

2022-2023

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CONTENTS

- 3.....A Message
- 2,4-7..... News
- 8-9..... Living
- 10-11..... Heartwarmers

news

Volunteer at The Glen

Are you looking for a fulfilling volunteer opportunity? Volunteers help The Glen accomplish our mission to enrich the lives of older adults.

The Glen is currently searching for volunteers to help in our Village General Store gift shop, where residents often come by to find household necessities, snacks, decor, gifts, and much more.

If you are interested in this opportunity or another area of The Glen, visit our Volunteer page at theglen.org/giving/#volunteer to sign up!



In memory of a former board member

The Glen is saddened by the recent passing of former board member, Martha Cooper. Martha served on The Glen's Board of Directors from May 2007 to April 2013, and during that time she contributed to the board's executive committee for one year, community services committee for four years, and operational oversight committee for one year. A native of Shreveport, Cooper dedicated her career to education, serving as a teacher and school administrator, particularly with middle school students. She was a lifelong member of St. Mark's Cathedral and dedicated time to ministries and initiatives including Dinners for Eight and St. Luke's Mobile Medical Ministry.



a message



Debra Williams
President & CEO

On a recent morning drive, signs of new beginning were apparent. Birds were migrating to points further north, the magnolia shrub had fresh pink buds, and the stately mallard duck was swimming effortlessly in the front pond. Surely, the groundhog was wrong! Spring is definitely arriving, and we look forward to warmer temperatures and a return to more outdoor activities at The Glen, our life plan community.

In this issue of The Glen Views, you will read on pages 4-5 what a Life Plan Community is and what makes it meaningful to residents and their families. This includes the peace of mind of knowing multiple levels of care, from independent living to assisted living, from memory care to skilled nursing, are all available on one campus. And, if or when a resident's needs change, they can transition to the level of care needed within our community.



Mary Files

In November, The Glen will reach a significant milestone of 125 years of fulfilling our mission to enrich the lives of older adults through housing, healthcare and services. In the late 1800s, Miss Mary Files, a local millinery shop owner, learned of an older blind woman living on the banks of the Red River.

Miss Files provided housing and care for the woman, and word of her generosity quickly spread. Soon other women asked permission to move into the home. To help sustain the home, local businesses and community members donated what they could - be it coffee, bread, or other tangible goods or money.

In November 1898, the Home Charitable Association and other civic and religious groups met at the Caddo Courthouse to sign a charter, and the "Home for the Homeless" was officially organized.

This action led to providing housing, care and services for generations of older women and men and would evolve through the years into "The Glen - A Life Plan Community."

We look forward to sharing more information about our history throughout the year in our social media posts and in future issues of The Glen Views.

Also, take time to enjoy our early spring weather.

MISSION
To enrich the lives of older people through housing, health care, and services. This mission is accomplished by a dedicated community of volunteers and compassionate professionals with commitment, vision, and leadership.

Life Plan Communities: *What are the benefits?*



A Life Plan Community (also known as a CCRC – Continuing Care Retirement Community) is a retirement community with multiple levels of care within a single location.

So many benefits await those who choose to move into a Life Plan Community like The Glen.

The Glen offers every level of care – independent living, assisted living, skilled nursing, and memory care – all on one campus.

So if and when your needs change, you won't have to worry about moving to a completely different location off campus – you can simply transition through the levels of care available here at the same address.

Living at a Life Plan Community can also help provide peace of mind for residents and their family members because of the health and wellness services readily available to residents at the community. Living at The Glen, where compassionate staff and friendly neighbors form a supportive community, give residents the opportunity to lead a more active life – without the worry.

According to the 2019 Age Well Study, respondents reported their social, intellectual, physical, and emotional wellness have improved in varying measures since moving to a Life Plan Community. The Glen caters to each area of wellness with the various services and amenities provided – these include CATS: Culture, Arts, Science and Technology series, performing arts presentations, exercise classes, services available in the chapel, and wellness amenities that are available at Redbrook.

Social opportunities abound in a Life Plan Community. At The Glen, a calendar of events is distributed at the beginning of each month to give residents the option to participate in a wide variety of activities and interact with their friends and neighbors. According to the Elder Care Alliance, research has found that social support can play a significant role in overall health as people age.

Levels of Care

The Glen offers independent living through Redbrook Independent Living at The Glen, which opened in October 2021 with 60 brand new residences on three floors. Redbrook offers the services of staff to change a lightbulb, hang a painting, and assist with technology, among other requests. Residents enjoy the convenience of a hair stylist and a fitness expert steps from their front door. In addition, there is no longer the age-old question of "What are we cooking for dinner?" Redbrook's dining options offer a wide variety of sumptuous dishes that satisfy the pickiest of palates.

Independent living and assisted living are both available at The Stiles Apartments.

Residents can not only make their apartment their home, but also have the benefit of not worrying about maintenance. Assisted Living provides residents the opportunity to receive some assistance and still maintain a sense of independence and quality to their lives.

There are multiple opportunities for social engagements.

At The Cottages Assisted Living Memory Care, those who have dementia continue to live in a homelike environment with opportunities to interact with other residents in daily activities and form connections with new friends. Trained staff assist residents with their daily routine and offer support when needed. Activities and events are scheduled to provide engagement and improve cognitive function.

Village Health Care supports community wellness by providing skilled nursing services in a household setting. Residents enjoy the comforts of living in familiar spaces while being provided necessary health care.

The entire community benefits from services offered by our dedicated therapy team. We also have a nurse practitioner and a local physician who are able to make "house calls" to residents on campus in all areas of living.



Clergy members appreciated



Back row, from left to right: Rev. David Rice of Brookwood Baptist Church, Rev. Keith Tarkington of Summer Grove Baptist Church, Rev. Dennis Sims of Ellerbe Road Baptist Church, Rev. Paul Walker of Woodridge Baptist Church, and Rev. Jackie King of Life Path Hospice. Front row: Rev. Barbara Hampton Driscoll of First Christian Church of Bossier and Rev. Ashley McGuire of Life Path Hospice.

Staff from The Glen enjoyed a time of fellowship with clergy members from our community in January, showing our appreciation for them and their congregations. Clergy members from a number of churches and organizations devote valuable time and resources ministering to residents of The Glen throughout the year. Through Bible studies, services in our onsite chapel, personal visits, and prayer, the work of these clergy members is much needed and cherished by residents at The Glen.



Alzheimer's Walk

The Glen team members, Sarah Crawford, Amy Krohn, and Sharon Summage, attended the annual Alzheimer's Walk at the Boardwalk this past fall. The annual walk is designed to bring awareness to the disease and raise funds to support finding a cure.

Breakfast series highlights wellness

A breakfast series offering the expertise and observations of local medical doctors kicked off recently at The Glen.

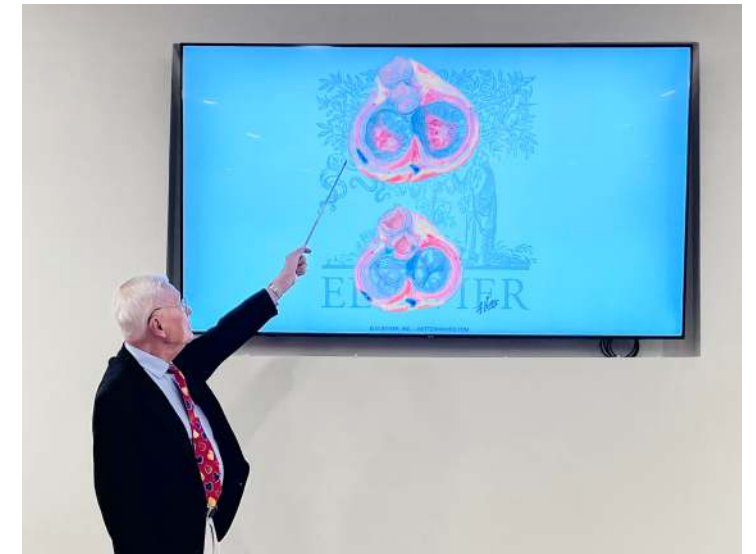
Wellness Wisdom is a new series intended to inform visitors and Redbrook residents about key health issues of interest to older adults.

The first meeting featured retired cardiologist Robert T. Lafargue, M.D., who spoke about "The Aging Heart."

Light refreshments are served during this bi-monthly event.

The next Wellness Wisdom breakfast will be held in April featuring William M. Wilder, M.D., a retired gastroenterologist.

For more information about the series and how to attend, call (318) 213-3555.



Dr. Robert Lafargue spoke about "The Aging Heart" during the first Wellness Wisdom event at The Glen in February.



CATS events to return in May

CATS: Culture, Arts, Technology, and Science, a series presented by the Paul and Betty McDonald Foundation, will return to The Glen this spring.

The season will kick off with a visit from the Shreveport Opera XPress (SOX) on May 9.

Other CATS presentations will take place in June, July, and August, and the season will conclude September 12 with a performance by the Shreveport Symphony.

For more information and to stay updated about CATS events, visit theglen.org/cats. To RSVP for an event, call (318) 213-3555.

Looking for a speaker?

The Glen is turning 125 years old this year, and we'd love to come to your civic group or meeting to talk more about The Glen's past and future, including the latest expansion of Redbrook. If you're interested in having a representative from The Glen speak for your group, call (318) 213-3555.



Clockwise from the top: Dot Hensley presented a check to the Northwest Louisiana Food Bank for a donation from Redbrook residents; Mary and Jim Bolin, and Rita and Jerry Guin, played a Redbrook version of the "Not-So-Newlywed Game;" Mavis Calahan and Paulette Hawthorne attended The Glen's Veterans Day recognition ceremony; Lou Hanson and Judy McCallister helped make Valentine's Day cards for other Stiles residents.

Clockwise from the top: Betty Kelley displayed wonderful Christmas decorations in her apartment; Irma Matthews played balloon volleyball with other residents in Village Health Care; "Elvis" got everyone all shook up at Village Health Care when he made an appearance on New Year's Eve — here he posed with Dolories Tarver.



heartwarmers

*The Glen gratefully acknowledges the following
for their generous financial support:*

AUGUST 1, 2022-JANUARY 31, 2023

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warm hearts this way

The Glen relies on your support to continue its mission of enriching the lives of seniors through housing, health care and services. We appreciate your contribution.

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Employee Benefit Fund Undesignated Fund

Community Services Future Growth

My gift is in: memory of: _____

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Stiles residents enjoyed beautiful weather at the Fall Festival.



Members of the Rotary Club of Shreveport delivered carnations on Valentine's Day.

CONNECT WITH US!



THE GLEN'S COMMUNITIES & SERVICES

INDEPENDENT LIVING

Redbrook at The Glen
Shreveport, Louisiana | 318.213.3555

ASSISTED LIVING

The Stiles Apartments (Level 4, 24/7 Nursing Staff)
Shreveport, Louisiana | 318.797.6810

The Cottages (Specializing in Memory Care)
Shreveport, Louisiana | 318.798.3500

SKILLED NURSING CARE *Includes Short-term Rehabilitation and Memory Care*

Village Health Care
Shreveport, Louisiana | 318.213.3500

CALL 318.798.3500 | EMAIL INFO@THEGLEN.ORG