

## A Royal Celebration



Pictured are Salemtowne residents **Lady Jane and Lord Donald Fuller** arriving at the banquet hall for the celebration.



Joining in the festive mood of all of Great Britain and much of America, Salemtowne hosted a Royal Celebration to honor the wedding of Prince William and Kate Middleton. As guests arrived to the party, they were adorned with jeweled crowns and tiaras. A menu featuring traditional British favorites of Bangers & Mash, Beef Wellington, Bread Pudding, and Liverpool Lemon Tarts was served along with several beers from English breweries. Superb entertainment provided by the Reagan High School Jazz Band kept residents and guests moving on the dance floor much of the evening and as the delightful night ended, guests left with excitement about the upcoming royal nuptials.

## Residents Embrace Technology

While technology has increasingly become a vital part of daily life around most of the world, some might assume older adults are being left behind. Salemtowne residents are helping change that myth. Much of the new technology available today can make a really positive impact on the lives of older adults. Salemtowne residents can easily stay in touch with faraway family by using a video conference feature such as Skype on a computer. Skype is a free software application that allows users to video chat over the Internet. "Long distance relatives can find this technology helpful when trying to keep in touch," said David Yount, son of a Salemtowne resident. Users can see and hear the caller through a camera attached to their computer. Lisa O'Donnell, Salemtowne Activities Director, appreciates the program as a way to bridge time and distance to connect the different generations of a family who may only get to visit with each other a few times each year.

Another device being increasingly used is an electronic book reader.

The Salemtowne Library now owns a Kindle which is available for check-out by residents. The Kindle is an electronic device for downloading, storing, and reading electronic books, known as e-books. The Kindle has instant wireless access to a vast number of e-books (over 115,000 and growing) that can be purchased. Books that are in the public domain such as well known classics can be downloaded for free. You can also read newspapers,

subscribe to magazines, and even play audio files such as MP3's or audio books. Salemtowne resident Dr. Walter Harrelson depends on the audio feature of his Kindle to hear the latest world news from The New York Times and The Associated Press each day. He also listens to a wide variety of books since his vision no longer allows him to read books and newspapers.

Salemtowne residents can easily stay in touch with faraway family by using a video conference feature such as Skype.



A Salemtowne resident and her son visit her grandson and great-granddaughter via Skype

Embracing new technology has assisted many residents to overcome obstacles in their daily lives allowing them to continue doing many of the things they cherish the most like reading and visiting with family and friends.

Technology is continually improving and offers unlimited benefits for older adults.

## Salemtowne Fashion Show

Salemtowne ladies and their guests were treated to a flurry of fashion last fall when ten of our own supermodels strutted down the runway decked out in designs provided by Coldwater Creek. A party of ten residents, resident daughters, and friends of Salemtowne showed off the latest fall fashions just in time for holiday parties. "The staff from Coldwater Creek at Thruway Shopping Center was amazing to partner with in every aspect. From outfitting the models in the store to helping get them ready on the day of the show, they were so accommodating," said Renee Brumagin, Salemtowne Marketing Coordinator. Residents and guests enjoyed discussing the fashions at a delicious Dessert Hour following the Fashion Show.



Resident **Bobbie Lee Wilson Middleton** wows the crowd in a gorgeous gold and cream outfit.

## Sticht Center arthritis water exercise class at Salemtowne



Join Wake Forest Baptist Health certified Aquatic Instructors at Salemtowne for a new warm water pool class designed specifically for people with arthritis. This is a low

intensity program and you do not need to know how to swim.

Warm water exercises improve range of motion, muscle strength and endurance. Participants improve joint flexibility and reduce their pain and stiffness as well as enjoy meeting new people in a friendly and fun atmosphere. Classes are two times a week. Cost is \$30 per month.

These classes are designed for anyone with arthritis or related rheumatic diseases or musculoskeletal conditions, ranging from people who are sedentary and very limited by impaired joint mobility to those with only mild joint involvement and/or problems with fatigue.

This class is open to the public. Registration is required. Please contact **Debbie Drayton** at **336.713.8190** or by email to **ddrayton@wfubmc.edu** for more information or to request an application.

## Men's Breakfast with the Demon Deacons

The Men of Salemtowne and their guests had a special ticket for March 1. The kickoff for the event was a piping hot breakfast buffet. The star of the event was Jim Grobe, Head Football Coach of Wake Forest University. Coach Grobe is a special friend to Salemtowne with so many WFU alumni, retired faculty and staff, and fans residing here. One particular alumnus that is a great fan of Grobe is resident Dewey Hobbs (WFU Class of '47), who was a member of the '45-'46 Wake Forest Gator Bowl team.

In his ninth year as Head Football Coach at WFU and with many more years of coaching under his belt, Grobe is full of entertaining football stories – and a storyteller he is. He lights up the room with his West Virginia charm. Aside from the good humor he always includes, it is readily apparent that he truly cares about his players and is invested in developing them into the best that they can be. Residents and guests alike were full of questions about the football program and Coach Grobe graciously answered each one.

We appreciate Coach Grobe bringing WFU football to Salemtowne and we look forward to supporting his team in their 2011 season. Go Deacs!



Pictured above with **WFU Football Coach Jim Grobe** are (L to R) Salemtowne residents and former WFU professors **Dr. Jack Sawyer, Dewey Hobbs, and Richard Barnett.**

## WFU Student Collaborate with Residents

Several months ago Salemtowne residents had the chance to help inspire a group of Wake Forest University theatre playwriting students during their fall semester class. This partnership with Salemtowne was born out of an effort on the part of Wake Forest to engage their students in a form of education called Service Learning. Service Learning is a method of teaching that takes students out into the community to partner meaningful service with instruction and reflection to enrich the learning experience. A principle of this method of teaching and learning is that the experience be valuable to the community partner as well as to the student. "In this regard the partnership



Pictured (L to R): Austin McWilliams, resident Jim Kitchens, and Professor Sharon Andrews.

between the student playwrights and Salemtowne was very successful," said Associate Professor of Theatre, Sharon Andrews. "The student playwrights were given a unique opportunity to be in conversation with a generation very different from their own and to find creative inspiration in these conversations."

Salemtowne residents involved in the project ardently agreed that this experience was mutually beneficial for both parties involved. They enjoyed telling their stories and sharing their

insights with their student partners. "The reflections that the students wrote before and after the Salemtowne Project indicate a great deal of learning and growth both as people and as writers as a result of this experience," concluded Professor Andrews.

**Below are excerpts from student papers on their experience at Salemtowne:**

I was prepared to go to Salemtowne, meet a few residents, hear a few good stories and generally have a good time. I knew I would gain some sort of inspiration from this project. As the residents arrived, introductions were made and ideas were discussed. A moment occurred that made me realize this project would be far different than anything I had anticipated and could very well be one of those singular events in my life to bring new perspective and appreciation into my world.

Subsequently, I was flabbergasted when the residents began discussing themes for our writings with more depth of thought and fervor than many of us were. When my resident partner completely, coherently, and eloquently summarized what we had been discussing for the past few minutes, I knew that these former doctors, professors, and the like were still a force to be reckoned with. Though their bodies may have aged, they still possessed greater bodies of knowledge than I could ever hope for at this point in my life.

I never expected the vibrant, excited group of people waiting to partner with students that I found in the Saal that day we first met. After that large group conversation I was no longer worried about coming up with things to write a scene about. The residents had far more profound and intriguing themes and scenarios to inspire us than any of us could have ever imagined. I was eager and thrilled to get out of Wake Forest and meet some new people. I was taken aback when I met supporters, friends, and even intellectual superiors. I am so happy to have gained not only inspiration and an original piece of work from this project, but also a new friend and a new perspective.

## Salem College Alumnae Luncheon



Salemtowne has a special bond with alumnae from Salem College, one of the oldest women's colleges in the United States that is still a women's college. Salemtowne was honored to host a luncheon on March 21 for resident alumnae and their alumnae friends. Kathy Barnes, Associate Dean of Admissions for Salem College, was the guest speaker. Pictured (l to r) are resident and guest attendees: **Peggy Pruett, Sally Sharp, Donna Ingram, Julia Gilliam, Paige Hill, Jane Gray, Julia Denham, June Elam, Lu Newman, Katherine Ward, Doris Dull, Becky Day, Bobbie Wilson Middleton, Katherine Leinbach, Margaret McIver, Mollie Rascoe, Barbara Fisher, and Jane Fuller.**

# Coming Soon to Salemtowne

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

336.767.8130  
[www.salemtowne.org](http://www.salemtowne.org)

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## Spring Open House

**Tuesday, May 24 / 1:00 - 5:00pm**

Salemtowne invites you to come and take a closer look at our lovely campus and convenient amenities. While you are here we invite you to come and enjoy our **Salemtowne Singers & Chimers Spring Concert at 3 p.m.** We also invite you to record a favorite memory/story on the StoryLine Bus. The StoryLine Bus is a mobile recording studio and will be on site at the Open House for folks to walk-up and record a 20 minute story. **For more information call 714-2157.**

## Optimizing Weight for Life in Seniors

**Wednesday, June 22 / 2:00pm**

Learn about the health impact of changes in body weight and composition as we age from **Dr. Barbara Nicklas**, geriatric obesity researcher with the Wake Forest Baptist Health J. Paul Sticht Center on Aging. Also find out the latest research on what changes in diet and physical activity older adults should make to maximize physical function and prevent mobility problems. **Call 714.2156 to attend this free seminar.**

**“Dare to be Dizzy”** with *Kathy S. Kirse, MPT of Wake Forest Baptist Health CompRehab*

**Wednesday, June 29 / 2:00pm**

What is vertigo? What causes dizziness? How can vertigo be treated? **To sign up for this free seminar, call 714.2156.**

## Physical Activity & Successful Aging: The LIFE Study

*presented by Dr. Stephen Kritchevsky, PhD, Director of the J. Paul Sticht Center on Aging at Wake Forest Baptist Health*

**Thursday, June 30 / 3:00pm**

LIFE stands for Lifestyle Interventions and Independence for Elders. The goal of the LIFE study is to find out whether lifestyle changes will allow older adults to remain independent for a longer period of time. LIFE is being conducted at eight sites around the country, including Wake Forest. Nationally, 1600 people between the ages of 70 and 89 will take part in the LIFE study. 200 Triad residents will have the opportunity to participate. **Call 714.2157 to attend this presentation.**

