

# Foxbridge

ASSISTED LIVING COMMUNITY

## MAY 2011

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Foxbridge  
Assisted Living Community

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MAY Highlights  
(look inside for details)



May 5th  
Cinco de Mayo

May 5th  
Caregiver  
Workshop

May 6th  
Shelby Farms  
Outdoor Market

May 9th  
Mother's Day  
(observed)

May 11th  
Senior Expo

May 17th  
VA Meeting

May 26th  
Virtual Dementia  
Workshop

May 27th  
Memorial Day  
(observed)

May 31st  
Pink Palace  
Legends of Flight

## City of Memphis

### Proclamation

WHEREAS, older Americans throughout Memphis and this nation are among our greatest treasures, providing invaluable links to the past, direction for the present, and wise counsel for the future; and

WHEREAS, an expanding senior population in Memphis will profoundly impact every facet of our lives and will require our continued commitment to the goal of ensuring that our senior citizens enjoy active, productive and healthy lives in an independent, safe and dignified manner; and

WHEREAS, it is important to acknowledge the contributions older individuals have made to the economic well-being of our community and in the workplace through civic leadership and mentoring; and

WHEREAS, Lester Gingold and *The Best Times* newspaper provide valuable leadership and advocacy on behalf of the senior population located throughout Memphis and Shelby County; and

WHEREAS, it is appropriate that the City of Memphis Government join with *The Best Times*, the State of Tennessee, and the United States of America to designate the month of May 2011 as a time to celebrate the contributions of older Americans and to redirect our efforts to better serve America's seniors;

NOW, THEREFORE, I, A C WHARTON, MAYOR OF THE CITY OF MEMPHIS, TENNESSEE, do hereby announce and proclaim to all citizens the month of May 2011 as

### OLDER AMERICANS MONTH

in Memphis and urge all citizens to honor older adults and to promote and participation in activities and services that contribute to the health, welfare, and independence of our older citizens.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the seal of the city of Memphis to be affixed this 28th day April of 2011.

A C Wharton, Jr.  
Mayor



## FOXBRIDGE EXTENSION LIST

\*\*\*RESIDENT HALLS\*\*\*

- MAGNOLIA -** House Ext - 239  
Nurse Ext - 326  
2130 Mangum Road  
House Manager, Carla Porter
- OAK -** House Ext - 238  
Nurse Ext - 326  
2150 Mangum Road  
House Manager, Marilyn Billingsley
- PINE -** House Ext - 237  
Nurse Ext - 326 or 327  
2160 Mangum Road
- SPRUCE -** House Ext - 241  
Nurse Ext - 327  
2200 Mangum Road  
House Manager, Karen Hervey
- WILLOW -** House Ext - 235  
Nurse Ext - 327  
2210 Mangum Road  
House Manager, Beverly Hall

Hair Salon - Ext - 226  
Mary Cropf

Resident Care Manager - Ext - 228  
Shawna Jackson

Volunteer Coordinator - Ext - 252  
Ursula Davis

## PAYMENTS

Please do not leave payments of any form in the residential buildings.

Please bring all payments to the Administrative Office in Fox Hall.

## JJ's Notes

The Merry Month of May

We welcome May with merriment –  
Warmer weather,  
outdoor activities,  
celebration time,  
goslings at the lake,  
caregiver educational opportunities

Warmer weather brings outdoor activities and walks around the property. You may see some of the staff walking and running in the late afternoons throughout the property as we try to get some much needed exercise. Come join us.

May is Older Americans Month. See the mayor's proclamation in this issue. We celebrate all things about our "Seniors" – Senior Olympics, Senior Expos, etc.

We are excited for our children and grandchildren who end their school year soon, too. We join Jackie Tinnon, Wellness Director, in the joyous occasion of her daughter's college graduation. Graduations are such wonderful beginnings as it heralds the beginning of the next phase in our children or grandchildren's lives.

Goslings have arrived at the lake. I hope you stop by to see these furry little creatures before they leave our community.

May brings several educational opportunities for caregivers:  
Alzheimer's Association presents a Caregiver Workshop on May 5. Call 565-0011 for reservations. Free  
Professional Network on Aging (PNA) presents Sr. Expo on May 11, 9 – 3, at the Agricenter. Free  
Alzheimer's Day Services of Memphis is having a Virtual Dementia Tour© Workshop on May 26 at Dorothy's Place, 3185 Hickory Hill Road. Call 372-4585 for reservations. \$10 charge to experience having dementia. This experience is powerful if you are caring for someone with dementia.

Have a very merry May!



J. J. Doughtie  
Executive Director

## VETERAN'S BENEFIT MEETING

Our next VA Meeting will be held on Tuesday, May 17th at 5:30pm at Fox Hall with Joe Kyles, Shelby County Officer for Veteran's Benefits

# WELCOME

### NEW RESIDENTS

Evelyn Lee  
Pauline Lewis  
Grace Pipkin  
Virginia Richardson  
Martha Ann Sargent  
Elvis Smith

Mary-Shelley Ritchey

## MARKETING WITH MARY SHELLEY

Have you shared your Foxbridge experience with a friend or family? Refer a family or friend to Foxbridge and after they have lived here for 30 days, you will receive a discount off your bill.

Our Patio Party was a total success. Check out pictures from the event in this Newsletter! A big thank you to our Foxbridge family for participating and Chris and Suzanne Sheffield for their gardening tips.

### THIS MONTH, LET'S GET TO KNOW:

**EILEEN SCHMIDT**

#### Getting to know Eileen Schmidt

Eileen was born on December 31, 1953 in Dekalb, IL. At age 13 Eileen gave her life to Christ and from that point served in the Lord's work. She was the first female for the Church of Christ to attend Great Lakes Bible College in Beamsville, Ontario. She received her BS degree in elementary education from Abilene Christian University (ACU) in Abilene, TX. Having been a part of Missionaries Apprentice Program at ACU, she lived as a missionary to Costa Rica in 1978-1979.

Eileen met her future husband Gary Schmidt while at ACU. They married on December 20, 1980. They were very active at Hawthorn Church teaching Sunday school, heading up the Sunday School program, church secretary, and leading Bible study groups. Gary and Eileen have a daughter Brionne who was happily married last June.

In 1992 Gary's job brought the family to Memphis where they now live. Eileen served the church again as the Director of Children's Ministries. Eileen has been at Foxbridge for several years. She and her family are dealing with her Huntington Disease. For more information on Eileen and her family journey with HD please see the additional article in this newsletter.

For more information on HD, go to [www.hdsa.org](http://www.hdsa.org).



HAPPY BIRTHDAY  
FOXBRIDGE RESIDENTS

5/1—DOROTHY MACLIN  
5/4—HAROLD LAMBRIGHT  
5/4—FRANCES HARAWAY  
5/17—FRANCES RHUE



HAPPY BIRTHDAY  
FOXBRIDGE STAFF

5/9—CHEKETA WALLACE  
5/10—ALAYSA WILLIAMS  
5/15—RENITA ALLEN



## WHAT'S HAPPENING IN MAY?



- **Cinco de Mayo Celebration - May 5th**  
Vamos, Amigos! No time for Siesta, its time to Fiesta!! Pinata, salsa and chips, & margaritas... just a few exciting treats we will find at this event!! Please check your calendar for event details.

### **Mother's Day Observed - May 9th**

Please join us as we spend the afternoon celebrating the women of Foxbridge. This grand event is set to take place on the grounds in front of Fox Hall at 2:30. In celebration of women, there will be the beautiful musical sounds of Ms. Donna Wolf to accompany our themed "English Garden Tea Party". Families are invited to join so we hope to see everyone there!



### **Memorial Day Observed- May 27th**

Memorial Day is a day to remember all the people who have served - and are serving - in the armed forces; our surviving veterans; and to honor those who have died in past wars. Foxbridge is looking forward to celebrating this important day with our residents, families and staff. Pine Hall will host this event at 2:30 and the schedule of events are as follows:



- 2:35 Opening prayer
- 2:40 Moment of silence
- 2:45 Pledge of allegiance
- 2:50 individual recognition of Veterans residing at Foxbridge
- 3:00 Live music and refreshments

### **May off-site outings to mark your calendar for:**

#### **Shelby Farms - Outdoor Market - May 6th**

What a wonderful time of year it is! All of the beautiful, fresh flowers are here and ready for us to see. Join us we take a trip to the Outdoor Market and see all of our favorites and look for new plants for our regions.

#### **Pink Palace- Legends of Flight - May 31st**

- The Pink Palace Imax has always amazed us with the wonderful insights to the world around us. Here is an overview of what we will see in "The Legends of Flight": Through the eyes of chief test pilot Mike Carriker, a legendary contemporary pilot who is flight rated in more than 100 airplanes, you will see how a century of aviation trial and error, and some of the seminal airplanes of the 20th century influenced the design of the Dreamliner. You'll thrill at the flight of a few of these legendary airplanes in some of the most breathtaking sequences ever seen on IMAX® screens

**Foxbridge Car Show 2011**



**See more photos on Facebook!**

# The Foxbridge Patio Party



Would you like the Newsletter emailed to you every month?  
Please send a message to  
[christifoxbridge@bellsouth.net](mailto:christifoxbridge@bellsouth.net)  
to be added to our email list!

## One Family's Journey with Huntington's Disease

Huntington's disease (HD) is a defective gene in the brain that gradually deteriorates all brain cells, thus affecting every thinking process, movement and coordination. One resident at Foxbridge is traveling the journey through life with HD – Eileen Schmidt.

Eileen has been with Foxbridge since 2003 when she was 42 years old. Young wife and mother, energetic, church worker, Bible study leader – Eileen was and still is a true disciple of Christ. Eileen continues to pray daily for church members, friends, and Foxbridge staff even though her coordination and movement have been terribly affected. Her husband Gary and daughter Brionne are very involved with Eileen's life here at Foxbridge.

“We all have worst fears and sometimes they come true” says Gary. Eileen's family has a history of HD. Unfortunately, this disease is hereditary and can only be traced back to her grandmother. Eileen's grandmother (53), mother (52) and younger sister (44) have all passed away from this disease. Eileen is now struggling with HD. Her younger brother has now been diagnosed with HD and there is only one sister with no trace of this horrid disease.

HD is a disease of families. Though everyone is born with the Huntington gene, the disease is caused by an abnormal copy of the gene that is passed from parent to child. It is not contagious in any way. Only a person who is born with the abnormal gene can ever get the illness or pass it on to their children. Every person who carries the abnormal copy of the gene will eventually develop symptoms, if they live long enough.

Every child born to an affected parent has a 50% chance of being born with the gene that causes the disease. Males and females have the same chance of inheriting the abnormal gene. Those who have not inherited the gene will not get the disease and they cannot pass it on to their children. HD does not "skip" generations.

Soon after the HD gene was identified in 1993, a direct gene test was developed which allows a person to find out if they carry the abnormal HD gene and will someday develop the disease. While the test is very accurate, it cannot determine when the symptoms of the disease will begin or how severe the symptoms will be. People without symptoms of HD who test positive for the gene may remain unaffected for many years.

Gary would like us to pray for a cure from this awful disease, and that Brionne will not have the gene and never have to deal with HD again in her life.

For more information on this disease, visit [www.hdsa.org](http://www.hdsa.org).

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### 20 Ways to Boost Your Memory taken from article by Paula Spencer [www.caring.com](http://www.caring.com)

1. Take the stairs – exercise in any form
2. Change your wallpaper – with routine, brain runs on autopilot
3. Steal some zzz's by daylight
4. Take a mental “photograph” – memories come in all sorts of forms
5. Eat less
6. Try a “brain-training” game – or join a “brain gym”
7. Spend some time online
8. Stop and sip a cuppa tea– green tea, that is!
9. See a doctor if you feel depressed
10. Take the “multi” out of your tasking
11. Keep your blood sugar under control
12. Waggle your eyes back and forth – to help remember, do this for 30 sec.
13. Eat your green vegetables
14. Don't ignore sleep apnea
15. Learn something new that's a real departure for you
16. Quit smoking
17. Eat some chocolate!!!
18. Put everything in its place
19. Don't retire – if so, volunteer, keep active
20. Throw a party – being around other people lowers risk of dementia