



CALDER WOODS™

Inspiring happiness.™

# PATHWAYS

NOV  
2018

Volume 18  
Number 11

## Wellness Center, indoor pool opens



### *New Wellness Director will help you stay fit!*

Calder Woods opened its new Wellness Center on Nov. 1 and welcomed John Freeman as the new director.

John comes with a wealth of experience and can't wait to help residents stay fit.



**John Freeman shows off the new equipment.**

**\* Turn to pages 4 and 5 for more information about John and the Wellness Center, which includes an indoor, heated pool and state-of-the-art exercise equipment.**

## COMING EVENTS

### Thanksgiving Feast

The chef and his staff will serve our traditional Thanksgiving Feast this month. We will treat all healthcare residents and their families to a special dinner at 5 p.m. Tuesday, Nov. 20. We will provide turkey and all the trimmings and families are invited to bring a favorite dessert to share. We will have two seatings for a big buffet on Thanksgiving Day in The Terrace dining room — 11 a.m. and 12:30 p.m. To make a reservation, call the Front Desk at 409-861-1123 before 5 p.m. Monday, Nov. 19.



### Christmas Events

Our annual Christmas Tree-Lighting parties will be on Thursday, Dec. 6, all over our campus. Here are the dates for other parties: Assisted Living and Harbor, Dec. 11; Nursing & Rehab, Dec. 12; Independent Living, Dec. 13.



## SALUTE TO VETERANS

Every year, Calder Woods pauses to honor and pay tribute to our resident veterans. Since Veteran's Day falls on a Sunday this year, we will have our big "Salute to Veterans" program on Monday, Nov. 12.

Paul Arceneaux, 94, enlisted in the Army in 1943 and served all over the Pacific during World War II. He will share some of his memories at the ceremony.

Turn inside to page 2 for more about his story.



Paul Arceneaux is the recipient of two Purple Hearts. He proudly displays those awards and other medals he received in his apartment at Calder Woods, a daily reminder of his role in defending the country.

**Monday  
November 12  
10:30 a.m.**

*Join us for our annual military salute to veterans outside the main entrance. A flag ceremony, music and more will honor resident veterans and widows of veterans.*



**TURN TO PAGE 3 FOR PHOTOS OF RESIDENT VETERANS**



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**(409) 861-1123**

**BucknerCalderWoods.org**

### Continuum of Living

*Independent Living*

*Assisted Living*

*Nursing & Rehab*

*Certified Memory Care*

*Buckner Hospice*

### Administrative Staff

Executive Director

**Ben Mazzara**

Healthcare Administrator

**Linda Hare**

Director of Marketing

**David Long**

Life Enrichment Coordinator

**Dianne Christian**

Food Services Director

**Charles Duit**

Chaplain

**Lynn Fontenot**

Wellness Director

**John Freeman**

Director of Nursing

**Corey Gaddis**

Assisted Living Director

**LaToya Lewis-Thompson**

Healthcare Activity Directors

**Shelia Faulk**

**Tiny Lombard**

Business Office Manager

**Michel Brodnax**

Maintenance Director

**Billy Conner**

Environmental Services Director

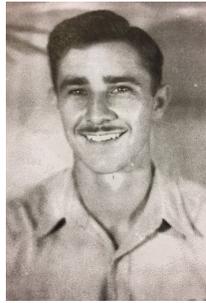
**Beverly Barnes**

Human Resources Representative

**LaShanda Guidry**

## Paul Arceneaux — war hero, family man

As Veterans Day approaches, Paul Earl Arceneaux Sr. often reflects on his military service and how those experiences shaped his life following the war.



**THEN & NOW:  
Paul Arceneaux  
in 1943 and in  
his apartment at  
Calder Woods.**



After graduating from high school, Paul was drafted in to the Army at 18 years old in 1943. He spent the next two years serving all over the Pacific as World War II was winding down.

After a yearlong mission guarding the U.S. air fields with the 37th Infantry Division, Paul went to the Philippines where they engaged in combat, fighting several battles on their way to Manila. He was injured by mortar shell, which left a large scar down his back as well as several pieces of shrapnel which doctors could not remove. He spent three months in the hospital before heading back to meet his unit in Manila, where he spent the remainder of the war.

For his injuries, Paul was the recipient of two Purple Hearts and proudly displays them in his apartment at Calder Woods, a reminder of his role in defending the country. He was

discharged from the Army on Christmas Day in 1945, returning home to surprise his family.

“My time in the military is a period of my life that I’m incredibly proud of,” Paul said. “Looking back, it was something I knew I wanted to do well. I was one of the lucky ones, and that’s something I never took for granted. It was hard to see people get killed and keep going, knowing there wasn’t anything you could do. It was heartbreaking, and that sacrifice is one that can only be repaid by living life to the fullest.”

Paul and his wife, Louella, met and married in 1946, raising six children. He spent 35 years working for the postal service, retiring as postmaster in Groves in 1979. Louella passed away in 2006. While he misses Louella, his family has grown to include 12 grandchildren and 22 great-grandchildren who love to hear the stories from his days serving in the Army.



### Centenarians celebrate

*Two centenarians celebrated birthdays in October. Connie Dickinson turned 102 on Oct. 18 (left with Executive Director Ben Mazzara). Evelyn McDonald turned 101 on Oct. 27 (right with her son Scott and his wife Nancy).*



# WE SALUTE CALDER WOODS VETERANS!



## AIR FORCE

- Ray DeMartino
- Gaylord Earney
- Jesse Luce
- Monroe Scurlock
- Joe Tarpley

## ARMY

- Paul Arceneaux
- Albert Barker
- James Bond
- Gene Calvert
- Jim Crittenden
- Ed Curtis
- Paul Drawhorn
- Glen Farris
- Lowell Heinen
- Johnny James
- Joe Fuller
- Jack King
- Lewis Laurent
- Edwin Osborn
- John Schroder
- Bob Smith
- Lenes Viator

## ARMY AIR CORPS

- Clyde Defrates
- Paul Kessler
- Shelby Romere

## MARINES

- Jim Barnett
- Jack Stafford

## MERCHANT MARINES

- John Templeton

## NAVY

- Arthur Champagne
- Donald Cravey
- Bill Cummings
- Dan English
- O. L. Fulton
- C. D. Mohr
- Charles Pemberton
- Glenn Reece

*\* Pictures not available for all veterans*



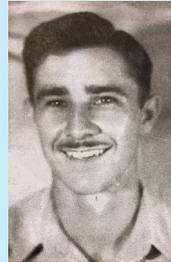
**Monroe Scurlock**  
Air Force



**Jesse Luce**  
Air Force



**Glenn Reece**  
Navy



**Paul Arceneaux**  
Army



**Dan English**  
Navy



**Lewis Laurent**  
Army



**C.D. Mohr**  
Navy



**Art Champagne**  
Navy



**Glen Farris**  
Army



**Joe Tarpley**  
Air Force



**Gaylord Earney**  
Air Force



**Bill Cummings**  
Navy



**O.L. Fulton**  
Navy



**Jim Barnett**  
Marines



**Ray DeMartino**  
Air Force



**John Falgout**  
Navy



**John Templeton**  
Merchant Marines



**Paul Drawhorn**  
Army



**Gene Calvert**  
Army



**Paul Kessler**  
Army Air Corps

# Come see the new Wellness Center and indoor pool

By JO ANN CANNON  
Social Scene Editor

There's something new on campus — a whole new world just waiting to be explored and utilized. There's an exercise room with state-of-the-art equipment, a light-filled room just perfect for Zumba and chair exercises and a well-planned pool that makes it possible for each of us, regardless of age or infirmity, to enjoy the water.

And waiting to help us make use of all this is John Freeman, the new Director of the Calder Woods Wellness Center. John says his main goal is for each of us to make exercise a part of our daily life. He wants us to increase our knowledge and understanding of wellness and exercise and make the center a place where we socialize and develop new relationships. He's here to show us how to achieve these goals. We just have to show up.

John is well equipped to lead us on this journey. He holds a Bachelor's Degree in Exercise Science and Fitness Management from Lamar University. He worked two years at Baptist Hospital as an activity therapist and then was hired by Christus St. Elizabeth's Wellness Center where he was the Fitness Supervisor and Master Trainer. John feels that everyone can do some sort of exercise. He says start with a class, have an evaluation, and then "go for it."

John, 36, has lived all of his life in this area. He grew up in Groves and still has many family members there. He married the pretty girl who smiled at him when he was in the eighth grade and now he, wife Lindsay, and young son Liam live happily in the house they bought in Bridge City.

And now he comes to Calder Woods to help us make our lives better. He's here. The Wellness Center is here. Now, let's get started!

*Fun fact about John:* He plays the saxophone and at one time had his own jazz band called "Saxofrass."

*Personal note:* I trained with John at the Christus Wellness Center for two hours a week for three years. The last year I added two hours in the pool doing exercises John prescribed. It changed my life. So, come to the Wellness Center and give it a try. Exercise may not change your life, but it will surely enrich it.



**John Freeman helps residents one-on-one in the pool, including this session with JoAnn Cannon the first day the pool opened.**



**Tricia Deland leads Zumba classes. At 96, Edna Buck proves you're never too old to exercise and have fun.**



**These residents were among the very first to try out the pool and the Zumba exercise class in the Wellness Center.**



# Exercise equipment especially for seniors

Wellness Director John Freeman says the new HUR exercise equipment is designed for safe, effective, easy and enjoyable use by seniors.



## HUR — New age of strength

The Wellness Center fitness area is filled with new HUR exercise equipment designed especially for seniors. Whether you have exercised all your life or just stepped into a gym, HUR fitness equipment offers the strength you need for the results you want.

**The strength of body:** The stamina to pursue passions, maintain relationships, handle life’s surprises with grace and live on one’s own terms.

**The strength of mind and character:** The muscle to stand, move, dance, eat, work, play and be independent as long as possible.

**The strength to be well:** And the power to regain and maintain strength following injury or illness.

— From HURUSA.com

## Sign up for new classes

The Wellness Center has a full schedule of classes you can take advantage of, including group exercise classes, Zumba, Tai Chi, plus Aqua Fitness in the pool. The pool also will be available for leisure swimming for residents, their families and guests. All those using the pool and spa must review the written policy and sign an acknowledgement and waiver.



# PET PARTY

We staged a fun pet party on Oct. 12 in the backyard of Sandy Taylor’s townhome. Dogs enjoyed getting acquainted and playing in the yard. Our special guest was David Hornack and his therapy dog.



# Supporting community charities!



Calder Woods was one of the sponsors for the annual Walk to End Alzheimer’s on Sept. 29 at the Event Center in downtown Beaumont. We also helped sponsor the annual 5K Color Rush on Oct. 6 to benefit the Gift of Life program supporting breast and ovarian cancer awareness. Thanks to Corey, Chelsey and Michel for representing us at the run downtown.





**1st:** Food Services for Pillsbury Dough Boy Pumpkin (carved and lighted)



### FALL FEST

*Residents, staff and guests had a wonderful time at our annual Fall Festival on Oct. 26. Games, treats, costumes and more made it so much fun!*



### Pumpkin Contest

Congratulations to the winners of our Pumpkin-Decorating Contest. Our staff creates them and residents pick their favorites.



**2nd:** Life Enrichment for scarecrow



**3rd:** Business Office for "Mrs. Calder Woods" taking a bubble bath



Residents, families and staff had fun as we celebrated Halloween with costumes, treats and more. Mary Rook and Sibyl Allen (left) and Macksene Brown and Rachel



### HALLOWEEN FUN



Long (right) were among those in costumes. Sojourn Community Church came to trick-or-treat in reverse. They didn't want treats. They brought treats to us!