



GLENMEADOW NEWS

News for Residents and Friends of Glenmeadow Retirement Community, Longmeadow, Massachusetts

Who's Cooking? Not You!

For many residents, one of the nicest things about living at Glenmeadow is the outstanding dining services offered at the Chestnut Knoll and Terrace Side dining rooms, and the Door Stop Café.

Assisted living residents enjoy three nutritious meals daily in our Chestnut Knoll dining room. Independent apartment residents have several options for using their monthly meal credit. Lunch and dinner are served daily in the Terraceside dining room, while the Door Stop Café offers a casual buffet supper. Meals may also be delivered, or catering services arranged for a social gathering in the private dining room, one of the many function rooms, or a resident apartment.

While our Dining Services staff consists of 40 talented individuals, we chose this month's newsletter to feature two of our chefs: Head Chef Chris Marsh and Sous Chef Johannes DeVries.

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Head Chef Chris Marsh (right) and Sous Chef Johannes DeVries (left) take a quick break from their culinary duties to pose for a picture in the Terraceside dining room.



Residents enjoy a complimentary breakfast buffet and catch up on the local news in the Doorstop Café each morning.



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“I’m Not Ready Yet”

WANT TO STAY INDEPENDENT? START PLANNING TODAY!

Few people want to think about aging services and alternative housing options until they absolutely have to. But oftentimes, the consequence of poor planning is a rushed decision or a less than desirable living arrangement. Don't wait until an unexpected illness or injury forces you to consider your options.

The best way to ensure that you will have all options open to you is to begin planning before you need to. Take a look around while you have the freedom to and you will do yourself a tremendous favor.

Another advantage to early planning is that it allows you to pursue your options at a pace you are comfortable with. After investigating or visiting a number of different communities, you will develop a better sense of what your needs and preferences are. And because you have the luxury of time, you will be more likely to find a community that caters to them.

The most desirable retirement communities often have waiting lists for occupancy. When an apartment opens up, they will offer it to the individuals on their waiting list before an outside applicant.

There is nothing to lose by planning early, and everything to gain. Just by talking to friends and colleagues, or making a few phone calls and visits, you increase your chances of finding the right fit.



Members of the Glenmeadow Gardening Committee enjoy the terrace garden they helped create. Pictured are (l to r) Virginia Adams, Gladys Kierstein, Bunny Fuller, Barbara Palmer, and Mary McNally. (Not available for photo: Ella May Gelling and Ruth Harwood)



Judge Sidney and Anne (Pudsie) Cooley have enjoyed life as Glenmeadow residents since it first opened over six years ago.

LOOK WHO'S COOKING

Continued from page 1

Chris Marsh came to Glenmeadow almost three years ago from Bay Path College. His previous assignments have included executive chef positions at Twin Hills Country Club and the Polytechnic Club in Hartford. He completed his culinary internship at the Chatham Bars Inn on the Cape.

A Team Effort Makes the Difference

When interviewed for this article, Marsh wanted to reinforce the team aspect of his crew. “It’s not a single effort here. The culinary team consists of Sous Chef Johannes DeVries, and cooks Jim Fitzgibbons, Jennifer Lund, and Renee Smith. We work together in an effort to create an exceptional dining experience for our residents,” said Marsh.

While Johannes DeVries has only been at Glenmeadow since June, he has spent most of his life as a chef. Born in Holland, Johannes began his career as an apprentice at the age of 14, working 11 hours a day, 6 days a week, for just \$3 per week! He finished his apprenticeship a year early, and at 16 was cooking for the Queen’s mother at the palace.

In 1960, Johannes came to the United States when his father was transferred with Otis Elevator. Not speaking the language, he took a job washing dishes and pots and pans at the Student Prince. Twenty six years later, Johannes had worked his way up to General Manager. He left the Student Prince to open his own restaurant, first in Springfield, then in Easthampton. After a stint with Big Y World Class Markets, Johannes accepted the position of Sous Chef at Glenmeadow.

Where Do You Start?

ADVICE ON SELECTING A RETIREMENT COMMUNITY

What is a CCRC?

A continuing care retirement community, or CCRC, is different from other options because it offers housing, services, and nursing care, usually all in one location.

What advantages does a CCRC provide?

CCRCs offer a number of advantages, including physical and financial security, independence and access to health care, companionship of friends and neighbors of similar age, and access to community facilities and privacy. The CCRC's emphasis on the individual, coupled with a supportive environment, allows you to continue to pursue your lifelong interests.

What should I look for in a CCRC?

- Consider the community size; do you prefer a large community with many options and services, or something smaller and more individualized? Would you prefer a more "formal" environment, or are you a casual person at heart?
- Find out what kinds of services the facility offers and which ones are included at no extra cost. Sometimes, extra services are available for additional fees.
- Ask if the CCRC has licensed nursing staff on site 24 hours a day, 7 days a week, or are they limited to certain hours?
- Find out if the CCRC is accredited by the Continuing Care Accreditation Commission, the only accrediting body for CCRCs.



Glenmeadow is proud to be one of only five communities in the state of Massachusetts accredited by the Continuing Care Accreditation Commission.

Chestnut Knoll

A 120-YEAR TRADITION OF GRACIOUS ASSISTED LIVING

Since its beginnings in 1884 as the Home for Aged Women, Chestnut Knoll Assisted Living has been well regarded for providing quality care to elders.

Now located at Glenmeadow, Chestnut Knoll continues its rich tradition, offering assisted living services to men and women. Our trained and loving staff provide services that enhance each individual's ability to remain independent.

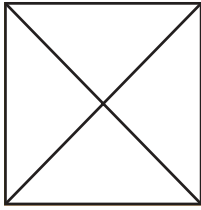
The Chestnut Knoll Assisted Living Wing at Glenmeadow includes 34 spacious one and two bedroom apartments, each with its own living room, kitchenette, bedroom, and full bathroom. To arrange a visit, please contact Linda Edwards at 413-567-7800 or 1-800-633-6313.

All the News That's Fit to Print



The *Insights* staff editors include (seated) Mary Jane Currier and Bunny Fuller, (standing) Nicole Laplante and Harris Andriance.

Insights: Inside and Outside Glenmeadow is the monthly newsletter written by and for our residents. Although not available for our photo session, *Insights* also boasts a "foreign correspondent" among its editors. From his home in Switzerland, Dr. Vance Roy e-mails a monthly column to entertain residents.



Glenmeadow

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Lunch is on us!

Invite a friend and come for lunch. You'll experience firsthand what makes Glenmeadow so special — the joy of laughter from friendly people, the calming serenity of beautiful surroundings, and the welcomed convenience provided by a variety of amenities. Plan to stay after your delicious meal to visit our terrace garden, indoor pool, spacious library, and beautiful apartments. Call Linda Edwards at 413-567-7800 or 1-800-633-6313 to arrange a visit.

Extending a Warm Welcome to Our Newest Residents

We're happy to introduce the newest members of the Glenmeadow community:

- Frances and Syd BorowkyNaperville, IL
- Helen CorwinLongmeadow, MA
- Irving & Pearl Cowen Springfield, MA
- Eleanor Curran Enfield, CT
- Elinor Donoghue.. Longmeadow, MA
- Murray & Ruth Federman Tamarac, FL
- Dorothy Fulkerson Farmington, CT
- Lillian Gill Springfield, MA
- Shirley Grant. Longmeadow, MA
- Marcella Hopkins..... Swampscott, MA
- Emily Kneen Galva, IL
- Barbara Lawson..... Springfield, MA
- Mary Ann Loughman Longmeadow, MA
- Rosalie Rapaport... Longmeadow, MA
- Virginia Roeder Springfield, MA
- Nancy Tebaldi Jupiter, FL



Ruth and Murray Federman enjoy their new worry-free lifestyle in a two bedroom, 2 bathroom luxury apartment at Glenmeadow.