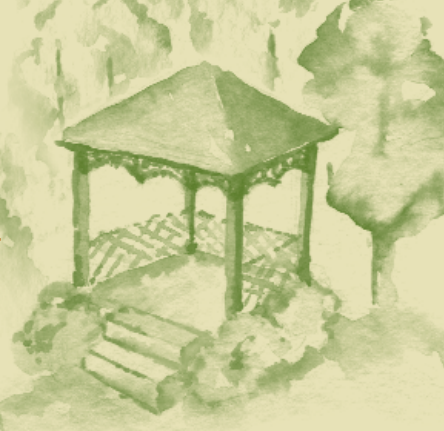


Our NEIGHBORHOOD news



FALL 2009



A quarterly publication of

Botsford Commons Senior Community



Exercise is Best Medicine for Arthritis



Water aerobics leader, Mildred Robinson (on left), says this low-impact form of exercise has helped her to continue to enjoy an active lifestyle, walking and gardening.

Many struggle with arthritis, especially as we age. Arthritis doesn't have to slow us down, however. By moving more and exercising regularly, we can maintain our mobility and reduce discomfort.

"I tell seniors they're in charge, not arthritis," says Sandy Falk-Michaels, an Arthritis Foundation Self-Help Program Leader, who teaches a series of popular classes to both the independent living and senior living residents at Botsford Commons.

The hour-long classes, held twice a week, inspire a holistic approach to living with arthritis.

"We start with stretching and range of motion exercises, followed by activities promoting

movement and balance," says Falk-Michaels, noting that all the moves can be modified and chair-based. "But, we also do a lot of talking and sharing. I provide health education with tips for alleviating symptoms. We finish each class with relaxation techniques helpful for stress and pain relief."

Most importantly, they have fun and welcome all newcomers.

"We have an absolute blast," Falk-Michaels says of the social group. "I encourage people to show up, even if they don't feel up to exercising. We want to see their smiling faces. It's the intimacy of knowing one another here at Botsford Commons that makes these exercise groups so special."

How Does Exercise Help Arthritis?

- Relieves joint stiffness
- Strengthens the muscles around joints for more support
- Maintains bone and cartilage health
- Controls weight
- Gives you more energy
- Helps you feel better about yourself

**This information was provided by the Arthritis Foundation.*

Dr. Annette Carron, Medical Director of the Senior Assessment Center at Botsford Commons, urges all seniors to exercise regularly. Studies show it prolongs a greater quality of life and independence.

"For those with arthritis, any non-weight bearing exercise is helpful because it does not put too much exertion on the joints," says Dr. Carron.

The water aerobics held in the pool on campus are another kind of exercise Dr. Carron recommends. Mildred Robinson is a resident who regularly attended these classes and eventually became the leader.

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Fullness OF Life

Program Enhances Dementia Residents' Lives

In a quest to continually improve the lives of residents, the Continuing Care team has launched a new program called the Fullness of Life, focusing on those living with dementia.

"Dementia presents many challenges," says Suzanne Lipar, Manager of Recreation and Volunteer Services. "By educating and training staff, increasing interaction with families and personalizing residents' environments we hope to bring a greater fullness of life to those who live on this special unit."

To begin with, 3rd floor staff members are participating in a dementia education program, "Developing Meaningful Connections with People with Dementia."

"Our staff is learning different problem solving and communication strategies unique to caring for dementia residents as well as effective and compassionate ways to help family members better understand their loved one," said Krystal Boddie, RN Education and Training Coordinator. "We are also emphasizing the importance of taking care of ourselves in order to better care for our residents."

Achieving an environment that reflects many personal aspects of home is another important part of this Fullness of Life initiative.

A plan is underway to spruce up the patio to provide a place where residents, their families and staff can relax, visit, dine or tend a mini garden. With shade from the hot sun, comfortable and sturdy furniture, and beautiful garden planters, the goal is to create a setting where residents can comfortably enjoy the outdoors.

The third component to residents' overall well-being is encouraging family members



Caring staff graduates from dementia training.

to become actively involved. Recently a family night was held for relatives and staff to get to know one another and share ideas. "Loved ones have personalized many of the residents' rooms. We continue to encourage that as well as the creation of a life story board showcasing each resident's personal history," says Lipar. "We want to create neighborhoods where every community is unique to those living in it."

Through the ongoing Fullness of Life program, we can provide meaningful environments for our residents.

The Fullness of Life program is funded strictly by donations. The immediate goal is to complete the patio project so 3rd Floor residents can enjoy the remaining months of warm weather. Donation opportunities are listed below.



Donation Opportunities

- Retractable Awning \$8,000
- Outdoor Sofa Set with Plush Cushions and Coffee Table. . \$2,000
- Dining Table and Chairs with Umbrella \$1,600
- Stand-Up Garden and Work Table. \$2,000
- Concrete Floor Decorative Staining \$3,500
- Plants and landscaping . . . \$1,000

The campaign goal is \$20,000. For more information or to make a donation, please contact Camille Purdie at (248) 426-6904.

Arthritis *continued from page 1*

"We have a good time, laughing and singing to the music. The pool is so nice and there is nothing like the warm water. It feels wonderful on your joints," says Robinson, who suffers from arthritis. "There are days when I might not feel like going, but I do, because I know it will make me feel so much better."

If you're interested in joining a class, consulting with someone from our full-service outpatient therapy program or obtaining a copy of a free brochure, "Exercise Your Way to Health," please call us at 248-426-6908.

Assisted Living Center Recognized for Quality

Residents and staff of the Botsford Assisted Living Center are ushering in Assisted Living Week, September 13 – 19, with a host of annual festivities. This year, they have even more reasons to celebrate.

For voluntarily and continuously raising the quality bar, the Michigan Center for Assisted Living (MCAL) acknowledged Botsford Commons with three coveted awards.

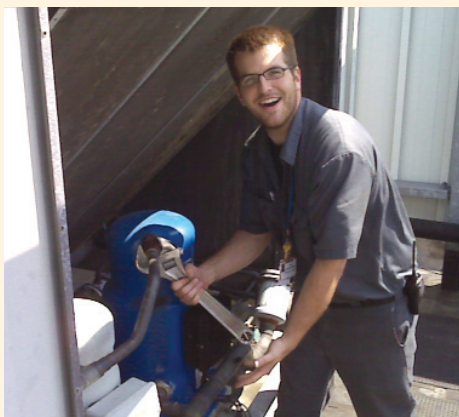
Diane Zide, Executive Director of Senior Living Services, is the driving force behind this important quality campaign. Here's what her leadership and the caring dedication of the Assisted Living Center staff have accomplished.

Level 3 Quality Seal – As part of a quality improvement program, earning a level three seal reflects management's commitment to quality control. It is the highest level of award in Michigan and means the Assisted Living Center has all the tools and systems in place to ensure continuous quality care.

Volunteer of the Year Award – This impressive honor was awarded to 11- year-old Anna Smith for her work with Assisted Living Center Residents.

Excellence in Public Relations Award – Working together, the Marketing Department and Assisted Living Center staff captured the attention of the media and community by presenting stories of the residents' wonderful volunteer efforts.

John Lawrence-Weak: Growing Up in Our Neighborhood



As our community grew, so too did John Lawrence-Weak's responsibilities. He continues to go to school to hone his professional skills and garner additional certifications in heating and cooling.

Everyone loves the dependable, kid-next-door who handles odd jobs around the neighborhood. At Botsford Commons Senior Community, that personable kid was John Lawrence-Weak.

Through the years, residents have encouraged Lawrence-Weak and watched with pride as the young man grew from a sweet youngster, to an energetic teenager, to a hard-working adult.

"John was a great kid who was happy to do anything you asked. We've always been able

to count on him to give a 110 percent effort," says resident and mentor Don Dasher. "It was our pleasure to hire him, help him out and take him under our wing."

Today the 25-year-old is much more than our Refrigeration/HVAC Mechanic. He is also an "adopted" grandson to many residents. Lawrence-Weak's life story is an example of how our community nurtures one another in countless ways.

Lawrence-Weak grew up nearby and accompanied his mom, the local Avon lady, on visits when he was 14 years old. Condo residents began to ask for his help with small landscaping and painting projects.

His reputation for reliability caught the eye of management. Two weeks after his 16th birthday, Lawrence-Weak was officially hired as an employee on the grounds crew.

"I wasn't sure what I wanted to do after high school. I tagged along with some of the guys here and asked a lot of questions. I discovered heating and cooling interested me and everyone here encouraged me to pursue my education toward that profession," says

Lawrence-Weak. "I liked the fact that I could get my hands dirty and interact with the residents – which always was, and still is, my favorite part of my job."

In addition to discovering his career path in our neighborhood, he met his wife, Susan, at a Christmas party for Botsford Commons staff members and their families. Her father is Mike Coggins, our Community Maintenance Coordinator. When they married, a

number of residents, including Dasher, proudly attended the wedding. Today, the couple has a two-year-old son, Leyton.

Lawrence-Weak says working here has given him a unique perspective on life, enjoying residents' stories, appreciating their wisdom and getting a kick out of their sense of humor.



John, back when he was our "boy-next-door."

"I've learned a lot from what they tell me about their life experiences. I also learned that being punctual is a virtue," he chuckles. "And trust me; they give me a hard time if I'm late. It's nice to know they look forward to seeing me, because I certainly look forward to seeing them."

Lasting Eagle Scout Traditions

Generations of Eagle Scouts have given back to their communities. Cory Coughlin is carrying out that tradition in our neighborhood and resident, Walter McKeown, thinks it's fantastic.

"I was an Eagle Scout back in 1930," says McKeown. "It's great to see boys like Cory continue to learn about being a good citizen and of service to others."

Coughlin built and donated two planters, a trellis and a handicapped-accessible picnic table to our campus. The Clarenceville High School student worked on the project for more than a year, organizing a bottle

drive and a cash donation campaign to pay for the materials.

"Many of our residents were delighted to be part of Cory's project," said Barb Smith, Recreation Program Coordinator. "We have one lady who has two grandsons that were Eagle Scouts. She sent a note with her donation and couldn't wait to see what he'd done."

While strolling around our beautiful grounds this autumn, stop by the Senior Living Center's West Patio and take a moment, or two, to enjoy Coughlin's lasting contributions.



Residents enjoy the beautiful planters created by Eagle Scout, Cory Coughlin – pictured here with his younger brother Kyle.

Botsford Commons Senior Community

INDEPENDENT APARTMENTS • ASSISTED LIVING CENTER • SKILLED NURSING CENTER

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Around the Corner...

Upcoming fun and fellowship for our residents and their families

Please call Cheryl Dzikowski, Senior Living Services Coordinator,
at 248-426-6903 for more information.

Michigan Center for Assisted Living Award Presentation – Level 3 Quality Seal

Sunday, Sept. 13th • 2:00 – 4:00 p.m. • Senior Living Center Dining Room

Please call Kim Gimmarro at 248-426-6951 for more information.

FEELING GREAT

Diabetes and Nutrition Presentation

Tuesday, Sept. 29th • 6:30 – 7:30 p.m. • Chapel

Please call Barb Smith at 248-426-6943 for more information.

Fitness Fun Chair Exercise Program with Sandy

Tuesday, Nov. 17th • 6:30 – 7:30 p.m. • Chapel

Please call Barb Smith at 248-426-6943 for more information.

Make-a-Difference Day Sew-a-Thon to benefit hospitalized children

Saturday, Oct. 24th • 10:00 a.m. – 2:00 p.m. • Senior Living Center

Please call Barb Smith at 248-426-6943 for more information.

Alzheimer's Foundation of America – Memory Screening Day

Tuesday, Nov. 17th • 10:00 a.m. – 2:00 p.m. • Town Commons

The free screenings are simple and take approximately 5 minutes to complete. *To make an appointment, please call (248) 426-6930.*

Out and About in the Community

15th Annual Western Wayne County
Senior Celebration Day • Oct. 2nd

Birmingham Area Seniors Coordinating
Council & Center Senior Expo & Flu
Shot Clinic • Oct. 13th

Area Agency on Aging 1-B 10th Annual
Solutions for Family Caregivers Expo •
Oct. 24th

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