion to her work and has a thriving wellness program for the benefit of everyone at Friends Homes.

"We are so pleased that Jane and Teresa are receiving the HHS Pacesetter awards and that their hard work and



Friends Homes employees Jane Stout and Teresa Cox.

dedication are recognized. They exemplify the mission of Friends Homes to enhance the lives of residents and families in the Friends Homes Community," said Executive Director, Arnie Thompson.

The awards were presented on April 8, 2017 at the Alumni Awards and Reunion Reception.

Friends Home introduces new logo

Over the past few months, we have been busy creating a new logo for Friends Homes. We are thrilled to introduce it in this Update.

The logo provides a clean and distinct visual identifier that will allow us to be more readily recognized in our communications, both internal and external. Not only has it been designed to provide immediate name recognition,



but to also symbolically reflect the many unique pieces that form our eclectic community. Woven together, they form a contemporary logo that embodies the Quaker philosophy of Simplicity. Several

elements that are united in the new icon include:

- The inner light found within each individual
- Symmetrical arrangement of shapes indicative of harmonious community
- Refreshing, vibrant colors representative of our natural surroundings

Meet Sarah Forrester

When you meet the diminutive **Sarah Forrester**, you would never suspect that she spent her professional career dealing with and influencing some of the state of Georgia's most hardened criminals. But as a Librarian for the state penal system's libraries, that's exactly what she did.

Sarah was born in Gainesville, Georgia, and has a younger sister, Shirley, her "soul mate," as she refers to her. Sarah received her Bachelor of Science in Distributive Education from the University of Georgia, followed by a Masters in Library Education. Since she has always loved to read, she considered the university her own playground.

Sarah met her future husband, Calvin, in Jefferson, Georgia at a church service. They married, and after Sarah had taught Distributive Education in Summerville, South Carolina, for one year, they bought a farm in Commerce, Georgia, where they raised turkeys, cattle, and hogs. Sarah worked on their farm, raised two children, and taught bookkeeping full-time at the local high school. She then accepted the job of setting up elementary school libraries in Banks County, Georgia.

When the school principal on the campus of a minimum-security prison called Sarah, offering her the job as the librarian, she accepted, and became an employee of Georgia's Department of Correction at Alto, Georgia. The school building was so small that the library occupied a single classroom. After only two years, however, the prison's status was changed to maximum security, and a new facility was built. The library's size increased, and Sarah was involved in the planning of its construction.

The size of the library wasn't the only change, however. Barbed wire was added to the top of the fence, and the



average age of the inmates increased. Although there were a few incidents that frightened her – for example, when an inmate dropped out of the ceiling of the library one day while she was working – she says that, for the most part, she was fine. She was just “always aware of where I was,” and she was there for twenty-seven years.

Perhaps the biggest challenge of her career came in the 1980s when the federal government mandated that all prisons create a law library for their inmates. This required Sarah to obtain a Law Library certification by attending classes twice a week, for several years at the University of Georgia in Athens.

During the last ten years of her career, she traveled the state, visiting prison libraries, setting up the required law libraries, ordering the necessary books, and training other librarians. One of her final projects before retiring was to order computers for the facilities. She admits that the timing for her was perfect.

Sarah usually had three or four trustees from the prison working with her in the libraries at any given time. And although it was always a challenge to work with the inmates, she believes that her philosophy to treat others as she would like to be treated helped her create a special relationship with them.

Over the years, Sarah has received “a basket full” of letters from inmates, after they served their time and were released from prison. Through the letters inmates share the ways she influenced their lives, and explain how much she meant to them.

Sarah just says that she has loved her life and her career, and wouldn't change a thing.

Focused on the Future

Our new Sales & Marketing team is hard at work getting the word out about Friends Homes and filling our remaining available apartments. Although they have been introduced through various meetings since October, we know that some of you have not yet met them, so we would like to take this opportunity to introduce them. Their offices are currently located in Hinshaw Hall (just off the parking deck) on the Guilford Campus.

Mary Knobloch is our Move-In Coordinator. Formerly at Friends Homes, West Campus, Mary wore a lot of hats. In December, she celebrated her 18-year anniversary with Friends Homes. Mary is married, and has a grown son and daughter and one grandson. She enjoys traveling and family activities. Mary and her husband are originally from Pennsylvania and still have extended family there.

Beth Wyckoff, previously the Marketing Director at Friends Homes, West Campus, is now a Sales Counselor. She has been with us for 4 years. A native Californian, Beth moved to North Carolina in 1996 and worked for Our State magazine for 13 years. She loves the sales process and believes she is in her “dream job.” Outside of work, Beth enjoys life with her husband and three Labrador Retrievers.

Wendy Murray, Sales Counselor, came to us in October 2016. She has an extensive background in retirement living. Wendy has a son, Alex, and a four-legged fur baby named Latte. She enjoys spending time with family, her fiancé, and friends. She also likes to spend time exercising and getting lost in books.



Susan Brewer joined the team in October 2016 as Director of Sales & Marketing and comes to us with many years of experience in the retirement living industry. Susan is married with a son, Andy; a daughter, Chloe; a Yorkie named Coco; and a Cavachon, named Marley. In her spare time, she enjoys competitive speed skating (roller), golf, and dabbling in investments.

The Sales and Marketing team is reaching out to our prospective residents to introduce our new Resident of the Future Program. Susan Brewer says “excitement is in the air as we offer the opportunity to join this community and have others become a part of the story of Friends Homes”.

If you know anyone who is interested in becoming a resident or future resident of Friends Homes, please have them call Susan Brewer at 336-369-2581.

Program helps correct faulty posture habits

While there are plenty of “hot topics” circulating in designing (and re-designing) group exercise programs that target the more-seasoned population, not one of those topics is without at least a brief discussion on posture. More specifically, re-positioning of posture is the latest focus to take precedence.

Good posture for seniors is vital not only when exercising, but also for postural support as we go about our day. Poor posture that is not corrected by intervention exercises can lead to pain in many areas, falls and physical decline.

Faulty posture, left uncorrected for a prolonged period through poor habits can lead to negative structural changes.

Muscles will shorten and become weak.

From the Wellness Center

When our shoulders are forward, this also brings our chin forward. Such posture encourages tightness in the chest and over stretching in the back, which result in a rounded back. We can correct this with exercises for good posture by bringing our shoulders up, back, and down. Through a guided series of posture-specific exercises, negative consequences can be reserved.

We have recently begun an 8-week program focusing on posture. Using Thera bands that gently add resistance, we will work to bring those shoulders “up and back” and

increase diaphragmatic surface area for breathing, while adding tone to our abdominal areas. We will guide those support muscles of the shoulders and middle back to holding us a bit straighter, and perhaps even a little taller, thus leading us to develop and better posture with improved endurance in these heretofore little-trained musculature.

A pilot program for now, we anticipate designing the “perfect protocol” so that we can offer this class, or something similar, on an ongoing basis. Judging from our tremendous turnout so far (over 50 participants between the two campuses), we may have discovered a niche in our programming that needed desperately to be filled.



Barbara Crews, Barbara Herbin, Barbara Coleman, and Bobbie Crawford.

The Barbaras of Friends Homes Guilford

One of the greatest gifts in life is friendship, and a lifelong friendship is an even greater blessing.

Meet “The Barbaras of Friends Homes Guilford: **Barbara Crews, Barbara Herbin, Barbara Coleman, and Bobbie Crawford.**” These four ladies have been friends for the past seventy years. Even though Bobbie is not a true Barbara, and Barbara Herbin is a year younger than the others, these friendships are thick-in-the-fold. Three of the ladies even share the same middle name, Ann(e). You can find these ladies dining at “The Barbara Table” every evening at 5 p.m., often in disguise with fake mustaches and kazoos. They are also well known at their favorite lunch spot in town; Lox, Stock, & Bagel, where they dine every Tuesday.

The friendship developed in 1948 at Greensboro High School when Barbara Crews moved to Greensboro with her family. Following graduation, all of the ladies went on to marry their high school sweethearts, raise families of

their own, and start careers. Their husbands were good friends in high school as well, and played a role in planting the seed for these wonderful 70 years of friendship. Although there are a few differences among these ladies, they were never an issue in maintaining their unique friendship.

Crawford was a piano teacher. Herbin was a bookkeeper. Crews and her brother owned Carlisle’s Potpourri at Friendly Shopping Center, and Coleman retired from the Guilford County Board of Elections. Crews even moved to Belgium and Alabama with her husband who worked for Blue Bell. But the friendship endured. As these ladies share, their paths continued to cross at various times in their life; including camping trips with families to the coast. Later in life, they also traveled together to Portugal and Spain and cruised the Panama Canal.

Crawford moved to Friends Homes Guilford first in 2014. When Herbin came to visit, she liked Crawford’s room so

much she went straight downstairs to make plans to move in. Four months later, she, too, was a resident of Friends Homes. Crews and Coleman followed suit, and without planning, they all reside in Woolman Hall.

This wasn’t the first time they lived within the same neighborhood. Crews lived at Friends Homes West for 6 ½ years until her husband passed. Following his death she moved to Carriage Crossing where Barbara Coleman and Bobbie Crawford lived as well.

Anyone who spends any amount of time with these four ladies, is quick to recognize not only a wonderful friendship, but true admiration for each other. They speak highly of each other, build each other up, and share numerous laughs with (and at) each other. They have high remarks for their life here at Friends Homes expressing gratitude for all the staff. They also share a variety of interests here including various volunteering roles.

Memorials & Honorariums received September-February 28, 2017 continued

Christine Pearson

Robert & Ann Carroll Burwell
Lenora Reece
Sherry Lynn Sharpe
Jeffrey & Adrian Suttan
Arnie & Kathleen Thompson

Barbara Phillips

Robert & Ann Carroll Burwell
Mark & Nancy Franza
Mary French

Helen Stanfield

Marvin & Sally Aycock
Doris Barbee
Gertrude Beal
David & Mae Brown
Christel Bullock
Roy & Priscilla Christiansen
Diana Clark
Binford & Jewell Farlow
Rosemary Hartzler
Dorothy Lazareth
Miranda Lotz
Beth Meyer
James C. Newlin
Taylor & Catherine Owens
Joyce Y. Parkhurst
David Patterson & Melda Isaac
Janet Plummer
Charlie & Mary Routh
John & Carolyn Skowron
Robert Goodwin & Kathryn Slocum

Robert S. Slocum
Deborah D. Smith
Jessie Smith
Winnie Smith
Dana Symoniak
Liz Terry
Arnie & Kathleen Thompson
Smugglers Neck Homeowners Association

Margaret Stevens

Dorothy Ballinger
Arnie & Kathleen Thompson

Joann Taylor

Lundee Amos

Dolores Wayt

Diana Clark

Mildred Weaver

Arnie & Kathleen Thompson

Sterling Whitener

Robert & Ann Carroll Burwell
Reid & Judy Gaskins
Arnie & Kathleen Thompson

Anna Wilkins

Lynn Britt
Mary C. Harner
Herbert & Linda Mims
Arnie & Kathleen Thompson

Lucille "Pick" Williams

Lundee Amos

Garoll Dee Willis

Marvin & Sally Aycock
Richard & Annette Bean

Robert & Ann Carroll Burwell
Miranda Lotz

Evelyn Montgomery Zopf

Christel Bullock

Priscilla Zuck

Marvin & Sally Aycock
Christel Bullock
Audrey Koopman
Dorothy Lazareth
Miranda Lotz
Jane Kirkman-Smith
Jessie Smith
Winnie Smith
Arnie & Kathleen Thompson

Honorariums

Marie Belinsky

Thomas & Marcia Hobson

Ted Benfy

Lundee Amos

Marie Brown

Lundee Amos
Beverly Marchi
Timothy & Tina Webster

Anne Bruce

Xaver & Marianne Hertle

Elissa Fuchs

Xaver & Marianne Hertle

Cyril & Judith Harvey

David Harvey

Gail Hoffman

Lynn Hall

Ruth Howerton

Xaver & Marianne Hertle

Mary Ann Johnson

Charlotte Hamlin
Deane Mendon

Mary R. Johnson

Russellene Angel

Miranda Lotz

Jenny Huffaker

Florence & Joe Melvin

Marilyn Moore

Trudy Peacock

Aiden & Lisa Waite

Charlie & Mary Routh

Janet Plummer

Charlie Routh

Mary Ann Johnson

Wilson Sheldon

Lundee Amos
Beverly Marchi
Timothy & Tina Webster

Clyde Sudderth

Mary Ann Johnson

Winnie F. Smith

Tom & Winnie Leienedecker

Meg Stout

Xaver & Marianne Hertle

Jimmy & Peggy Truitt

John & Marcia Abernethy

Florence Young

Xaver & Marianne Hertle

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