



**Friends
Homes**
ESTABLISHED 1958

UPDATE

December 2018

Friends Homes Guilford & Friends Homes West

www.friendshomes.org



Friends Homes celebrated its 60th anniversary on September 18, 2018. Among the presenters were Arnie Thompson (top left) and Wilson Sheldon (right).

A message from the Executive Director

As Friends Homes concludes our year-long celebration of 60 years of rich history, I am thankful for all the men and women that have been a part of our Friends Homes story. Their support with their time, talent and treasure continues our steadfast legacy today as we actively plan for our future.



At the core of our story are the 400 dedicated employees who work in support of Friends Homes' mission. Our Board of Trustees recently approved our 2019 operating and capital budgets that include several enhancements to our wage and benefit structure offered to our dedicated team. These enhancements are our first steps as we strive toward offering our team a living wage.

On the wellness front, Friends Homes is dedicated to providing a wide range of activities and wellness programs for our active population. Most recently, we introduced Cardio Drumming to our repertoire. Please take a look at our Facebook page for a video clip of one of our sessions. I think you'll agree with me that we have taken fitness and fun to an entirely new level.

Our campus interior renovations are near completion. As part of these renovations, we have built a spacious new

clinic at our Friends Homes West campus. Medical Director, Dr. Pandey, and our entire Friends Homes family are excited about this new space where clinical and wellness support will be provided for residents. When visiting either campus, please take some extra time to look around and explore and see some of the renovations that have been completed.

A buzz continues within Friends Homes and the outside community about our future growth. We are meeting with a group of individuals and strategic partners to design our new, single-family homes, apartments, dining venues and expanded wellness center. This design phase should be completed by early summer 2019. More details to come in our April Update. Meanwhile, our marketing team continues to hold lunch-and-learns to keep our future residents up-to-date on our progress. If you are not part of the Resident of the Future program, I hope you will consider becoming one and joining our family to enjoy all we have to offer.

As we immerse ourselves in this holiday season, I offer my sincere appreciation and blessings for you and your family. Your support and love for this great community is the backbone for our continued success.

Warm regards,
Arnie Thompson
Executive Director

Cardio Drumming: The Ultimate Fun Workout

March to the beat of your own drum with one of the latest (and most fun!) fitness trends. Cardio drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great.

Cardio drumming brings together drumsticks, an exercise ball and a stand to create one of the most fun workouts you'll ever do. Using the exercise ball as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

There are many health and wellness benefits to cardio drumming. Participating, you will find an increase in heart rate and it can help you burn hundreds of calories. It will improve your coordination and ability to focus, and help strengthen many muscle groups, including your core. The best part about



cardio drumming is that it is loads of fun. Studies show when people find workouts they enjoy, they're more likely to stick with the routine.

Cardio drumming is a great workout to do at home, but of course, you'd be alone, unless you have a video to follow.

Randi Lee is a 2014 East Carolina University graduate who is board certified as a Music Therapist and a Neurologic Music Therapist. She completed a 1,040-hour internship

and has been Music Therapist- Board Certified for over 2 years. Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals. Her company is Magnolia Melodies (inspired from her love of the beautiful magnolia trees that adorn ECU's campus). In addition to our Independent Living program, she leads several sessions at both Friends Guilford and Friends West for our Assisted Living and Skilled Care residents. Everyone Loves Randi!

2018 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	Deets McCullen
Carl Semmler Vice Chair	Brent McKinney
Carolyn McPherson Secretary	Bill McNeil
Dan Allen Treasurer	Patrick Miller <i>(Resident)</i>
Marla Allred	Elwood Parker <i>(Resident)</i>
Annemarie Dloniak	Ed Phillips
Don Farlow	Joy Britt Reavis
Mark Farlow	Janet Robbins
Bob Gobble <i>(Resident)</i>	Betty Rogers <i>(Resident)</i>
Beth Joyce	Jennifer Ross
	Ben Warren
	Tom Wright

Financial Summary:

The following is a highlight of Friends Homes, Inc. for the 12-month period that ended September 30, 2018.

Revenue

Resident Service Revenue	90.5%
Investment Income	9.0%
Contributions	0.5%

Expenses

Employee Cost	51.3%
Management and Professional Fees	10.7%
Maintenance and Utilities	10.2%
Depreciation and Amortization	8.8%
Supplies and Other Support	5.7%
Raw Food Cost	5.6%
Interest Expense	3.8%
Marketing and Development	2.5%
Business Insurance	1.4%

A copy of the audited financial statements for Friends Homes, Inc. will be available for review after December 31, 2018 at the administrative offices at the Guilford campus.

Fall Festival at Friends Homes Guilford



Ray & Carole Treadway



Gypsy fortune tellers set up camp at our Festival!



Halloween treats!



Dolores Parker & Gay Bowles enjoy the photo booth.



Clowning around with Susi Hudson and Arnie Thompson!



Staff enjoy cotton candy and popcorn!



Alice Carroll, Lee Eanes & Charlene Robson work the "Eyeball Toss" booth.



Bertha Smith with goodies she won!

Resident plays key role in Friends Homes start

When discussing the history of Friends Homes, one person's name cannot be left out of the conversation—**David Brown**.

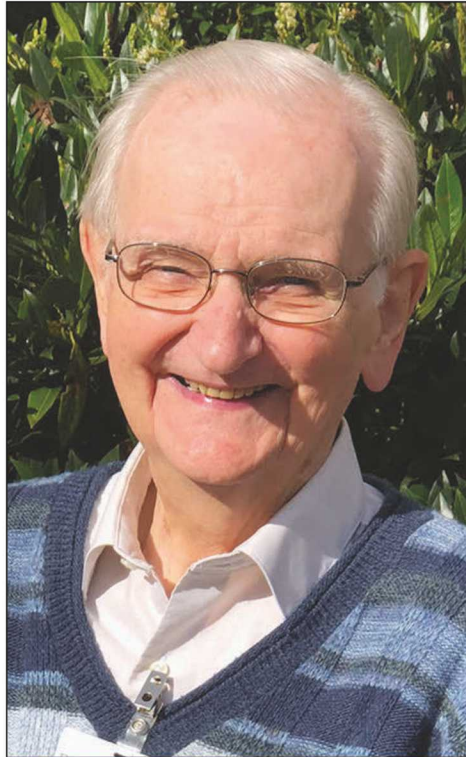
In the early 1970's, **Dr. Clyde Milner**, former President of Guilford College and Chairman of the Friends Homes Board of Trustees, notified Quaker Meetings that an idea had been proposed and money allocated to build a retirement and nursing home near Guilford College. At the same time, David Brown was overseeing construction and raising funds for a new dormitory at Olney Friends Boarding School in Ohio. He heard that North Carolina Yearly Meeting was seeking a person to raise money and oversee the construction for the proposed buildings. He interviewed for the job and on October 1, 1972 was employed as Director of Development at Friends Homes.

David and his wife, **Mae**, visited Quaker retirement homes in Ohio, Maryland and Indiana to understand what others were doing to run successful retirement communities. While in Indiana, they visited the home office of Hill-Rom, a maker of hospital beds, where Friends Homes would eventually purchase the beds for the new home.

The Trustees realized that there was a need for a large loan. David was contacted by a friend who said that he could get the million dollars needed. The man went to four banks and asked each if three other banks loaned Friends Homes \$250,000 would they also make a \$250,000 loan. Each bank agreed.

David realized he had a large list of things to accomplish:

1. Obtain a nursing home administrator license. David became the first administrator.
2. Hire department heads for the various departments.



Meet
Friends Homes Guilford
resident
**David
Brown**

3. Begin interviews with prospective residents.
4. Find doctors. Luckily, four young doctors were considering opening a practice in Greensboro. Doctors Thacker, Foreman, Heller and Kaplan would serve Friends Homes for many years.
5. Find a contractor. David interviewed **Carl Monro** with Monroe Construction Company and he was impressed with his work. Carl had gone to London to learn what had been built for thousands of families that had lost their homes during

World War II. He discovered a poured-in-place construction system and bought the rights to build this type of high rise residential homes in the United States.

In 1974, Friends Homes bought the Arcadia which had been built in 1910 for Guilford College President **Lewis L.** and his wife **Mary Mendenhall Hobbs**. The home was renovated and David and Mae moved from their home on Ridgecrest Drive to Arcadia.

David worked at Friends Homes for 10 years. His biggest accomplishments included hiring successful department heads, overseeing construction of three apartment buildings, filling the home with residents, and establishing a long waiting list.

David and Mae both grew up in Quaker families, met at Guilford College and are active members of Friendship Friends Meeting which is across from the Guilford campus. When David and Mae left Friends Homes, they bought a house nearby and David started his real estate career. In 2009, they had a call from Friends Homes suggesting they come look at an apartment that fit all their criteria. They took the apartment and now feel very much at home with old and new friends and are taking advantage of many of the opportunities offered.

David shared a funny incident that happened during the construction of Woolman:

“A port-a-potty for the workers was moved by a crane each time a new level was begun. One day, when the crane began to pick the potty up to move it, someone from inside screamed ‘Help!’ ”

When **Carson** and his wife, **Janie**, came to live at Friends Homes West, he was already very familiar with Friends Homes, Inc. Carson was born in Greensboro, and is a life-long member of First Friends Meeting. He served on the Friends Homes Board of Trustees for many years, including three terms as Chair; one term as Vice Chair; and one term as Treasurer. In fact, he was serving on the board in the late 1980s when the idea of building what would become Friends Homes West was first suggested and discussed.

Many people may not know, according to Carson, that another company had proposed to build a retirement community in this same location and had already accepted deposits from prospective residents. Unfortunately, that venture failed, resulting in the loss of money from the investors. When the Friends Homes Board of Trustees agreed to take on the project themselves – and considering they were all Quakers, the decision was made very quickly, laughs Carson – he was pleased and encouraged that the apartments were reserved right away. He says that, in spite of everything that had happened before, people believed the Quaker leaders were “people of their word,” and could be trusted.

Meet
Friends Homes West
resident
**Carson
Grantham**
PAST & PRESENT



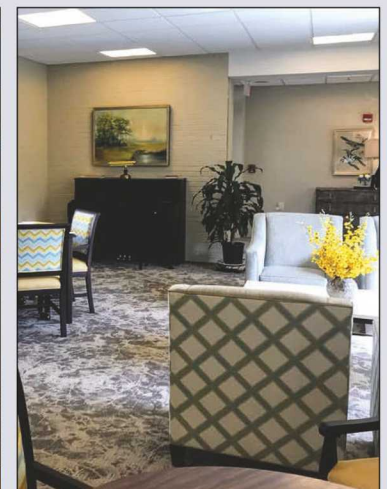
1993 watching new residents move in, and decided that someday, this is where he and Janie would live. In January of 2006, they moved into their apartment.

There have been a few changes over the years. Since one of the best features of living at Friends Homes West, in Carson’s opinion, is the fact that “everything I need is all under one roof,” he is a little surprised at the growing interest in the individual homes that are being planned for the land next door. One thing that hasn’t changed, he says, is the friendliness of the people who live here.

When asked if he had any advice to offer a prospective resident, he said “know whether or not you are prepared to live in a community setting. We may not agree on everything, but anyone can learn to be civil in the face of differing opinions.

“I don’t have any great wisdom,” he added, “but I got involved with Friends Homes a long time ago, when there weren’t any retirement communities like this. I watched a lot of people who sacrificed to make this happen. They said Friends Homes was not well known enough, that we could never raise the funds to build, but we did. We’re well known now.”

Friends Homes renovation projects



Completed alcove and hallway renovations at Friends Homes West.

The Fox Concourse renovation at Friends Homes Guilford.

Memorials & Honorariums received July - October 31, 2018

Memorials

Nancy Baldwin

Sandra Shields

Ben Barber

Dan & Joan Parker

Franklin & Margaret Beal

Gertrude Beal

Richard Bean

David & Mae Brown

Judith Goodman

Ann Kunkel

Anna Kalar

Taylor Owens

Arnie & Kathleen Thompson

Marie Belinsky

David & Mae Brown

Diana Clark

Doris Benton

Karen Rinehart

Alex Burns

Maureen Burns

Maureen Burns

Christel Bullock

Nancy Clark

Cyril & Judith Harvey

Ray & Carol Treadway

Dona Butler

Gertrude Beal

Harvey & Emily Herman

Harold & Edith Knight

Taylor Owens

Joyce Parkhurst

Arnie & Kathleen Thompson

Blake Clark

Ann B. Clark

Jim Cochran

Diana Clark

George L. Winchester

Pat Cross

Jim & Jane Fernandes

Eleanor Kennedy

Gayle & L.C. Lackey

Emma Crump

Robert & Ann Carroll Burwell

Arnie & Kathleen Thompson

Louise Deshaies

Obbe & Daphne Haverkamp

Lynn Dorn

Marvin & Sally Aycock

Doris Barbee

James & Samuel Blattner

David & Mae Brown

Daisy Brownstein

Christel Bullock

Nancy Clark

J. Taylor & Audrey Doggett

Virginia Gaskins

Sarah Gramley

Glenn Grayson

Clay & Doris Hall

Cyril & Judith Harvey

Don & Mickey Hoagland

Audrey Koopman

Ann Kunkel

Miranda Lotz

Terry & Julia Nile

Joyce Parkhurst

Janet Plummer

Julian & Elizabeth Rogers

Barbara Roth

Tom & Emilie Sandin

Thelma Sasser

Jessie Smith

Michiko I. Stavert

Arnie & Kathleen Thompson

Velma Tomlin

Ray & Carol Treadway

Ruby Duncan

Arnie & Kathleen Thompson

Reeves Edens

Doris Barbee

Robert W. & Billie Barrett

Diana Clark

Cyril & Judith Harvey

Ann Kunkel

Taylor Owens

Jessie Smith

Solomon "Ray" Edwards

Barbara Barker

David & Mae Brown

Joe & Marianne Browning

Christel Bullock

Lousie Coble

Ralph & Nancy Edwards

Ann Kunkel

Martha Hughes & Bryan James & Family

Anna Kalar

Marie Foxworth

Christel Bullock

Edna Gibson

Arnie & Kathleen Thompson

Katherine Gladstone

Thelma Greeson

Jan Gordon

Cyril & Judith Harvey

Ruth Graham

Carolyn Bohanan

Robert & Ann Carroll Burwell

Sarah & M. Coker Golden

Helen P. Medlin

Taylor Owens

Louise W. Price

Anne A. Quinn

Arnie & Kathleen Thompson

Susan Tysinger

Konnoak Hills Moravian Church

Alice Grissom

Arnie & Kathleen Thompson

Ruth Hancock

Harvey & Emily Herman

Harold & Edith Knight

Will Harris

Ruth Howerton

Floyd & Joann Nesbitt

Robert "Bob" Haynes

Marvin & Sally Aycock

Polly Bowman

Arnie & Kathleen Thompson

Naomi Kaplan

Christel Bullock

Clifford & Doris Davis

John & Peggy Russell

Bob Keeny

Cyril & Judith Harvey

David Kirkman

Elizabeth Kirkman

Robert "Bob" Kunka

Marvin & Sally Aycock

Mildred Lamb

Dudley & Beverly Marchi

Harry Long

David & Mae Brown

Christel Bullock

Diana Clark

William & Faye Ellison

Cyril & Judith Harvey

Harvey & Emily Herman

Diane Howard

Anna Kalar

Ann Kunkel

Walter & Catherine Long

Julian & Elizabeth Rogers

Bart Yancey

Artis Meeks

Bobbie Reeves

Florence Melvin

Marvin & Sally Aycock

Christel Bullock

Nancy Clark

William Maness

Julian & Elizabeth Rogers

Jessie Smith

Nancy Michaux

Harvey & Emily Herman

Harold & Edith Knight

Arnie & Kathleen Thompson

Harriet Mitchell

Robert & Ann Carroll Burwell

Arnie & Kathleen Thompson

Rebecca Mulligan

Bruce Martin Family

T.G. & Mamie Owens

Taylor Owens

Catherine Owens

Taylor Owens

Martha Rives

Garth Payne

Diana Clark

Charles Phillips

Marvin & Sally Aycock

Edwin Bryan

Nancy Clark

Shannon Jones

Taylor Owens

Arnie & Kathleen Thompson

Tom & Eaine Wright

Christ United Methodist Church

Mary Lee Powell

Fran Atkinson

Marvin & Sally Aycock

Polly Bowman

Robert & Ann Carroll Burwell

Diana Clark

Kathryn Crownfield

Ritchie Crownfield

Nancy Green

Bob & Betty Harris

Mandy Lotz

Patrick & Margaret Miller

Arnie & Kathleen Thompson

James Siler

Breslow Starling Certified Public

Accountants

Clara Smith

Andre Ayers

Jean Brincefield

David & Susan Clark

Martha Read Hoekstra

Donald Stone

Arnie & Kathleen Thompson

Clara & Lane Smith

Laura Harris

Pamela Smith

Alex Stoesen

Cyril & Judith Harvey

Laura Truitt

Eleanor Kennedy

John & Peggy Russell

George & Sadie Winchester

George Winchester, Jr.

Ed Witman

Carolyn Witman

Honorariums

Jack Boyles

Jean Brincefield

Diana Clark

Dudley & Beverly Marchi

Linda Carraway

Allen & Kathy Dick

Reid & Judy Gaskins

Arthur Rieck

Carson Grantham

Elizabeth Vance

Joe Gruendler

Don & Mickey Hoagland

Bob & Laura Gobble

Ellenor Shepherd

Anna Kalar

Richard & Annette Bean

Audrey Koopman

Carolyn Harmon

Jan Mortimore

Arthur Rieck

Dolores Parker

Beth Joyce

Trudy Peacock

Aiden & Lisa Waite

Brian & Betty Poynton

Dorothy Sinclair

Charlie Routh

Jane Kirkman-Smith

Velma Tomlin

Clyde Sudderth

Marvin & Sally Aycock

Christine Foy

Jane Kirkman-Smith

Jacquelyn Waters

Charles Ward

Jim Wilkinson

Elizabeth Vance

Music for Pleasure Celebrates 40 Years

On March 14, Friends Homes celebrated the 40th anniversary of one of our longest standing programs — Music for Pleasure. In the late 1970's, **Eleanor Procton** worked for Guilford Technical Institute (now GTCC) in an experimental program to introduce music to retirement communities. Shortly thereafter, she was asked to join the activities staff of Friends Homes on a full-time basis. In addition to her new role, she continued to develop her popular weekly music program.

In 1988, Eleanor became the director of Special Services and served in that role until her retirement in 1998. She directed the program for 20 years and has continued another 20 years in her retirement.

One of the beautiful things about Music for Pleasure is that it involves residents from all levels of care and participation is encouraged regardless of musical talent. Eleanor offers the opportunity

to bring back wonderful memories with her repertoire of classic songs as well as giving residents an opportunity to rediscover a talent they haven't used or never knew they had!

Another great aspect of the program is the friendships and love Eleanor brings. Each participant, current and former, holds a special place in her heart. She can look at pictures and point out something about each person. Eleanor's care and concern for the residents is just as strong as her musical talent, and she brings joy to each resident through her gift of friendship and music.

Eleanor is assisted by volunteers, **Janet Sheffield** and **Marcia Abernathy**, both of whom had mothers who participated in the program. When their mothers passed, both women asked if they could continue to be a part of the program as volunteers.

Music for Pleasure is a vital part of the life at Friends Homes Guilford. There are around 40 dedicated residents from all levels of care who never miss. One participant moved to Independent Living in 1994 and began attending almost immediately. She has since moved to Assisted Living and participates each week at the age of 103!

In honor of this long-standing program, Eleanor hosts a luncheon every 5 years. This year, the lunch was held on March 14 and attended by about 40 residents who are regular attendees each week. All were treated to a nice meal and showered with love and attention from Eleanor as her way of thanking them for being a part of Music for Pleasure.

Thank you, Eleanor, for all you have done for our residents for the past 40 years to bring joy, happiness and fond memories to enrich their lives. The "pleasure" is ours!