

# The Mountain Echo

## The Hills are Alive with Senior Voices...



Community Newsletter  
**JANUARY-MARCH 2019**

**You're invited!**  
**January 8**  
Senior chair yoga  
with Ellen Morrissey

**January 14**  
Birthday Party with  
Billy Woody

**February 11**  
Valentine's Day and  
Birthday party with  
the loyalty class from  
FBC Asheville

**February 26**  
WNC History with  
Dr. Dan Pierce

**March 15**



Western North Carolina Baptist Home  
A Baptist Retirement Homes Community

PROUDLY SERVING OLDER ADULTS SINCE 1951

### A Message from the administrator:

2019 is starting. A new year and another opportunity to provide good quality care to the Residents in our care. It is the dedicated staff here at the Western North Carolina Baptist Retirement Home that provides quality care. We are blessed with an abundance of people that deserve to be recognized for the hard work and caring attitude they bring. I will not list everyone that has over 10 years of service, but I would like to recognize those who have over 20 years of service and counting:

Shirley Lail, 32 years as of the 6<sup>th</sup> of March 2019.

Claudia Payne, 26 years as of the 26<sup>th</sup> of January 2019.

Teresa Deyton, 25 years as of the 3<sup>rd</sup> of May 2019.

Andrea Babb, 23 years as of the 28<sup>th</sup> of August 2019.

Jeffery Simpson, 22 years as of the 13<sup>th</sup> of August 2019.

Rose Rice, 21 years as of the 26<sup>th</sup> of August 2019.

Ken Jefferson, 21 years as of the 30<sup>th</sup> of October 2019.

Many thanks to all our employees for all their hard work and dedicated service to the Residents of the "HOME". God bless! Chris

"If you don't use it... \_\_ \_\_ \_\_!"

Everyone knows the expression, "if you don't use it, you lose it." This is especially true in regards to exercise! If you do not exercise on a regular basis, not only will you not reap the positive benefits of proper fitness, but you also face greater risks for a number of health related consequences. Routine fitness can lower chances of injury, such as falls, and can help prevent chronic disease. According to an article by Marlo Sollitto from *AgingCare.com*, "Regular exercise improves the following: Immune function, cardio-respiratory and cardiovascular function, bone density and risk of osteoporosis, and gastrointestinal function," as well as chronic and serious conditions such as dementia, diabetes, obesity and heart disease. Exercise also helps improve overall mood.

213 Richmond Hill Drive  
Asheville, North Carolina 28806

The WNC Baptist Home offers exercise and fitness opportunities to our Assisted Living and Healthcare residents are encouraged to "Use it and NOT lose it!"  
828-254-9675  
[www.baptisthomesasheville.org](http://www.baptisthomesasheville.org)

focus is on strength and resistance training, aerobic endurance, and/or stretching and flexibility exercises. Our healthcare exercises are designed to meet the social, emotional and cognitive needs of participants. The overall goal is to improve mobility and strength while enhancing quality of life in a safe environment.  
M. Brown-Activity Director

### Vitamin D

The Sunshine Vitamin is actually considered more a pro-hormone than a vitamin. What's the difference? A vitamin is a nutrient that cannot be synthesized by the body and must be acquired through the diet. A hormone is produced by the body. The body is capable of producing its own Vitamin D through the action of sunlight on the skin. Sunlight converts cholesterol on the skin into Calcitriol (Vitamin D3). Vitamin D has a few very important roles in the body. Its most important role is maintaining the health of bones and teeth. It also supports the health of the immune and nervous systems. It helps regulate insulin, calcium and phosphorus absorption, lowers risk of fractures and cancer, and can even help ward off the flu. Vitamin D deficiency is common in the elderly, infants, people with dark skin, people who live in higher latitudes, and those who get little sun exposure. Vitamin D deficiency has been seen in up to 80% of hip fracture patients. Metabolism of Vitamin D is affected by some medications including barbiturates, phenobarbital, Dilantin, isoniazid, and statin drugs. Very few foods naturally contain Vitamin D. Here are a few: fatty seafood, liver, eggs, mushrooms, milk and dairy products. The need for sun exposure to produce Vitamin D is another good reason to encourage people to get outside more and enjoy the sunshine.  
F. Woody-DON



Life is Great...Live it...

From the desk of Susan  
Gerrie CDM CFPP FSD

Hello and welcome to Winter! As the days of winter are now here, it often brings along unwanted guests in the form of cold and flu season as well. Help boost your immune system by eating nutrients with foods rich with antioxidants and immune boosters. Listed below are some easy ideas to help.

1. Add berries and other nutrient rich foods to your breakfast routine.
  2. Vitamin C in food form such as a slice of orange in your breakfast tea.
  3. Try to add mint, berries, lemon wedges, pomegranate seed or cucumber to your water.
  4. Vitamin D rich foods or a supplement per your physician to help reduce the "winter blues".
  5. Herbal Tea as allowed by your physician such as green tea, chamomile and rosehip provide comfort, antioxidants and flavor to your diet. Remember to always speak with your physician before undergoing any significant diet changes.
- Bon Appetit!

## THANK YOU FOR YOUR SUPPORT DURING THE CHRISTMAS SEASON

The holiday season is always made brighter by the many volunteers, churches and local organizations that support the WNC Baptist Home. Thank you for taking time out of the busy holiday season to bring cheer, joy and comfort to those who live and work in our community. Our gratitude extends to so many, but especially the following:

American Heritage Girls, HIS Steps Homeschool Bands, Billy Woody, Dawn Crouse and therapy cat, Phillip, Lorraine and David Foster, Faith and Loyalty classes from First Baptist Church of Asheville, Calvary Baptist Church, Autumn Players, Dr. Dan Pierce, J. Pet, M. Barcafer, Salvation Army, In His Steps Dance Ministry, Reeves Chapel, Leicester Baptist Church, Brother Sam-The Singing Cole, , Kiwanis Club, Van Wingerden International, INC, Georgie Groux and therapy dog, Gracie, Alexander Baptist Church, G. Cox, Legacy Healthcare Services, T. Deyton, Liz & Randy Benjamin (Mr. & Mrs. Claus, J. Himmelheber, Reems Creek ECA Homemakers, and the many Brownie and Girl Scout Troops that served our community this past Christmas season. We also appreciate E. Clegg, P. Ramsey, M. Clontz, R. Bennert, M. Fancis, for being outstanding resident volunteers. Special thanks to Legacy Healthcare Services, the dietary, housekeeping/laundry, maintenance, and nursing departments of the Baptist Home for participating in the annual Christmas parade.

The WNC Baptist Home loves volunteers all year long!!! If you are interested in volunteering, please contact M. Brown for further information!

(828-254-9675)



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## CHAPLAIN'S CORNER

During December, the chapel services for residents of Assisted Living and Health Care have focused on Luke, chapters 1 and 2. Luke 1 reveals the stories of Elizabeth and Mary, both learning they are to give birth to a son. Elizabeth's son will be the forerunner of Mary's son. As the focus on these stories unfolds, there are parallels that depict the plan God determined for making clear His love and offer of forgiveness for all of humanity. This focus proves helpful in preparing hearts for Christmas. Read these chapters once again as you reflect upon Christmas.

Rev. Billy Honeycutt