HAPPENINGS AT ARBOR RIDGE
SUMMER 2009

Ridgelines

Letter From the Executive Director

Dear Friends:

For more than 140 years through several recessions, several wars, and the Great Depression, The Baptist Home at Brookmeade community has been a place of security for our residents. In our over 100-year history, *no resident has ever been turned away* because they "ran out" of money.

I know planning for the future requires some very important decision making on your part. We do not take that lightly—because we are planning for the future, too. With availability to our luxury apartment homes, we have the capability to serve seniors for many years to come. We also understand that planning takes time. Your plans can begin by placing a 10% deposit today on an apartment of your choice, while taking advantage of the financing options and benefits now available.

- **After move-in, 90% guaranteed return of capital to you or your estate**
- **20% deposit and twelve months to sell your home**
- **Moving allowances, other discounts and benefit packages now available**

Unlike other communities, we have implemented these financing options to help you move forward with your retirement living plans. So even in the midst of a challenging economic environment, you can still take advantage of the many benefits that come with being an Arbor Ridge resident, such as wellness and activity programs, restaurant-style dining, scheduled transportation, 24-hour security, housekeeping, café, heated swimming pool, art studio, hair salon/barber shop, and 24-hour emergency response. Call us to arrange a private appointment, and we can tell you more about all the financial options that make living at Arbor Ridge possible. It's all part of our commitment to helping you live life to the fullest in the Hudson Valley.

With warm regards,

Carol B. Lindsey
Executive Director

Ava Carberry

It's a long way from Iowa to Arbor Ridge, but Ava Carberry is glad to have made the journey. Meet one of Arbor Ridge's most active and engaging residents.

Q: What did you do before living at Arbor Ridge?

A: I worked at the New York Times for 35 years in management training and business development.

Q: What made you choose Arbor Ridge?

A: It reminds me of the wide-open spaces I grew up around in Iowa. It's a beautiful, active, friendly area.

Q: What's your favorite thing here?

A: It's the friendships I've made, and the types of things we get to do together. There's a really close knit feeling among people. I love that about it here — that, and the food is *sooo* good!

Q: Do you have a life theme?

A: I sure do. My mantra is to laugh, love and listen.

Ava's life-long career in publishing has led to a love affair with the written word. Here, a look at life at Arbor Ridge, from Ava's pen:

I look out my window at a beautiful view of a "ridge" of trees and shrubs

I can spot deer running into those woods

I can hear birds chirping

That ridge is ARBOR RIDGE!

And it's right here in Rhinebeck where I have made my home for the last several years.

I originally had come from a small town in Iowa and have found the same important change of seasons right here in Rhinebeck.

And RIGHT HERE AT ARBOR RIDGE AT BROOKMEADE

Wellness Focus: Intellectual

Intellectual wellness is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

An intellectually well person:
1) Cherishes mental growth and stimulation
2) Is involved in intellectual and cultural activities
3) Is engaged in the exploration of new ideas and understandings

Reaching Intellectual Wellness

Traveling a wellness path allows you to explore issues related to problem solving, creativity, and learning as well as spending more time pursuing personal interests, including reading books, magazines, and newspapers, while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

Intellectually well people are also curious and interested in the communities as well as the world around them.

Lunch and Learn

Visiting chefs come to Arbor Ridge

Arbor Ridge is hosting a Visiting Chefs program featuring the culinary talents of distinguished chefs from restaurants in the Hudson Valley area. The first cooking demonstration began with chefs/owners from Zagut's highest-rated Rhinebeck restaurant, Marcia Miller and Erica Mahlkuch of Sabroso.

Located in Rhinebeck, "Sabroso" means tasty, delicious, pleasing and delightful. Blends of spices, fruits and vegetables commonly found in Latin America are some of the basic ingredients in the preparation of tapas and entrees at Sobroso.

Please join us August 31 at 4:30pm for a demonstration by chef Laura Pensiero, owner of Gigi's and author of several cookbooks.

Cooking Demonstration at Arbor Ridge
August 31, 2009 / 4:30 pm

Calendar of Events

Arbor Ridge U: a summer school inspired way for seniors 62 and older to learn more about the exciting lifestyle amenities Arbor Ridge has to offer. For a complete schedule of events, call 845-876-3344. Spaces are limited, so call today to register.

Introduction to French:
July 7, 9 & 23 at 9:00am
July 14, 16, 28 & 30 at 9:30am

Euro Dancing
July 7 at 10:00am

Painting on Glass
July 9 at 11:00am

The Cruising Experience
July 21 at 1:00pm

Ice Cream Social
July 21 at 2:00pm

Arbor Ridge
AT BROOKMEADE

11 Mountain Laurel Lane
Rhinebeck, NY 12572-1552

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