



THE PINES
AT • DAVIDSON

A Life Plan Community

SPRING 2019

Family & Friends

400 Avinger Lane • Davidson, NC 28036 • 704-896-1100 • www.thepinesatdavidson.org

New Nursing Wing and Additional Construction Begins

To modernize and upgrade its health care, dining and fitness spaces, The Pines has launched a major rebuilding project that will renovate and expand several community settings on its campus. A significant element of these plans is the addition of a new, two-story nursing wing, connected to the current nursing wing.

This new wing will be residential in design, with home-like elements that provide a more pleasing and stimulating environment. Each floor will have two lounges, each with ten rooms clustered around it. A dining area, living room and activities area will be located at the center of each floor. These two new “neighborhoods”



EXTERIOR HEALTH CARE BUILDING

will join the existing Purcell and original nursing wings to comprise a total of four residential neighborhoods.

The configuration of the Schramm Health Center, built in 1988, reflects an earlier medical, institutional model with its hospital-like corridors and one large dining room. Each new neighborhood will enable its residents to benefit from a smaller, more intimate sense of community. “While the current design has served us wonderfully for more than 30 years, we need to update our Nursing Wing to

provide more enjoyable personal and community spaces for residents,” notes Steve Jewell, Executive Director of The Pines.

The new private rooms will be larger in size, permitting several enhanced features including bigger windows, which will allow for more natural light; private showers, which are not currently available in the nursing wing; and sliding bathroom doors. The rooms will also include built-in closets in the entry-way, resulting in more open space in the room for visitors to be seated or for a wheelchair to maneuver. Built-in cabinetry for small refrigerators and



Nursing Room Rendering

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microwaves in the entry-way will also help make the setting more residential. Resident David Atchison, a retired physician and Chair of the Residents' Association Health Care Committee, notes, "Our Committee helps to identify ways to enhance the experience of our residents. The new room design, as well as other features of this neighborhood model, will significantly enrich the daily lives of residents."

A new "Country Kitchen" dining room in each neighborhood will provide a more intimate dining experience for residents. The new pantry and kitchen serving area will enable residents to choose from culinary options that are displayed and served by the staff. The dining area in the Assisted Living Wing will also be redesigned to reflect this warmer kitchen model, so that these residents will also benefit from the new customized serving of meals. Amy Craven, Acting Director of Health Services observes, "Our nursing staff is familiar with the neighborhood design at many other organizations. We are looking forward to offering such an experience to residents here as well."

Additional construction on campus will include a relocated, second-floor Davidson Room, which will allow for the building of a multi-purpose room right below it on the first floor. This will be welcome new space for the growing number of exercise classes and other activities that are available to residents. The current fitness room will also be enlarged.

The current Davidson Room will be incorporated into an extensively re-imagined dining service. In addition to full service dining, residents will have the option to dine in a market-place café, snack at a new coffee and ice cream kiosk, or meet friends at the new pub, which will serve both beverages and food. Close by, an outdoor rooftop terrace, where residents can enjoy food or just relax, will also be available.



Two new Villas at Poplar Hill, each featuring upscale two-and-one-bedroom residences will also be constructed on campus as will three new cottages with attached garages. Construction of a road extension and new entrance to The Pines, leading directly to the Schramm Health Center, is currently underway. New and relocated parking areas are being created as well.

Planning for this project occurred over many years and included a review of improved designs in retirement living, surveys of current and future residents (which noted shifting dining and fitness preferences) and the emergence of retirement community options in the region. The initiative will be financed through a combination of tax-exempt bonds, revenue from new independent living residences, reserved funds that include earlier contributions to The Pines as well as new capital campaign gifts. Construction is scheduled to be completed by the end of 2020, though some areas may be built and in service for residents earlier.



Kirsten Presby, NP

Senior Care at The Pines

In collaboration with Atrium Health, The Pines is now offering primary care services on its campus to independent living residents who enroll in **Senior Care**, a program that provides access to an on-site physician and nurse practitioner, on call services, and specialized care throughout Atrium Health's network of clinics. "As The Pines' new nurse practitioner, I enjoy meeting with members of The Pines' community. This has been a wonderful oasis of intelligent, accomplished folks who continue to enlighten my practice," says **Kirsten Presby**. She adds, "I am available for resident appointments at the Wellness Clinic on Monday, Wednesday, and Friday from 8:30 am to 4:30 pm. Please call **704 863-9850** if you would like more information about this program."



Ways to Age Successfully

From the Desk of Stephanie Clontz, BSW

DIRECTOR OF RESIDENT SERVICES

The Pines' Wellness Team helps residents become more knowledgeable about recent research on aging. Fitness Specialist Mary Martin often shares helpful advice and articles, such as the one excerpted below by Dr. Roger Landry, a preventive medicine physician who focuses on older adults.

Use it or lose it.

As with any skill or capability we have learned, our physical, mental and social abilities will deteriorate if not challenged. This is intuitive, yet somehow as we age we attribute lost ability to getting old, rather than being out of shape or out of practice.

Keep moving.

Physical activity is the closest thing we know to a fountain of youth. Staying active – even just 30 minutes of walking most days – can reduce

the risk of developing heart disease, diabetes, osteoporosis, cancer, depression and even dementia.

Challenge your mind.

A great deal of the mental ability lost with age can be attributed to lack of use. Courses, conversations with friends, learning a language or even word games can keep us mentally sharp.

Stay connected.

We are social creatures and need human interaction to thrive. We can cherish family, rebuild neglected friendships, join clubs and stay open to meeting new people.

Never act your age.

If we follow our hearts, rather than obsolete expectations of aging, we will stay colorful, creative and engaged in life.

Beware of threats.

Choosing to have immunizations, cancer screenings and physical exams can help protect our health.

Eat for the long haul.

Our bodies must have proper fuel to function. We need to drink lots of water, eat at least five helpings of fruits and vegetables daily, take a multivitamin and talk to our doctors about additional supplements we may need.

Have children in your life.

Look for opportunities in the community such as mentoring, storytelling at schools or libraries and other organizations for children that welcome volunteers.

Be needed.

Any activity that gives us a sense of nurturing the world around us will help us, as we help others.

Laugh.

The most common traits seen in people ages 100 years or older are a sense of humor and optimism. It even stimulates the immune system, protecting us from disease. And it makes the journey more pleasant for us and for those around us.

Massage and Spa Services at The Pines



Our residents' health and wellness are a priority at The Pines. Since 2004, **Sheila Alexander** has provided a massage and spa program for all residents that is customized for various levels of care. She consults with our

medical and nursing staff to provide in-room therapies at The Schramm Health Center and has a treatment room in our Wellness Clinic. **You may contact Sheila directly at 704-453-1207 to make an appointment or to purchase a gift certificate.**

IN AN EMERGENCY



Serving as the town's first responders, The Davidson Fire Department addresses numerous emergency situations at The Pines at Davidson with exceptional swiftness and attention to residents' welfare. To thank the Town's emergency team for its outstanding service to Pines residents, **Carolyn Picton, The Pines'**

Director of Marketing and Sales, (pictured in the center) surprised the Davidson Fire Department last year with balloons and desserts prepared by The Pines' culinary team. The Pines is grateful for their superb service to our residents.

A Visit to the Queen

by Resident David Atchison

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I was a Captain in the USAF Medical Corps from 1965 to 1968. In 1967, I learned that an officer could apply to the American Embassy for a ticket for the Queen's garden party, which at that time was held every spring. So, I did so. A week or so later, I received an ivory envelope in the mail with an official invitation from Buckingham Palace with two passes to the

garden party. My wife got a new dress and hat, and I rented a morning suit with top hat. On the day before the party, we drove to London and spent the night at an officers' club.

The next day we dressed appropriately, took a taxi and had the pleasure of saying "Buckingham Palace, please."



When we arrived, we were ushered to the large and lovely garden behind the palace. There were probably 800 people there.

Ushers lined everyone up where the Queen would walk past. People were picked at random to shake hands with her and be spoken to. Unfortunately, we were not one of the lucky ones. However, we spent an hour or so seeing the beautiful gardens, having the Queen's tea and goodies, and we left with great memories.

Address Service Requested

Davidson, NC 28036

400 Avinger Lane

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