

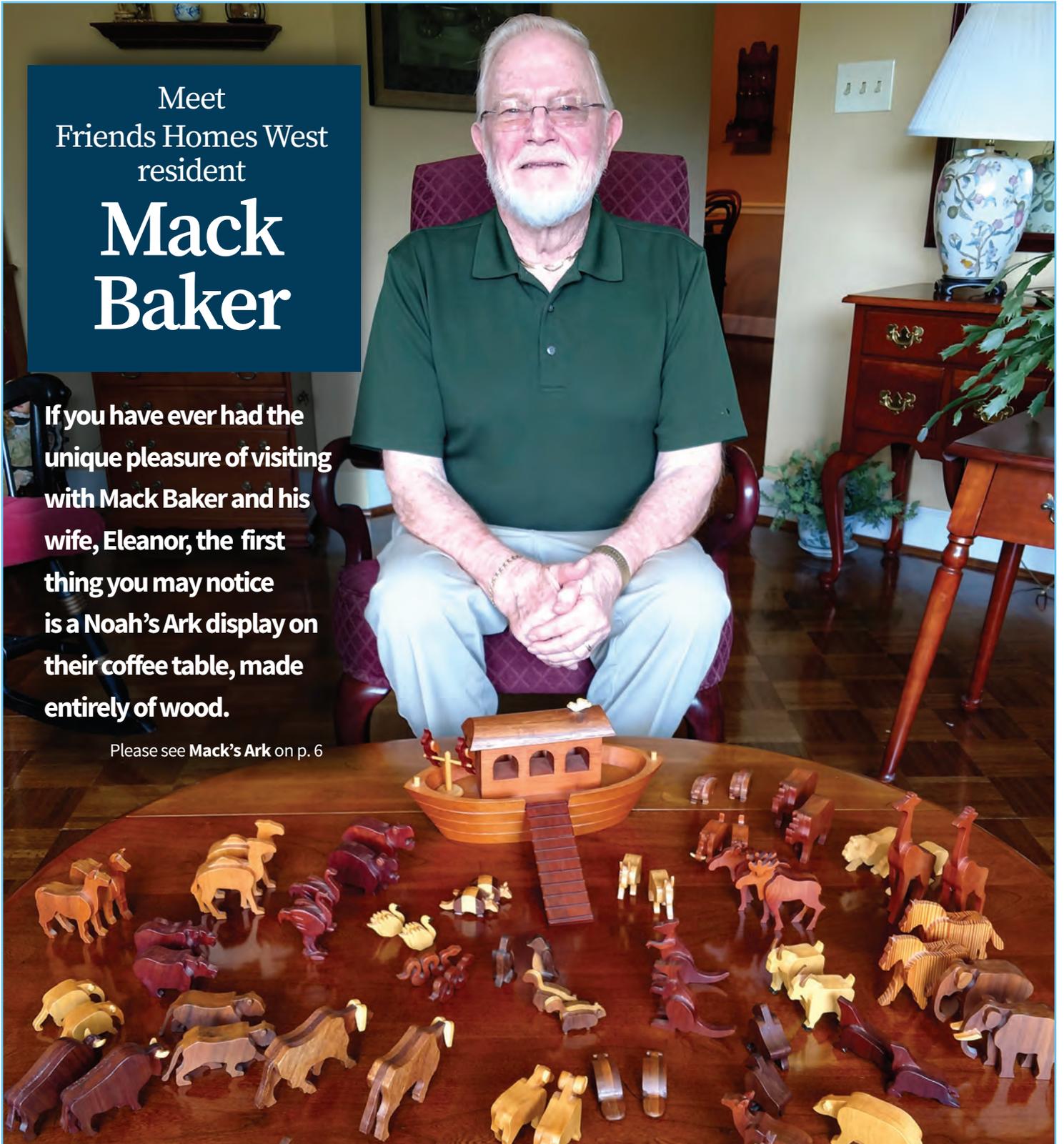


Meet
Friends Homes West
resident

Mack Baker

If you have ever had the unique pleasure of visiting with Mack Baker and his wife, Eleanor, the first thing you may notice is a Noah's Ark display on their coffee table, made entirely of wood.

Please see Mack's Ark on p. 6



A message from the Executive Director

Let the fun begin! Interior renovation projects are underway at both our West and Guilford campuses. A little dust however has not stopped the flurry of activity at Friends Homes. We continue to celebrate our 60-year anniversary with ice cream socials, outings and special guests – yes, **Elvis** was in the building. I appreciate the efforts of our 60th anniversary committee and their many hours planning these wonderful events. A special thank you to the committee for the beautiful vinyl decade boards at each campus that reflect the many milestones that have taken place during our 60 years.



In June, we acknowledged **Dr. Arthur Green's** retirement as our Friends Homes Medical Director, a position he held for 34 years. His dedication will not be forgotten and we wish him all the best in his retirement. Dr. Green left us in good hands and we are happy to welcome **Dr. Mahima Pandey** as our new Medical Director. Dr. Pandey and Dr. Green have been colleagues for six years at Piedmont Senior Care. We are excited that Dr. Pandey will be dedicated to Friends Homes on a full-time basis and she will be supported by two nurse practitioners and a certified medical assistant.

Thanks to all those that have supported our Annual Giving Campaign this year! As of August, we have raised almost \$40,000 of our \$60,000 goal. One hundred percent of this year's support is being directed to our Residents Assistance Fund to help residents who have depleted their assets. With four months left in the calendar year, I am confident that we will meet this goal through the support of friends like you.

I also want to share more great news! Our zoning requests were approved by the City of Greensboro in July. This is our green light to begin the formal design and development of Phase 1 of our Master Plan. We anticipate this project will take approximately three years to complete as we build new homes on our West and Guilford campuses, expand our wellness center and enhance our dining venues and options. I will continue to share more information on our progress in future Updates – stay tuned.

While we focus on our future we will continue to celebrate the present and continue to remember all of our friends that have been a part of our successful 60-year story.

Warm regards,
Arnie Thompson
Executive Director

'Medication in motion:' health benefits of Tai Chi

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

Beginning January 2018, Friends Homes was lucky enough to find and contract **Pete Sangimino** to teach Tai Chi. Pete has been studying Tai Chi for 20 years and **Michelle Carter**, who joined Pete teaching for Friends Homes in May, has taught for 15 years. Both teach for the Golden Flower Tai Chi in Greensboro and Winston-Salem, respectively.

Tai Chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And, you can get started even if you aren't in top shape or the best of health.



Michelle Carter



Pete Sangimino

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions – for example, "white crane spreads its wings" – or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention – as in some kinds of meditation – on your bodily sensations. Tai Chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the

muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be easily adapted for anyone, from the fit, to those confined to wheelchairs or recovering from surgery.

Tai Chi addresses the key components of fitness – muscular strength, flexibility, balance and to a lesser degree, aerobic conditioning. Tai Chi has been cited in multiple research articles and in some studies, has been shown to reduce falls, as well as increase one's flexibility, which may also decrease the fear of falling. Research has shown that fall fear puts one at greater risk of falling. The classes at Friends Homes (both campuses) have been well received and well attended.

Excerpts from an article published: May, 2009 in the Harvard Health by permission from TaiChiHealth.com, June 2018.



Friends Homes residents on the go!

Last year, **Harold Stuart** joined the Friends Homes team full-time and began shuttling groups of residents on evenings and weekends to activities such as the Greensboro Symphony and the Bryan Series. This complemented our existing medical transport drivers **D.L. Omandi** and **Jo Knight** running weekdays.

But residents still wanted more, and with the help of the input of a group of residents and staff, a full transportation plan was put into effect. This group looked at all of the reasons residents wanted and needed to travel. Out of this Performance Improvement Program (PIP) made up of Friends Homes Guilford residents **Anna Kalar**, **Jeaneane Williams** and **Charlotte Hamlin**, as well as Friends Homes Guilford staff, a plan for meeting those transportation needs was developed.

Based on input from this group, Friends Homes expanded our WorxHub software to add a transportation module. Drivers now carry a smart phone which feeds appointments into a calendar at their fingertips. Residents can sign up through one of the receptionists for their medical appointments and the driver has their information. Residents pay a service fee of \$18 for round trip transport and an additional \$20 per hour for a C.N.A.

accompaniment (2 hour minimum.) By working as a team and with technology, medical transport was expanded to 6 a.m. to 5 p.m. weekdays.

Another service now offered is the New Garden Loop Shuttle. This shuttle is free for Friends Homes residents and runs 9 a.m. to 4 p.m. Wednesdays. It travels back and forth between Friends Homes Guilford and West, as well as to local stores, restaurants, and Guilford College. Residents can pick up a bus schedule at the reception area.

Residents shared concerns about returning to Independent Living after being transported to the hospital by ambulance. Friends Homes worked with local Blue Bird and Yellow United taxis to create a voucher system for residents returning to Friends Homes from the hospital. When a resident returns from the hospital, they are now brought to the skilled nursing facility and staff give the driver a voucher which the cab company sends to our billing office for payment. Staff will ensure residents are welcomed and returned to their home.

The PIP also explored many Greensboro options for public transportation, such as the SCAT bus system for handicap transport. This bus service provides

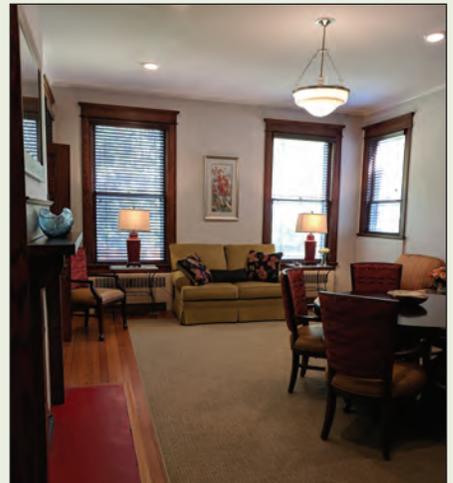
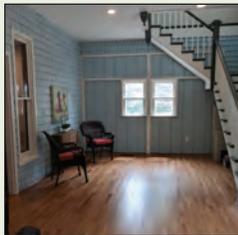
door-to-door service in specialty vans for wheelchairs and costs \$1.50 each way. There is no income requirement, but appointments must be made a day ahead, and riders must apply to SCAT and meet handicap requirements. It is not available to nursing home residents. Our social workers can assist you with this service.

Residents have also been educated on modern app-driven transport systems, such as Uber. However, Uber requires a smartphone and most of our residents only have basic phones, so we discovered Gogograndparent.com. By calling (855) 464-6872, this national company links seniors who do not have Smartphones to make appointments for pick-ups with drivers from Lyft or Uber. The service must be called 15 minutes before the desired pick up. Passengers are guaranteed to be matched up with a driver within two minutes, including information about driver's name and vehicle. The company claims that the fares are less expensive than a taxi, listing a base rate of \$3.80 plus \$.86 per mile and \$.15 per minute, with a Concierge fee of \$.19 per minute.

Friends Homes is still flirting with Lime Bike, the bike rental service company, but so far we don't have a lot of takers.



Arcadia House updates



\$60K for 60 Years

The **2018 Friends Homes Annual Giving Campaign** is underway. To commemorate Friends Homes' 60th anniversary, the goal for each campus is to raise \$30,000 — a total of \$60,000. This year, 100% of dollars raised will benefit the Resident Assistance Fund, which exists to help residents who have experienced an unexpected financial hardship.

Gifts to the campaign can be made in honor or memory of a loved one and directed to the campus of your choice.

You can help support Friends Homes, and the campaign, by making a tax-deductible gift at www.friendshomes.org or by using the return envelope provided in the Update. Appreciated securities or gifts made through an IRA Charitable Rollover provision are gratefully accepted. For questions, please contact **Sarah Barker**, Associate Director of Development & Public Relations, at **(336)458-0354** or sbarker@friendshomes.org.

Everyone has a story to tell

Ted Benfey received a book titled “Our War” from his sister **Renate Wilkins** who lives in a retirement community in Vermont. Residents there decided to publish a book of their memories of WWII. After showing the book to the steering committee of the Continuing Care Community Resident’s Association of North Carolina (now NCCCRA), Ted suggested the residents of Friends Homes might want to embark on a similar project.

His first attempt was a success and in 2009, “The Experience of War: Residents of Friends Homes and Their Families Share Their Stories,” was written. This title allowed flexibility for our residents to share stories going back to WWI and even the Civil War. Fast forward a few years and four total collections have been written. The fourth edition, dated 2014, focused on the horror of 9/11 and the destruction of the World Trade Center. All four collections have a wide variety of war experiences on many different levels which allows the reader to see the stories of war from many different perspectives.

In 2016, Ted presented the idea of combining all four volumes into one book to the administration at Friends Home Guilford. **Arnie Thompson** was enthusiastic and asked **Susi Hudson**, Director of Resident Services, if she would take part as well. When the specifics were agreed on by all three, Ted contacted **Andrew Saulters**, a local publisher, to provide his knowledge and expertise to the project. Andrew readily agreed and the wheels were set in motion to begin this endeavor. Ted truly had a passion to see this project come to fruition. He was involved from the beginning to end and feels it is an honor to represent the stories of so many residents and their families that make up the Friends Homes community.



Meet Friends Homes
resident
**Ted
Benfey**

Not only did Ted have a passion to see this book completed, he has a passion for life. His journey to Friends Homes began in 1948 after he met **Rachel Thomas** in Haverford, PA, when he started teaching at Haverford College. They were married in 1949 and had 64 wonderful years together prior to her passing in 2013. Ted and Rachel moved to Greensboro from Earlham in 1973 when Ted became a chemistry professor at Guilford College. For 16 years he worked in the chemistry department. He was also involved with teaching science and religion, science and technology and Asian science during his time at Guilford College.

After retiring, Ted took a part-time position as the editor at the Chemical Heritage Foundation in Philadelphia. After discovering they did not enjoy the harsh Northern winters, Ted and Rachel became residents of Friends Homes Guilford in 1996. On March 23, the Guilford College Alumni Association awarded Ted with their highest honor-The Charles Hendricks Distinguished Alumni Award.

Retirement for Ted did not come in the form of rest and relaxation. He continues

an active role with the college and remains a vital part of the Friends Homes community. For many years, Ted has been involved in the Tuesday Forum, a monthly speaker’s forum, obtaining speakers from many diverse areas such as global involvement, sustainability, environment, as well as the arts. His other interests include the meditation group and the Health and Wellness committee, and he continues his involvement with NCCCRA. His dedication to others is remarkable and he truly embodies the Quaker principles of integrity, equality, community, simplicity and peace in all that he has done for Guilford College and Friends Homes.

Mack's Ark

Continued from p. 1

Animals, ranging from hippos, beavers, giraffes, tigers, skunks, and even as obscure as armadillos, surround the centralized Ark. Each animal (in pairs of two, of course) is its own unique color, indicating beautifully different types of wood used.

You may ask him where he acquired such a magnificent art piece, to which he will reply to you, "I made it myself."

Mack Baker is a North Carolina native, born in Durham and raised in Burlington. After graduating high school, he enlisted in the U.S. Navy and served during the Korean conflict for 3 years, 9 months, and 16 days. When he returned, he decided to join the Reserves and further his education at Guilford College in 1955. He received a Bachelor of Arts (BA) in 1958. While attending Guilford College, Mack met his wife, **Eleanor**. She moved to Maryland to continue her education, but they stayed in touch, visiting each other and writing frequently. They were married in 1957 and made their home in Greensboro. They have three children: **Pam**, a school orchestra teacher in Memphis, TN; **Doug**, a systems analyst in London, England; and **Sandy**, a graphic artist in New York City. They also have five grandchildren, and three great grandchildren.



Mack fell in love with teaching, and furthered his education to achieve a Masters of Education (MEd) from the University of North Carolina at Greensboro (UNCG). Mack spent his career working in different avenues of the education field. He taught science and math at Kiser Middle School, and even taught academically talented 9th grade students. He then became an assistant principal for 3 years, and eventually moved on to become the principal at Aycock Middle School (now called Swan Middle School) for four years. Afterwards, he worked his way to becoming a science supervisor for the

Greensboro City School System, where he served for 13 years. Mack enjoyed his education career so much that he became an activity bus driver where he promoted field trips for students and transported teachers to workshops.

At Kiser Middle School, the woodshop teacher invited Mack, as well as other teachers, to come in on Saturdays and learn woodworking. Mack learned the basics and fell in love with the hobby. He continued to come to the shop every Saturday for the 12 years he was at Kiser Middle School. He eventually built a woodshop in the basement of his Greensboro home. "I still use some of the same tools I used in that woodshop," he said.

Mack and Eleanor moved to Friends Homes West 10 years ago, and he knew it was the right fit for him. "One of the things that sold me on moving to Friends Homes West was that there was a woodshop. It gave me a chance to continue my hobby," he said. "You supply your own wood and materials. West provides the space."

Mack gains inspiration from the world around him when looking for ideas for his next project. "I always carry a tape measure with me," he said.



As you look around Mack and Eleanor's living room, you cannot help but notice different pieces of wooden furniture, all intricately designed. One such piece is a side table.

"I was inspired to make that piece when I saw something very similar at the Robert Morris Inn in Oxford, Maryland," he said. "I loved it, so I copied the design."

Mack admits he is not afraid of a challenge. In his apartment you will notice a tall corner cupboard with 16 individually placed panes of glass across the front, and a seven-drawer lingerie chest in the bedroom. Mack said these were the most challenging projects he has completed.

In addition to offering Friends Homes West a wide array of beautiful wooden masterpieces, he shares words of wisdom for those interested in antique shopping. "If you see a perfectly round table in an antique shop, it is most likely not an antique, it is probably a reproduction. If it is truly an antique, a round table will be more of an oval shape, because over time wood will shrink across the grain line."

Mack's current project now involves making toy airplanes, dump trucks, and bulldozers for both children and adults. He believes that it is important for everyone to have a hobby. If you are interested in picking up woodworking, there are opportunities in the community. Mack recommends Rockingham Community College, which offers an introduction course to woodworking.

Mack says it is important to receive professional instruction as a baseline and work your way up. Or, if you simply want to be a craft admirer, speak to Mack. You may get lucky and see his pride and joy: Noah's Ark, or some of the amazing pieces of furniture he has designed over the years.

Memorials & Honorariums received February - June 30, 2018

Memorials

Rexford "Rex" E. Adelberger
Patricia Adelberger
Christel Bullock

Dr. Donald F. Allen
Christel Bullock

Jacqueline Allred
Marvin & Sally Aycock
Arnie & Kathleen Thompson

Lou Angel
Arnie & Kathleen Thompson

Billy Apple
Elna Jones
Wanda Steele

Lawrence Aevent
Eleanor Kennedy
Arnie & Kathleen Thompson

Dot Ballinger
Rick Hatch

Charles R. Barnes
Catherine Barnes

Marie Belinsky
Marvin & Sally Aycock
Richard & Annette Bean
Steve & Maureen Burns
Robert & Ann Carroll Burwell
Mike & Carol Dewett
Hope Hobson
Herb & Diane Lebosse
Peggy Patterson
M. Darlene Tennant

Tommy Bozovich
Marvin & Sally Aycock
Tom & Barbara Henson & Family
Arnie & Kathleen Thompson

Nancy Bransome
Marvin & Sally Aycock
Elna Jones

Mary Breeze
Anne Bailey

Catherine Bulla
Jerry & Patsy Bulla

Alex Burns
Maureen Burns

Maureen Burns
Arnie & Kathleen Thompson

Robert Claiborne
Arnie & Kathleen Thompson

William D. & Ruth N. Coble
Samuel & Sandi Coble

Jim Cochran
Christel Bullock
Nancy Clark
Miranda Lotz
Arnie & Kathleen Thompson

Edith Cook
William "Bill" Phillips

Stephanie Cordick
Christel Bullock

Pat Cross
Christel Bullock
Rusty & Van Gunter

Reeves Edens
Robert & Ann Carroll Burwell
Miranda Lotz
Gary & Jean Scott
Arnie & Kathleen Thompson

Margaret Edwards
Ralph & Nancy Edwards

John Edwards
Joseph & Susan Anthony
Carolyn Barr
Chester & Nancy Brown, Jr.
Susan Chumbley
Donna Golinski
Ruth Jobe
Michael & Melanie Mize
Jennie Palmer
James & Jane Pendry
John & Peggy Russell
Jacqueline Tatum
Hooker & Linda Thomas
Arnie & Kathleen Thompson
Doug & Sandra Toler
S.J. & Shirley Webster
Bob & Nancy Wilson

Solomon Ray Edwards
Richard & Annette Bean
Polly Bowman
Miranda Lotz
Arnie & Kathleen Thompson

Zelma L. Farlow

Betsy C. Farlow

Adelaide Farmer
Judith Goodman
Arnie & Kathleen Thompson

Ernest Ferris
Mike & Sue Barcus
Peter & Diane Chodan
David Ferris
David Hodgkin

Cladora Fogleman
Ruby "Judy" Dance
Arnie & Kathleen Thompson

Barbara Quigley Forsythe
Nancy Quigley

Thurman Freeze
Robert & Ann Carroll Burwell

Marjorie Garvey
Barbara Crews
Judy Goodman
Patrick & Margaret Miller
Jessie Smith
Winnie Smith

Dr. Jerry Godard
Christel Bullock

Carey Payne Goodman
Judith Goodman

Janie Grantham
Jennifer Ross

Mildred Griffin
Empty Nesters c/o Debbie Tatum

Cornelia Harman
Gertrude Beal
Tom & Carolyn Harmon
David Hodgkin
Elna Jones
Miranda Lotz
Robert & Sheila Pauley
Charlie & Mary Routh
Jessie Smith
Winnie Smith
Louetta Knight Gilbert Circle at New Garden Friends Meeting

Jeff Hardison
Marvin & Sally Aycock
Robert & Ann Carroll Burwell
Judith Goodman

Will Harris
Harold & Edith Knight
Janet Mortimore

William Harris, Jr.
Arnie & Kathleen Thompson

Mary Ruth Haynes
Marvin & Sally Aycock

Wendell and Myray Hodgkin
Ralph & Wenda Kirkman

Pauline D. Hohns
Charles Hohns

Lizzie Holmes
James Hood & Sara Beth Terrell

Henry & Hilda Jacobs
Virginia Gaskins

John N. Johnson
Robert Johnson

Naomi Kaplan
Arnie & Kathleen Thompson

James Kittrell
Patrick & Margaret Miller

Mary Jo Kivett
Kerry & Gloria Hilton
Arnold & Diane Spell

Edna Matthews Koonts
Christel Bullock

Merilyn Lang
Christel Bullock

William "Bill" Leavel
David Hodgkin
Elna Jones

Ruth Lide
Peggy Cox
Harold & Edith Knight
Arnie & Kathleen Thompson

Irving Line
Sondra Line

Harry Long
Marvin & Sally Aycock
Richard & Annette Bean
Polly Bowman
Roy & Priscilla Christiansen
Nancy Clark
Barbara Clawson
Virginia Gaskins
Glenn Grayson

Mandy Lotz
Taylor Owens
Elva Sieg
Arnie & Kathleen Thompson

Betty Luck
Sue S. Ernest

William McKenzie
Carol McKenzie

Florence Melvin
Jean Brincefield
Arnie & Kathleen Thompson

Hilda Miller
Marvin & Sally Aycock

Elwood Mitchell
Sue Mitchell

Grace Moffitt
Charles & Ann Cranford

Mary Blair Mower
Judith Goodman

Rebecca Mulligan
Bruce Martin

Hazel Murrow
David & Gertrude Sillmon

Gayle Neave
Werner Ostmann

Olive Nelms
Arnie & Kathleen Thompson

Lela Newby
Loy C. & Connie K. Newby

Joseph "JC" Newsome
The Family of Maybell G. Pipkin

Carolyn Osborne
John Herbert

Catherine Owens
Gertrude Beal
Christel Bullock
Nancy Clark
Michael & Marilyn Dumas
Marie Franklin
Elna Jones
Karen O. King
Miranda Lotz
Winnie Smith
Cory & Sharon Tucker

Garth Payne
Marvin & Sally Aycock
Robert & Ann Carroll Burwell
Arnie & Kathleen Thompson

Elizabeth "Betty" Winecoff Phillips
Wade Phillips

Earlean Price
Arnie & Kathleen Thompson

Taze & Lucie Eure
Adminta (Minta) Coeyman

Julia Reeves
Gertrude Beal
Winnie Smith

Ruth Riley
Arnie & Kathleen Thompson

Maxine Robertson
Merilyn Williams

Betsy Rose
Miranda Lotz

Ruth Scholtz
Miranda Lotz
Winnie Smith

Ruth Sheldon
Loy C. & Connie K. Newby

James Siler
Arnie & Kathleen Thompson

Nell Sillmon
David & Gertrude Sillmon

Irene Skepko
Arnie & Kathleen Thompson

Caroline C. Smith
Paul & Patricia Lamont

Earle Smith
Peggy Cox
Reid & Judy Gaskins
Eleanor Kennedy
Nancy Parrott & G. Maynard Ledford
Janet Mortimore
Julia M. Richmond
Arthur Rieck
Arnie & Kathleen Thompson

Greg Smith
Joyce Parkhurst

Virginia Smith
Loy C. & Connie K. Newby

Catherine Snavely
Terri Chappell

Georgia Sprinkle

Vic & Sandra Bundgaard

Helen Stanfield
Robert S. Slocum

Evelyn Steed
Gertrude Beal
Elna Jones

William Summerlin
Arnie & Kathleen Thompson

David Smyth
Arnie & Kathleen Thompson

Charlotte Alexander Anderson Straney
Christel Bullock

Barbara Jean Taylor
Christel Bullock

Ruth Thompson
Rick Hatch

Laura Truitt
Robert & Ann Carroll Burwell
Arnie & Kathleen Thompson

Ellen Vestal
Marvin & Sally Aycock
Arnie & Kathleen Thompson

Barbara Walker
Daryl B. Adams
Winnie Smith

Ann Wilkins
Charles Wilkins

Cecil & Edna Williams
Archie Williams

Evelyn M. Zopf
Paul Zopf, Jr.

Honorariums

Bessie Black
Craig & Suzanne Wilson

Angela Conwell
Elna Jones

Judy Dance
Eva Pulliam

Binford & Jewel Farlow
Elwood & Ellen Parker

Betty Godwin
Mandy Lotz

William Coleman Harris
Joan Worrell

Mil Hendrix
Elna Jones

Jenny Huffaker
Mandy Lotz

Mary Ann Johnson
Nancy Clark

Anna Kalar
Anonymous

Sarah Kellam
Anonymous

Holden McGinnis
Christel Bullock

Carolyn McPherson
Susan Brewer

Mary Mead
Robert & Joanne Vitelli

Trudy Peacock
Aidan & Lisa Waite
Herb & Diane Lebosse

Helen Medlin
Arnie & Kathleen Thompson

Charles & Wade Phillips
Ginny Ellis

Wade Phillips
Nick & Libby Scandale

Casia Pinckney
Elna Jones

Arthur Rieck
Janet Mortimore

Charlie Routh
Doris Kaynor
Lynn Hall
Miranda Lotz

Charlie & Mary Routh
Judith Goodman

Peggy Shinn
Jim & Nancy Highfill

Clyde Sudderth
Marie Franklin
Miranda Lotz

Clyde & Betty Sudderth
Don & Mickey Hoagland
Clyde & Diane Sudderth

Libby Wood
Robert Blaylock

Winston Salem Friends Meeting
Susan Brewer

Basic earns Service Excellence Award

Sanela Basic received the 2018 Service Excellence Award from Leading Age North Carolina May 16 at its 2018 Annual Conference and Expo.

She has been in her current position of Service Manager at Friends Homes West since November 2006. Her team members are high school and college students who work part-time and she strives to be a role model while creating a culture of service. When a new resident moves in, Sanela spends time getting to know them and what's important to the resident. She treats everyone as an individual and trains her staff in techniques to customize service to meet each resident's expectations. Sanela understands the importance of greeting everyone by name and making family and guests feel welcomed, whether they visit every week or once a year.



Sanela faces challenging situations with creativity. One winter evening, the electricity went out for the entire eastern side of Greensboro at about 6:00 p.m. It was dark outside and the dining room was full as residents were enjoying dinner. The emergency generator was

powering lights, but no lights in the dining room were connected to the generator at that time. Due to the lack of natural light, it was very dark in the dining room making residents extremely anxious. In response to the situation, Sanela ushered residents into another room which had light for hand-dipped ice cream cones and sundaes. She turned a bad situation into an "adventure;" she reduced anxiety for the residents and through her actions was an example of care and empathy for the staff.

Recently a little girl had her face pressed against the glass dining room door. She said she was visiting her great grandmother and wanted to see 'her friend' Sanela before they left. The unforgettable way Sanela connects with people creates exceptional dining experiences every day.