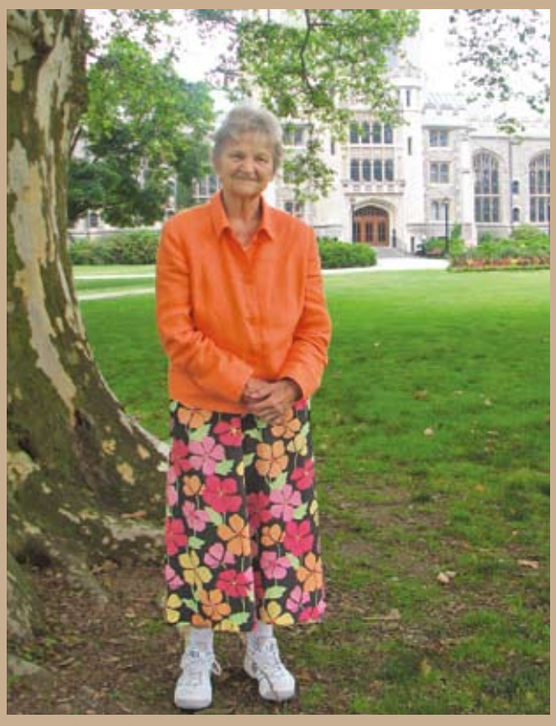
HAPPENINGS AT ARBOR RIDGE
SUMMER 2008

Ridgelines

Arbor Ridge Gains a True Academician



Betty Daniels (above) has spent most of her career at Vassar College and is excited to still be within commuting distance from campus when she moves to Arbor Ridge.

How many people can say they have spent most of their life on the same college campus? Elizabeth Daniels can; her heart is at Vassar College, where she went to undergraduate school and has worked for more than 60 years. And even though Arbor Ridge is a bit farther from the college she so loves than the community in which she lives now, Daniels is excited about her upcoming move. "I plan on still commuting to campus, even if it means ultimately getting a car and driver," she enthusiastically said.

A former English teacher, "Betty" Daniels received her Bachelor of Arts degree from Vassar, followed by a Ph.D. in Victorian literature from New York University. From there, Daniels returned to Vassar as a professor of English, eventually adding dean of freshman, dean of studies, acting dean of faculty and chairman of the English department to her list of credentials. She was intimately involved in the proposed "royal marriage" between Yale and Vassar and the latter's final decision to remain independent. After retiring from teaching in 1985, she has continued working for Vassar as the college's historian, a role she relishes.

"Currently, a colleague and three interns are working with me to develop an online Vassar history encyclopedia," said Daniels of the self-assigned project. "Vassar has so much history worth preserving."

When asked about her move to Arbor Ridge, the gregarious Daniels said, "I like this kind of life as a senior — making all sorts of interesting friends, exchanging with folks. I'm excited there is a community like Arbor Ridge near Vassar, where I can still be near friends and colleagues, but can look forward to all the convivial things that are about to happen. And, being a resident will allow me to live in a more 'contained' environment. I'm ready for someone else to be responsible for making things work!"

Community News

Both the independent and assisted living buildings continue to progress for the targeted fall openings, and the assisted living waitlist application process is in full swing. On any given day, more than 100 workers representing four trades can be found working in and out of the buildings. Arbor Ridge will open October 1st and the Terraces opens November 15th.

Dessert Party and Tours — 6 p.m., Saturday, July 26: A sneak preview evening is planned for independent living residents to take their first tour of Arbor Ridge to include a preview of the community common areas and three different styles of apartments.

Auction of Everything: Any resident wishing to divest themselves of some of their personal property can take advantage of Arbor Ridge Day at George Cole Auctions, where on August 16 consigned items — from fine furniture and paintings to rugs, bric-a-braq and more — will go on the block for the highest bidder.

Exhibition — 4-6 p.m., Friday, August 15
Come preview all sale items.

Sale — 5:30 p.m., Saturday, August 16
Cash, checks or credit cards will be accepted, and the auction is open to the public. All sales are final.

The Strongest of Leaders

Arbor Ridge and her residents are lucky to have Carol Lindsey at the helm as the community's new executive director. An expert in care for older adults, Lindsey brings more than 25 years of healthcare experience with her as she came out of a brief retirement and relocated to Rhinebeck from northwest Virginia.

"*I am so excited to be a part of developing and opening Arbor Ridge," said Lindsey. "What a beautiful setting in the Hudson Valley. This community is definitely not commonplace in New York state!"*

Lindsey spent the better part of her career with Valley Health in Virginia, a multi-facility healthcare system where she started out as a critical care nurse and then became administrator of one of the hospitals within the system. She spent her last 15 years developing services and outreach programs for more than 6,500 older adults and oversaw all long-term care services, a geriatric physician and nurse practitioners, and a 120-bed skilled nursing facility for Valley Health. She also worked as a consultant with a local retirement community in the Shenandoah Valley. *"This position at Arbor Ridge was worth coming out of my short retirement for,"* said Lindsey. "*I really like working with residents of communities like this and appreciate the environment and relationships it affords. I'm so glad to be here.* "Lindsey has a bachelor's degree in nursing from George Mason University (Fairfax, Va.) and a master's degree in healthcare administration from Virginia Commonwealth University in Richmond. She is a fellow in the American College of Healthcare Administrators and is a licensed nursing home administrator.

Finally, Lindsey has always been active in her local community as former rotary president, former chairperson for the Shenandoah Area Agency on Aging and the local chamber of commerce.

Spiritual Wellness

The National Institute of Aging has designated six dimensions of wellness: spiritual, physical, social, intellectual, emotional and environmental. These form the basis of the enlightened and well-balanced environment offered at Arbor Ridge. This month's focus: spiritual wellness.

Spiritual wellness results when mind, body and soul are in balance — when our beliefs and values are integrated with our daily actions. A sense of spiritual wellness can provide purpose and direction for our lives and a feeling of contentment or peace.

To heighten your sense of spiritual wellness, consider these tips:

1) Stop and take time to notice what you may have always considered mundane. Foliage along a walking path, the many flavors that make up a meal, an architectural detail you find inspiring. Savor these moments.
2) Consider journaling. Recording the experiences of your day and reflecting on what they mean to you can be a sure path toward keeping your mind and soul in balance.
3) Live compassionately, not only by showing compassion for others but for yourself as well. Make time to take care of yourself, so you can ultimately help take care of others.

For more information on the Arbor Ridge professional team, visit:

Arbor Ridge
www.arborridgeliving.com
Haskell Community Developers
www.thehaskellco.com
Lecesse Construction
www.lecesseconstruction.com
Angerame Architects P.C.
www.angeramearchitects.com

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