



The Mountain Echo

The Hills Are Alive with Senior Voices...

Community Newsletter
JULY- SEPT 2019

You're Invited!
July 3
Independence Day
Celebration

July 23
Concert with Ben
Lanning

Aug 8
Better Business
Bureau-Senior Fraud
and Scam Awareness

The Administrator's Message to Persons Responsible for Residents' POA

Your loved ones do not have to leave their home here and go out in the cold or rain or extreme heat to see an Optometrist, Podiatrist, Dentist or Dermatologist. We have contracts with 360 Optometry, Senior Dental Care, and Onsite Dermatology and Podiatry. These licensed and insured doctors come here to provide these services. Just contact me and we will set up any or all of these services.

Chris Elmer – celmer@brh.org or 828-254-9675 or just stop me in the hallway.
God bless! Chris

From the Desk of Susan Gerrie

Summer is here and along with the fun and excitement of warm weather comes the wonderful renewal of our Vitamin D from the sun. Whether you take a walk in the park or sit on your porch with a glass of tea, remember that twenty minutes is all it takes to renew your vitamin D level. Always take precaution with hats and sunscreen. Please keep in mind during the summer months that hydration is essential to the body. If you are not a fan of water, try freezing berries in your ice cubes or place mint and fruit in your water pitcher to infuse the water for a bit of flavor that will help keep you hydrated. Be careful with hydrating drinks such as Gatorade because they can cause an imbalance in your electrolytes if you are not careful. Always consider tea, water, juice and even frozen slushies or fruited popsicles for added fluid. May your summer be filled with food, fun and fellowship.
Susan Gerrie CDM CFPP FSD

July, August and September are the months that school kids crave! Freedom from school, timetables, deadlines and bedtimes. As elder adults, what are your "wants" for these months? This could be the time that you update your information in our files and medical records. Has your next of kin or attorney-in-fact changed addresses or phone numbers? Are you considering changes to your MOST form? Do you want to make a list of whom you would like to have your favorite African Violet or favorite book? It is never too early to plan for the future. Summer days can be long and hot, but you can be "cool" and review and update your information.

Freda Woody- Director of Nursing



Daniel Pierce

There is limited space, so be sure to call ahead and reserve your spot and confirm location and time!
828-254-9675



Life is Great...Live it...

During the summer, we often have more time we can spend with our loved ones due to vacation and summer break from school, or maybe it is just the warm weather that causes us to slow down and live in the moment. WNC Baptist Home welcomes all forms of visitors including four legged. I wanted to briefly announce a promotion and new team member to the Baptist Home. Many of you are well aware of my assistant, Lula Jane Lorick, aka Lula, Lu, Lulu, hotdog etc. Please help me in welcoming Lula to her new position as "Director of Tours." "Lula has worked tirelessly to earn her new title. This is no shock to me as I learned very early on that 99.9% of our residents know Lula's name and possibly 20 % know my name and department. I dare to walk through the halls of our Assisted Living without her. I can anticipate the questions and responses if Lula has the day off work and is home, yes, by herself, lounging on the sofa watching Law and Order. Lula enjoys visiting with coworkers and residents. She is extremely talented at tours and will often demonstrate how safe and easy it is to get into the bathtubs. On her breaks, she enjoys following a family of turkeys out in the courtyard; she is still unclear as to why the family of turkeys do not welcome her visit. Lula's favorite aspect of her job, however, is bringing cheer and laughter to residents as well as her coworkers. Lula takes pride in her work and truly cares about each of "her" residents. So in closing please help me in welcoming Lula to our team at WNC Baptist Home. Andrea Lorick, Admissions and Marketing Director



*****All animals must meet pet protocol requirements for visiting the Baptist Home prior to arrival. Please see M.Brown, Activity Director, if you have questions.**



CHAPLAIN'S CORNER

God's Provisions Throughout Life...

In Joshua 5:10-12 is the story of the Israelites camping in an area called Gilgal. While there, they observed Passover. The day after they ate the food of the land, the text says, "On that day the manna ceased..." Thus, what had been a sustaining part of their lives came to an end, as a new source of sustaining them was provided. Often in talking with residents concerning their life stories, they will describe the provisions in life that have sustained them over the years. These included their own abilities and strengths to care for themselves. Now, at this time in life, BRH is the source of sustaining them. Safety, health care, personal needs, meals, activities and spiritual nourishment are the means of providing for our residents. These responsibilities are accepted and provided on a daily basis.

Rev. Billy Honeycutt