

## Bridge to the Community



Over the last six years, Salem Towne has hosted a Bridge Tournament that benefits local community agencies that impact the lives of our fellow citizens. The **7th Annual Bridge Tournament** was held on Tuesday, October 19 to benefit the SECU Family House, a local hospital hospitality house for families of patients from our two medical centers and Kate B. Reynolds Hospice Home.

The home will be located on the Richard J. Reynolds, III and Marie M. Reynolds Campus. Monies raised from the Salem Towne Luncheon and Bridge Tournament were donated for this 45-room facility to provide lodging and support for more than 2,000 families a year. Salem Towne was pleased to partner with SECU Family House this year.



## Philosophy 101: Why Are We Here?

The History of Philosophy 101 was a requirement when I went to college. At the time, I thought it was an arcane and esoteric subject. (These are my daughter's high school vocabulary words we are learning together.)

I think of that philosophy class now when I meet with our newly hired associates during their all-day orientation program. My role is to explain why Salem Towne exists.

"Why are we here?" is a query that philosophers throughout the years have attempted to clarify. It's an age-old question we reflect on throughout our lives. It's a question we can also ask of organizations and institutions.

My message in response to the "Why are we here?" question is: every day at Salem Towne we are building community, as residents and staff; creating a place where individuals are valued. In simple terms, we are building our community on the foundation of "respect," our core value.

Jean Vanier understands community. Jean Vanier is the 82 year old founder of L'Arche (a French word that means "the ark.") In 1964, he invited two men who had been confined to an institution after the death of their parents to come live with him. From the first L'Arche community has grown an international network of over 130 inter-faith communities where people with and without intellectual disabilities share their lives. Over these 46 years, Jean Vanier has written about community life, its challenges and its great worth.

Jean Vanier speaks of the growth that occurs when one realizes that we are

all learners and teachers no matter how broken we are. In community we learn to value one another, not based on utility or status, but on our individual worth and relationships.

Vanier suggests: "a community is only truly a body when the majority of its members are making the transition from 'the community for myself' to 'myself for the community,' when each person's heart is opening to all the others, without any exception...A community isn't just a place where people live under the same roof... It is a place where everyone – or, let's be realistic, the majority, is emerging from the shadows of egocentricity to the light of a real love..." Jean Vanier, *Community and Growth*, rev. ed. (London: Darton, Longman & Todd, 1989) p. 56.

Every day at Salem Towne we are building community...creating a place where individuals are valued.

Community at its best is a place or environment that honors the worth of each individual. It gives us the opportunity to grow in generosity, openness and learning.

At Salem Towne, every day we are building community, that's why we are here; that's what makes us a special place.

*Joe*  
Joe Lydon, President/CEO

## Backyard BBQ Sizzles

Salemtowne's Health Care Cooking Club was featured on the Wednesday, July 7 evening news on WXII Channel 12. Chief Meteorologist Lanie Pope joined the Cooking Club for a BBQ on the Health Care Courtyard where residents grow vegetables and fruits in raised beds that they incorporate into their cooking.

The Activities Department submitted a video that they produced of Cooking Club members on the courtyard to a Backyard BBQ contest being promoted by WXII 12 news. Residents were elated when the news arrived that they were chosen as a winner to host a courtyard BBQ live on the evening news with Lanie Pope.

Residents started in February with the process of sewing seeds in window trays and then transferred their plants to the courtyard garden after the last frost. They faithfully checked on the plants daily... watching and reporting any new developments. Camera crews showed delicious vine-ripened tomatoes, zucchini, squash, watermelon, green beans, and fresh herbs.



WXII's Lanie Pope interviewing resident **Wes Weaver** at the BBQ.



also prepared a delicious pound cake with blueberry sauce.

What started as a simple activity has grown into a rewarding experience for all involved. Residents have become more involved in their community. They are active participants in gardening and cooking and enjoy providing for others. Their smiles speak volumes.

Lisa O'Donnell,  
Health Care Activities  
Director.

Food for the BBQ was provided by area sponsors for the broadcast, but the dessert was prepared by the Cooking Club. Using fresh fruit from the garden, club members prepared a beautiful tart using blueberries, raspberries, and blackberries. They

To see the video Salemtowne submitted and the coverage on WXII, visit [www.salemtowne.org](http://www.salemtowne.org).  
Go to the News page and look on the left hand side for the videos.

## Have a Heart

The residents and associates of Salemtowne have been busy over the last six weeks lending a hand to raise funds for the American Heart Association. A series of events were held including a Pancake Breakfast, Community Shred Day (sponsored by Southern Community Bank), a Yard Sale, an Ice Cream Social, and the annual "Do Your Part – Have A Heart" paper heart sale. The SalemFit committee at Salemtowne organized the campaign of events. Salemtowne exceeded their 2010 goal of \$3,500 to raise a total of \$4,700.

The events led up to the Tanglewood Heart and Stroke Walk held on Saturday, October 16. In preparation for the big event, Salemtowne residents coordinated the mailing of participant registration packets. Associates were on hand the day of the Walk directing traffic, handing out water bottles, and distributing T-shirts. This annual celebration promotes physical activity and heart-healthy living. Salemtowne is proud to be a part of this community event.



## Long-Time Volunteers Become Residents

Fred and Page Hill have close ties to Winston-Salem. Fred was born within sight of Baptist Hospital and attended Wiley and Reynolds High before going to Sewanee Military Academy where he graduated in 1942. The University of North Carolina at Chapel Hill provided him one year of study before World War II broke out and he was drafted.

Page was born in Richmond and raised in New Bern. After high school there, she entered Salem College. She met Fred on a blind date in Winston-Salem when she visited her best friend and roommate during the summer 1947. They married in July of 1948 after Page graduated with a degree in Home Economics. She worked at UNC while Fred finished his business degree there the following year.

Fred's first job was with Reynolds Tobacco Company, where he was employed for 33 years. He started in the comptroller's department that later evolved into information systems. He retired in 1982.

After years of volunteering here... the Hills say they are happy to at last be "official residents."



Except for one year in Chapel Hill, the Hills have lived in Winston-Salem, rearing five daughters. They have 13 grandchildren and five "great grands" and proudly display Page's cross-stitch: "Grandchildren are God's Way of Compensating Us for Growing Old."

Both the Hills have been active volunteers. Fred worked at Harvest Food Bank using his computer skills to manage inventory, and also served on the United Fund Budget Committee. Page started her volunteering while at Salem College, where she and her friends volunteered at the Salem Home (the forerunner of Salemtowne). After her marriage, she joined the Louise Haywood Dorcas Circle, which has contributed to Salemtowne for years. Fred was an unofficial member – keeping their books, handling the money, and filling their basement with flower bulbs that the circle sold annually to raise money for Salemtowne.

After years of volunteering here and visiting Fred's sister and brother-in-law Robert and Lucretia Sills, the Hills say they are happy at last to be "official residents".

## Ribbons All Around



Salemtowne resident basket makers recently brought home more than a dozen ribbons for their creations from the 2010 Dixie Classic Fair. Many have learned this art since becoming Salemtowne residents and enrolling in our weekly Basket Weaving Class. This year's winners were: **Ethel Armstrong, Rebecca Day, Julia Gilliam, Spicie Crane, and Roma Welch.**



On August 15, residents and guests escaped from a sultry summer afternoon with the smooth sounds of Martha Bassett and Pat Lawrence in concert. A standing room only crowd was treated to Americana – a collection of jazz, gospel, and songs from Appalachia. Well-known locally in the Triad area, Martha & Pat quickly became Salemtowne resident favorites. The concert was hosted in part by the generosity of Gene & CarolAnn Adcock and Carl & Mary Dull.

## Annual Moravian Harvest Day

Salemtowne  
Continuing Care Retirement Community  
1000 Salemtowne Drive  
Winston-Salem, NC 27106

Nonprofit Org  
U.S. Postage  
**PAID**  
Winston-Salem, NC  
Permit No. 535



Joy Anderson, pictured above, shucks corn to help prepare for Moravian Harvest Day that was held in August. Residents gather the day before the annual celebration to snap green beans, shuck corn, and enjoy fresh squeezed lemonade. This event is always a great time of fellowship with neighbors and a fun trip back to the good old days with everybody swapping stories of how they used to do it!

## Coming Soon to Salemtowne

### Meet the Author

**Saturday, October 30 / 10:00am**

Kathleen Grissom will discuss her intriguing journey that led her to writing *The Kitchen House*.



### Holiday Fashion Show

**Wednesday, November 10 / 2:00pm**

Join us for an entertaining afternoon filled with fashions from Coldwater Creek.



### Holiday Open House

**Tuesday, December 7 / 1-4pm**

Put yourself on the list this year. Join us for a casual visit of our campus and enjoy the holiday décor. We invite you to experience the warmth of our community this holiday season.



\*All events will be held in the Smith Saal of the Community Center.  
Please call 336.714.2157 to register for any of these events.