



# The Homes News

A quarterly publication of the Fairport Baptist Homes Caring Ministries

**The Fairport Baptist Home**  
**4646 Nine Mile Point Road**  
**Fairport, NY 14450**

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Fairport Baptist Homes Caring Ministries

Reverend Garth Brokaw, President

*The Homes News* is a newsletter established in 1912, and published quarterly by the Fairport Baptist Homes Caring Ministries, “Continuing a Community of Healing and Hope.”

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## Swing For Seniors a Hit

On Wednesday, July 20, the “Swing for Seniors” Classic was the hottest tournament in town. Not only were temps in the high nineties, but over 120 golfers from area corporations gathered under blazing sun and blue skies at Ravenwood Country Club in Victor for Fairport Baptist Homes’ first annual golf tournament.

Ellen Bevan, Director of Advancement at Fairport Baptist Homes and Swing for Seniors Classic Golf Tournament committee member, said she was extremely pleased with the response from the corporate community. “It was wonderful for these companies to get on board with FBHCM,” said Bevan.

Along with Bevan, staff committee members included Laurie Pincus, Development Associate, Rev. Garth Brokaw, COO Tom Poelma, and Assistant Administrator, Colleen Conley; and FBHCM Foundation Board Member Mike Kaufman, who acted as chairman of the event. They were assisted by several Foundation board members and volunteers. Together, they began the planning and implementation of what would be the first annual FBH golf tournament over eight months ago.

“It definitely was a long process,” said Bevan, “but one that was developed to benefit our programs and services.”

That was the premise for the tournament for the corporate foursomes, who, along with two FBH staff golfers, played 18-holes, lunched, and then enjoyed a cocktail hour and buffet dinner at the golf club. In addition, approximately 60 donated door prizes from area businesses were awarded to tournament participants, and each golfer received an FBH tote bag filled with golfing goodies including a sleeve of golf balls, a pack of golf tees, and a golf umbrella.

After dinner, FBH Residents Lillian Beeman and Elizabeth Pennington and their children spoke to the crowd about their life at the skilled nursing facility. Pennington, who is a bi-lateral below-the-knee amputee, and Beeman, who has Macular Degenerative Disease described their friendship, and how between them they have one good set of eyes and one good set of legs. They demonstrated their unique way of getting around together, affectionately referring to it as their “train.” Pennington sits in her wheelchair with Beeman’s wheelchair behind her, and acts as the conductor as she guides Beeman, who acts as the caboose and pushes the train to wherever it is the two of them want to go. It’s part of what they love about living at FBH: the ability to choose—their food, their friends, their way of transportation. The two women gave thanks to the tournament participants,

emphasizing that the day wasn’t just a day of golf, good food, and good weather, but a day to see what—and who—their sponsorships would be helping. It was help the tournament committee was more than pleased with.

With the partnership of the golfers and Health Direct, the tournament’s title sponsor; gold sponsors, HCR and Weinstein & Randizzi; 25 silver sponsors;

and tee, hole, and program sponsors, a total of \$30,000 was raised for the Fairport Baptist Homes Caring Ministries (FBMCM) Foundation. “We are very grateful to all of our sponsors, donors, staff, and volunteers,” said Bevan.

The second annual “Swing for Seniors” Classic has already been scheduled for July 18, 2012.~THN/KG

The following poem was written by Helen Lucas, on March 11, 2011 for her family. She has also written one for each of her children. Lucas is a 104 year-old Resident at the Rev. Garth Brokaw Assisted Living Community.

### *A Summer Stroll*

As I wandered down a country road  
Beside a brook running through the park,  
My thoughts were interrupted by  
The melodious song of a Meadow lark.

I stood in awe of the glorious world  
Our mighty God had fashioned for me;  
The trees with their splendor stood high above  
The flowers which blossomed at my feet.

Oh, how can it be, such love for me?  
Why would He take my place on a tree?  
This wonderful God who created all things,  
My heart overflows, His praises I’ll sing.

I’ll stroll down that road again and again,  
To behold the beauty and splendor of Fall,  
The warmth of the sunshine the patter of rain,  
And the beauty of snow covering the earth as a shawl.



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## Excercise Worth its Weight in Zumba Gold

Whether you're nine or ninety, exercise is important. Not only is it important, but it's also beneficial. In addition to helping maintain and/or lose weight, exercising promotes better sleep, boost your energy level, and releases various brain chemicals, such as "endorphins," the "feel-good" hormone that can leave you feeling happier and more relaxed. And while many exercising trends typically cater to younger generations, a popular program that has swept athletic clubs and gyms across the nation now has a program specifically designed for the older generation. It's called Zumba Gold®.

*"This form of exercise is not only good for the body, but also for the mind." Denise Baller, Certified Zumba Gold Trainer*

Zumba Gold® is part of the Zumba Fitness empire that was created in 2001 by Alberto "Beto" Perez in his native Cali, Columbia and is a Latin-inspired dance-fitness program that blends "red-hot international music, and contagious steps." Zumba Gold® is the latest Zumba program and targets the largest growing segment of the population—Baby Boomers, and modifies moves and pacing to suit the needs of those 55 years of age and older, as well as those just starting their journey to a fit and healthy lifestyle.

"I was hooked as soon as I saw it," says Denise Baller, dance instructor and a recently certified Zumba Gold instructor. Since 1985, Baller

has been teaching dance at her studio in Irondequoit, Dancing with Denise, but wanted to add more to her dance program. She decided to become a certified Zumba Fitness Instructor. While becoming certified, she stood in on one of the Zumba Gold classes. "Suddenly I had this revelation," recalls Baller. "It took me by surprise because I had this intention of becoming a hard core instructor. For so long I've been teaching younger students, and then I saw the Zumba Gold class. I thought 'this is something that I can do to really make a difference.'"

Now, as a certified Zumba Gold trainer, Baller donates her time and travels to various long-term care facilities and events for the elderly to teach a class or two.

That's exactly what Baller did when she came to Fairport Baptist Homes in July to hold some Zumba Gold classes for Residents. Over twenty Residents swayed in their chairs, waved their arms, tapped their feet, and clapped their hands to Baller's enthusiastic instructions for the uncomplicated, yet effective, choreographed dance moves. The program includes a few minutes of warm-up exercises, as well as a "cool

down" period at the end.

Some were tentative at first, Like Lou Carapella. However, after only a few songs and encouragement from Baller, Carapella was joining in. He said it was contagious watching everyone and listening to the music. "I didn't think it would be fun, but it does get you moving," he smiled.

That's exactly what Zumba Gold is intended to do. FBH Resident Maureen Martens said she especially loved the music. "I love to dance, and the music just makes you want to dance. I really enjoyed being able to dance in my (wheel) chair."

When the class was over, there was applause and hi-fives all around. Perhaps the loudest applause came from a Resident's family member who had been watching as her mother fitness dance. "This was just great! My mom looked liked she was having so much fun! Everyone should be doing this!"

If Baller has her way, they will. "Even if you can encourage them (the elderly) to just move their fingers or tap their toes, you're getting them to do something good for themselves. This form of exercise is not only good for the body, but also for the mind. As we age, it's so important to keep both as active as possible. I'm so glad to be able to help them to do that," she says. ~THN/KG



Above: Zumba Gold® instructor, Denise Baller, teaches a fitness class to FBH Residents.

## A Concert to Beat the Band

Over 120 Residents and their family members packed the McKnight Room at FBH to hear some of the best toe-tapping, hand-clapping music ever: Marching Band music.

A concert by the Fairport Firemen's Band was originally scheduled to be held at 6:45 p.m. on the front lawn of the FBH campus, but an afternoon of heavy rains moved the concert indoors. But that didn't matter. What mattered to tenants from the Fairport Apartments, Deland Acres, as well as Residents from the Skilled Nursing Facility, Assisted Living Community, and their family members, was being able to enjoy the hour-long performance of marching music such as George M. Cohen's "Yankee Doodle Dandy" and "You're a Grand Ole' Flag."

The band began the concert with some popular marches, paying tribute to "Alexander's Ragtime Band," due its 100th anniversary this year. The tubas,

trumpets, and trombones were some of the favorites of concert-goers, not to mention the clash of the cymbals. "They really help me keep time tapping my toes," said FBH Resident Helen Vandermalle.

Other toe-tapping music played by the band included "Roll Out the Barrel," "New York, New York," "God Bless America," and a rock medley which included Elvis' "Hound Dog," and Bill Haley and the Comets' "Rock Around the Clock."

When asked if he liked the big band music, Bill Faye, a Resident at the Rev. Garth Brokaw Assisted Living Community said, "I sure do! There's nothing like it!"

Indeed. It's music that the Fairport Firemen's Band Conductor, Ron Milliman, has been leading the band in for 22 years. "Marching band music is a lost art form. We try to keep it alive," he said.

That means having the approximately 50 member band—ranging from high school students to senior citizens—practice diligently in the spring to prepare for parades and concerts for their Memorial Day to Labor Day season, during which the band plays an average of 25 events. In doing so, they have learned

what overall crowd favorites are. "People still like to hear a marching band play those patriotic songs," said Milliman, who led the band in their final performance, "Stars and Stripes Forever," to which every person in the place tapped their toes and clapped along. ~THN/KG



Above: Concert goers enjoy music by the Fairport Firemen's Band held recently at FBH.





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## Sowing the Seeds of Learning

On June 16, 2011, fourteen new graduates filed in the chapel at Fairport Baptist Homes, as dozens of proud parents, family members, and friends waved, snapped pictures and videotaped the event. The kids emerged from their classroom, accomplished and knowledgeable. However, they are not yet ready to enter the work force. They are five year-old graduates of Seasons Child Care Explorers class, and what they are more than ready for is their entry into kindergarten come fall.

That's because these children have been learning all year long about things that many pre-schools and day care facilities do not offer. And at the graduation ceremony held in their honor, they demonstrated their knowledge in a just a sampling of the subjects their curriculum has focused on, such as: Anatomy (they identified all major parts of the body...e.g.: the skin is the largest organ in the body); Geography (they can name and locate all seven continents...can you do that?); Astronomy (they pointed out all the eight

planets in our Solar System—remember, Pluto was downsized to a “star”); History (they recited the preamble of the Declaration of Independence...do you know the difference between that and beginning of the Constitution?); Spanish (they spoke Spanish...“Solar” is the Spanish word for “sun”); Sign Language (they signed the American Sign Language alphabet...try it: it's not as easy as you think); and Poetry (they recited Robert Frost's “Stopping by Woods on a Snowy Evening... have you even heard of this one?)

But this subject material is not all they learned. Their teacher, Miss Judy, makes sure of it. Judy has been a teacher in the Explorer's classroom for five years now, and combines both scholastic and social elements into the curriculum. Not only do the children know about body parts and the universe's galaxy, they have also learned about friendship and getting along. They have learned that there are differences among people that can be respected, and they learned that being old

is just another thing to be. And due to Seasons being a part of Fairport Baptist Homes Caring Ministries, these kids have had many opportunities to interact with the Residents of the skilled nursing home and assisted living facility, as well as with tenants from Deland Acres, Fairport Apartments, ElizAl Court, The Northfield, and registrants of Life-Times Adult Day Health Center through the many intergenerational programs offered at Seasons. Because of this, they are a step ahead of many other kids their age.

They have learned not to be afraid of others' afflictions and that the elderly are much more than “old”; that there is more to the elderly than just wheelchairs and wrinkles. And since it's been noted that pre-school often can lay the groundwork for success, I have no doubt that these kids will become successful. As Patti Curtin, Direc-



Above: The Seasons Child Care Explorers Class of 2012 Seasons line up for their graduation procession.

tor of Seasons said in her graduation address, “The seeds of learning have been sowed.” How wonderful it will be when they are cultivated.~THN/KG

## Annual FBH Car Show Drives Home Memories

On Tuesday, July 26, 2011, Fairport Baptist Homes once again parked cars on the front lawn of its campus. However, these automobiles were not the current cars of the time, but rather classic cars belonging to members of the Genesee Valley Automobile Club (GVAC) who brought their cars to FBH for its sixth Annual Car Show, much to the delight of FBH Residents, staff members, visitors, and onlookers.

The car show was the brainchild of Gail Gropp, who has worked in the Food Service Department at Fairport Baptist Homes for over 40 years and is a long-time member of GVAC. Six years ago, Gropp brought her idea for the event to Hilda Thompson, Director of Resident Life Enhancement. Both thought it would be something

that Residents and staff would enjoy. “I just thought that others might like looking at the cars they may have once owned or ridden in, just like I do.”

So with the help of her fellow members of the GVAC, over a dozen cars were parked on the front lawn of FBH, allowing Residents, staff, and visitors to view a variety of vehicles from the past. Among them was Gropp's own white and Matador Red 1957 Chevy that she lovingly calls “Strawberry Shortcake.” She is not alone in naming her beloved classic car.

Bill and Judy Rose of Spencerport, NY, brought along “J.J. Panache”—their 1932 V12 Chevy Cadillac. The car definitely lives up to its name: an elegant two-toned brown and cream colored

car with shiny brass trim and fixtures, including a “goddess” hood ornament. However, both the color and the hood ornament are not original to the classic car.

According to Bill Rose, the car was originally built all black and came with the traditional “heron” hood ornament for a V12, explaining that the goddess hood ornament was reserved for the more upscale V16s. The previous owner, Rose says, repainted the car and changed out the hood ornaments. It works. In 2010, the automobile won a Jr. First Prize in a National Car Show held in Canandaigua and a Sr. First Prize this past June in Stowe Mountain, Vermont. They have been the only two shows that Rose has entered the car in since he bought it back in 2004.

But his love of cars goes way back. Rose has enjoyed working on cars most of his life. He does all the mechanical work on the 15-20 cars that he and his wife presently own, and names every one of them.

“It was a way of communicating with him,” said Judy. Instead of having to remember a year or make of a car, she refers to them by name, “Just to be silly.” Among others, there's “Ruby,” a red 1933 Plymouth Coupe; “Lucy,” a 1941 Ford Convertible with a Chevy engine; “Buella,” a Classic Buick; and “Goldie,” a 1913 Brass Overland with all-brass trim, mirrors, and lights. When Goldie turns one hundred in 2013, Rose said he plans on taking it on tour to different car shows, perhaps like the one they attend annually in Hyannis Port, Cape Cod, Massachusetts which attracts

over 50,000 people. But for now, they enjoy being car enthusiasts and sharing their passion for cars with others.

One of those who enjoyed seeing all the classic cars was FBH Resident, Rita Stowe, who was particular to a light yellow 1967 Pontiac Convertible. The 89 year-old Stowe recalls the first car she owned—same car, different year. Her deeper yellow 1972 model was leased by her father for \$4400. When the lease ran out, Stowe bought it from her father.

“I loved that car. It was my first car and I was always proud of it. It had a 350 engine, so it had a lot of power.”

Stowe says she loved driving the sporty vehicle. “It was real sporty looking because it was a convertible, and a real attention-getter,” she said, admitting that her husband never liked it. “He thought it was too noisy. He could have been jealous,” she laughs.

Last year Stowe reluctantly decided to sell the car, and sold it on E-bay to a dealer in Florida. “When he saw it in person, he said it was in really good condition—a lot better than what he expected. But that's because I took good care of it.”

That meant washing it, waxing it, and replacing a lost hubcap to the amount of over \$100! “Back then, that was a lot of money,” recalls Stowe. Still, she wouldn't have wanted to own any other car. “I bought a KIA a few years back,” she says, but shakes her head as she takes another look at the Pontiac Convertible parked on the lawn of FBH. “It's definitely not the same.”~THN/KG



Above: A 1932 V12 Chevy Cadillac, owned by Bill and Judy Rose of Spencerport, displays its rumble seat and golf club compartment at the FBH Car Show.





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## No-Fuss Furry Friends

The Reverend Garth Brokaw Assisted Living Community at Fairport Baptist Homes has recently gone to the dogs. Actually, it's only three dogs. And, they are not real, but realistic likenesses. They are the small life-size and life-like pooches offered by Hasbro Toy Company and named appropriately "FurReal Friends." These toy dogs (they also offer cats and bunnies) not only do they look like the real thing, but are also animated to act like one, too! They bark, whimper, and can turn their heads in that quizzical manner that doggies do. It also turns the heads of many a person.

That's what happened when Thera Miller, Community Life Specialist at the Assisted Living Facility first introduced the Residents to the FurReal Friends when she brought in a FurReal cat that was given to her daughter for a Christmas present. Battery-operated and activated by voice or being petted, "LuLu" the cat purrs, licks it paws, and meows. "I just thought this toy was incredible and wanted to share it

with the Residents. So many of them still talk about their pets that they no longer have – for whatever reason – and miss. I thought they'd get a kick out of seeing something so life-like."

They did. So much so, that some of Miller's Residents decided they wanted one for their own even. Since the fake pets are somewhat expensive (ranging in price from \$34.95 - \$49.95), Miller wrote the company and explained that her Residents were interested in purchasing a few of them. The company discounted the price 15% and provided free shipping. Three Residents are now the proud adoptive owners of "Rosie," "Betsy," and "Fluffy."

While FurReal Friends are clearly intended for children, Miller says they've become a type of companion for the Residents. "They talk to them. They like sharing them with friends and visitors. It's good for their sense of humor, too." Resident Shirley Hebner, owner of "Betsy" said, "We've laughed more

since having the dogs, even if all by ourselves in our apartments!"

Even though pets are encouraged at the facility, they must be able to be contained in a Resident's apartment. "A lot of the Residents still talk about the pets they had, and miss them. They might not be able to look after even a small one now, so these are the perfect pet. You don't have to feed it or clean up after

it. It's a win-win situation," said Miller.

In fact, these no muss, no fuss pets have prompted the interest of other Residents, too. According to Miller, one Resident in particular is interested in ordering a cat. She is not sure whether or not another order will be placed, but is pleased that in the mean time, all the Residents are enjoying the fake, furry friends. Fur sure.~THN/KG



Above: Furry friend owners (L-R) Betty Whitlock (Rosie), Shirley Hebner (Betsy), and Jean Menzes (Fluffy).

## FBH Blesses Hands That Help

During the month of June, the Mission in Motion taskforce at Fairport Baptist Homes sponsored a Blessing of the Hands ceremony in which staff members (caregivers as well as office personnel) were invited to have their hands blessed by Chaplains Jennifer Streeter and Marianne Katz.

"The premise behind this offering is that we want to remind staff that what they do here is special; whether they are a direct caregiver or work in an office, they are adding to the care and value of another's life," said Katz. "We want to offer our staff the opportunity to participate in this blessing to let them know that they are appreciated for the good work and mission they carry here at FBH."

The chaplains placed their ceremonial items on a mobile cart and visited the households and departments to offer this blessing to staff. Those staff mem-

bers who wished to have their hands blessed gathered at the cart. Several staff members participated in the blessing, including Terri Maher, RN Clinical Coordinator.

"I think this is a wonderful opportunity that we are offering staff. The work that all FBH employees do is important, and sometimes we all need to be reminded of that; that no matter in what capacity you serve the Residents, it's significant."

After reciting a blessing, the chaplains blessed the hands and presented staff members with a token—a pencil with a quote from Mother Teresa which Katz felt was very appropriate for those who work with the elderly/frail but often forget that they are, in fact, doing God's work:

"I am a little pencil in the hand of a writing God who is sending a love letter to the world."~THN/KG



Above: Chaplain Marianne Katz (right) blesses the hands of FBH staff member Terri Maher, RN Clinical Coordinator.

## "Garth's Garage Sale" to Benefit Caring Connection Fund

In 2002, Fairport Baptist Homes developed Caring Connection, a donated fund of monies for FBH staff members who may find themselves in need of some nominal financial assistance. Through request, an FBH staff member can receive up to \$20-30 for emergency essentials, such as gas, milk or diapers. The loan of all funds is handled in a confidential manner.

"This program was developed approximately nine years ago at FBH to help the members of our own FBH employee family," said Debby Tuttle, Director of Human Resources. Unfortunately, says Tuttle, there has been an increase in need within the past year or two.

"These are tough times for some of our staff members," said Tuttle, "and in these times of need, the money can go really fast."

Since the fund is comprised only from monies donated by staff on a strictly voluntary basis, ways to build up the fund have been blossoming. For the past two years, a silent auction and Chinese auction have been held during the Wellness Fair in December, netting \$200-\$300 for the fund. A jar in the staff cafeteria is in place for donations as well. Staff members and visitors will often drop their change in the jar to help build up the fund.

Other fundraisers have included a successful bake sale, plant sale, and now, a garage sale.

Members of the FBH Staff Council, in conjunction with the Wellness Taskforce, are organizing "Garth's Garage Sale," which will be held at FBH (in the Gazebo area) on Saturday, September 10, from 10 a.m. until 3 p.m. The garage sale will feature FBH archival items, such as furniture, table lamps, and books, as well as items donated by FBH staff that will also include children's and household items.

"Garth has often mentioned that we should have one last garage sale for the years of accumulation that some of us have," said Hilda Thompson, Director of Resident Life Enhancement. "People like to clean house now and then, and that's what we'd like to do with this garage sale, and raise money for Caring Connections at the same time. It's a win-win situation!"

Since all the proceeds of the "cash and carry" garage sale will benefit the Caring Connection Fund, many are hoping for a successful event. As we near the end of summer and prepare for the school year and the holidays that loom ahead, Tuttle said the needs of staff members can increase. "Every bit helps a lot," she said. ~THN/KG

For almost a century, the Women's Service Board (WSB) at Fairport Baptist Homes has strived to enrich the lives of the Residents who live at the Homes by providing entertainment and socialization through various service projects, programs, and events, as well as establish traditions, such as the annual Centenarian Tea. The WSB meets the first Friday of the month (except during summer) at 11 a.m. at FBH.

Any interested individuals are encouraged to attend a meeting.