



Morrison reaches out to support community

Friends Homes has engaged Morrison to manage the dining services at both campuses.

Morrison is part of the Compass Group, providing services to senior living communities throughout the United States. Compass has an outreach program for its members that includes support during an emergency or a disaster, sponsoring community work by the dining team, support for those less fortunate in the community, and educational school programs. Each dining team has the autonomy to select, support and carry out the programs in the community.

Our team selected several programs for this year, each of which were supported by the dining staff teams. Friends Homes Guilford staff went to St. Mark's Church in Burlington, N.C., to introduce healthy eating options for preschool through kindergarten classes.

Chef **Jonathan Evans** (and another community's Compass employee) introduced healthy eating option for Pre-K through Kindergarten classes. The "teaching kitchen" platform was used, educating around 90 children from ages 3-5. The healthy benefits of eating fruits, berries and dark chocolate were shared in an interactive atmosphere. The children were shown how to incorporate these foods (the dark chocolate in moderation, of course) into their daily eating habits. The benefits of healthy options and clean hygiene were demonstrated.

It was awesome for the children and teachers to work side by side with the executive chef (in uniform). Evans shared a step-by-step return demonstration for a chocolate-covered fruit kabob with the children and teachers. The children,



Friends Homes recently partnered with Morrison Community Living to provide an educational program to the Pre-K and Kindergarten classes at St. Mark's Church in Burlington, N.C. Chef Jonathan and Ms. Neil, Registered Dietitian intern, introduced healthy eating options to a group of approximately 90 children. The kids learned about healthy benefits of various fruits and dark chocolate as well as other culinary terms and practices. A strong foundation was established for some future young chefs!

teachers (and some parents) had a wonderful time.

Friends Homes West presented nutrition

programs on aging to two organizations in our community and presented three

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A message from the Executive Director

Where does the time go! On June 30 we said goodbye to **Fran Smith** who retired after serving our West campus as the Director of Dining for the past 21 years. Fran was an employee of Morrison Senior Living, but she was a large part of our family as she faithfully served the residents and her staff. We acknowledge and thank her for her many contributions to our successful dining program and the wonderful legacy she leaves. We didn't have to look far, as we focused on filling this important role. We are excited to announce that **Carly Kirkman** has been promoted to our Director of Dining for the West campus. Carly has worked under Fran for 3½ years as the Registered Dietitian for Friends Homes. We congratulate Carly and wish her much success.



Along with people like Fran and Carly, the overall success of Friends Homes is in large part due to the dedication of the 400 men and women that make up our staff and care for our residents. With the support of our Board of Trustees, we have implemented several initiatives to show our support to our dedicated team and acknowledge their contributions to our overall success. Over the past 12 months, we have made several targeted wage increases as we continue to move

toward providing a living wage for all. We have implemented a retirement savings 401k plan with a company matching component that has a 98% participation rate. We have implemented an Employee Assistance Program and in July we partnered with Moses Cone to provide a part-time, on-site nurse practitioner that is available to all of our employees with no copay. We really appreciate a healthy workforce and feel having the nurse practitioner will help everyone of us to live our best lives. We are optimistic as we plan for next year's budget that we are on the path to ensuring a living wage for all.

Many thanks to all of you that have already pledged support for our 2019 Annual Giving Campaign goal of \$70,000, which is for our Resident Assistance. The Annual Giving campaign is an excellent opportunity to support Friends Homes while at the same time honoring or memorializing someone.

I hope this Update finds you well and in good spirits and that you will come by and see us. The energy our residents and staff exude will put an extra pep in your step.

Warm regards,

Arnie Thompson
Executive Director

Morrison

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themed baskets to raffle to residents and staff for the purposes of raising money for Greensboro Urban Ministries. The raffle raised \$211 which was donated to Greensboro Urban Ministries. Residents, families and staff could purchase a raffle ticket for \$1 (6 for \$5) to place in the bin in front of the basket of choice. The themes were: Dinner Basket, Child's Easter Basket, and Family Movie Night Basket.

The dinner basket contained dry goods for a complete meal plus a \$50 gift card donated by Compass to purchase perishable foods. The Child's Easter Basket contained assorted candy, chocolates, a stuffed bunny, coloring books and children's games. The Family Movie Night Basket contained popcorn, 2 liters of soda, assorted candies (movie-sized) and a \$25 Visa gift card. Each basket was created and decorated by the dining staff. The drawing was in time for



Easter. Residents and staff were selected, each thrilled to have won! The resident winning the Children's Easter Basket was expecting a plethora of grandchildren for Easter and was absolutely thrilled to be able to share the basket!

The Registered Dietitian, **Carly Kirkman**, was one of four health

professionals invited to speak at Christ United Methodist Church as part of a Healthy Aging education program. Kirkman presented to both church and community members on nutrition and cognitive benefits. She presented to a local Philanthropic Educational Organization (P.E.O.) on nutrition and aging.

Grant enhances Friends Homes technology activity

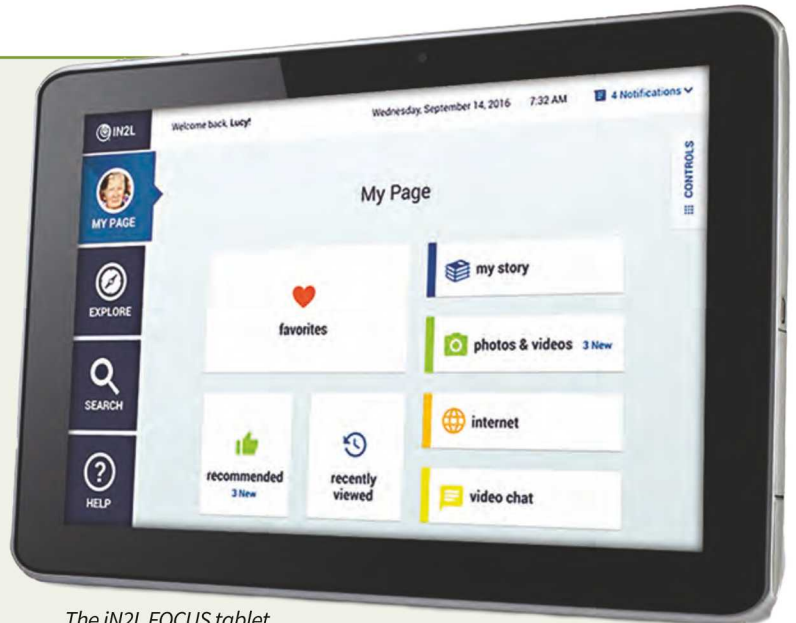
Friends Homes Inc. recently received a \$45,000 grant from the Centers for Medicare and Medicaid through the N.C. Culture Change Coalition to fund a Connect Project.

Friends Homes Connect Project seeks to provide the latest technology and online access to our residents. Combined with our current complimentary wifi connection throughout both campuses, this project allows us to purchase various pieces of computer equipment that our skilled nursing facility residents could use themselves or enjoy in a group setting. With the grant, the project was able to purchase 15 iN2L FOCUS tablets (similar to I pads), two iN2L Mobile Flex Units, five 70-inch smart TV's, and 15 sets of head phones, as well as a one-year subscription to the iN2L software.

The tablets will allow us to individualize each resident's experience, no matter what their cognitive functioning level might be. This might include email or Skype functions with specific family and friends, personalized music playlists, specific settings for news and programming preferences, games, etc. The mobile flex units can be used for group activities, entertainment, and games as well as therapy services. The large-screen smart TV's allow us to connect the mobile flex units to a larger television for group activities and entertainment. The televisions will also be connected to

our cable service so that a variety of programming, movies, etc. will be offered 24-7 through online services. Each campus already has subscriptions to Netflix and Amazon Prime for providing movies on demand.

The FH Connect Project grew out of a Technology Performance Improvement Plan (PIP) conducted by several staff, residents, and volunteers over three months in mid-2018. The PIP was initiated after we saw some needs that electronics could address. A group of staff — an administrator, assistant director of facility services, and resident services coordinator — along



The iN2L FOCUS tablet

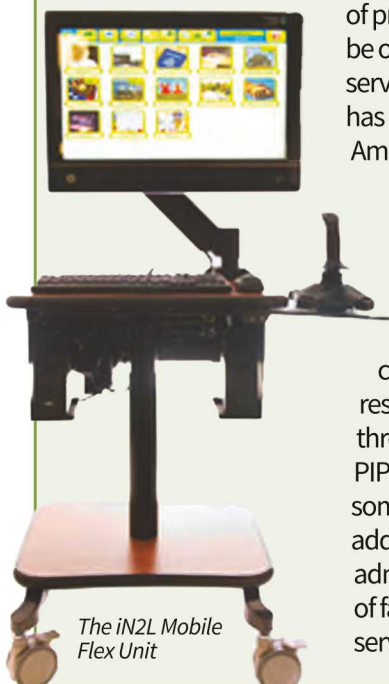
with four residents and a high school student volunteer met together over several weeks to brain-storm about the needs they were hearing about and the resources available to address those needs.

Jackie LeMere, Activities Director for Friends Homes at Guilford, and **Kayleigh Dorsett**, Activities Director for Friends Homes West, will be responsible for the project. Jackie is a certified recreational therapist and certified dementia specialist with over 5 years of experience in long-term care, has been with Friends Homes Guilford for 2 years. Kayleigh at Friends Home West is also a certified recreation therapist with 4 years of experience in long-term care.

Those of us who have worked in long-term care for many years have seen a shift from the resident who is content with the old phone solution for communicating to one who wants the same devices and services their families are using. It's a parallel to society as a whole, but the market generally doesn't take into consideration the needs and limitations of an older individual. Technology continues to move to smaller and more complex machines that some seniors find hard to navigate. From our Technology PIP, the phrases "I want it to work but I don't want to push but one button to make that happen" or "I want to learn how to use this device my family gave me" dominated the conversation. Smart phones are replacing traditional cell phones and the process for making a simple phone call has changed from pressing the numbers to finding the phone app and using a touch pad for numbers that get longer and longer. While hand-held devices offer great solutions for residents who find mobility difficult, they do no good if they are too complex for the resident to use or are full of applications the resident doesn't need.

While seniors may desire the connectivity offered by today's electronic wonders, they need something designed specifically for them. The It's Never 2 Late (iN2L)

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The iN2L Mobile Flex Unit

What comes to mind when you think of ancient Rome, present-day Bulgaria and **Bill Bailey**? Keep reading; the answer lies ahead.

When Bill and **Rose Bailey** moved into Friends Homes West in June, 2016, Rose says they were thrilled. They sold a house, pared down their possessions, and moved into a 2-bedroom apartment with a lovely view. One thing that moved with them, though, was Bill's collection of coins.

Bill will tell you that, even though he had picked up a few coins in high school, he didn't start seriously collecting until 1990 or so. And he would also tell you that his collection isn't that valuable. He has no gold coins, no pieces of eight, no doubloons; what he has is a collection of oddities and worn-down pieces of soft paper, nickel and copper, but oh, if they could only talk.

When you ask Bill what he finds interesting about his coins, you are pulling the cork off a bottle, and a huge genie of information swarms out with stories of wandering Roman soldiers who buried their coins before going off to war; his 10-year-old grandfather who was caught in the crossfire of a Civil War battle; and postal stamps that were encased in copper frames and clear mica to use as currency, and which carried advertisements on the back for **Dr. Ayers Sarsaparilla**, to Purify the Blood. He will also show you an American half-cent piece, a 3-cent piece, a half-dime piece and a 2-cent piece, ranging in sizes from your little fingernail to a current-day quarter.

Did you know that during the American Civil War, due to a shortage of copper – it was needed more for ammunition than for coins – the government printed what is now called fractional currency? They were printed in denominations of 3 cents up to 50 cents, and were a little smaller than postcards, some more like business cards.

Other countries printed fractional currency as well, when there was a shortage of precious metal. (Canada had a very fanciful 50 cent piece.) Bill thinks about the stories his grandfather told him about growing up during that time period and the currency comes alive. Bill shows me a "horse blanket," an oversized \$1 bill from 1899. It got its name from the paper that was used; it has a high content of cotton and feels like cloth.

Most of Bill's favorites are the more recently printed or minted.

He shows German WWII coins with **Paul von Hindenburg's** profile on one side and the infamous eagle with swastika on the other. After the war was over, these coins were outlawed in Austria, France and Germany. He's fond of purchasing what he calls "world coins," coins from around the world, some current and some obsolete, some with rounded square corners and some that look like a pie crust. They're made of aluminum, copper and nickel. He puts them in a zip lock baggie and sells the bags to grandparents, telling them to give them to

a grandchild to research and identify, and to learn something about the country from which they were minted.

About 15 years ago, Bill and Rose visited a nephew who was with the State Department in Bulgaria. Bill soon discovered that there were people who were selling old coins in the abundant flea markets. It seems that between 76 AD and 300 AD, when Rome was assimilating Bulgaria, Roman soldiers, before they went off to war, would bury their cache of coins for safekeeping against their return. These abandoned coins were being dug up by enterprising people with metal detectors in fields and sold, and Bill couldn't resist.



Meet Friends Homes West resident

Bill Bailey

Most of the coins were clumped together by time and corrosion, so Bill had to clean and separate them. The coins are all different. They range in size like the 1/2 and 2 cent pieces mentioned before. Some have faint designs still lingering, some are worn smooth by many hands thousands of years ago. The best one features the famous mythical figures of Romulus and Remus, the founders of Rome, being nursed as children by a wolf. When you hold these coins, you feel a lingering sense of awe, a strange connection with ordinary people like you, who lived and spent money and died in centuries long past.

Bill has enjoyed his hobby. It may not be an investment, like some coin collections, but it is a collection of history and life. He enjoys his time on the internet, learning about long-forgotten people like Dr. Ayers, who, if the internet can be believed, died in 1887 leaving an estate worth 20 million dollars.

So now you know the answer to the opening question, but trust me, there is so much more to learn. You would enjoy sitting down with Bill and uncorking that genie.

The story of Apartment 204

by Emilie Sandin

About 25 years ago, **Carson Grantham's** wife, **Janie**, stood up during the service at First Friends Meeting and said something like, "If you are over 50 and haven't signed up on the Friends Homes waiting list, you'd better do it. There's a 15-year waiting list, and you don't know what might happen to you when you hit 65. It's good to have a plan for your later years and there's no risk just getting on the list."

During the next college break, **Tom** and I came over to the Friends Homes campus and met with **Marie Brown**. She showed us around and **Arthur** and **Peggy Bonney** invited us into their apartment, #204, to see the layout.

"Oh, this is just perfect!" I said. We filled out the application form, and I wrote on it that Apartment 204 would suit us to a tee.

Over the next 24 years, we received occasional letters from Marie, asking if we were still interested in Friends Homes, and enclosing an updated form to fill out. We always sent the form back, adding "and we like Apartment 204" to the first line.

In the fall of 2017, Tom decided that the 2017-2018 school year at A & T State University would be his 50th and last year. We came over to let Friends Homes' staff know that we'd be ready to move from our Westerwood home of 40 years by summer of 2018.

In January, 2018, the call came that an apartment would be available by mid-April and that if we wanted it, we had to claim it. "What apartment is it?" I asked. I was told it was apartment 204. "Oh, yes!" I said. "That's the one we want."

Remember that I told Arthur and Peggy Bonney that Apartment 204 was just perfect 25 years ago? Well, perfect got even better!

Sometime during our years on the waiting list, a door was cut between Apt. 204 and the studio apartment #202. So the one bedroom, one bath apartment had become two bedrooms, two baths. I came over to FHG,



Tom and Emilie Sandin

and **Mary Knobloch** helped me choose colors, carpet, and flooring to turn the apartment into our new home. It took us some months to move our furniture and belongings to Friends Homes Guilford and to get our home ready to sell, but by November 30, 2018 we had sold our home and completed the move.

Is Friends Homes Guilford as good as we hoped it would be? Oh, it's better than we imagined.

We don't feel entitled to be here. We feel privileged to be here.

The staff and residents are so warm, welcoming, kind, and thoughtful. It feels more like a family than just a community. There are so many things to do every day, we have a hard time choosing which activities to participate in.

We're exercising more than we've done in years. We've met the nicest people we've ever known.

We feel truly at home here at Friends Homes Guilford.

software system is just that – from their ease of use to the programming they offer, they were created for an older population with special needs, interests, and limitations. According to their marketing material, “Socially, the elderly population has long been considered isolated.

Because many are unable to move around as easily as everyone else, those who stayed in the home often went long stretches of time without engaging with the community at large. Online education, chat, e-mail and increased phone availability have now made it possible for the elderly to stay connected within their community and actively seek out activities that will ensure their overall well-being.”

Our Activities personnel have been talking with residents and family members about the possibility of providing them with more online access and electronic connectivity. While most are excited, some residents have expressed concern about their ability to learn how to use the devices. The iN2L company provides onsite training. Designated staff will attend these initial sessions and then train the remaining staff and volunteers so that anyone can assist a resident with a device. Residents and families will be offered the training.

We have also partnered with Guilford College to develop an ongoing volunteer project that brings students into our centers to help residents with their devices. All students will go through our orientation and will be provided information on security and privacy for our residents, including HIPAA and our social networking policies.

The FH Connect Project will provide our skilled nursing facility residents with ready access to the internet and the connectivity they need to remain engaged in life. We will utilize tablets to support individual use and the larger systems to allow our activities departments to expand their programming. Therapy services may also use the equipment for resident exercise and specialized services. We are excited that the iN2L mobile tablets and flex units will be able to provide the following.

- Wellness content: exercise videos, cognitive and therapy content including fall prevention and strengthening program videos, brain training games, and content developed by iN2L’s certified therapy staff.
- Engagement content: designed to allow residents to stay engaged through thousands of computer-based experiences and activities including games, puzzles, and virtual travel applications, as well as spiritual content.
- MyiN2L.com: a web-based tool that helps family members partner in the care of their loved ones by giving them the ability to customize their iN2L user button, select specific applications within the system, upload pictures, videos, and create a digital biography (My Story) for the resident.
- My Story: developed by iN2L to provide a person-centered experience, this application helps family and professional caregivers set up a snapshot of the person’s life, such as interests, accomplishments, preferences, as well as pictures and music.
- Memory Coach: memory care trainings for staff and volunteers, including Best Friends™
- Positive Approach to Brain Change™ by Teepa Snow, and Cognitive Pathway by Vertis Therapy.



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 reasonable cost, so that each resident may live a fulfilling life.*

And the beat goes on...

Cardio-Drumming at Friends Homes is a very big deal. Our wonderful instructor, **Randi Lee**, is fun-focused and we have all learned not to compete with the scheduling of Monday evenings or Wednesday afternoons. We have even learned to start the Monday night movie AFTER the drummers have laid down their drumsticks.

Randi has now taken her program up about 5 notches. The first weekend of May, Friends Homes was a host-site for a national Drums Alive® training certification. Credited to the Drums Alive® website, their program is the original and only evidence-based drumming fitness, health, wellness program that provides a “Whole Brain & Whole Body”

workout which promotes physical, social, emotional, and cognitive health at all life stages.

The program combines more cognitive training for enhancing memory, while focusing on the body and brain’s natural rhythmic response to music and the “drum beat”, making it a physical, social and cognitive workout. Amazing to watch and listen to, but completely phenomenal to become a participant, it has found a permanent place on campus. We often have 25 to 30 participants! Thanks to Randi for giving us the next challenge in fitness and wellness.

And speaking of fitness stepping up a

notch or five, we have another new class at Friends Homes. **Csilla Roper** has begun teaching a cardio, abdominals and backs class (aka CABs). It is a 45-minute adventure in pacey music, with beach balls and tons of varied moves and challenges.

Amazingly taught entirely from a chair, participants move for 20 minutes of cardio fitness, then abdominals and backs are trained and strengthened using Thera-bands and dumbbells. Residents love the class, as it is totally different from any other class we have. And Csilla keeps them moving. It is fun and challenging but somehow, we just keep moving. Thank you so much Csilla, for coming to us at Friends Homes.



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