



300 Meredith Dr • Durham, NC 27713 • (919) 646-6235

Letter From the ED

Dear Bartlett Reserve Residents,

I wish I had something more profound to say to all of you, some special words of wisdom, but alas I do not. What I do have is my sincerest gratitude for each one of you for allowing me to continue to walk through the Front Door every day, thankful, I get to call Bartlett Reserve...Home.

My 10-year journey here at Bartlett Reserve has been filled with highs and lows, but I honestly can say I would not trade one moment here for any moment anywhere else. Your stories, your smiles, your laughter, your aches and pains, and concerns are the fuel that keep me constantly striving to make Bartlett Reserve a stronger community.

As I reach a decade as Executive Director at Bartlett Reserve, I cannot help but reflect on all that has occurred in this Community. I think about those we have said "Goodbye" to, the new Residents that we have said "Hello" to, the ups and downs as we struggled through a pandemic and the laughs that have filled the building.

I am energized to fulfill the dream that Laura Martin, Morgan Burkett, Alan Symons and myself had when we started Bartlett Reserve 10 years ago. The desire to create a truly unique Senior Living Community where finding the meaning of home and sense of community are not just tag lines in an advertisement but can be felt every day. I am both honored and challenged to continue this mission and thrilled to have all of you along! Thank You Again for choosing Bartlett Reserve as your Home.

Sean

November 2022

Attitude and Gratitude Nurtures Your Mind Body and Spirit

By Edith Strickland Delaine

As I was growing up I was taught to respect everyone, especially the elderly, because they had acquired great experiences, knowledge, wisdom and grace. Some of their phrases were, "say thank you," "listen," "be quiet," and "please." Try to recall quotes from your parents that intended to teach you to be grateful, "smile" and have a good attitude.

Some of our daily greetings are: "How are you?" "Good morning. I hope that you are feeling well." Some of my responses are: "I feel great," or "Beautiful," "Loved." I believe that it is the strongest emotion. It heals wounds, hearts and builds strength. Love will make a flower grow. It will make an animal protect you. The best example is the love shared by all parents and their child, also animal parents.

Love is easy to share when we respect each other with a pleasant attitude and a gracious spirit. When one is ignored, not greeted, no smile, those actions say that you do not exist. Listen, greet, smile, share, and look others in their eyes and say "Thank You."

While sharing time, listen more and talk less. Be positive, learn at least one fun fact about others. Ask a silly fun question such as: when did you embarrass your parents? When was your first spanking? First pet? Favorite Aunt? Remember, love is the only thing you must give away to get.

Love is good intentions toward others, Love is concerned for others, your gratitude strengthens your attitude. Some simple gifts that we may share: smile, a leaf, feather, rock, notes, cookie, walk, joke. (cont. pg 2)

November Highlights

Veterans Day

On Friday November 11th, we invite all of our resident veterans to join us for a special brunch and ceremony to honor our nation's heroes. Families and friends are welcome to attend.

Southern Supreme Fruitcake

Join us Thursday 11/3 at 1pm on a drive to Bear Creek (1 hour drive) to Southern Supreme Fruitcake & More. This renowned bakery & retail store sells holiday fruitcake, plus nuts, candy, preserves & gift baskets.

New Hope Valley Railway

This train travels along 4 miles of historic track through piney woods and over a trestle on an hour-long, round trip from Bonsal to New Hill and back.

Join us Wednesday 11/9 at 9:30am (30 minute bus ride).

Tickets are \$13.50

Hillside Presents Matilda

Hillside High School's theater department is known in the community for its excellent quality plays and musicals - so come out and join us as we venture down the street to watch Roald Dahl's musical "Matilda." Sunday 11/13 at 2:30pm. Tickets are \$7

Angus Barn

Once a year this amazing restaurant decorates their cavernous dining rooms with extraordinary lights, ribbons, trees, and trains for the holidays and we have a reservation! Sign up early for this popular trip on Thursday 11/17 at 4:45pm.



Big Red Bus

November is a month of giving at Bartlett Reserve - and a wonderful way to do that is to donate blood! On Saturday, November 26th from 11-4pm OneBlood is bringing their mobile blood donation center, "The Big Red Bus," to us to make it easy to give! Be sure to invite your friends and family and see our full calendar for all of our giving events!



Operation Christmas Child

We are thrilled to be working with Samaritan's Purse to bring toys and necessities to children around the world. If you would like to pack a shoebox (or 10!), please see the life enrichment team for boxes. Collection begins the first week of November. A huge thank you to our resident Anita and her daughter Elisa for leading this wonderful fundraiser.

Attitude and Gratitude Cont.

All cultures practice some kind of healing power that keeps us civil. Most Christians pray, meditate, affirm their beliefs with the psalms and other sources. We must respect the divinity with all. Prayer is the world's greatest wireless connection.

Pain teaches us many lessons. Patience is a virtue. Let your past make you better not bitter. Remember names; a person's name is important, try to remember them. If you genuinely like people and enjoy them they will enjoy you. Be positive. Live, love, laugh.

Feel better each day; Read Dr. Norman Vincent Peale's 7 Day Spiritual Action Plan:

- **Monday** - Pray by name for as many people as you can think of.
- **Tuesday** - Practice being thankful that you are alive.
- **Wednesday** - Pray for everyone you meet today.
- **Thursday** - Give thanks for everything.
- **Friday** - Thank God for your problems.
- **Saturday** - Pray, think, and live health.
- **Sunday** - Receive spiritual renewal and keep it going.





Maintenance Tip of the Month

 If you want to clean the inside of your dishwasher, run a cycle with no dishes and add 1/2 cup of white vinegar to freshen everything up! - Noah



Fast Festival Fun

Bartlett's Phenomenal Friend Program

Bartlett's Phenomenal Friend Program allows current residents to receive one month rent credit for every "friend" they refer that moves into Bartlett Reserve. There is no limit to the number of referrals and credits they receive. Simply provide your friend's contact information to Steven Pier (or provide them Steven's contact information (919) 634-2197). If/when they sign a residency agreement, you will receive notice of your pending rent credit*

*Credit will be issued after newly referred resident has been in the community for 30 days.

For any questions or

clarifications, please see Steven Pier or Sean Yule.



We'd like to extend a very warm welcome to our newest neighbors here at Bartlett Reserve.

Frances E
Norma M
Christine R

All of our new residents are invited to a special welcome social on Thursday, November 10th at 3pm. Everyone is invited!

YOUR MANAGEMENT TEAM

Exec Dir Sean Yule
Bsns Off Mng ... Phyllis Morrison
Exec Chef ... Stanley Kobierowski
Enrichment Dir Tessa Smith
Maint Dir Noah Hayes
Sales & Mrkt Dir Steven Pier
Sales Consultant ... AJ Hitchcock

OUR COMMUNITY PARTNERS

SHAE MEDICAL
RIGHT AT HOME
DISPATCH HEALTH
LEGACY MEDICAL SERVICES



Trip to Sylvan Heights Bird Park



Oktoberfest dinner



Health Fair raffle winners!



300 Meredith Dr
Durham, NC 27713



Call for more information
(919) 355-9644
and book your VIP tour today!



Thanksgiving-Back!

Join us in giving back this holiday season! Drop off clothing and household items to support the Durham Rescue Mission. While you're here, step into the Big Red Bus to donate blood. A small amount of time will make a world of difference!

Saturday, November 26th
11 a.m. - 4 p.m.

