



BRANDON WOODS

at ALVAMAR

BULLETIN BOARD

1501 INVERNESS DRIVE ■ LAWRENCE, KANSAS 66047 ■ 785-838-8000

FROM THE DESK OF JASON KOHLER, CEO

We have a few new team members to introduce to everyone. Tom Malcolm and Amanda Cheek have recently joined our housekeeping team. Amanda oversees the



Health Center and Assisted Living areas while Tom oversees apartment homes and townhouses. Erin Cleek is our new housekeeper working in the townhouses.

We have also filled the Accounting Director position. Jay Pestinger, CPA, is our new Accounting Director. Jay's first day was March 23rd. Jay previously worked at the Sprint headquarters for nearly 20 years.

Please join me in welcoming our newest team members.

Sometime last year we began to update the Resident Handbook. This project was delayed for some time, but we have now begun to pick it back up again. The Resident Council has been instrumental in pulling this one together. We appreciate their diligent editing and review work on this large and very important document. The new Resident Handbook will be completely updated for 2009 and will include information for all areas of living. We hope to roll it out around the end of April or the first part of May.

Something new for the Resident Handbook and the Associate Handbook is our smoking policy. Brandon Woods will become a smoke free community beginning June 1. What does this mean for you? Well, if you are a current resident,

not much will change. We will begin to emphasize no smoking on the community grounds, but the same rules regarding smoking in the common areas remain; it is not permitted. The same rules will apply for your guests. However, if you are an associate and a smoker, a lot will change. Associates will no longer be permitted to smoke on the community grounds. We are offering smoking cessation classes, information on quitting smoking, and our Employee Assistance Program offers free help as well.

By the time you receive this, the new light fixture should be installed in the atrium, and I hope you will be pleased with its appearance. I think it is a considerable improvement over the short-lived original.

A quick townhouse maintenance update:

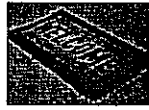
- We will replace seven roofs and make repairs to five others by the middle of April. This will complete the roofing project for this year.
- Exterior painting and siding will be conducted on nine townhouses over the next few months.
- Battery back-ups will be installed on the sump pumps at six townhouses and 25 townhouses will receive air conditioning inspections this spring.
- Interior painting, wall repair, and caulking of the kitchens and baths is still ongoing but seems to be going well.

Hopefully we've seen the last of the snow. I'm looking forward to some warmer weather!

BULLETINBOARD

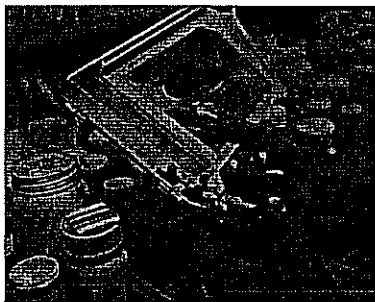
PLEASE WELCOME OUR NEW RESIDENTS

Marnie Argersinger, Apt. 105
Evelyn Beaty, D-29
Wilma Weinberg, Apt. 116



MANAGING MULTIPLE MEDICINES

We now have more medications to help us than ever before. When taken together, however, some drugs may interact and lose their effectiveness or produce unhealthy side effects. The Agency for Healthcare Research and Quality offers these important ways to stay safe with your medicines:



KNOW what your medicine is, its purpose and possible side effects.

KNOW when to take your medicine.

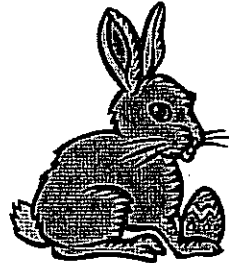
KNOW what to avoid when using it.

TELL every health care provider you see (physician, dentist, naturopathy, etc.) what you're using, including over-the-counter (OTC) drugs, herbals and supplements.

Principal Financial Group Words of Wellness

- 4/1 Resident Council Meeting
11:00 in the Jayhawk Dining Room
- 4/6 Building and Grounds Committee
10:00 in the Jayhawk Dining Room
- 4/13 Activity Committee Meeting
11:30 in the Club Room
- 4/15 Food Committee Meeting
2:00 in the Big 12 Pub
- 4/16 Resident Townhouse Meeting
2:00 at The Smith Center
- 4/20 Employee Recognition Committee
2:00 in the Jayhawk Dining Room

EASTER EGG HUNT SATURDAY, APRIL 11TH 2:00 P.M.



Join us for our annual Easter Egg Hunt

Bring your children and grandchildren (ages 12 and under)

We'll have a fun afternoon full of surprises, special refreshments and a visit from the Easter Bunny!

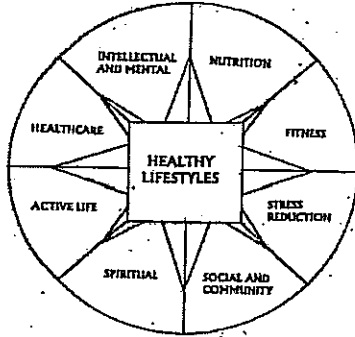
Come to the entrance at
4720 Brandon Woods Terrace
at the Southwoods Health Center

Call 785-838-8000 for more information
Ask for Suzy Jach, Activities



FAMILY FOCUS

SPOTLIGHT ON HEALTHY LIFESTYLES



Enhancing quality of life through mental activities and maintaining spirituality has always been a mainstay for Dr. Albert and Marie Decker. There are many aspects of the Decker's day-to-day lives that contribute to these facets of our healthy lifestyles compass. Dr. Decker and Marie are both avid readers of subjects ranging from politics to fictional novels, as well as current events through the daily reading of the newspaper. They also enjoy doing crossword puzzles together.

Marie, a fourth generation Episcopalian, has always been very active in the Episcopal Church on the diocesan level as well as their local Episcopal churches in Florida, Missouri and Kansas. Marie is an experienced needle pointer. She actually made a replica of the nativity scene and gave it to Christ Episcopal Church in Springfield, Missouri, where it is on display during the Christmas season. Both Marie and Dr. Decker were members of the vestry at Christ Church. Since moving to Lawrence and Brandon Woods three years ago, they attend and are members of Trinity Episcopal Church. In Marie's opinion, her spirituality has allowed her to overcome breast cancer, which was diagnosed several years ago.

Albert has been an active member of MENSA – a group dignified by high-IQ Americans for many years. Albert also maintains relationships with his high school class – meeting on a monthly basis at any one of our area restaurants.

Monthly Forum Focusing on Health Related Matters Important to Brandon Woods' Families

Monday, April 20th
Smith Center
6:30 p.m.

Meet Anne Sibinski, RN, who is the Assistant Director of Nursing for the Brandon Woods Arbor neighborhood. Anne is certified in Dementia Care.

We will also talk about the upcoming Alzheimer's Association *Texas Hold 'Em Benefit Tournament*

Please RSVP by calling 785-838-8000
Refreshments will be provided.

ASSOCIATE NEWS

Anniversaries for April

Dorothy Tubbs- Hall, 12 years
Mike Wantland, 10 years
Shirley Moten, 9 years
Dana Henning, 4 years
Mike Weston, 4 years
Cathy Blevins, 3 years
Sarah Revell, 3 years
Trudy Sipes, 3 years
Juanita Carruthers, 3 years
Fred Mariga, 2 years
Elaine Parent, 2 years
Erin Presswood, 2 years
Dorothy Reed, 2 years
Linda Biery, 1 year
Nancy Kochanowski, 1 year

April Inservices

Bloodborne Pathogens and
TB - What you need to know

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KNOW YOUR NEIGHBORS

BY JEANE LANDRY



While JIM and CAROL TURRENTINE live in their townhouse at 1700 Carmel, the residents in The Oaks enjoy their presence on a daily basis.

Jim was born in St. Louis, Missouri and graduated from Parkway High School and the University of Missouri at Rolla with a degree in Chemical Engineering. His first job in 1967 was at the Pine Bluff Arsenal. This was to be an important assignment in his career and personal future. In spite of his later expertise in explosives and other chemical proficiency, Jim was drafted in 1968 and served two years.

Carol had an interesting childhood growing up at the Pine Bluff Arsenal Housing Project. She graduated from Whitehall High School (valedictorian), Arkansas State Teachers College with a BSE, received her master's degree from the University of Arkansas in education, and finalized her formal accreditation at Kansas University. She majored in French, minored in Spanish, and taught both languages.

Jim and Carol met at the St. Luke Methodist Church in Pine Bluff in 1967, married on January 23, 1969 and celebrated the birth of their first son, one of three.

In 1974, the modernization of the Sunflower Army Ammunitions Plant at DeSoto, Kansas was a high priority and Jim was hired to assume this important position. He was instrumental in plant operations and decommissioning. Jim and Carol moved to Lawrence, Kansas at that time and made this community their home.

Even though Carol has been confined to a wheelchair since 1997, together this couple participates in living life to its fullest. They exercise with Wilma, ride a recumbent bike in the gym, have therapy at Free State High School twice a week, and are dedicated to a well-rounded fitness program.

Say "hello" to your neighbors.


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