DEERFIELD DOINGS

January 14 - January 20, 2023

John Price
Resident Life Coordinator
jprice@deerfieldwnc.org
828-210-4553

Sunday, January 14

11:00 AM St Giles Sunday Service - In person and Channel 900 / Facebook
3:00 PM Games Group - Riverwalk Conference Room

Monday, January 15

7:30 AM Rotary Club—Bistro
10:00 AM Facilities Committee - Riverwalk Conference Room
10:00 AM Deerfield Book Club - Riverwalk Conference Room
11:00 AM Doggie Play-Date - Deerfield Dog Park. Spectators welcome.
11:30 AM Cercle Français - Riverwalk Conference Room
1:30 PM Paper Capers Plus - Fiber Arts Studio
2:30 PM Chess Group - Riverwalk Café - All Levels Welcome
3:00 PM Al-Anon for Families/Friends of Alcoholics - Tuton Conference Room
3:00 PM Wine and Wickets - Croquet Court

Tuesday, January 16

1:00 PM Mahjong - Tuton Community Room
1:30 PM Low-Stakes Poker - Henry Hall Terrace. Sign up on MyDeerfield / Activities Schedule & Sign-up.
2:00 PM Photography Program *A Point of View with Scott Keyse.* Blue Ridge Room

7:15 PM Deerfield Readers Theatre - Blue Ridge Room

Wednesday, January 17

11:30 AM Spanish Group - Meets for Lunch in Bistro. Schedule & Sign-Up.
2:00 PM Knitters, Stitchers, and Crocheters - Tuton Hall Community Room
2:00 PM Grief and Loss Support - Riverwalk Conference Room
3:00 PM St. Giles Sunday Service - Channel 900
3:45 PM Men's Whatcha Think Group - Tuton Community Room
6:15 PM Duplicate Bridge - Blue Ridge Room

Thursday, January 18

10:00 AM Finance Committee - Admin Board Room
2:00 PM Fiber Art Meet-Up - Fiber Art Studio
2:00 PM History in the Classroom - Mezzanine Classroom
2:00 PM Caregivers Support Group - Riverwalk Conference Room
Activities Schedule & Sign-Up
2:00 PM Mary Donnelly / Dementia Program - Blue Ridge Room
6:30 PM Blue Grass Music Program - Blue Ridge Room

Weekly Calendar

Friday, January 19

9:00 AM	Silent Meditation - Tuton Community Room
10:00 AM	Fix It Day in the Woodshop
1:00 PM	Social Bridge - Tuton Community Room. Sign up on MyDeerfield / Activities & Sign-up
2:00 PM	History in the Classroom - Mezzanine Classroom
3:00 PM	Wine and Wickets - Croquet Court
7:15 PM	Resident Led Dance - Blue Ridge Room

Saturday, January 20

9:00 AM	Sower's Super Sewing Saturday - Fiber Art Studio

Resident Life

Doings Delivery

The Resident Life Department is seeking a volunteer for Doings delivery in the neighborhood of Upper Lambeth to Croquet Ct, St Giles Place and the first 3 cottages across from the Chapel.

Please contact John Price at jprice@deerfieldwnc.org or 828-210-4553 if you are interested.

Sophie's Volunteers

As you know, Sophie's has a wonderful group of dedicated volunteers for all aspects of daily operations and intake of donations. Occasionally there is a need for additional help. If you would be interested in volunteering as the need arises, please contact John Price at jprice@deerfieldwnc.org or 828-210-4553.

Senior Leadership Message

Dear Residents,

We are delighted to have reached a long-anticipated milestone in our ongoing journey to elevate and enhance Deerfield's dining program— the introduction of Resident Choice Dining, a flexible, declining-balance program uniquely designed to meet the needs of our community, today and tomorrow. The purpose of this message is to outline our initial communication plan, ensuring that you are well-informed and prepared for this positive change.

We have created a comprehensive video detailing the Resident Choice Dining program, covering all of its nuances. On Monday, January 15, this video will be sent directly to all Independent Living residents via OneCall email. On the same day, a handout packet meant to complement the video will be delivered to your physical mailbox (cottages, villas, and timber homes) or mail cubby (apartments). The handouts will contain key content from the video presentation, details about the various plan options offered, frequently asked questions, pricing examples, and a selection form—everything you might need, right at your fingertips. For the best experience, we recommend collecting your handout packet before viewing the video, allowing you to have it close by as a reference. We chose this synchronized approach to ensure that every resident receives the same information relatively simultaneously, and we selected the video format for this announcement to allow you to pause, rewind, and replay as needed.

Residents in Assisted Living and the Health Center will also receive information on January 15th, clarifying their dining program and how this step in Deerfield's dining transformation will affect them.

After learning the details of the Resident Choice Dining program at your own pace, from the comfort of your own space, you'll be informed and prepared to ask questions. We invite you to join us for a question-and-answer session. To manage crowd size and facilitate an effective exchange of information, we kindly ask that you attend your assigned session. However, if your assigned time is inconvenient, you are welcome to join any other session that fits your schedule.

Resident Choice Dining Program Q&A Sessions

all sessions held in the Blue Ridge Room

January 17th at 10:00 am	Cottage, Villa, & Timber Home residents
January 17th at 1:00 pm	Henry Hall residents
January 19th at 10:00 am	Timson Hall residents
January 19th at 1:00 pm	Tuton Hall residents

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Senior Leadership Message

If you cannot make it to any of these sessions, don't worry! We will continue educational outreach efforts on this topic— including short informational videos, Doings articles, and numerous opportunities to ask questions and share feedback— in the weeks to come. And should you encounter difficulties accessing the forthcoming video from home, please notify Taryn; a special screening of the video can be arranged for those in need.

The Resident Choice Dining program was developed with tremendous care and intention, over many months, with the goal of enhancing resident flexibility and choice, ultimately improving your dining experience. We look forward to sharing the details with you and embarking on this step of our transformational journey together. Change can be both exciting and challenging, and we want you to know that we will be here to support you every step of the way.

Best regards,

Matt Sharpe, Chief Operating Officer | 210-4532
Taryn Tindall, Director of Wellbeing Services | 210-4195

Senior Leadership Message

Navigating Respiratory Virus Season
(a reprint of last week's article, with updated numbers)

Tis the season for respiratory viruses. The incidence of respiratory illness—caused by COVID-19, influenza, RSV, and many other viruses—is currently high across the United States. The Deerfield Clinic's nurses track cases of infectious illness among Independent Living residents. As of this writing (January 10), we are aware of 5 cases of COVID among IL residents and 5 cases of influenza. Two dozen additional IL residents have reported viral respiratory symptoms but have tested negative for flu, COVID, and RSV. We do not routinely announce these sorts of numbers because they are almost certainly inaccurate; we are only aware of cases that are voluntarily reported to us. So we track trends in the numbers and we listen, observe, and make every effort to have a finger on the pulse of infectious illness within our community. In these early days of 2024, employees and residents alike are feeling the impact of respiratory virus season. Here's what you can do to support community health and to improve your own chances of staying well:

If you are sick:

- Stay home! Your body needs rest (and hydration). Your friends and neighbors will appreciate the effort that you've taken to protect them from getting sick, whether you have COVID, specifically, or any other virus.
- Call the Deerfield Clinic at 210-4554 to report your symptoms and receive guidance from a nurse. The nurse will offer individualized counseling regarding whether it is necessary to see a doctor, what infections you should be tested for and how often, how long you should stay at home, and tips for managing your symptoms.
- Be aware that it is common to test negative during the first few days of a COVID infection, even if you are experiencing symptoms; the Clinic nurses will be glad to offer you advice on how often and how many times to test.
- If you must leave home, wash your hands well before leaving and wear a mask.

If you have been exposed to someone who is sick:

- Call the Deerfield Clinic at 210-4554 to report your symptoms and receive guidance from a nurse. Incubation periods and testing protocols differ between various respiratory viruses and the details of your exposure are unique, so advice will be individualized.

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Senior Leadership Message

If you want to avoid getting sick:

- At Deerfield and in the larger community, during this season of heightened viral activity, assume that those around you may be contagious and that surfaces may be contaminated.
- Use those mitigation measures that we learned so well during the early years of the COVID-19 pandemic. They work.

  Consider wearing a mask in public, particularly in crowded indoor spaces.

  Masks protect others from respiratory pathogens, but they also protect you.

  Clean your hands often. Use soap and warm water when you have the chance and alcohol-based hand rub between washes.

  Maintain a little extra distance between yourself and others.

Be well!

Taryn Tindall, RN, Director of Wellbeing Services
Angie Bennett, RN, Director of Clinical Services for IL

Programs, Events and Outings

Asheville Chamber Music Series
The Academy of St Martin in the Fields, Wind Ensemble and Piano
Central United Methodist Church of Asheville
Sunday, February 11, 2024 concert time is 4:00 PM

Bus departs the Community Center at 3:15 PM

Sign up at MyDeerfield/Activity Schedule and Sign up

Program:
Francis Poulenc: Trio for Oboe, Bassoon, and Piano
Heinrich Molbe: Air Arabe for Oboe, Horn, and Piano, Op. 77
Jean Francaix: Divertissement for Oboe, Clarinet, and Bassoon
Wolfgang Amadeus Mozart: Quintet for Winds and Piano in E flat major, K. 452

Super Bowl Party
Sunday, February 11, 6:15 PM
Blue Ridge Room

The Super Bowl 2024 party will be in the Blue Ridge Room with several food Items plus beer and wine. Come join the fun and cheer on your favorite team.

Discovering Creativity:

Introduction to Acrylic Painting Workshop
Wednesdays, February 7,14,21,28
1:00-3:00 PM Painting & Drawing studio
Michelle Kievit, Resident Life Associate

Perfectly tailored for complete beginners, this workshop is your gateway to the world of acrylic painting. Asheville artist and instructor Susan Sinyai will guide you through fundamental acrylic techniques, allowing you to learn and apply these skills step by step in a nurturing and encouraging atmosphere.

No prior art experience is required, and all the necessary supplies will be provided for your convenience. Join us and unleash your inner artist!

Please only sign up if you can attend all four classes. The cost of this workshop is free.**Sign-up now open on MyDeerfield/Sign-ups and Activities Schedules / February 7.** Questions? mkievit@deerfieldwnc.org, Ext 3227, 828-210-4527

Programs, Events and Outings

Discovering Creativity:
Paint & Sip Party
Friday, February 2
Time: 2:00 PM - 4:00 PM
Michelle Kievit, Resident Life Associate

Join us for a Paint & Sip Party in the Deerfield Painting and Drawing Studio!
Enjoy a delightful afternoon with wine, snacks, and a variety of non-alcoholic beverages as you unleash your inner artist.

Let your creativity soar as we paint a breathtaking 11 X 14 canvas mountain snow scene using vibrant acrylic paints. Whether you're a seasoned artist or have never picked up a paintbrush before, this event is perfect for all skill levels.

Guiding us on this artistic journey will be McDowell County Artist, Dawn Dreibus. Her expertise and friendly guidance will help you create a masterpiece you'll be proud to hang on your wall.

Seats are limited, so don't miss out on this fantastic opportunity to unwind, socialize, and tap into your artistic side. The cost is $10.00 all supplies provided.

Sign-up now open on MyDeerfield/Sign-ups and Activities Schedules / February 2. Questions? mkievit@deerfieldwnc.org, Ext 3227, 828-210-4527

A Yoga Journey to Embodied Wholeness:
Yoga Therapist Kelly McKibben
Monday, January 29, 1pm-Blue Ridge Room
Heather Gillis, Wellness and Fitness Coordinator

With Kelly's professional guidance, we will explore a gentle synthesis of adaptive yoga postures, breathing techniques and self-awareness. Carefully designed for the maturing body, Kelly offers practices that support revitalization of good posture, flexibility, strength, balance, concentration and humor. We will make use of both a chair and floor. Students must be able to get up from and down to the floor.
Join Kelly in exploring the first 3 Chakras. With movement, breathing and self-reflection we will address bones, joints and muscles; fluids and fascia; and the willpower to refresh self-identity.
Materials needed: Yoga mat, beach towel or twin-sized blanket and small pillow.
Questions contact: hgillis@deerfieldwnc.org 828-210-4385

Programs, Events and Outings

VOTING RIGHTS COMMITTEE OF THE CURRENT ISSUES FORUM
BARBARA GREGG, RESIDENT COORDINATOR

In preparation for the primary election on March 5, a voter information table will be located outside the Bistro on January 18, 19 and 22 during lunch—11:15 to 2:00 and dinner—4:30 to 7:00. Registration forms, absentee ballot applications, sample ballots, and early voting schedules will be available. There will also be a sign-up sheet for those needing a ride to the polls or those willing to provide them. Forms, applications, ballots and schedules can also be obtained at buncombecounty.org under Election Services.

Voter Registration: The deadline for voter registration is February 9. In order to vote on March 5, you must have been a resident of Buncombe County 30 days prior to the election. If you have recently moved to or within Deerfield, you may need to change your address, or if you have been an inactive voter, it is a good idea to check your status. To do so, go to buncombecounty.org—Election Services—Voter Information, and enter the information requested. Click on your name and you will find your registration status, voting history and additional helpful information. You may download a registration form by clicking on Register To Vote. Complete the form and mail to:

Buncombe County Board of Elections
PO Box 7468
Asheville, NC 28802-7468

Or hand deliver to:
Buncombe County Board of Elections
59 Woodfin Place
Asheville, NC 28801

You can also register and/or change your address during early voting, but not on Election Day. You will need an ID and proof of address.

Grief and Loss Support Group

The Grief and Loss Support Group meets every third Wednesday at 2pm in the Riverwalk Conference Room. A safe and welcoming place to share with others the difficult emotions of Grief.

Programs, Events and Outings

History in the Classroom
Joe Staggers, Resident Organizer

Bucholz, The New World and the Old and Eastern Reconnaissance

2:00 PM, Mezzanine Classroom
Thursday, January 18 and Friday, January 19

Deerfield Readers Theatre Presents
Tuesday, January 16, 2023
7:15 pm- Blue Ridge Room

"Never Wear a Dead Man's Shoes"
By Judd Lear Silverman
With: Carolyn Dickson as Sylvia, Yvonne Mabey as Betty
and Stephen Sedgwick as Oren
Directed by Tom Daily

"The Speeding Ticket"
By Bob Naquin
With: Sandra Whitmore as Starlight
Tom Daily as Brody
Joan Payton as Captain Ellen
Directed by Tom Daily

"The Committee"
By Charles Alverson
With: Jane Dill as Mildred, Sandy Freeman as Iris,
Geerte Groen as Sheila, Gloria Pincu as Phyllis,
Rob Freeman as Oscar, Don Gluckman as Henry
and John Long as Keith
Directed by Tom Daily

The play tonight is performed with special permission from ArtAge Publications' Senior Theatre Resource Center

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Learn to Play Mah Jongg!
Pat Baker, Resident Organizer

Mah Jongg is a fun game – informal and no partner required. We would enjoy having you at our table! Find out more and sign up for private lessons by contacting Pat Baker, patriciab@me.com or 828-412-5070.

Programs, Events and Outings

Fix-it Day at The Woodshop
Friday, January 19

Deerfield's woodworkers have experience making minor repairs to furniture, toys and other small items. On Friday, January 19, between 10 AM and 12 PM, residents and staff can bring such items to the woodshop and, if it's within our ability, we'll attempt to repair them. Some repaired items can be picked up later in the day; some take a bit longer. Sorry, but we are unable to repair stains, watermarks, or other finish problems. The only charge is for materials, but if people desire they can contribute to the woodshop through Deerfield. Check the Doings for future Fix-it dates.

If we need Fix-it days more frequently, let us know. We can arrange to expand the fix-it program. If you want to schedule work on a particular project in advance, great! However, please don't bring things to the shop ahead of time – there is just not any room to store projects awaiting work. If you have questions, call Jim Graves, Joe Pawlick, or Bill Metts.

UNCA Basketball

UNC Asheville Men's Basketball Experience is a Saturday afternoon of January 13th. They will be playing Longwood as part of the Big South Conference Season of 2024. In the last few games, UNC Asheville has played many schools that are as much at 15 times bigger...this is the way you get better. The team has won 3 of last 4 games with some excellent **individual game** performances that include, and not limited to, 10 3's, 8 3's, and 17 out of 18 free throws. Longwood is a good team that had a 12 game win streak so it should be an excellent game. Tickets are $5 and the bus will leave from the Community Center at 12:30. Little walking is required and there are concessions and bathrooms close to where our seats will be. Sign up on MyDeerfield/Activity Schedule and the $5 will be billed to your account.

Resident Led Dance Party
Roger Alexander, Resident Organizer

Friday, January 19
7:15 - 8:45 PM
Blue Ridge Room

This resident-led party is open to all residents – or anyone who loves great dance music. Our DJ plays all types of music for your listening & dancing pleasure. Practice your new dance moves or just sit and chat with friends.
Bring your own refreshments to eat and drink.
Let's party and have fun!

Programs, Events and Outings

Deerfield AARP Tax-Aide Site

The Deerfield Tax-Aide site will open for free tax preparation for Deerfield residents and employees February 1, 2024 through April 15, 2024.

Hours of operation:

- Free tax assistance available by appointment only
- Days: Tuesday, Thursday and Saturday
- Time: 9:30 am to 1:00 pm (no appointments after 12:30pm)
- Where: **Tuton Hall, small conference room, first floor** (follow the signs)
- Please plan to allow up to 30 minutes for your appointment

How to request an appointment:

- **Call 828-585-7886 and leave a message**
- Include your name, telephone number and appointment scheduling preferences
- You will receive a return call confirming your appointment
- Please call 828-585-7886 if you need to reschedule an appointment

What to bring:

- Important! Please bring a completed Intake/Interview & Quality Review form (pick up your form from the front desk in the Community Center)
- **Last year's Federal and State returns**
- Your identification and Social Security card(s) for ***everyone*** on the return
- Social Security statement (1099-SSA) if you are receiving social security benefits
- All W2s, 1099s, and brokerage statements
- All college expenses and 1098-T as applicable
- Dependent care provider information
- Details of a home sale (Closing statement, cost of home....)
- Record of estimated tax payments made
- List of potential itemized deductions with amounts
- Bank information for direct deposit of refund
- Any other tax related documents

At your appointment time, please bring your **completed Intake Form** that you picked up from the receptionist. We will review your documents and the intake form with you and then ask you to leave while the Counselor and Quality Reviewer prepare and check your return. We ask that you remain available by phone. After the quality check is done, we will call you to return, review and sign your income tax return. The return will then be e-filed.

The **AARP Deerfield Tax-Aide site will close on April 15, 2024.**
Judy Havard
AARP Tax-Aide Local Coordinator

Programs, Events and Outings

Bluegrass in the Blue Ridge Room
Thursday, January 18, 6:30PM - 7:30PM
Sponsored by Resident Ken Hassell and Working Wheels

In gratitude for Deerfield residents' support of Working Wheels, we invite you to join us for an evening of bluegrass and klezmer music by Zoe & Cloyd on Thursday, January 18 from 6:30 to 7:30PM in the Blue Ridge Room. Zoe & Cloyd, who are based in Asheville and delight audiences around the world with soaring harmonies and heartfelt songwriting, seamlessly combine original bluegrass, klezmer, old-time, and folk with sincerity and zeal (www.zoeandcloyd.com). Working Wheels is a local non-profit organization that accepts donated vehicles and matches them with members of the community who need a dependable way to get to work. (www.workingwheelswnc.org). Questions? Contact Ken Hassell at 919-623-6302 or hassell@elon.edu

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Donald Davis, Storyteller
January 25, 7:15 PM, Blue Ridge Room

Donald Davis was born in a Southern Appalachian mountain world rich in stories. While he heard many traditional stories about Jack and other heroic characters, he was most attracted to the stories of his own family and places of origin. Davis began retelling the stories he heard and then adding his own new stories to them until he was repeatedly asked to "tell it again, on purpose."

During his twenty-five year career as a United Methodist Minister, Davis began to use stories more and more. He was also asked to begin performing at festivals and in other settings until he retired from the church to tell stories full time.

The author of eighteen books and more than forty original recordings, Davis is the recipient of both the Circle of Excellence and the Lifetime Achievement Awards from the National Storytelling Network.

Programs, Events and Outings

SAVE THE DATE: February 13
Celebration for Bob Brunk's book "A Question of Value"
7:15PM until 8:30PM - Blue Ridge Room

Residents are invited to join Bob, members of the Brunk family, and friends for a reading and party to launch Bob's new book published by the University of North Carolina Press. For additional information, see www.bobbrunk.com. Celebration details will follow!

Deerfield Book Group
Monday, January 15th at 1:20PM - Riverwalk Conf Room
Kate Lafrance, Resident Organizer

The Deerfield Book Group will meet on Monday, January 15th in the Riverwalk Conference Room. The meeting will be held at 1:20 pm. To attend, sign up on MyDeerfield.org under Activities. Sign up will be available Friday, Dec. 29th after noon. Attendance is open to all residents. The book for discussion is Cutting for Stone by Abraham Verghese. Two sessions will be held if the wait list is 6 or more by January 8th. The second session will begin at 2:30 pm for the first 14 on the waitlist. *If you register but are unable to attend, please cancel* on MyDeerfield.org under Activities. If you have questions, contact Kate Lafrance at kslafrance24@gmail.com.

How to Build Positive Habits
January 30th, 2:00PM - Blue Ridge Room
Laure Rubio-Seranno, Registered Dietician

Do you have goals going into 2024 but need tips on how to implement long lasting habits? Join Lauren Rubio-Serrano, Registered Dietitian, on 1/30/24 at 2:00pm in the Blue Ridge Room for a presentation entitled "How to Build Positive Habits" based on the habits expert, James Clear and his book "Atomic Habits." This presentation will begin by explaining the science of habits, the importance of building habits in personal development, and the role of cues, routines, and rewards in shaping behavior. It will then emphasize actionable tips to help residents and staff initiate and sustain positive habits, fostering personal growth and positive lifestyle changes going into the new year.

Programs, Events and Outings

Games on Sunday
David Mitchell, Resident Organizer

Join us for more games this Sunday at the Riverwalk venue. This month we're featuring Mexican Train and Phase 10. Play commences at 3pm and continues through 5pm. And thank you to the folks who have recently given games to the Games library. Located in the Riverwalk Conference Room, the library provides a wide selection of games for you to borrow for your enjoyment. It takes U to be a part up of the fUn. The Game Meister.

Singalong with Mitch(ell)
David Mitchell, Resident Organizer

There's a Singalong coming to the Blue Ridge Room on February 29th. And what's a singalong without songs to sing. Want to have a particular song included in the evening singing? Text the title to 828-301-0826, or email the title to kawiki52@me.com. Watch this space for more information.

Exercise Updates

Be Part of the Solution

How to help alleviate the frustration of signing up for a popular class:
- Only sign up for one of the popular land classes on a given day.
- Cancel as soon as you know you will not attend, so others can take your spot.
- Don't be a No Show

What we are doing:
- Increasing Class sizes as possible
- Adding two classes in February (details coming next week)

Class Highlight: Yoga

Yoga has many benefits for older adults, including:
- Alleviating the painful effects of osteoporosis and osteoarthritis
- Reducing the risk of heart disease
- Improving mobility, strength, flexibility, stability, and posture
- Reducing incidents of high cholesterol
- Lowering the risk for depression
- Improving muscle strength, aerobic fitness, balance, flexibility, and mobility
- Strengthening bones and preventing the onset of osteoporosis
- Reducing stress and tension in the body
- Improving sleeping habits
- Alleviating aches and pains

Come join us in practicing this beneficial exercise!

Class times

Yoga with Jacci
Chair yoga Tuesdays at 3pm
Mat yoga Tuesdays at 4pm

Yoga with Stacey
Mat yoga Fridays at 1pm
Chair yoga Friddays at 2pm

Heather Gillis
Wellness and Fitness Coordinator

Exercise Updates

Aquatic Class Schedule
Please remember open swim is not allowed during class times in that pool.

Monday, January 8

6:30 AM - 8:00 AM	Lap Swim		
9:00 AM - 9:45 AM	Aqua Aerobics	Vicki	Lap Pool
10:00 AM - 11:00 AM	Interval Waterjog	Vicki	Lap Pool
11:00 AM - 11:45 PM	Fluid Motion	Vicki	Therapy Pool

Tuesday, January 9

6:30 AM - 8:00 AM	Lap Swim		Lap Pool
9:00 AM - 9:45 AM	Aqua Aerobics	Vicki	Lap Pool
10:00 AM - 10:45 AM	Basic Waterjog	Vicki	Lap Pool

Wednesday, January 10

6:30 AM - 8:00 AM	Lap Swim		Lap Pool
9:00 AM - 9:45 AM	Aqua Tone and Shape	Melissa	Lap Pool
10:00 AM - 11:00 AM	Interval Waterjog	Vicki	Lap Pool
11:00 AM - 11:45 AM	Fluid Motion	Vicki	Therapy Pool

Thursday, January 11

6:30 AM - 8:00 AM	Lap Swim		Lap Pool
9:00 AM - 9:45 AM	Aqua Aerobics	Vicki	Lap Pool
10:00 AM - 10:45 AM	Basic Waterjog	Vicki	Lap Pool

Friday, January 12

6:30 AM - 8:00 AM	Lap Swim		Lap Pool
9:00 AM - 9:45 AM	Aqua Tone and Shape	Melissa	Lap Pool
10:00 AM - 11:00 AM	Interval Waterjog	Jenni Long	Lap Pool
11:00 AM - 11:45 AM	Fluid Motion	Vicki	Therapy Pool

Pool Hours

Monday - Thursday:	6:30 AM - 12:00 PM & 2:00 PM - 8:00 PM
Friday:	6:30 AM - 12:00 PM & 2:00 PM - 4:00 PM
Saturday - Sunday:	7:30 AM - 8:00 PM

(Closed for Maintenance: M-F, 12:00 - 2:00 PM; Friday after 4:00 PM;
Sat-Sun - 6:30-7:30 AM)

Exercise Updates

Registration required for all classes. Registration opens Fridays at noon on MyDeerfield/Activities Schedule & Sign-Ups for classes the following week.
All classes are in the Aerobics Studio unless otherwise specified.

Monday, January 8

8:00 - 8:45 AM	Melissa	Strength Advanced - **Blue Ridge Room**
9:00 - 9:50 AM	Melissa	Strength For Life - **Blue Ridge Room**
10:00 - 10:45 AM	Melissa	Seated Strength & Stretch - **Blue Ridge Room**
11:00 - 12:00 PM	Melissa	PWR!
1:00 - 1:50 PM	Lynn/Gail	Tap Dancing

Tuesday, January 9

9:00 - 9:50 AM	George	Stretch, Tone, and Balance - **Blue Ridge Room**
10:00 - 10:50 AM	George	Stretch, Tone and Balance - **Blue Ridge Room**
10:00 - 10:50 AM	Melissa	Low Impact Cardio
11:00 - 11:50 AM	Trish	Zumba Gold
3:00 - 3:50 PM	Jacci	Chair Yoga
4:00 - 4:50 PM	Jacci	Mat Yoga

Wednesday, January 10

8:00 - 8:45 AM	Melissa	Strength Advanced - **Blue Ridge Room**
9:00 - 9:50 AM	Idelle	Balance and Fall Prevention
10:00 - 10:50 AM	Idelle	Practicing Presence
11:00 - 11:50 AM	George	Stretch, Tone, and Balance
3:00 - 3:50 PM	Denna	Line Dancing

Thursday, January 11

9:00 - 9:50 AM	George	Stretch, Tone, and Balance
10:00 - 10:50 AM	Melissa	Low Impact Cardio
11:00 - 11:50 AM	George	Stretch, Tone, and Balance
3:00 - 4:00 PM	Susan	Tai Chi

Friday, January 12

8:00 - 8:45 AM	Melissa	Strength Advanced - Stations
9:00 - 9:50 AM	George	Stretch, Tone, and Balance
10:00 - 10:50 AM	Melissa	Strength for Life
11:00 - 12:00 PM	Melissa	PWR!
1:00 - 1:50 PM	Stacey	Mat Yoga
2:00 - 2:50 PM	Stacey	Chair Yoga
4:30 - 5:15 PM	Missy	Level II Ballroom Dancing - **Blue Ridge Room**
5:15 - 6:00 PM	Missy	Level I Ballroom Dancing - **Blue Ridge Room**

Fitness class cancellations
Tai Chi 1/11
Fluid Motion 1/12

Art Connection

Photography Session: A Point of View
Tuesday, January 16, 2 until 3pm, Blue Ridge Room
VAC Photography Representative Richard Tichich interviewing Scott Keyse, Deerfield's drone operator (among his other assignments)

In the past, all photographs were taken from the POV "point of view" of the photographer. Present technology has shifted this feature into computerized cameras assisting military operations, highlighting landscapes, and completing miscellaneous tasks. WCU photography professor Richard Tichich will examine historical and contemporary POV practices as he also interviews

Deerfield's Scott Keyse, our talented drone operator. Scott will explain his use of fascinating drone technology and, hopefully, will launch a drone for your entertainment. Everyone welcome!
Questions? mkievit@deerfieldwnc.org, Ext 3227, 828-210-4527.

Outing
Penland School of Crafts
Community Open House
Saturday, February 24, 2024
Michelle Kievit, Resident Life Associate

Calling all art enthusiasts! Dive into a world of creativity at The Penland School of Crafts' Community Open House! Join us for this annual event where you can explore Penland's studios, enjoy FREE hands-on craft activities, and connect with 100+ artist volunteers. Get a sneak peek at upcoming workshops and programs too. Don't miss out on this artsy adventure!

We'll be departing from the Deerfield Community Center at 11:30 AM sharp. Make sure to grab lunch before boarding the bus, as we'll be heading straight to Penland for a day filled with exploration. We will arrive back to Deerfield between 5:30- 6:00 PM.

Please keep in mind that this outing will include a fair amount of walking outside on uneven surfaces and climbing flights of stairs. So, put on your comfortable shoes, and get ready for an adventure!

Sign-up now open on MyDeerfield/Sign-ups and Activities Schedules/February 24. Questions? mkievit@deerfieldwnc.org, Ext 3227, 828-210-4527.

Residents Council and Committees

Coming in January 2024 from the Health and Wellness Committee and the Cognitive Health Subcommittee

Mary Donnelly is a nationally known dementia trainer, consultant and educator with MemoryCare in Asheville and with national dementia expert Teepa Snow. Mary provides family consulting and staff training on dementia care across the US and is a dynamic speaker on dementia-related topics. Mary will be presenting a Three Part Program in January at 2:00pm in the Blue Ridge Room entitled:
LIVING NEXT DOOR TO DEMENTIA: How can I help?

January 18th: 2:00pm
Part 3: Understanding
Adapting to progression and stages
Addressing caregiver stress
How can I help?

Please join us to learn how better to understand the challenges of this disease and how you can reach out to families in our community who are already living with dementia. There will be time for Q&A.

Campus Notes

Important Update for Grill Usage
Keith Einsmann, VP of Facilities

Regarding the use of electric grills, after consulting with our liability carrier, we regret to inform you that they strongly advise against allowing them on our premises. The primary concern is related to the potential risks associated with grease and heat. It's worth noting that our apartment buildings lack exterior fire sprinkler protection.

As a result, moving forward, the **only grills permitted on campus will be the Green Egg Grill on the Tuton Patio** and **propane or natural gas grills at cottages.**

We apologize for any inconvenience this may cause and appreciate your understanding. Your safety remains our top priority.

Facilities Forum

Come learn how the Facilities Department operates
(*Admin, Grounds, Housekeeping, Maintenance, Security & IT Departments*)
When: Monday, January 22, 2023
Time: 1:30 p.m.-3:00 p.m.
Where: Community Center Blue Ridge Room

Campus Notes

Security Safety Maintenance
Upcoming Elevator Maintenance by OTIS, if you have any question's please contact Deerfield Security

Timson Hall
- Elevator #12, located in the Main Lobby
- Taken Down on Monday January 15, 2024
  Back up and operational: Thursday January 18, 2024 early afternoon

Tuton Hall
- Elevator #15, Located in the Main Lobby
- Taken down on Monday January 22, 2024
  Back up and operational: Thursday January 25, 2024 early afternoon

Community Center
- Elevator #06, located in the rear Bistro Area to the loading dock
- Taken down on Monday January 29, 2024
  Back up and operational: Wednesday January 31, 2024 early afternoon

Assisted Living/Skilled Nursing
- Elevator #02, located by the I/L Clinic and Main Entrance of Haden Hall
- Taken down on Monday February 5, 2024
- Back up and operational: Wednesday February 7, 2024 early afternoon

Signs will be posted for direction of new route to Skilled Nursing

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In Loving Memory of

Gwin Jones 1-8-24
Frances Howell 1-8-24

Residents Council and Committees

MEET AN EMPLOYEE: SONYA CORBIN IN DINING
Peter Ray, Employee Appreciation Committee

If you haven't already done so, you need to meet Sonya Corbin. Since June of this past year, she has been Deerfield's bartender at Canons Corner. She brings enthusiasm and an out-going personality as well as a good deal of expertise to her work with us.
She comes to Deerfield with 30 years of experience behind the bar, most recently having worked at the casino in Cherokee where she was the lead cocktail server for 3 years, overseeing a staff of more than 30 servers.
Running the Canons Corner, she serves wine and beer and mixed drinks as well as being in charge of ordering alcohol for other Deerfield activities. In the mornings she also works at the Bistro as a host. Many of the drinks that she makes change with the season and she tries to be sensitive to the special needs and wishes of her patrons. And then, like all good bartenders, she has the "job" of getting to know and listening to the residents whom she serves.
When asked what she most likes about being at Deerfield, she responded enthusiastically "the residents". In her time with us, she has gotten to know many of us and enjoys hearing about our stories and histories. She said that the biggest surprise was "learning that priests drink. That was new to me." We could have told her that.
Sonya lived her early life in Maryland and is the youngest of three children. She has two children of her own as well as seven grandchildren. She currently lives with her 80 -year-old mother and watches out after her.
One of her primary characteristics is that she has been the caretaker of many members of her extended family and relationships. "They took care of me so it is only right that now take care of them." Another one of her traits is that she has a strong work ethic. "I started mowing lawns when I was 10 years old and I have been working ever since." That part of her personality as well as her caring and listening skills serves her well as our bartender.

BILTMORE APPRECIATION VOUCHERS
Marilyn Hubbard for the Employee Appreciation Committee

Calling all Biltmore Annual Pass holders! If you have received the appreciation Grounds Vouchers and do not plan to give them to friends or family, please think of our Deerfield Employees. Drop the vouchers off at the Community Desk by January 21st. H-R will distribute them fairly to those employees who would like to have a chance to spend a day at the Biltmore Estate.
Thank you!

THE CHAPELS of GRACE and ST. GILES

Rev. Lin Walton, Director of Pastoral Care
LWalton@deerfieldwnc.org

Rev. Betsy Baumgarten, Chaplain
BBaumgarten@deerfieldwnc.org

The 2nd Sunday after the Epiphany: January 14th
Grace Chapel at 9:30am

St. Giles Chapel at 11:00am
Bus Service Begins at 10:40am

* * *

A Time to Dance and a Time to Mourn
Rev. Lin Walton

For everything there is a season and a time for every matter under heaven:
a time to be born and a time to die…
a time to weep and a time to laugh;
a time to mourn and a time to dance. (Ecclesiastes 3:1-4)

I certainly hope everyone had the opportunity to dance, in one form or another, over the holidays. From the festive celebrations of Hanukah to the Winter Solstice to Christmas and more, it really is a wonderful time of year. But now is a time to mourn, especially after the loss of life that we, as a community, have suffered this past month.

Grief is an integral part of what it means to be human. It is only natural that we enter into a season of mourning. In my eight-plus-years at Deerfield, there has never been another time of loss like it, and I'm quite sure there never was before. Some of those deaths were expected, even merciful; and others were quite shocking and tragic. It sincerely is a time to mourn.

At its best, grief is the natural process of letting go. It is the beginning of the journey toward healing. But there is no right way to mourn. Each person has their own process, their own timing, their own path. In part because not all loss is the same. We let go of loved ones to death; we let go of good health to serious illness; we let go of abilities we have relied on most of our lives for strength. Many of us will lose our chosen homes, will lose our independence, and will even lose our own cherished memories. And any of these loses can cause profound emotional, physical and spiritual pain. The death of a loved one, in particular, can affect how we feel, what we think and how we act. "Grief can manifest as any combination of sadness, hopelessness, depression, numbness, anger, and guilt," says Matthew Sloan of Harvard Medical School. "It also can trigger problems like memory loss, chronic pain, and fatigue."

There is no right or wrong way to process grief. For some, grief is short-lived and relatively painless. For others, it's a long and agonizing road. And even when you believe it has passed, a wave of grief may suddenly wash over you without rhyme or reason. But there are certain things we can do to help ourselves, which Sloan recommends.

1) Eat well. *Having a well-balanced diet can help you withstand the stress of grieving. That means eating plenty of vegetables, fruits, and lean proteins and drinking plenty of water. If your appetite is diminished, try eating small portions more frequently.*

2) Take your medications. *Grief makes people more vulnerable to illness, so it's vital that you keep taking your regular medications.*

3) Get your sleep*. Grief can make you feel exhausted, but it's important to keep a regular sleep schedule. If you feel tired during the day, a 20-minute afternoon nap can help. Also, watch your caffeine and alcohol intake, as these substances can interfere with your nighttime sleep. If you have recurring insomnia, consult your doctor.*

4) Exercise daily. *Stick to your regular exercise routine or any movement like walking, cycling, or yoga. Exercise can distract you or offer you some quiet time to focus on your loss.*

5) Reach out*. If your grief is related to someone's death, reach out to their family, friends, neighbors, and co-workers. "Learning more about the person from others and sharing stories helps everyone through the process," says David H. Rosmarin, director of the Spirituality and Mental Health Program at Harvard-affiliated McLean Hospital. "Plus, you can fill the role of listener, which is so helpful for other grieving people."*

6) Explore spirituality*. Spirituality can be a powerful healing tool no matter what form it takes. "Thinking about the natural course of life and death can be quite transformative," says Rosmarin. "It can even help you better accept the loss by embracing your own mortality."*

7) Talk it out*. Talking about feelings can be challenging for some. Yet it's often the best way to confront grief. It can help to open up to a close friend, or someone else you trust, but not everyone feels comfortable doing so. In many cases, professional talk therapy is a better option. This involves sessions with a licensed psychologist, psychiatric nurse, counselor, social worker or chaplain.*

In the Christian Scriptures, Paul reminds the community in Corinth, *if one member suffers, all suffer together; if one member is honored, all rejoice together.* Together, we will get through this very natural season of mourning, to return once again to a time of dancing and rejoicing. Until then, may we be gracious to one another and to ourselves, and if you are feeling overwhelmed, ask for help from a health professional from the Deerfield Clinic, your personal physician, or the Chapel. Good, quality, confidential care is available for you. Grief hurts everyone, until someone begins by asking for help.

Kitchen Corner

Return To-Go Containers

Please, please return your green to-go containers to the Bistro as soon as possible after use. We purchased 450 new OZZI O2GO containers not even a month ago. Today, we had a supply of only 50 available, far fewer than what is needed to accommodate a day's worth of takeout from the Bistro. When we run out of to-go containers, we must rely on cost-prohibitive single-use, compostable containers.

Please check your refrigerator, cabinets, sink, and dishwasher, and promptly return any green to-go containers to the Bistro. Thank you for helping!

This Week's Action Stations

Peking Plate

At this station, build your own stir-fry bowl. Begin with brown rice or lo mein noodles and the protein of your choice (Mongolian shredded chicken or beef, steamed shrimp, fried tofu). Add all the toppings you'd like (offerings include carrots, peppers, mushrooms, sugar snap peas, broccoli, and water chestnuts) and finish it with either Asian brown or sweet & sour sauce.

Buddha: Build Your Own Grain Bowl

Build upon your base of ruby red wild rice or beluga lentils with your choice of vegetables (from among roasted cauliflower, sweet potatoes, mushrooms, edamame, broccoli rabe, and crispy brussel sprouts). Top it off with crunchy additions (pistachios, toasted almonds, and pepitas) and cilantro lime yogurt spread or champagne vinaigrette.

Bishops Bistro Menu for January 14 – 20, 2023

Sunday, January 14

SALAD:	Beet Cucumber & Onion Salad VG GF
HOT CEREAL:	Oatmeal V GF
SOUP:	Mindful Cuban Black Bean V VG GF
ACTION:	Creperie: Sweet or Savory Crepes
ENTRÉES:	Traditional Eggs Benedict
SEAFOOD:	Cod Provençal GF
CARVERY:	Prime Rib with Au Jus & Horseradish GF
VEGETARIAN:	Alu Matar ~ Potato & Pea Curry V VG GF
STARCH:	Country Mashed Potatoes GF
VEGETABLE:	Collard Greens GF
	Red Pepper & Garlic Green Beans VG GF
BREAKFAST:	Scrambled Eggs ~ Pork or Turney Sausage
	Bacon ~ Impossible Sausage ~ Potatoes

Monday, January 15

SALAD:	Mixed Grain and Chickpea Salad VG GF
SOUPS:	Chicken Chili Verde GF
	Chunky Vegetable Orzo VG
ACTION:	PEKING PLATE: Asian Stir Fry Bowls
ENTRÉE:	Bacon Wrapped Pork Tenderloin GF
SEAFOOD:	Stuffed Flounder Florentine
VEGETARIAN:	Roasted Veg Enchilada w/ Vegan Cheez VG GF
STARCH:	Cilantro Pesto Brown Rice VG GF
VEGETABLE:	Herb Roasted Carrots & Parsnips VG GF
	Sugar Snap Peas & Grape Tomato VG GF

Tuesday, January 16

SALAD:	Orzo Salad with Vegetables & Herbs VG
SOUPS:	Low Sodium Chicken & Vegetable GF
	Wisconson Cheese Soup V GF
ACTION:	PEKING PLATE: Asian Stir Fry Bowls
ENTRÉE:	Chicken Fried Steak w/ Country Gravy GF
SEAFOOD:	Baked Cajun Catfish GF
VEGETARIAN:	Impossible Bolognese & Whole Wheat Pasta V
STARCH:	Oven Roasted Rosemary Red Potatoes VG GF
VEGETABLE:	Green Peas and Mushrooms VG GF
	French Cut Grean Beans VG GF

Wednesday, January 17

SALAD:	Autumn Salad GF
SOUPS:	French Onion Soup VG GF
	Cream of Mushroom V GF
CARVERY:	Carved Ham ~ Glazed Carrots ~ Gratin Potatoes
ENTRÉE:	Mojo Marinated Turkey Cutlet GF
SEAFOOD:	Potato Crusted Mahi Mahi GF
VEGETARIAN:	Zucchini & Squash Zoodle Tofu Bowl V GF
STARCH:	Mashed Sweet Potato V GF
VEGETABLE:	Lemon Scented Broccoli VG GF
	Winter Squash w/ Cranberries & Pecans GF VG

Thursday, January 18

SALAD:	Cous Cous w/ Apple, Cran & Walnuts V
SOUPS:	Tuscan Kale and Bean Soup V GF
	Lobster Bisque GF
ACTION:	BUDDHA: Build Your Grain Bowl
ENTRÉE:	Baked Veal Marsala GF
SEAFOOD:	Tequila Shrimp GF
VEGETARIAN:	Lentil Stew V GF
STARCH:	Toasted Orzo VG
VEGETABLE:	Steamed Vegetable Medley VG GF
	Green Beans Almondine VG GF

Friday, January 19

SALAD:	Apple, Parmesan & Arugula Salad V GF
SOUPS:	Butternut Squash Bisque V GF
	Mushroom & Roasted Garlic Soup V GF
ACTION:	BUDDHA: Build Your Grain Bowl
ENTRÉE:	Beef Stroganoff
SEAFOOD:	Seared Salmon with Orange Zest GF
VEGETARIAN:	Spinach & Grilled Vegetable Gratin V GF
STARCH:	Egg Noodles V or Lentil Penne V GF
VEGETABLE:	Mixed Vegetables VG GF
	Sauteed Spinach with Garlic VG GF

Saturday, January 20

SALAD:	Chickpea Chaat Salad VG GF
SOUPS:	Japanese Vegetable Broth VG GF
	Cream of Vegetable Soup V GF
CARVERY:	Cranberry, Apple & Walnut Pork Roulade
	Au Gratin Potatoes ~ Roasted Fennel
ENTRÉE:	Braised Pot Roast GF
SEAFOOD:	Crispy Baked Tilapia GF
VEGETARIAN:	Spinach Stuffed Portobello w/ Herb Crust
STARCH:	Parslied Boiled Potatoes V GF
VEGETABLE:	Roasted Squash w/ Mushrooms VG GF
	Sauteed Asparagus w/ Grape Tomato VG

RIVERWALK CAFÉ SPECIALS

Cold Plate Trio Salad
Green Bean Salad

ZOE'S DESSERTS:

Cinnamon Rolls, Pecan Pie, Chocolate Nut Clusters GF
Key Lime Pie, Strawberry Shortcake

Bistro Hours: Monday thru Saturday
Lunch: 11am to 2:30pm Dinner: 4pm to 6:30pm

Sunday and Holidays
10:30am to 2:30pm

V VEGETARIAN VG VEGAN MINDFUL GF MADE WITHOUT GLUTEN