

Newsletter

Volume 1, Issue 15

October 2007

Welcome

Residents and Family Members

Live Life Well

The Haven Assisted Living

This is issue number 15 of The Haven Assisted Living Newsletter. This letter will provide you with information about The Haven Assisted Living and our Residents, as well as Updates on Industry News and Trends. We welcome your ideas and input as to what topics you would like to see published.

Thanksgiving

We realize many of you will want to spend time with your loved one for Thanksgiving. Please notify your Bertica Cummins by November 7th with your plans. We will make sure that the few remaining residents not leaving with their families will enjoy a special Thanksgiving Dinner at one of our homes.

Animal & Resident Safety

Please be mindful when entering the driveway at Sandy Valley. We have Residents, Children, and 4 legged friends that like to adventure from time to time. Please restrict your speed for Safety.

Bertica Cummins, President

What's New at The Haven Assisted Living

October 2007

The Haven Assisted Living @ Heatherwood is complete and is waiting for final inspection. Applications for Residency are now being accepted.

The Haven Assisted Living @ Cold Harbor is the newest addition to the Haven Family of homes. Renovation began on September 18th and is expected to take about 10 weeks before the licensing process begins.

The Haven Assisted Living Inc has initiated a quarterly bonus program for our Direct Care Staff based on quality of care for our Residents.

Sheila Austin has been appointed as Administrator over The Haven Assisted Living @ Sedgemoor, and The Haven Assisted Living @ Studley.

Kim Watson, LPN has been appointed as Manager.

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"Elvis trying to check under the hood"

Industry News

Stephanie West Allen : "Who are you calling old? With 104 being the new 80, graying doesn't lead to grazing in some pasture"

The Rocky Mountain News this weekend reminded me that, these days, the retirement age of 65 may seem both old-fashioned and silly. 70 is the new 50 is a concept with merit. In "Working over time" we read . . .

About 6.4 percent of Americans 75 and older, or slightly more than 1 million, went to work last year. That's up from 4.7 percent, or 634,000, a decade earlier, according to the U.S. Department of Labor.

I am betting those numbers will continue to rise in the workforce—and in the legal profession. The article carries the stories of people in their 70s, 80s, and a man in his 90s who are still working. One was 89-year-old lawyer Brooke Wunnicke of Hall & Evans. Included in the article were these words . . .

In our search to find seven individuals for our Labor Day package, we asked readers to submit names of workers 75 and older. The responses poured in, giving us fits trying to pick several to focus on.

The times, they are a-changin'. Several factors will affect (and effect) the change. Boomers will recreate retirement just as they have changed so much else. From "As baby boomers age, they retool retirement" . . .

Baby boomers . . . are a varied lot. And while they once helped the nation compete to win the Space Race and struggled against upcoming but lower-paid Generation X-ers, now they are again reinventing themselves as they hit retirement age.

. . . [B]aby boomers are putting a new spin on retirement as some take the company gold watch and walk away to new careers, become business owners or take on volunteer work. Still, others are remaining in the work force to extend their longtime careers or are morphing into part-time employees in related positions or new lines of work.

Both the demographics and older people's ability to enjoy life are shifting. In the US, the age group growing most quickly is the 100-and-older. The quality of life will likely improve for those who are living longer. A geriatrician is quoted in the article "100-And-Older Is Nation's Fastest Growing Age Group": "They may be 104, but they'll be more like an 80-year-old today," said [Kevin] O'Neil, of Sarasota. Thus, 104 may be the new 80.

Thanks to neuroscience, we now have new ways of looking at the aging brain. Take a look at an optimistic article "Ten Important Truths About Aging" (by Alvaro Fernandez and Elkhonon Goldberg of SharpBrains) from the edition of The Complete Lawyer focused on the graying of lawyers.

With all these factors, to make many predictions or pronouncements or prohibitions today about aging or retirement seems unwise. We need to watch and see how this new world unfolds for all, including lawyers, their firms, and their clients.

Last week a friend of mine had a birthday. He is in his mid-fifties and is beginning to think of himself as old. He might be old in the old way of seeing things. (Although it must have been a very long time ago that 56 was considered old.) I hope he learns to use new eyes soon. Calling himself old is probably not good for his health.

Note (added September 4, 2007, 8:45 PM Mountain): A couple of posts about aging lawyers: Tom Collins's Marcus Speaks Out On Mandatory Retirement for Lawyers and Bruce Marcus's THEY LABORED LIKE LIONS AND PRODUCED A MOUSE.

Note (added September 7, 2007, 11:40 AM Mountain):

Are you telling yourself you are too old to pursue a dream? Our world history abounds with stories of people who have victoriously followed their dream at all ages.

By Stephanie West Allen- <http://westallen.typepad.com>

Activities

CALENDAR OF EVENTS

SPECIAL EVENT

BON-FIRE BBQ...

PLACE

4350 SANDY VALLEY ROAD

TIME

TBA (To Be Announced) October

The Bon-Fire has been postponed until further notice from Fire Dept. due to weather conditions; winds, dry leaves, etc.

SPECIAL EVENT

GLORIOUS CHRISTMAS NIGHTS

PLACE

Theater at the West End Assembly of God
401 N. Parham Rd.
Richmond, VA 23229
(804) 754-0738

TIME

NOVEMBER 29TH AT 7:30 PM

WE HAVE A LIMITED NUMBER OF TICKETS AVAILABLE FOR FAMILY MEMBERS THAT WOULD LIKE TO ATTEND. ALSO ANY VOLUNTEERS FOR THIS EVENT WOULD DEEPLY BE APPRECIATED.

THE BUS LEAVES FROM SANDY VALLEY AROUND 5:30PM TO BEGIN PICK-UPS AT THE OTHER HOMES...

VISIT THE WEBSITE

WWW.GLORIOUSCHRISTMASNIGHTS.COM

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Birthday Announcements Aug & Sep 2007

No Birthdays for October...

Barbara Conway - November 3rd, 1930 (77) - Sandy Valley

Ruth Dvorak - November 29th, 1916 (91) - Sandy Valley



"Thank You"

The Haven wants to extend a special thanks to Bettie Grose, Mary Southworth's daughter, for buying beautiful hats, flowers, and glue for all the Haven residents. Some are displaying their talented work as they enjoy a foot bath during the visit with the podiatrist, Dr. Daniel Thomas.

Nature Museum Field Trip at Three Lakes Park



1st Trip on the Bus to Three Lakes Park & Gen Jo's



Arriving at Three Lakes Park



Arriving at Gen Jo's for Root Beer Floats



Going Home after a busy day