

living unique

DISTINCTIVE SENIOR LIVING WITH BUCKNER

Spreading joy in the community

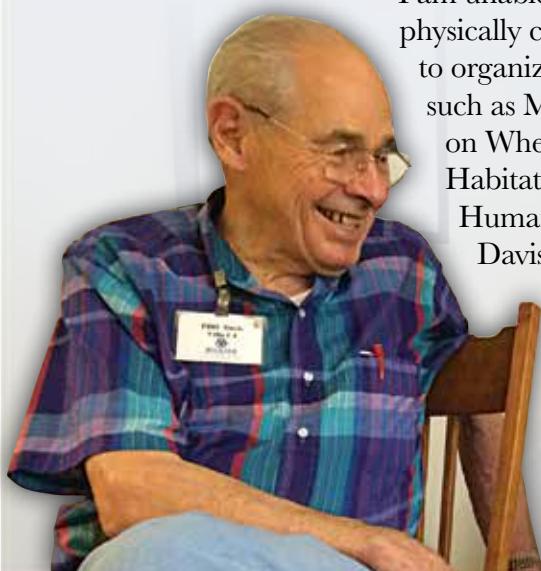
Dr. Phil Davis, a 92-year-old resident of Buckner Villas, makes it his personal goal to spread happiness in Austin. One way he does this is by brightening others' lives with gifts of time and companionship. Each week, Davis visits 25-30 residents in assisted living apartments and nursing community who are in need of some companionship. Davis has found that serving others who need help is a rewarding feeling and provides him with a sense of purpose.

"I am unable to physically contribute to organizations such as Meals on Wheels and Habitat for Humanity," Davis said. "But

what I can do is cross the street to visit people. I can give them my time and my companionship. It is so fulfilling to serve them in this way. I do not consider it an imposition on my time or a self-sacrifice on my part. I'm not giving up anything. I'm gaining things."

His acts of service began after visiting two friends who recently moved from independent living apartments into assisted living, since their wives needed a higher level of care. His friends were excited to see him. During one visit, one of the gentlemen with a tear in his eye said, "Phil, you are the first person who has come to see me." That statement startled Davis, and he started looking for

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Hope shines here®

STAFF SPOTLIGHT

Director of Assisted Living, The Crest at Baptist Retirement Community

Tanya Solsbery, RN, has been working at Baptist Retirement Community for seven years. She loves the culture the team strives to create and the environment in which residents thrive in the relationship-based care. Family is important to her and she values time spent with them.

Fun facts about Tanya: What do you like most about working for Buckner?

I enjoy working with so many great co-workers who care deeply about their elders, their families, and real relationships exist daily. Elders and staff flourish because they are valued and provided opportunities for more meaningful lives.

What do you like to do in your free time?

I enjoy live music, spending time

opportunities to visit others who may be needing a friend. Davis' friend Mary Guerrant helps him find residents who could benefit from a visit.

"I was touched by this man's need for companionship and the value he placed on the time we spent together just cutting it up and reminiscing about the good old days," Davis said. "Slowly I began expanding my visits to even more assisted living residents, with my wife fully supporting these acts of service."

Davis visits fellow residents at least twice a week, sometimes three if he has the time and energy. The length of time varies depending upon each resident.

Sometimes, he simply shows up to converse and catch up on things. Other times, he surprises residents with little treats he knows will bring them joy, such as cookies or a favorite sandwich. Others enjoy looking at pictures on his iPhone or being read from a book or newspaper.

"Dr. Davis is such an inspiration to us all because he selflessly spends his time bringing happiness to other people," said Doyle Antle, executive director for Buckner Villas. "He is welcoming, jovial and kind. Dr. Davis is setting a prime example for the simple ways in which we can enrich the lives of those around us who are in need. While our team has developed meaningful relationships with residents, it is fulfilling for them to receive visits from their friends and neighbors as well."

As a doctor, Davis recognized that adding to a person's emotional health is just as important as physical health, but what he didn't expect was how much it would help him as well.

"My wife, Joyce, passed a few years ago, as well as two of my sons," Davis said. "These visits have been equally healing for me as they have given me purpose. I'm doing what I enjoy at no cost to me." ■



outdoors and any activity with family and friends.

What is your favorite food?
Mexican Food

What makes you happiest?
Spending time with my family.

What is your favorite holiday?
My favorite holiday is Christmas because of the spirit surrounding Jesus' birthday, festive lights and happy attitudes. I really enjoy the meals, family gatherings and gift giving that remind me how important family and friendships are to me. ■

15

Calder Woods celebrates 15-year anniversary

More than fifteen years ago, a group of Beaumont residents had a dream. They wanted to be able to live out their retirement years in the town they loved, but there wasn't a senior living community in Beaumont that offered a continuum of care. They decided to contact Buckner, an already-established name in Beaumont, well-known for their children and family services in the town since 1970, and request they build a retirement community in the town they already had success in.

Buckner Retirement Services answered the call. Calder Woods, the first and only complete continuing care retirement community in Beaumont, broke ground in August of 1998 and opened its doors in October of 2000.

"We're so honored and blessed to be a part of the Beaumont community," said Ben Mazzara, Calder Woods executive director. "Our anniversary is a great time to celebrate seniors and our faith-based traditions that are integral to everything we do as a Buckner Retirement Services community. We welcome our staff, residents, their families and other supporters to celebrate alongside us as 15 years and to many

One of the the vision Woods lives

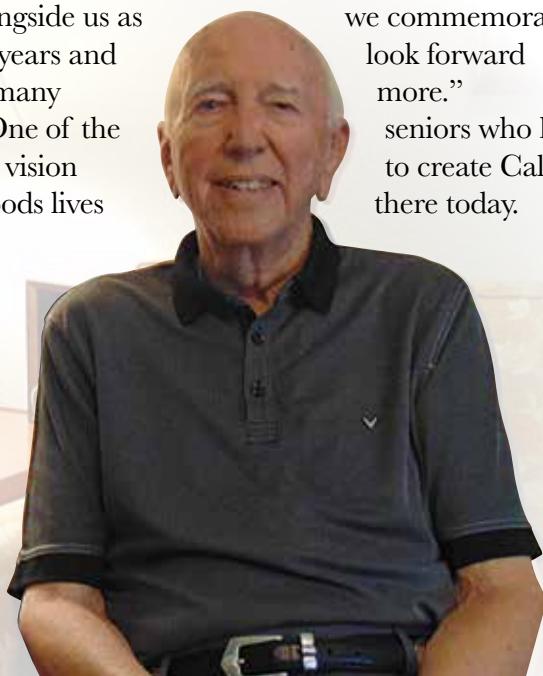
we commemorate look forward more." seniors who had to create Calder there today.

Calder Woods resident Mack Fulbright served on the Buckner International Board of Trustees from the early

1990s until 2007, when he became a Trustee Emeritus. It was an important issue for him and the other citizens because they didn't want to move to a larger city for a senior living community.

Many of the offerings for seniors in Beaumont were skilled nursing communities, and the group felt like there wasn't enough care for those who didn't require as much assistance.

"I never really thought at the time it was being built that I might someday be a resident, but I'm sure glad it is here now," said Fulbright. "I'm proud and thrilled with how the community has turned out, and it was truly a group effort on the part of citizens in Beaumont. Now that I'm living here, I talk to the residents about the vision those people had for this community: complete care. The residents move into independent living, and they'll be able to stay within the same community through life's changes. I'm so happy that Buckner Retirement Services is still operating in the same fashion they always have across Texas. It brings me such peace of mind to not have to worry about moving again, because I have everything I need here." ■



OFFERINGS FROM THE

We often picture retirement as a time to relax and take it easy, but a group of senior men at Buckner Parkway Place in Houston are hard at work making toys for children in the community. Recently, Parkway Place opened a woodworking shop on its campus, an idea that came from the Men's Activity Club. The new workshop not only gives residents a creative outlet for their skills, but it creates an opportunity for them to give back to the surrounding community.



"When the Men's Activity Club approached us about creating a woodworking workshop on campus, we were so excited about their goal and wanted to help them reach it in any way possible," said Sunny Chatagnier, Parkway Place's executive director. "These men have such giving and generous spirits, and I know their creations will bring joy to so many children."

The workshop sits in a garage on the Parkway Place acreage. Other residents who weren't using their own tools any longer donated many of the

tools in the shop. Meeting several times a week, they build the toys from patterns created by one of the members. While some of the members' woodworking knowledge is more advanced than others', they most enjoy the camaraderie of creating and learning together.

The men have been busy hand-making small wooden toy cars for a greater purpose – the toys will go to the children participating in Buckner Family Pathways in Houston, a transitional program for single parents and their children. These generous,

THE HAND AND HEART



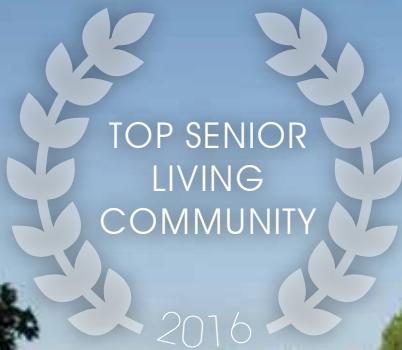
heartfelt donations mean as much to the men who make them as they will for the children who receive them. Parkway Place and its Men's Activity Club are excited about this new offering that allows the senior living community to have an even bigger impact in the Houston area.

"The goal of the Men's Activity Club at Parkway Place is to foster relationships, and one of the ways we like to do that is through community service,"

said Aaron Mendoza, Parkway Place resident and the club's moderator. "This is one of our major accomplishments, and we worked for about nine months to get the workshop up and running, with the support of the staff here."

Making these toys together and giving them to the children of Buckner Family Pathways is a goal we've had in mind for a while, and I'm happy we can come together to make a difference in their lives." ■





Westminster Place recognized as **top senior living community**

Buckner Westminster Place in Longview, and its Green House® homes have been recognized by U.S. News & World Report with a four-star rating in its annual Best Nursing Homes issue.

"We are proud of the Green House homes concept and its success on our campus," said Wes Wells, executive director of Westminster Place. "We are delighted with this feedback and will continue serving seniors in a community that prides itself on excellence. This achievement would not have been possible without the help of compassionate staff and the remarkable residents. They all contribute to making this community a wonderful place to live."

The senior living community was rated based on three categories: health inspections, nurse staffing and measures of medical quality of care. The data foundation for this ranking came from the federal Centers for Medicare and Medicaid Services in January 2015. A more in-depth rating and report is available online detailing how Westminster Place met health and safety standards for food preparation, National Fire Protection Association standards and other standards of nursing home

activities in the last three state inspections.

The Green House homes opened in 2009 and have grown in popularity due to their success. Fellow Buckner Retirement Services communities are opening new Green House homes and are implementing Green House homes training on other campuses in Texas. The Green House homes present a unique approach to care, including a design that is much like a typical family home with multiple bedrooms and personal bathrooms for privacy, a large social living room and a spacious kitchen area where seniors eat their meals together. The Shahbazim, certified nursing assistants with additional extensive specialized training, care for and build strong relationships with the residents and are empowered to make decisions to protect, sustain and nurture them.

"The Green House homes offer such a unique style of care," Wells said. "Our staff is trained to deliver excellent service to seniors in a welcoming community. We will continue to dedicate ourselves to providing engaging, compassionate care to each resident in the community. The future looks bright." ■

ART CLASS PROVIDES OUTLET FOR CREATIVE EXPRESSION AND THERAPY

While many people claim they are not talented artistically or feel they do not have the skill set to create artwork, Bridget Hinrichs, life enrichment coordinator at Sagecrest Alzheimer's Care Center at Baptist Retirement Community in San Angelo, likes to push residents to test their creative expression.



"At a conference, I learned more about the benefits of music therapy and art therapy," Hinrichs said. "I came back to San Angelo feeling inspired and wanting to do something that incorporated creative expression for residents at Sagecrest Alzheimer's Care Center, so I started a weekly art class."

Hinrichs has found that many residents who do not believe they are artistic actually have hidden talents that just needed a little prompting. Learning that creative expression is beneficial for seniors with Alzheimer's or dementia, Hinrichs decided to begin an art class for residents at Baptist Retirement Community. She feels the classes give residents a boost by proving they can accomplish something they thought they couldn't do.

"It is extraordinary to see a resident who

has trouble speaking or communicating to any degree, walking or making any kind of physical movement in general, pick up a paintbrush and focus on creating vibrant pieces of artwork," said Hinrichs. "For residents living with Alzheimer's or dementia, this outlet is one of only a few ways they can exercise expression, and the results are mind-boggling."

At the start of the program, Hinrichs partnered with Laurel Dane, a volunteer artist from Angelo State University. They both encouraged the residents to draw or paint whatever came to mind. At first, it was a small group that attended the class, but now, there are so many people interested they may need to find a bigger classroom or start offering more classes.

Over time, they found a more structured class yielded better results, and they began working together to preplan the artwork and paintings that will be created during each session. Some of the residents still choose to draw freely, looking for inspiration in their surroundings or pulling simple memories from their lives. For many, the art class is a time to reminisce about the projects they used to create in school. It gets them thinking in a different way, and it engages their creativity. ■

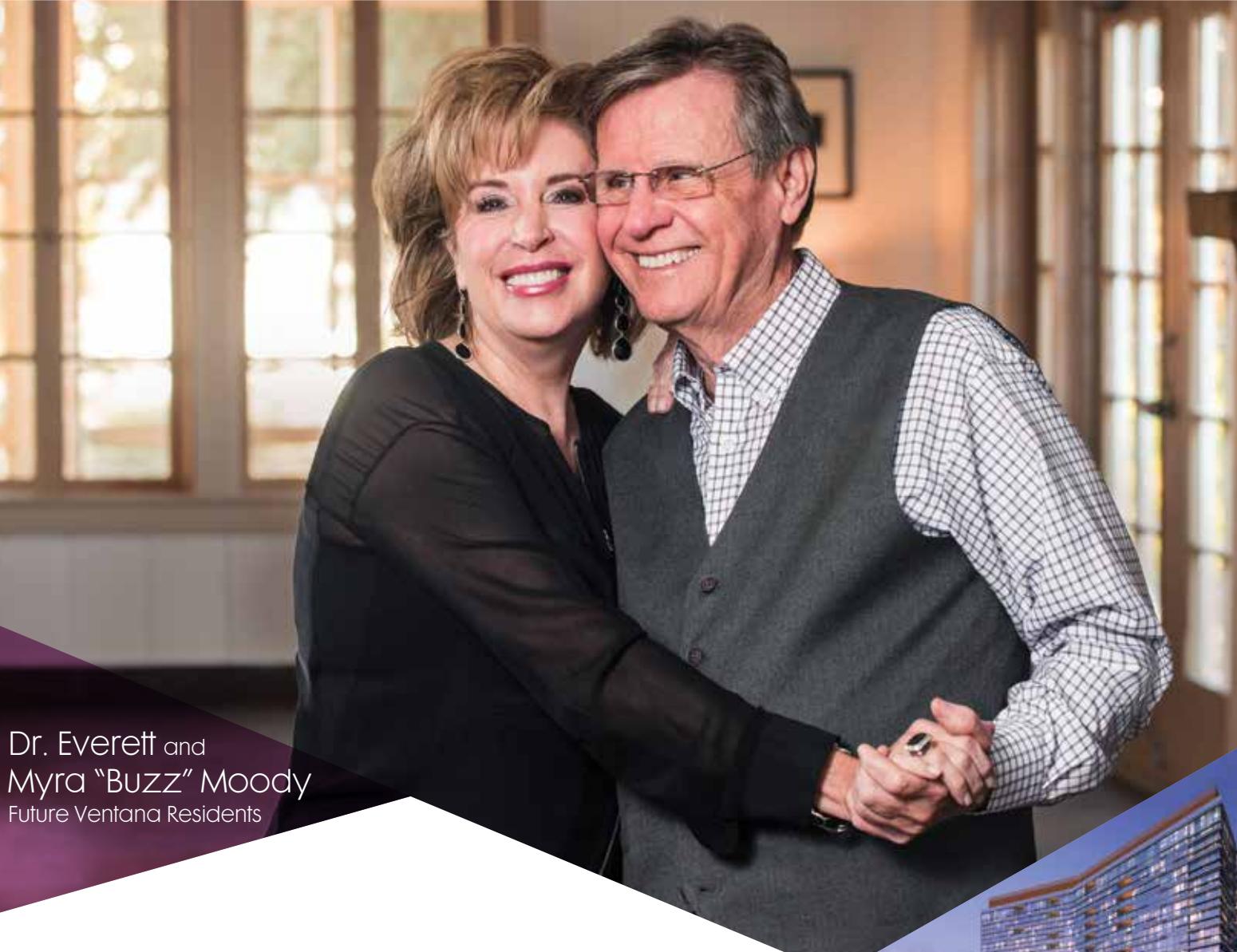


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