



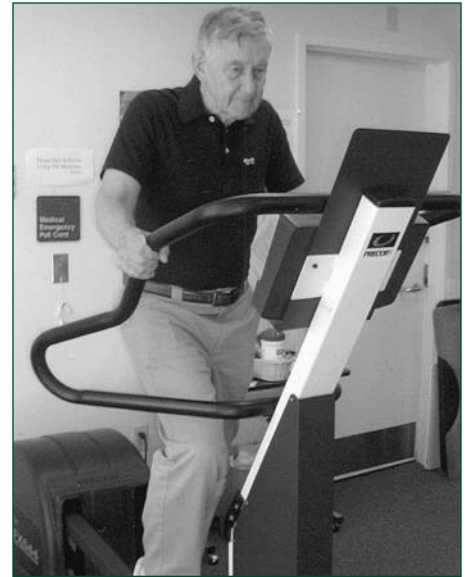
**THE PINES**  
AT • DAVIDSON

*A Continuing Care Retirement Community*

SPRING 2008

# Family & Friends

400 Avinger Lane • Davidson, NC 28036 • 704-896-1100 • [www.thepinesatdavidson.org](http://www.thepinesatdavidson.org)



## Staying Healthy at The Pines

**M**ary Martin, Fitness Specialist at The Pines at Davidson, is convinced that physical fitness just may be the fountain of youth. All joking aside, the combination of Mary Martin's expertise and passion and the resources at The Pines at Davidson helps residents live longer, healthier, more independent lives. "My job," she says, "is to educate Pines residents that physical activity can help people avoid the decline that people believe is an inevitable part of aging."

Why exercise? Research shows that exercise increases muscle fiber and bone density, improves balance, improves sleep and appetite, and helps fight depression. And that is just the beginning.

Since its inception, The Pines has always promoted physical fitness and has been responsive to new research and trends in fitness. When The Pines was built in 1988, like most retirement communities at the time, it had only an aerobic fitness room. The Warm

Water Therapy Pool was built in June 1999 through the vision and generosity of residents. A strength training room was added in 2004.

The aerobic fitness room includes an elliptical trainer, a rowing machine, two NuStep machines, an ergometer for upper body work, and a Sport Art bicycle, which allows a person to adjust arm and leg resistance separately. This variety of equipment means residents can achieve a cardiovascular workout whether they choose to sit or stand, or choose impact or non-impact. A flat-screen TV, magazines, and music can add diversion, if desired, from the hard work of cardiovascular fitness.

The crown jewel of The Pines' fitness program may well be the Warm Water Therapy Pool. The pool measures twenty-four feet by fifty feet and is kept at 84 degrees. A wheelchair lift is available for residents who wish to use the pool with a physical therapist. The whirlpool, kept at 104 degrees, can provide therapeutic relief for those who have joint or muscle issues.

The pool is open from 7 a.m. until 9 p.m. and hosts four different water fitness classes. New offerings include CardioWaves and Water Pilates. Residents are welcome to use the pool for lap swim, relaxing, or other aquatic activities, provided they swim with a buddy. Fully stocked locker rooms with showers, towels, and a bathing suit dryer make an aquatics workout as convenient as possible.

When research suggested that strength training was an essential part of fitness and residents requested equipment, The Pines responded with a strength training room. It houses six different pieces of equipment, all pneumatic-based so residents need only turn a dial to adjust intensity. Each apparatus can work antagonistic muscle groups; for example, one machine works both the biceps and the triceps. In addition, the room has balance equipment, stability balls for increasing core strength, and free weights.

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# Staying Healthy

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The Pines offers two land-based fitness classes: “Floor and More” and “Everything But the Floor.” Each class includes a warm up and focuses on flexibility, balance, posture, and general conditioning.

Many Pines residents also enjoy walking for fitness. The Randy Kincaid branch of the Davidson Greenway system is steps from the front door of The Pines; this walk in the woods comes equipped with benches for resting. The Pines also has organized groups for hiking, golfing, and bowling.

The Pines at Davidson maintains four passes to the local YMCA. Residents can use these passes to gain access to Lake Norman YMCA’s indoor and outdoor pools, fitness classes, weight room, waterfront facilities, and basketball and tennis courts.

Fitness is not just for the Independent Living residents. Residents in the Health Center and Assisted Living are welcome to join any class or use any facility that is appropriate for them. Activity classes in the Health Center and Assisted Living also include some physical activity.

Approximately 50 to 60 percent of Pines residents participate in some form of organized fitness. “What people want,” says Mary, “is the ability to perform daily activities without serious discomfort or limitation, and we can only get that by maintaining a reasonably vigorous level of activity.”

Residents Sam and Dot Hay make full use of fitness opportunities at The Pines. A retired physician, Sam notes, “Hardly a week passes without some new study about the virtues of exercise.” A former runner, he uses the elliptical trainer to get a cardiovascular workout without pounding his knees. He uses the strength training room several times a week, and he tries to hike in the great outdoors once a week. Dot uses the weight room and the stationary bike three times a week and goes to “Floor and More” twice a week. According to the Hays, “Exercise is just crucial.”

The future for fitness at The Pines is bright. According to Mary, the word “retirement” is a misnomer, and the philosophy of slowing down is incorrect. “We may need to change the activity, but there’s no need to give anything up,” says Mary.

Ponce de Leon had nothing on The Pines at Davidson! 🌲



## The Mens' Group Programs

Once a month, the men who reside in the Schramm Health Center and Assisted Living gather for a time of fellowship and camaraderie in the Health Center Dining Room. A special program on interesting topics is a crucial part of their time together. The men have hosted Fran Parks, an expert fly fisher, and the Wings of Eagles motorcycle group from Christ Community Church. Sherman Kahn (pictured above) talked about repair and restoration of antique clocks. John Lemmon, son of Pines residents, shared his expertise in the art of clay animation. Davidson College professors Greg Snyder and Robert Whitton presented a banjo concert. Professor emeritus David Kaylor and resident Don Oetjen shared their wood-turning skills. The programs are so interesting that women have been known to sneak into the Men’s Group! Pizza and beer (non-alcoholic, of course) night is always a highlight of the year. If you have a skill or an interest you would be willing to share with this fine group of men, please contact Abby Rex, Health Center Therapeutic Recreation Coordinator at arex@thepinesatdavidson.org.



March Madness swept through the town of Davidson, and The Pines was not spared. Pines residents cheered Davidson College’s men’s basketball team all the way to the Elite Eight.

Way to go, Wildcats!

One thing you can count on in life is change. Every Pines resident has already faced the changes that come with retirement, the sale of one's home, downsizing, and relocation. These changes bring excitement, closer proximity to family members and grandchildren, new friends and adventures but also the need for adjustments and parting from old friends.

Transitions don't end, however, when one enters The Pines. As we all know, even the community experiences transitions—the town of Davidson and The Pines have been changing significantly in the past few years. Both are now experiencing growth and increased benefits, such as a new Harris Teeter, in the case of Davidson, and an expanded dining room, library, and Schramm Health Center here at The Pines.

Recent expansions in housing at The Pines give residents more options. For residents at The Pines, a change in their home environment may become necessary

for a variety of reasons, including health. One of the most common transitions is moving from Independent Living to Assisted Living. While there is always some adjustment, many residents experience relief when they move to Assisted Living because they no longer have to manage medications, cook for themselves, or do their own laundry.

Residents who are in the right living situation can take full advantage of all The Pines has to offer. Assisted Living residents, when able, may continue to attend exercise classes, movies, Sunday School, and "current events" in the Jetton Community Center with their Independent Living friends.

Some Assisted Living residents return to lunch or dinner once or twice a week in the main dining room, with the approval of the staff. In addition, residents in both Assisted Living and the Health Center have the opportunity to participate in an extensive activity/recreation program within both of those units.

How can residents and family members recognize the need and prepare for some of these "transitions?"

- As a friend or family member, listen to the resident talk about the impact of changes and transitions and show understanding.

- Be alert to the appropriateness of the resident's environment, in terms of size and ability to manage the tasks associated with living in an apartment, villa, or cottage.

- When changes occur in health, energy level, or relationships, help the resident evaluate if the current living arrangement is the most comfortable and appropriate.

- If the resident suggests a move might be helpful or that the current setting is no longer satisfactory, listen and discuss options with him or her.

- When a decision is reached about making a change in living accommodations, be supportive of the change. Remember what moving has been like for you and what the resident's move to The Pines was like.

- Many residents feel supported when family members offer to tour the options with the resident and help with decision making, packing, and moving.

- After the move, family members might help unpack. Don't wear yourselves out!

- Do the little things that make a place seem like home—put up pictures, set out favorite items, explore the new environment, meet the neighbors.

- Keep staff members informed about the success or adjustments of the move. 🌱



## Dining Room Reopened

The Pines at Davidson opened its newly renovated and expanded Dining Room in January. Residents can choose from fine dining with waited tables, a buffet, a casual grill, or a take-out café and country store. There's an option to suit every mood and time frame!

## Welcome Kenneth Krenzer

The Wellness and Social Services Department is pleased to announce that Mr. Kenneth Krenzer has been hired as Transportation Coordinator. Ken, retired from Duke Power, most recently has been a part-time driver for a local bus charter company. He is a Sunday School teacher and an active member of his church and community. He currently volunteers for the Make-A-Wish Foundation and Hospice.

Many residents continue to drive themselves to medical appointments or have family members who chose to accompany them. The Transportation Coordinator can help in other cases. The Coordinator is responsible for scheduling and providing transportation for both Independent Living and Health Center residents to medical appointments and also providing transportation to scheduled activity programs planned by the Therapeutic Recreation and Wellness Program Manager.

In order for Ken to serve residents safely and efficiently, residents should schedule medical



appointments as far in advance as possible and submit their requests for transportation as soon as the appointment is scheduled. In the event that it is not possible for Ken or Mr. Fred Wimmer, who serves as "back up" driver, to meet the resident's need, several local companies as well as the American Red Cross can provide medical transportation. A list of these agencies is available in the Independent Living Resident Manual (*see [www.thepinesatdavidson.org](http://www.thepinesatdavidson.org)*) or on the bulletin boards in the Community Center. 🌱

# A Significant Senior Adventure

By SALLY MANLEY

My faithful Buick was packed and ready to roll. Then came that pesky moment of withdrawal.

“Oh, dear. Here I go again. Indecision, indecision, indecision. I can’t bear to leave this beautiful place, this paradise,” I moaned. “I can put everything back and go home by myself.”

My daughter groaned and gave a despairing shrug. “It’s not too late to change your mind. But it’s now or who knows when. I can’t come down at the drop of a hat again. You must know,” she added.

With that said, I moved resolutely toward the door. “I do know; and I am sure it’s a wise move. Let’s go.” The door closed and we were on our way.

One night on the road, and then we were home in Cornelius. My granddaughter had been on the Internet and found there was a chance opening at a most desirable independent living place called The Pines. Then came the interviews, and the waiting

and the searching. Waiting to see if I was “hale and hearty”; searching from Mooresville to Charlotte in every furniture store and antique shop for just the right pieces to serve my needs for this trial period!

Then, all the lights were green. The moving day was at hand.

“Mom, you can sleep late tomorrow. Sam’s taking the day off and we’ll arrange everything,” my daughter Kim announced.

And I did.

The grandfather clock struck four as my chauffeuring team arrived to take me on my new adventure. A short drive past the Davidson College campus and on to The Pines. As I stepped off the elevator and walked with my daughter to my apartment my heart skipped a beat. There was the welcome mat and the corresponding wreath.

As we entered the apartment I was stunned

with delight. DeLuxe it was. And everything appeared in perfect order; from my clothes all stowed away, to the decorative soap dish and shower curtain, to the rocking chair and chaise lounge on the balcony. The searching and waiting had certainly been worth it.

But how about friends? I had left so many special ones behind. After five weeks of settling in and socializing with so many super-savvy residents, I can truthfully say my every need has been met and I’m here to stay!

To the staff, to the welcoming committee, to the many servers in the dining room, to so many new friends, this very satisfied senior adventurer extends a heartfelt “Thank You” for making my trial time so pleasant. 🌲

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