

THE Lotus LEAF

A THRIVEMORE NEWSLETTER

FAITH.
FAMILY.
FULFILLMENT.

FALL 2024



Empowering Families and Communities

THE CENTER FOR THRIVING CHILDREN COMING TO BROOKRIDGE

Imprints Cares and ThriveMore look forward to the exciting opening of the Center for Thriving Children on the Brookridge campus in 2025. The opportunity that this partnership will offer is one that will be beneficial to many groups – Brookridge and Imprints Cares, of course, but most importantly the community and the children and families that will be served by having another option for high quality childcare in the Winston-Salem area.

Our Center for Thriving Children is designed to support our employees by offering high-quality childcare services at sliding scale rates. We understand that balancing work and family can be challenging, so we strive to make childcare accessible and affordable for all our staff. The flexible pricing structure ensures that every employee has the opportunity to benefit from our center's nurturing environment, tailored educational programs, and experienced caregivers, without undue financial strain.

The intergenerational aspect of the Center for Thriving Children at Brookridge is something that is at the top of the list of benefits that this center will provide. The social and developmental advantages that the integration of young children and senior adults on the Brookridge campus will be truly outstanding!

FROM THE DESK OF

Reed VanderSlik

As the crispness of fall settles in, I'm excited to share some significant updates and highlights from our organization that reflect our ongoing commitment to growth, excellence, and the well-being of those we serve.

We are thrilled to announce the groundbreaking of our new Child Development Center in 2025! This state-of-the-art facility represents our dedication to providing quality child care to our colleagues, a sliding scale fee will be based on the employees income and will be supported by our Foundation. Our residents look forward to some amazing intergenerational opportunities on Brookridge's campus through the program. By offering on-site and subsidized child care will be another reason to make Brookridge a preferred employer. The Center will offer a range of early childhood education programs designed to foster development, creativity, and a love of learning from an early age. I encourage everyone to visit and see firsthand the impact this initiative will have on our families and the community.

In this issue, we're shining a light on Karen Grubb, who has been a cornerstone of our team for four years. Karen has consistently demonstrated exceptional dedication, passion, and leadership in their role. Their contributions have been instrumental in our success, and we're proud to recognize their hard work and commitment.

Thank you, Karen, for everything you do!

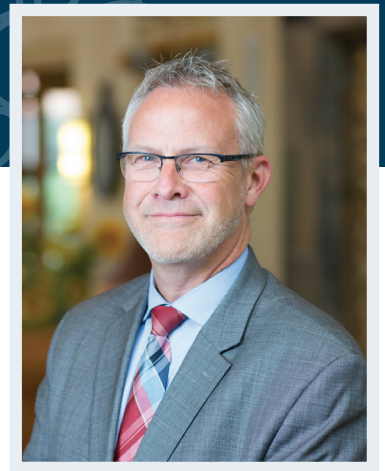
It's also a pleasure to honor our long-time residents who have been with us through the years.

Their stories and experiences enrich our community, and we are grateful for their trust and support. Their enduring presence is a testament to the quality of care and the strong relationships we've built over the years. Some of these stories would not have been possible without our benevolent care. Our commitment to providing benevolent care remains steadfast. We continue to ensure that everyone in our community receives the support and services they need, regardless of their financial situation. Your contributions and support play a crucial role in sustaining this important aspect of our mission, and we are deeply thankful for your continued generosity.

As we embrace the beauty of fall, let's celebrate these achievements and look forward to the many opportunities ahead. Thank you for your dedication, prayers, passion, and ongoing support.



Reed VanderSlik, President & CEO



Dementia By Day Discussion

EXPLORING COUPLES MEMORY CARE AT BRAIN 2024

In May 2024, ThriveMore CEO and President Reed VanderSlik, Vice President of Operations Jessica McCollum, and Dementia by Day Founder and CEO Rachael Wonderlin gathered at the Senior Housing News BRAIN Conference in Chicago. There, they highlighted a pressing need in memory care: a Couples Memory Care program.

ThriveMore has chosen Brookridge as the community to pioneer this innovative residential solution.

ThriveMore aims to redefine the memory care experience and ensure that those in need have access to the highest quality of care, enrichment opportunities for engaging activities and a secure outdoor space. Offering this to couples that want to remain together, where one of the couple needs the memory care programming and the independent spouse is supported to continue to live their life to the fullest.

Finding Healing by Helping Others

MEMORIAL GIFT HONORS LEGACY OF CHURCH LEADER



In 1992, Holly Springs Baptist Church in Broadway, NC hired Cynthia Spivey as their Minister of Music. The church quickly noticed how Cynthia was gifted in many forms of ministry, and she was named the full-time Minister of Music and Education. Her husband Rick said, "she knew something about everything going on in church, and wanted to make sure the focus was always on glorifying God."

Cynthia was not just a leader in her church, however. After ensuring everything was in order at the church, she visited shut-ins, played special music for local schools and nursing homes, delivered meals to those who needed food and encouragement, led Bible study, and helped raise their children in a faith-centered home.

Pastor Jerry Parsons came to Holly Springs Baptist in 1997. "She helped this ol' country boy figure things out," said Parsons. And that sentiment was echoed by many of her friends who described Cynthia as genuine, selfless, loving, gentle, and intuitive. Her husband explained that people were a special gift to Cynthia, and she had a way of connecting and encouraging others that exemplified her love for God.

When Cynthia was diagnosed with cancer in 2020, she continued to work, encourage others, and live out her faith. When she became too ill to leave home, she would call and text people to ask how she could pray for them. She never stopped thinking of how she could help others, even when she was in her last weeks of life.

In December of 2023, Cynthia lost her battle with cancer. Her family and church were devastated, and soon after her death people started having conversations about the best way to honor her. Marvin Johnson, one of Cynthia's choir members and dear friends, contacted the Baptist Retirement Homes Foundation to discuss opportunities for a memorial fund. "This was a way we could honor her that we can continually support year after year," said Johnson.

And honor her they did. The church and community raised a significant amount of money for the Foundation's Immeasurably More Capital Campaign. An area in the planned couple's memory care housing on Brookridge's campus in Winston-Salem will be named in memory of Cynthia Spivey, a reminder of her lasting positive impact in the lives of others.

Rick, Cynthia's husband, believes this is a perfect tribute to her life and legacy. Cynthia had a heart for the aging population, particularly those who were lonely, and would be happy she could still help care for others. "She made me better," said Spivey, "and this helps us heal."

If you are interested in how you can make an impact in the lives of others through a donation, please contact Kevin Cook, Director of Development at kcook@thrivemorenc.org or (315) 430-8289.

THRIVEMORE



Bridging Creativity and Compassion

LIFE ENRICHMENT COORDINATOR CREATES JOYFUL MOMENTS EVERY DAY



Karen Grubb, a Brookridge Life Enrichment Coordinator, loves her job. "I need to work with people. The residents are my bonus family," says Karen. The Davie County native is an avid outdoorswoman, and joined ThriveMore in 2020, beginning in the laundry room and working as a housekeeping supervisor before eventually taking on her current role.

Despite personal adversities and prior health challenges, Karen's drive and concern for her residents keeps her coming to work and bringing new and exciting ideas for activities. The key to a successful enrichment program, says Karen, is knowing the unique interests of each resident. "I have a different connection with each person, and I like to ensure everyone has something to do," she shares.

Karen plans an array of diverse activities, such as guest musicians and tossing the big ball, but her favorite is karaoke, because she loves to hear the residents sing and enjoy themselves.

An incredible and supportive staff is one of the things that Karen enjoys about ThriveMore, along with the opportunity to pitch in wherever help is needed. However, she is most motivated by the people she serves. "Recognition from the residents is enough," Karen said. "I want to keep doing what I'm doing, and more. I have a big heart, and I care."

Sharing a Big Thank You

FROM TAYLOR HOUSE

The residents of Taylor House Assisted Living want to share a special message: THANK YOU!

Many residents in our care are dependent on the love and support of people like you. Through your donations, our benevolent fund helps cover costs of care for around 25% of our community members throughout the state. We join Taylor House Assisted Living in sharing our heartfelt thanks for your kindness.



A Lifetime of Care

HONORING ELOISE'S LEGACY

In 1989, Mac and Eloise McManus moved into Brookridge Retirement Community and knew they were home. Moving to Brookridge was an easy choice for them, knowing they were still young enough to enjoy all of the activities offered and would have continuing care opportunities as they aged. When Mac died in 2001, Eloise found support in her Brookridge family and friends, and was able to stay in the apartment that she and her husband shared.

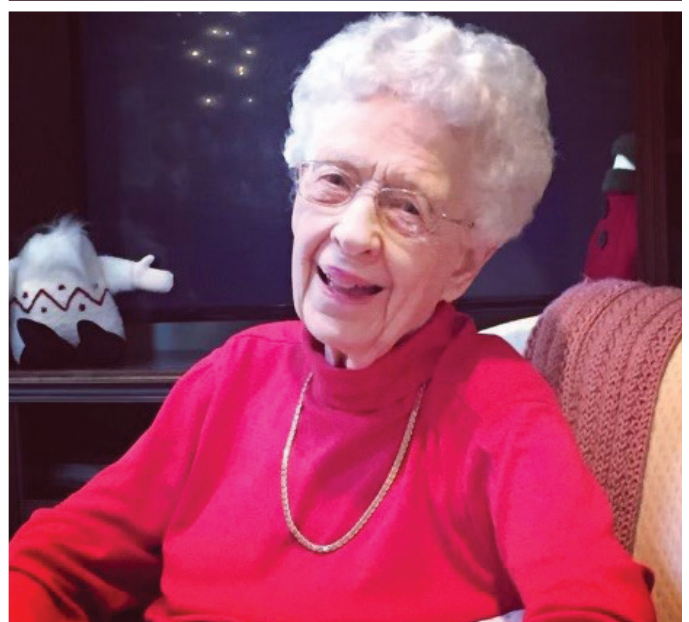
Eloise and her husband had been good financial stewards, and after her husband's death she felt confident her resources would be sufficient to support her last years of life. What Eloise didn't expect was to live until the age of 102. As she grew older she knew she was outliving her resources, and met with Brookridge leadership to discuss options. Ben Stillerman, then CEO, assured Eloise that she would be cared for and would not have to relocate.

Eloise often shared with people that moving to Brookridge was the best decision of her life. She encouraged others to come early while still active. "You will find family here," Eloise told her niece Anne Adams, who eventually moved to Brookridge as well.

Staff and friends celebrated Eloise's 35 years of residency in July of this year, just a few weeks prior to her death. Eloise expressed gratitude often for the support she received from the Baptist Retirement Homes Foundation benevolence fund, which ensured she could call Brookridge home as long as she lived.

In her obituary, Eloise's family requested her memory be honored with gifts to Baptist Retirement Homes Foundation. Each gift to the benevolence fund helps support others in our communities who may outlive their resources. When asked why it was important to support the Foundation and those it supports, Adams said, "I think you're living out your faith when you take care of other people."

ThriveMore communities and Baptist Retirement Homes Foundation are proud to care for residents like Ms. Eloise McManus, and honored to provide a forever home for older adults in our communities. If you are interested in supporting our work, please reach out to Kevin Cook, Director of Development at kcook@thrivemorenc.org or (315) 430-8289.



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