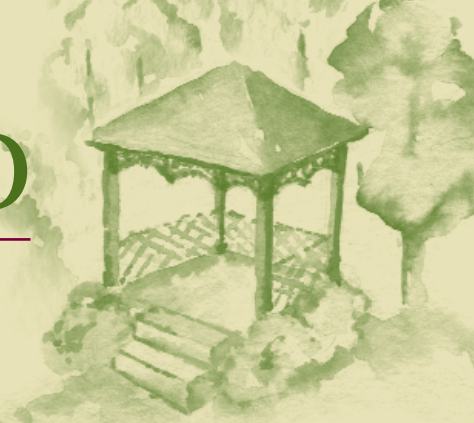


Our NEIGHBORHOOD news



WINTER 2010



A quarterly publication of

Botsford Commons Senior Community

Helping Employees Hone Healthy Lifestyles

To take care of others, you first have to take care of yourself. It's often easier said than done.

With this in mind, Botsford Commons recently asked an outside company to give employees a health assessment and suggestions for improving overall well-being. More than 35% of the employees participated in the voluntary program. The comprehensive screening consisted of blood tests, lifestyle assessments, a weigh-in and a measurement of waist-to-hip ratio. The results addressed everything from weight management, nutrition, back care and fitness to coronary risk, blood pressure, cholesterol and smoking cessation.

"We truly care about our employees, many of whom have been working on this campus for years," says Margaret Lightner, Botsford Commons President and CEO. "We think of one another as family and we always want our family to be as healthy as they can be. It's an important part of the continuity of care we offer our residents."

With action plans in hands, many employees were inspired to begin incorporating healthy changes into their lifestyles.

Others participated in the Walktober program. Employees wore pedometers to work to keep track of how many steps, and ultimately miles, each person walked in October.



"We awarded points for each mile," says Debora Jackson, Human Resources Representative at Botsford Commons, who made significant changes to improve her own health.

"We awarded extra points to employees taking wheelchair-bound residents along with them on their walks around the campus. The fall was so beautiful here and it was a great way to care for our residents as well as ourselves. It also created a nice camaraderie."

Jackson says the focus on wellness seems to boost staff motivation and morale, enabling caregivers to give the best possible quality of care to residents.

A number of employees reported workplace stress as a contributor to compromised health. To help staff members balance work and family, a "Monitoring and Managing Stress," class was held on campus in November – just before the hectic holiday season.

In light of the success of this wellness initiative, Botsford Commons plans to feature monthly topics and activities to encourage year-long lifestyle changes. Health assessments will be held again next year to help employees track their progress and give even more caregivers an opportunity to join the campaign.



Shona Butts, Botsford Commons Chef Manager

Nourishing Lives

Breaking bread is a special time of the day. Thanks to our dining staff at Botsford Commons, mealtimes at the different residences around our neighborhood continue this tradition of nourishing bodies with healthy, delicious recipes and inspiring souls with caring service.

This dedicated team makes providing breakfast, lunch and dinner for residents with a variety of nutritional needs look easy. In reality, hours of behind-the-scenes work

continued on page 2

inside

Students Bring History to Life for Residents	2
Fullness of Life Patio Campaign Update	2
Haircuts, Hugs and Hometown Friendship	3
Around the Corner	4
Is the Botsford Inn Part of Your Family History?	4



Students Bring History to Life for Residents



Resident Ingrid Nagy visits with her student historian, Daniella.

We all see something different when looking through photos and scrapbooks highlighting the special moments of our lives. This is especially true for patients suffering from dementia and those who love and care for them.

Creating life histories is an important part of our campaign to foster a “Fullness of Life” for residents living with dementia on the 3rd floor of the Botsford Rehabilitation and Continuing Care Center. Now we have our very own crusaders – the Warner Middle School Crusaders – on our side.

A group of sixth, seventh and eighth grade volunteers, who say they are on a crusade to do good, are helping these very special residents create scrapbooks highlighting and depicting their unique life histories. In turn, these leave-behind treasures will give caregivers a better understanding of each resident’s personality and give those living

with dementia a touchstone for triggering meaningful memories.

Irene Katsias, who teaches special education at Eagle Elementary, is also the passionate leader of this afterschool program at Warner Middle School. She says the students are benefiting from this project just as much as the residents.

“They are learning to embrace the elderly and appreciate their life experiences,” says Katsias, with enthusiasm. “These kids are also developing important social skills, such as interviewing and conversing with adults. But most of all, they feel honored to be entrusted with this important mission.”

The students will make regular appointments with their new friends, enabling residents to making meaningful connections with the youngsters. From there, the volunteers will use journal entries, illustrations, mementos and photographs to create the history books.

“This project and the interaction with the students is unbelievably comforting for me and my mother,” says Nancy Youngdahl, daughter of resident Ingrid Nagy. “During the first interview my mom opened up and remembered things like her favorite color and when she graduated. I haven’t seen her access those things in awhile. It was so heartwarming and impressive.”

Thanks to grants and donations, the students purchase materials and art supplies to bring to the table and make these histories come alive for residents, caregivers and family members.

“I’ve been leading this group for eight years,” says Katsias. “Getting the opportunity to scrapbook the life of a new friend is by far our most exciting project.”

Fullness of Life Patio Campaign Update

Thanks to your generosity, we have been able to purchase some of the items for our 3rd floor patio renovation.

To help the Botsford Foundation complete this project, an envelope is enclosed for your convenience. For more information and naming opportunities please contact Camille Purdie at: cpurdie@botsford.org or 248-426-6904.

3rd Floor Patio Renovation Costs	
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

Nourishing Lives *continued from page 1*

and planning go into each meal as well as our popular special events – sizzling salads, employee grilled lunches, Chef Stage Center cooking demonstrations, and numerous holiday celebrations throughout the year. Together, this team goes above and beyond the call of duty to make sure their menus and presentations remain fresh.

“We work really hard every day to provide food that is not only nutritious, but something that will bring a smile to our residents’ and clients’ faces,” says Judy McMahon,

General Manager of Food and Nutrition.

For embracing best practices as the key ingredients to success, our dining staff, led by McMahon, recently garnered a double serving of awards.

“For providing excellent dining experiences and customer service we were pleased to present the Botsford Commons dining team with a 2009 Award of Excellence and Judy McMahon with a prestigious “Clients for Life Award,” said Eric Bodkin, District

Manager for Sodexo, Inc., the contracted food service provider.

Resident Don Dasher says the food and friendly staff have made him an evening regular in the Town Commons dining room.

“They have a great menu and offer a variety of choices. Prime rib night is a treat and the pot roast literally melts in your mouth,” says Dasher. “The service is great and everyone is so courteous. My dinner there is the highlight of my day!”

Haircuts, Hugs and Hometown Friendship



Terri Whiting

In many close-knit communities, the beauty salons and barber shops are the neighborhood hubs where in between haircuts friendships are made, news is shared

and sometimes, comfort is given.

Terri Whiting, known for her compassion, is the heart and soul of one of these places - the Botsford Commons Beauty Salon.

A trained cosmetologist, Whiting is the manager who opened the salon overlooking the Memorial Garden more than 11 years ago. Countless haircuts, permanents and manicures later, Whiting is still enthusiastic about helping seniors look and feel their best. She sees their inner and outer beauty, and by the time they leave her shop, they usually see it too.

"Once I started working with seniors, I couldn't imagine going back to a typical salon," says Whiting. "My customers are so appreciative. My ladies come in here wanting the latest hairstyles. Just like any salon, they request everything from a blow dry or permanent to highlights, manicures and pedicures. Like most of us, they take pride in their appearance and want to age gracefully and claim that a trip to the salon is a girl's best friend."

The salon isn't a ladies-only-club. Men are more than welcome, adding a fun spirit to

the place where the coffee pot is on and cookies are on hand.

"For many men, they've never had their hair cut by a woman before," says Whiting. "But we make them feel comfortable. When they see we do a wonderful job, they usually don't hesitate to come back again."

For those needing assistance, Whiting and her colleagues personally pick up residents with a wheelchair, bring them to the shop and escort them home again when their appointments are over. The wheelchair and walker-friendly salon also serves seniors from the greater community in need of this kind of accessibility.

"Terri is so very accommodating. She seems to always manage to fit you in," says Joyce Hankins, a Botsford Commons condominium resident and salon client from the beginning. "She makes the beauty shop a place where people walking by want to stop in to say hello. My neighbors all go to her, too. Terri knows all about us and our families and over the years, we've gotten to know about hers."

Hankins is quick to point out that in addition to being friendly and caring, Whiting is skilled at her craft.

"She remembers all our hair issues. We all have them," Hankins chuckles. "When I come back from the beauty shop, I get a lot of compliments on my hair."



For these gals, the Botsford salon is a girl's best friend.

Like most salons Thursdays and Fridays are the busiest. Whiting loves the energy on those days, understanding that many residents want to look their best for family, grandchildren and friends who are coming for a visit. She welcomes the group of friends living in the condos, who meet at the salon for what they call their Friday "social hour". Whiting also reserves Tuesday afternoons for those in the Botsford Rehabilitation and Continuing Care Center to be escorted to the salon for special pampering.

"I love this beauty shop," says Whiting, of her home away from home. "People ask when I'm going to retire. I just can't imagine it. I look forward to coming in here and working with my friends and taking care of my customers. I don't know how to put it into words. It's just a special place filled with special people."

Salon Snippets

SALON HOURS: Mon. 9-3 • Tues., Thurs., Fri. 9-5

PHONE: 248-426-6969

WEEKLY VISITORS: The salon serves between 75 to 80 clients each week.

SALON STYLISTS : Teresa Brenner has worked with Terri for 14 years and Kim Cooke has worked at the salon for 11 years.

Sherraine Harrell, who attended beauty school with Terri Whiting 34 years ago, has been with the salon for five years.

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, their families
and the community*

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

DIA Lecture – Avedon

Monday, December 7 at 11:00 a.m. • Town Commons Dining Room

A comprehensive presentation of Richard Avedon's fashion photographs.

**Free Balance and Gait (manner of walking) Screenings – Sponsored by
Botsford Commons Outpatient Therapy Department**

January 11-15 • Botsford Outpatient Therapy Department

Please call 248-426-6926 for appointment.

Fall Prevention and Home Safety – Presented by Gentiva Health Services

January 26 from 6:30 – 7:30 p.m. • Helen L. DeRoy Chapel at Botsford Commons

DIA Lecture – The Spirit of African American Artists

Monday, February 1 at 11:00 a.m. • Town Commons Dining Room

African American artists from the late nineteenth century to the present day.

Spring Wellness and Resource Expo

March 27 from 10:00 a.m. – 4:00 p.m. • Town Commons

It's time to rev up your mind, body and spirit with innovative health information, assessments and hobby ideas. Vendor inquiries welcome. Please call 248-426-6943 for more information.

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*Please contact us if you would like more
copies or to be added to our mailing list.*



Is the Botsford Inn a Part of Your Family History?

By purchasing a brick in the Botsford Inn Commemorative Brick Garden, you can leave an indelible mark on history and support the renovation and restoration of the Inn. As stewards of this legacy, the Botsford Foundation plans to preserve this important part of Farmington area history.

Small bricks are available for \$250 and large bricks for \$400. Your tax-deductible purchase is a great way to commemorate an event, remember a loved one or honor a friend or family member.

Please call Marla Kaminsky at 248-442-5065 for more information. Mention this ad and receive \$50 off the purchase of a brick.