



# Milestones

A publication of Morning Pointe Senior Living

Spring 2017 • Volume 5, No. 1

Celebrating  
*a 20-year*  
LEGACY



## A MESSAGE FROM OUR PRESIDENT

Taking a look back through time is like opening a treasure trove filled with rich memories and valuable moments. With 20 years behind us, we are grateful to have shared these treasures with you.

In every issue of Milestones, we tell stories of sacrifice and success, hard work and honor, of the residents who reside with us, the associates who work with us, and the families that trust us.

In this issue, you will meet a resident whose path of generosity crossed with Mother Teresa. You will also read the itinerary of a World War II veteran who took a once-in-a-lifetime opportunity to see the post-war countryside of France with his own two eyes. With a turn of the page, you will make the acquaintance of Miss America 2016 Betty Cantrell.

We hope you enjoy our 20<sup>th</sup> anniversary timeline, as we turn back the hands of the clock and retrace the many steps that led us to where we are today. This is an opportunity to look back to when Morning Pointe first planted its roots into the rich soil of eastern Tennessee.

In addition, you will read the stories of our long-time associates – many giving more than a decade of service to our residents and their families.

For two decades, we've counted on our communities and partnerships to make an impact on the lives of seniors, and you can read their stories of philanthropy and success between these two covers.



**Greg A. Vital**

President and CEO

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Today, we have grown to 27 senior living and memory care communities in five southeastern states, providing exceptional care and customer service based on Judeo-Christian values and our mission to serve.

Our purposeful programming and personalized therapies encourage greater independence and quality of life, making a difference in the lives of seniors.

Let us celebrate the fact that we could not have grown to be the region's choice for quality senior living without the nourishment from our hardworking associates, community partnerships, ample volunteers, and the residents and families that call Morning Pointe home.

Sincerely,

A handwritten signature in black ink that reads "Greg A. Vital". The signature is fluid and cursive.

Greg A. Vital  
President and CEO



Morning Pointe  
Milestones

Milestones is a biannual publication of Independent Healthcare Properties, LLC for the residents, associates and friends of Morning Pointe.

**Greg A. Vital**  
President and CEO

**Franklin Farrow**  
Chief Operating Officer

**Amy Clarke**  
Senior Editor

**Brittany Leavitt**  
Creative Director

**T. Mathis Payne**  
Contributing Writer

**Address Comments and Suggestions to:  
Morning Pointe Milestones**

*Independent Healthcare Properties, LLC*

6020 Arbury Way, P.O. Box 813  
Ooltewah, TN 37363  
(423) 238-5330 • morningpointe.com

For the latest on all of the Morning Pointe senior communities, visit us at morningpointe.com.



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## *A Meaningful Moment with* **MOTHER TERESA**

**O**n September 4, 2016, Mother Teresa, Roman Catholic nun and Nobel Peace Prize winner, was canonized by the Catholic Church as St. Teresa of Calcutta. Nineteen years after the saint's passing, Louise Gork, resident at Morning Pointe of Chattanooga at Shallowford (TN), reflects on her experience more than 40 years ago when her path of volunteerism would cross with the renowned goodwill advocate.

It was a documentary about Mother Teresa that struck a chord within Louise's heartstrings. Her Catholic Church upbringing, the film, sermons and priest talks all prompted her to serve people in need.

"I thought, 'How could I not go,'" Louise says. "I just had the spirit that I wanted to go. I wanted to be able to do that kind of work."

Inspired to help, she called the Missionaries of Charity – an international mission led by Mother Teresa – and pledged to volunteer. But Louise had no idea that her inquiry would eventually take her to India.

"At first, I went to Harlem on West 127<sup>th</sup> Street, and I thought, 'Wow, right in the heart of New York City and everything,'" Louise recalls. "I would help in the kitchen and I would chop up vegetables."

After her assignment in Harlem was over, the volunteers were assigned to set up a homeless camp in the Bronx in an old Head Start building. There, she and others served lunch and dinner to children riddled by family separation caused by crime and illicit drugs. The volunteers would do crafts with the kids and teach them how to write.

Louise says Mother Teresa's nuns, who operated the shelters, were very strict.

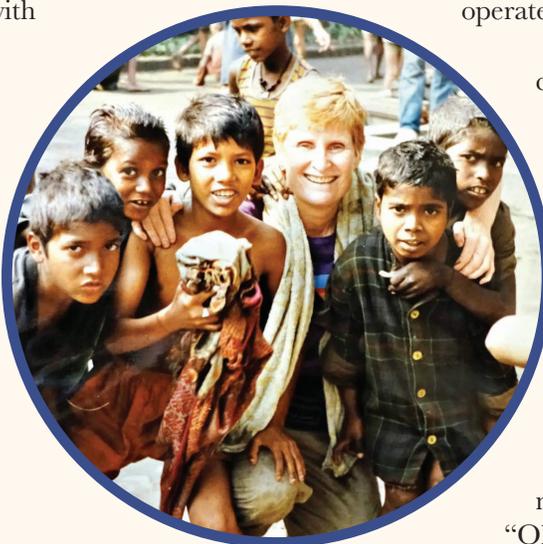
"They worked us very hard in the camps from 9 a.m. to 3 p.m., and there was no air conditioning," she says. "I think I had to clean like 30 toilets or something like that. I just dove in and cleaned [them] and flushed."

After a couple years passed, 49-year-old Louise returned to her home town, taking with her inspiration from the nuns in New York City. But she was moved by the spirit of compassion once again, and applied for a six-month visa to India to volunteer.

"Oh my God, I'm going to India,"

she says she thought to herself when receiving news of her acceptance.

Carrying only a backpack, sandals and the clothes on her back, Louise left for India on her own. She arrived in Bombay, where she stayed for two days until receiving her first international assignment in one of Mother Teresa's operations in Calcutta. Her task was to comfort the dying and diseased.



Louise and volunteers from all over the world held hands with those taking their final breaths, offering dignity and quality of life to the ill in leper colonies and places afflicted by AIDS.

“You would hold their hand, and they would know someone cared for them when they died,” Louise says, recounting the volunteers’ tear-stained tests of faith.

When her assignment ended, Louise returned to Harlem to volunteer for another year, describing the city as the “Taj Mahal” in comparison to impoverished conditions in India.

While Louise was volunteering in Harlem, Mother Teresa made an appearance in the city at one of the convents. Excited to hear the news, Louise and other volunteers gathered there for a once-in-a-lifetime opportunity to meet the famous nun. They took pictures and witnessed her presence with awe.

During her appearance, Mother Teresa adorned each of the volunteers with a Miraculous Medal – a pendant and Catholic token of faith featuring a carving of the Virgin Mary. She blessed each medal, kissed it and put it around the volunteers’ necks.

Because she did not have other Catholics in her family, Louise gifted the medal to a friend – a priest who gave one of many talks that inspired her to help the poor.

Remaining from her travels and encounters in mission work are pamphlets, greeting cards, notes and passages of faith, preserved between the pages of a crimson prayer book.

“Do not despair that you cannot change the world in a day or two. Instead, just give your very best in the little things you do. Then you will find in days to come when taken all together, these little steps did change and make the world a little better,” Louise quotes a passage written by Thomas C. Gallagher, neatly tucked between the book’s pages.

Precious memories with the people she met from her travels remain suspended in time, hanging from picture frames in her bedroom at Morning Pointe.

An active volunteer to this day, Louise says she thanks God for the privilege to be among people in need, saying that volunteerism saved her spiritual life.

“It made me realize that we’re all brothers and sisters,” she says. “We share – no matter what color you are – the same blood. We share the same humanity.” ✠



*Louise Gork, Morning Pointe of Chattanooga at Shallowford (TN) resident, and other volunteers received a Miraculous Medal blessed by Mother Teresa during the saint’s visit to her Harlem convent in New York City, NY.*

# CROSSING THE SHORES OF NORMANDY

On the anniversary of D-Day, Fletcher Williams, a 94-year-old resident at Morning Pointe of Richmond (KY) and World War II veteran, made a voyage across the Atlantic Ocean to revisit the grounds where he once served. Fletcher says he was inspired to travel to France after a conversation with his nephew, Ronald Hale, also a veteran, who wanted to go overseas. Ronald said he would take Fletcher to visit Normandy someday; that “someday” was in June 2016.



*In June 2016, Fletcher Williams, World War II veteran and Morning Pointe of Richmond (KY) resident, received an award during his tour of France.*

It would be the first time in 72 years that Fletcher set foot on the French coastline where the infamous battle took place. Back then, a 20-year-old Fletcher and other troops of the 82<sup>nd</sup> Airborne Division 325<sup>th</sup> Glider Infantry boarded a British military glider and crash landed on French soil as they made their way to Utah Beach on foot to fight the German forces.

More than seven decades later, he and Ronald flew from Detroit, MI, to Normandy, France. When they arrived, they were welcomed by the kind townspeople of Sainte-Mère-Église – the commune where Fletcher was once stationed.

The duo visited museums, monuments and historic sites that chronicled the fight of the century. They also toured the command centers used by the German forces – now empty concrete structures encased in moss.

Fletcher says he saw all of Hitler's bunkers. "All are still intact, but inoperative," he says.

He inspected a British military glider much like the one he and other troops boarded. Gliders – stealth aircrafts designed to deliver troops and equipment to combat zones – are still used in military training, though no longer used in combat.

During his week-long tour, he received much respect from the people of Sainte-Mère-Église.

Much to his surprise, Fletcher

returned home to Richmond with an award and certificate from the mayor of the French commune for his service during the war. The award joins a collection of five medals earned by Fletcher for his service – among those are a Purple Heart, one Bronze Star, a medal for good conduct, and a Theatre Ribbon representing the number of campaigns he served.



*Fletcher set foot in a British military glider, much like the one he and others in the 325<sup>th</sup> Glider Infantry boarded en route to Utah Beach.*

### **The Shores of Normandy Seven Decades Later**

Fletcher would not be the only World War II veteran to return to the shores of France. Veterans from around the world travel to Normandy every year to recollect the experiences of the tragic mission

that took place seven decades ago.

While visiting the French state, veterans and curious guests are met with an itinerary of community events that detail the wartime efforts leading to the liberation of France from Axis control. Along the tour are monuments marking some of the most arduous hours in the 20<sup>th</sup> century.

### **World War II - Veterans Facts and Figures**

Of the 16 million American men and women who served, only 620,000 are still alive today. Sadly, World War II veterans are dying at a rate of 430 a day.

Fletcher is one of 8,800 surviving World War II veterans in the commonwealth of Kentucky. Estimates suggest that by 2036 there will be no more World War II veterans to share their experiences of one of the most challenging eras the world has ever known.



ATLANTIC OCEAN

NORMANDY

OMAHA BAY

FRANCE

**It would be the first time Fletcher had visited the French coastline where the infamous battle took place 72 years ago.**

**1**

**Lexington, KY, USA to Paris, France**

On June 3, 2016, Fletcher and Ronald departed Lexington, KY, for Detroit, MI. From Detroit, the two travelers boarded a plane that would cross the Atlantic Ocean, landing in Paris Charles de Gaulle Airport after an 8-hour flight.

**2**

**Paris, France to Omaha Beach**

Fletcher and Ronald boarded the Beyond Band of Brothers Bus on June 4, 2016, taking a 3-hour drive to the Mercure Hotel Omaha Beach. When they arrived, they were given a presentation of the tour and program. The gentlemen then enjoyed free time to settle in at their new destination.

**3**

**Pointe du Hoc & Saint-Laurent-Sur-Mer**

The next day would start with a bus trip to the promontory Pointe du Hoc, Saint-Laurent-sur-Mer and eventually Omaha Beach – the historic site where Allied forces landed during the Normandy invasion.

# NORMANDY

## JUNE 6, 1944

4

### Normandy American Cemetery

Fletcher and Ronald would then arrive at the Normandy American Cemetery in Colleville-du-Mer – one of 16 American overseas cemeteries managed by the American Battle Monuments Commission.

5

### Utah Beach & Sainte-Mère-Église

On June 6, 2016 – the anniversary of D-Day – the men would visit Sainte-Marie-du-Mont and Utah Beach. The duo then proceeded to Sainte-Mère-Église. They visited the Airborne Museums and the Church of Sainte-Mère-Église – the very church in the famous photo of the 101<sup>st</sup> paratrooper hung on the steeple.

6

### Dead Man's Corner Museum in Saint-Côme-du-Mont

While visiting the city, the mayor and councilman presented Fletcher with a certificate and flowers from the city. Fletcher and Ronald then visited Dead Man's Corner Museum in Saint-Côme-du-Mont to buy authentic World War II souvenirs.

7

### Longues-sur-Mer German Battery and Control Bunker

A drive to Longues-sur-Mer would start the day on June 7, 2016, followed by visits to the German Battery and Control Bunker, Arromanches-les-Bains and the Cinema Circulaire.

8

### Juno Beach, Sword Beach & Pegasus Bridge Memorial

A drive along the coast of Normandy would lead the travelers to Juno Beach, another beach occupied by German troops during the Normandy invasion. Sword Beach and the Pegasus Bridge Memorial would be the final stops before ending the day in Port-en-Bessin-Huppain.

9

### Paris, France to Lexington, KY, USA

Fletcher and Ronald returned to Paris on June 8, 2016, flying back to Atlanta, GA, and then Lexington, KY. 🇺🇸

*\*Numbers 1 and 9 not shown on map.*

*\*Places on map are approximate.*

# CROWNING

*the beauty of education*



**M**orning Pointe’s assisted living residents in Chattanooga, TN and Collegedale, TN enjoyed supporting District 9 (D9) Ooltewah Harrison Education Foundation and meeting guest speaker Miss America 2016 Betty Cantrell during the D9 Visionary Luncheon at the Hunter Museum of Art.

Betty, a Georgia native and Mercer University junior, won the Miss Georgia title and eventually became the state’s first titleholder to bring home the Miss America crown in more than six decades.

Serving as a National Goodwill Ambassador for Children’s Miracle Network Hospitals, Betty carries her own personal platform, “Healthy Children, Strong America” – an initiative to encourage children to make healthier choices. She also shares the Miss America Foundation’s

mission to encourage scholarship and academic achievement.

During the luncheon, Betty expressed her love for country music in song and spoke of her aspirations to be a country singer. She also shared her deep appreciation for art education, offering anecdotes of her own involvement in various creative projects.

D9, the event host, raises funds to support elementary schools within the district. Sponsorships, community memberships, fundraising efforts and grants help the organization offer better educational opportunities for children.

Morning Pointe Senior Living, a long-time supporter of education, was one of the main sponsors of the event.

“Morning Pointe has been involved in intergenerational programming for nearly 20 years,” says Greg A. Vital, president and

CEO of Independent Healthcare Properties and Morning Pointe.

“Our seniors and associates are always seeking opportunities to give back to the community in ways that help young people reach their potential.”

Residents from Morning Pointe of Chattanooga at Shallowford and

**“Morning Pointe has been involved in intergenerational programming and education for nearly 20 years.”**

**– Greg Vital**

Morning Pointe of Collegedale at Greenbriar Cove were present to hear Betty’s presentation. The seniors took photos and exchanged warm embraces with the titleholder, sharing a beautiful moment they’ll never forget. 📸







# BON-BON'S BARK OF BRAVERY

When Bonnie Sue (a.k.a. “Bon-Bon”) became a member of The Lantern at Morning Pointe Alzheimer’s Center of Excellence, Chattanooga (TN) family, the residents and staff liked one thing about her; she didn’t bark.

Until one day, the corgi-beagle mix began to bark – loudly and nonstop after encountering resident Darby Smart in the memory care community living room. It seemed Bon-Bon had noticed something strange about the woman.

Hearing Bon-Bon’s unusual outcry, a nurse nearby quickly responded. The associate approached the scene to find Darby sitting still – only her eye was twitching and she was completely silent. It appeared Bon-Bon revealed that something was wrong with the resident. What she specifically sensed remains a mystery.

A visit from the on-site physician revealed Darby had suffered a transient ischemic attack (TIA). Though the staff later learned the resident had a history of TIA events, Bon-Bon had witnessed the resident’s first episode at the memory care community.

Darby also had aphasia – a communication disorder that impairs speech and language abilities. This would give even greater significance to Bon-Bon’s discovery, as the resident would have been unable to communicate that she was in trouble.

But the corgi-beagle’s attention to detail didn’t stop there. Later that day, another resident required assistance in a separate event. Bon-Bon hurried to the resident, keeping close to him while nurses resolved his needs.

“She was feeling her Wheaties that day,” says Alisha Landes, executive director of The Lantern at Morning Pointe of Chattanooga.

Alisha says she and the associates say Bon-Bon has been a blessing to the community, offering the compassion only a canine can give.

It is a trend many medical and nonmedical communities would adopt; pets in the environment are said to contribute much more than cuddles.

“Research has shown that pet

Lantern at Morning Pointe.”

And research from the Mayo Clinic agrees; pets (in animal-assisted therapy programs) can help people manage a variety of health conditions, including cardiovascular illnesses and mental health disorders.

But when there is a call for comfort, pet therapy (through animal-assisted activities) has been shown to help enhance mood and improve quality of life – especially



**“She’s our angel,”  
Landes says.  
“She’s been a  
great companion  
and it was a great  
decision that  
we got her.”**

in the senior care environment.

Pets have frequently made major news headlines for their heroic acts, ranging from rescuing an owner to identifying emergencies and illnesses as Bon-Bon did.

Morning Pointe communities have witnessed the beneficial interactions between animals and residents. Furry and four-legged guests are invited on a regular basis as a part of the pet therapy program, and some of the assisted living and memory care campuses add a pet as a permanent part of the community.

“Since Bonnie Sue has been with us, she has been a calming

therapy may help with anxiety, depression, behaviors and many other issues in our loved ones with Alzheimer’s,” says Alisha. “We have found this to be true here at The



presence to our residents and staff,” Alisha says. “You will find her lying out in the courtyard soaking up the sun, or sitting at the feet of one of the residents. Wherever she is, she is available whenever the residents need her. We are so blessed to have her here with us.”

Being a part of The Lantern at Chattanooga family for several months, it appears Bon-Bon has earned more than her stay. But at the end of the day, the corgi-beagle asks for no awards, major headlines or trophies; only a tummy rub and treats will do. 🐾



*Bon-Bon alerted The Lantern at Morning Pointe team about Darby Smart, resident, who had a medical emergency.*

*Since joining her family in early 2016, Bonnie Sue (a.k.a. “Bon-Bon”) has been a favorite four-legged resident at The Lantern at Morning Pointe Alzheimer’s Center of Excellence, Chattanooga.*

## DID YOU KNOW?

Pets (in animal-assisted therapy programs) can help people manage a variety of health conditions, including cardiovascular illnesses and mental health disorders.

*Source: Mayo Clinic*



# CELEBRATING a 20-year Legacy



Morning Pointe Senior Living founders Greg Vital and Franklin Farrow mapping out early strategy during weekend board meeting.

— 1997 —

The first corporate office for parent company Independent Healthcare Properties, LLC, opens in Georgetown, TN.



Early groundbreaking in Kingsport, TN.

— 1998 —

Morning Pointe Senior Living ventured into senior residential housing with individual homes built for seniors 55+ at Greenbriar Cove in Ooltewah, TN.



Morning Pointe Senior Living launches Arts and Crafts-themed architecture campus in Collegedale, TN and Hixson, TN.

— 2006 —

Morning Pointe expands its memory care in a senior campus in Frankfort, KY and Lenoir City, TN.



Morning Pointe introduces its first Wall of History, showcasing its commitment to history and the local community.

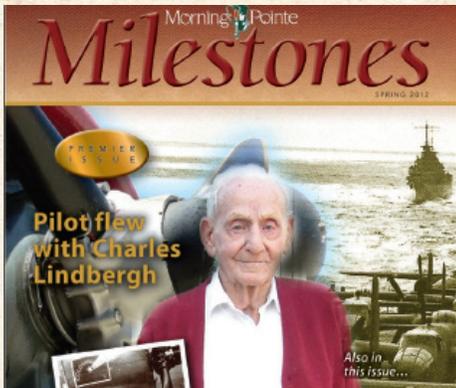
— 2011 —

The company marks expansion into the Nashville, TN and Lexington, KY markets.



# 20 YEARS

## Morning Pointe Senior Living



Morning Pointe prints its first biannual magazine highlighting the milestones of their residents, the associates and the company.

— 2012 —

Morning Pointe builds new corporate headquarters in Ooltewah, TN to consolidate operations and development.



Exceeding Expectations - Morning Pointe introduces its associate recognition program with quarterly and annual awards.

— 2013 —

Greg Vital and Franklin Farrow seed the Morning Pointe Foundation, connecting educational initiatives and supporting caregivers in its mission to advance the care of seniors.



The Morning Pointe Foundation announces its first nursing scholarship through its partnership with Chattanooga State Community College.

— 2014 —

The Morning Pointe Foundation starts its first Mastering Memory Care golf tournament at Lookout Mountain Golf Club, Lookout Mountain (GA), now raising over \$100,000 annually.



Morning Pointe introduces the public to a free regional Alzheimer's caregiver awareness event featuring Kim Campbell, wife of Glen Campbell.

— 2015 —

Morning Pointe expands in Louisville, KY, Russell, KY, and Spring Hill, TN. All three senior living and memory care communities are set to open in 2017.





# 20 Morning Pointe Senior Living YEARS





Two guys, an old truck and an incredible vision to change the senior healthcare industry – that’s how it all began 20 years ago this year. Now, Morning Pointe Senior Living is one of the region’s premier choices in senior care.

Life enrichment is at the heart of the programming at our Morning Pointe Senior Living communities. With every year of growth and every milestone, Morning Pointe has added more skilled and passionate professionals who genuinely care about seniors. With each addition along the way, new programs have been developed to better serve the residents, associates and families. All three groups work together, bringing to life amazing opportunities for engagement, socialization and true service.

It’s all part of creating a *Meaningful Day* at Morning Pointe. The assisted living, personal care and Alzheimer’s memory care communities are places where residents are cared for and safe. They are places where seniors matter.

On behalf of all who have helped make Morning Pointe Senior Living what it is today – thank you! 🌿



# 20 YEARS

Morning Pointe Senior Living  
Serving Seniors Since 1996

## EXCEEDING EXPECTATIONS

It's more than a job; it's a career, it's a calling. Since Morning Pointe began serving seniors 20 years ago this year, more and more highly dedicated, trained and passionate professionals have chosen to join the team. Morning Pointe Senior Living has grown from a staff of two to more than 1,400 across five states in the Southeast. Twenty of these individuals will mark major anniversaries

themselves – some serving as long as 17 years. And nearly 100 more will celebrate five years of service with Morning Pointe. Morning Pointe Senior Living continues to be the region's choice in senior care, serving a growing aging population and their families for generations to come. Congratulations to all of those who have “exceeded expectations” by serving seniors the Morning Pointe way. 🍀



**PHILIP HAFFCKE**  
Started in 1998  
Maintenance Director  
Morning Pointe of Greeneville (TN)

*“I enjoy what I do and I see how the company and employees care for our residents... and that makes it a good place to work and for our residents to live.”*



**DEAN RODDY**  
Started in 1999  
Director of Investor Relations  
Independent Healthcare Properties and Morning Pointe Senior Living

*“I’ve enjoyed the pace of development, the growth of the company and seeing the overall expansion of the company. It’s constantly changing and constantly improving.”*



**TAMMY LONG, CNA**  
Started in 1999  
Lead Resident Assistant  
Morning Pointe of Calhoun (GA)

*“Family is what it feels like. I feel as comfortable here as I do at home. I know I can depend on my team. I couldn’t ask for better people here at Morning Pointe.”*



**GWEN BARNES**  
Started in 2001  
Executive Assistant to Greg A. Vital  
Independent Healthcare Properties and Morning Pointe Senior Living

*“Greg is wonderful to work with, and the IHP and Morning Pointe team of associates is the best. I am extremely thankful to Greg and Franklin for giving me the opportunity to be a part of such a wonderful company.”*

### 15-20 Years

Dean Roddy  
Philip Haffcke  
Tammy Long  
Gwen Barnes

### 10-15 Years

Tammy Stone  
Donna Bishop  
Connie Barnes  
Linda Andrews  
Kimberly Hicks  
Jeanette Tucker  
Delores Thurman  
Leah Cheeks  
Latrice Hubbard  
Elizabeth Ketcherside  
Tanya Turner  
Betty Elrod  
Betty Griner  
Helen Provost  
Tamara Kilgore  
Juanita Bellaphant  
Kimberly Atkinson  
Judy Jenkins  
Linda King  
Leslie Stinnett  
Norma Cooper  
Peggy Turner

### 5-10 Years

Mary Pate  
Mary Beth Piland  
Marilyn Cooper  
Brenda Johnson  
Mary Gross  
Heather Trew  
Joann Gordon  
Wilfredo Lithgow  
Jean Stapleton  
Marilyn Kennedy  
Kristy Christlieb  
Donald Swafford  
Helen Akridge  
Kathy Hensley  
Dawn Dunn  
Jill Johnson  
Beverly Spates  
Bobbie Splawn  
Debra Sudduth  
Sharon Claridy  
Seteriet Weaver  
Tazia Smith  
Sharon Hollie  
Linnis Ford  
Mary Braden  
Shannon Wilson

Shirley Terry  
Mary Short  
Lois Nelson  
Balinda Mink  
Frankie Parrott  
Phyllis Dale  
Virginia Schanley

Lola Rader  
Sandy Bevill  
Holly Holcomb  
Stephanie Gann  
Robert Horvath  
Connie Cunningham  
Melanie Etter  
Wilma Howard  
Margaret Baldrige  
Brenda Butler  
Jenny Gordon  
Linda Noll  
Karen Harris  
Linda Miller  
Sacha Hankey  
Robert Barrett  
Debra Kirkland  
Sarah Lee  
Kimberly Baker  
Valery Dagermandzhyan  
Tammy Price  
Gregory Howard  
Marsekia Hollins  
Lisa Grant  
Martha Arnwine  
Shauna Sanford  
Pamela Mays  
Betty Wright  
Shelley Stivers  
Alex Zegarra  
Kayla Updike  
Johnnie Watson  
Cheryl Smith  
Stacy McJunkins  
Georgette Smith  
Roger Risner  
Sandrine Hazel  
Deanna Ratledge  
Whitney Smith  
LuAnn Hanchett  
Virginia Willis  
Donna Stephens  
Karen Jones  
Aldo Ancheta  
Debbie Carver  
Melissa Locke  
Brien Applewhite  
Amy Clarke  
Lauren Lee  
Lori Goins  
Pat Caron

*\*As of 9/22/16*

# Long-Time Associates





*The historic Centennial Park is a central point of focus at Morning Pointe of Danville (KY).*

# HALLS OF HISTORY

Perhaps a unique feature at Morning Pointe's senior living and memory care communities are the stories and memorabilia that take residents and guests back through time. Spectators who wander these halls witness history in full color through the tales they tell. Elaborate paintings of the Chattanooga Choo-Choo in Tennessee, the historic parks of Danville, KY, and the Kentucky Derby in Louisville, KY bring the

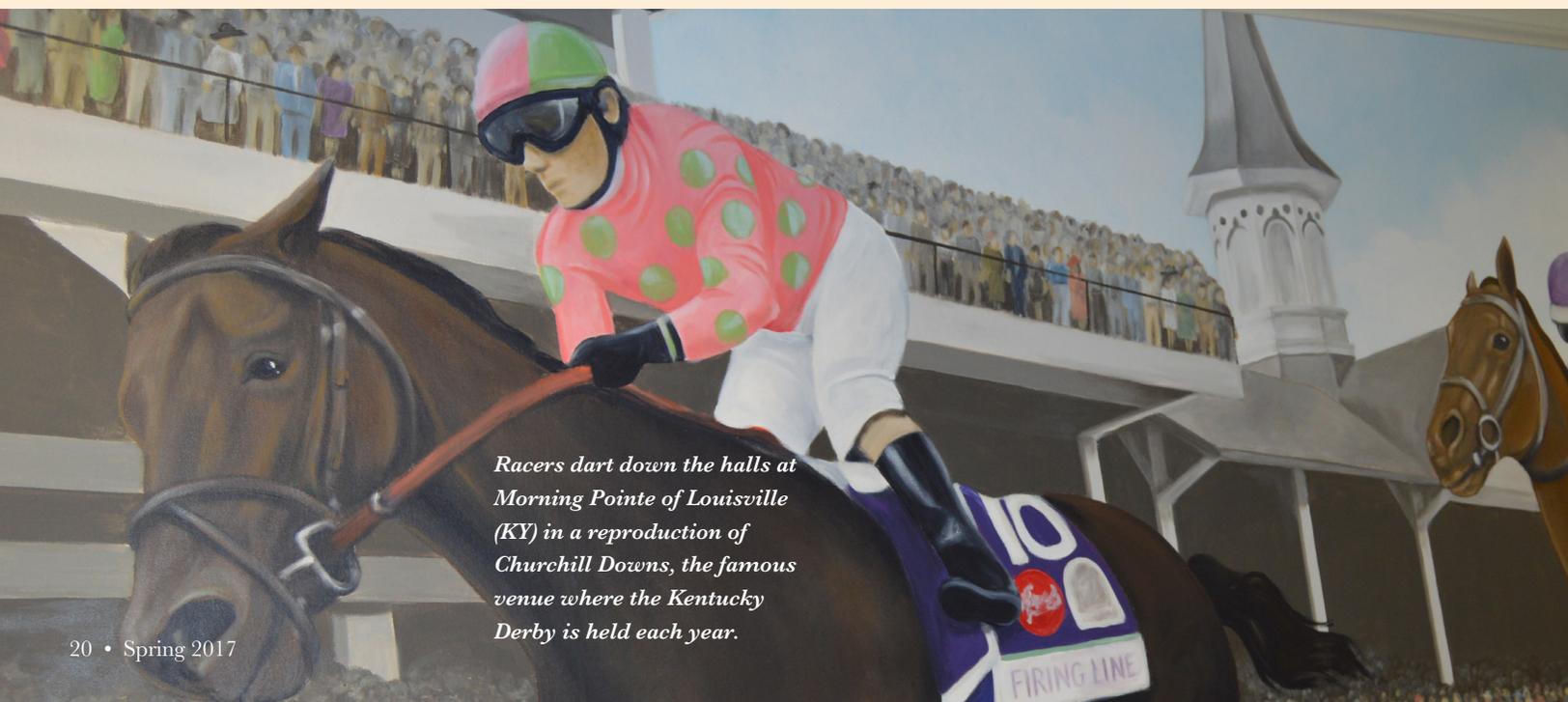
fondest of memories alive. Vintage snapshots find themselves neatly arranged in grand galleries and are talking points during community tours.

Guests have even welcomed the pleasant surprise of "finding themselves" in photos from generations past. These moments are always met with many heartfelt reflections.

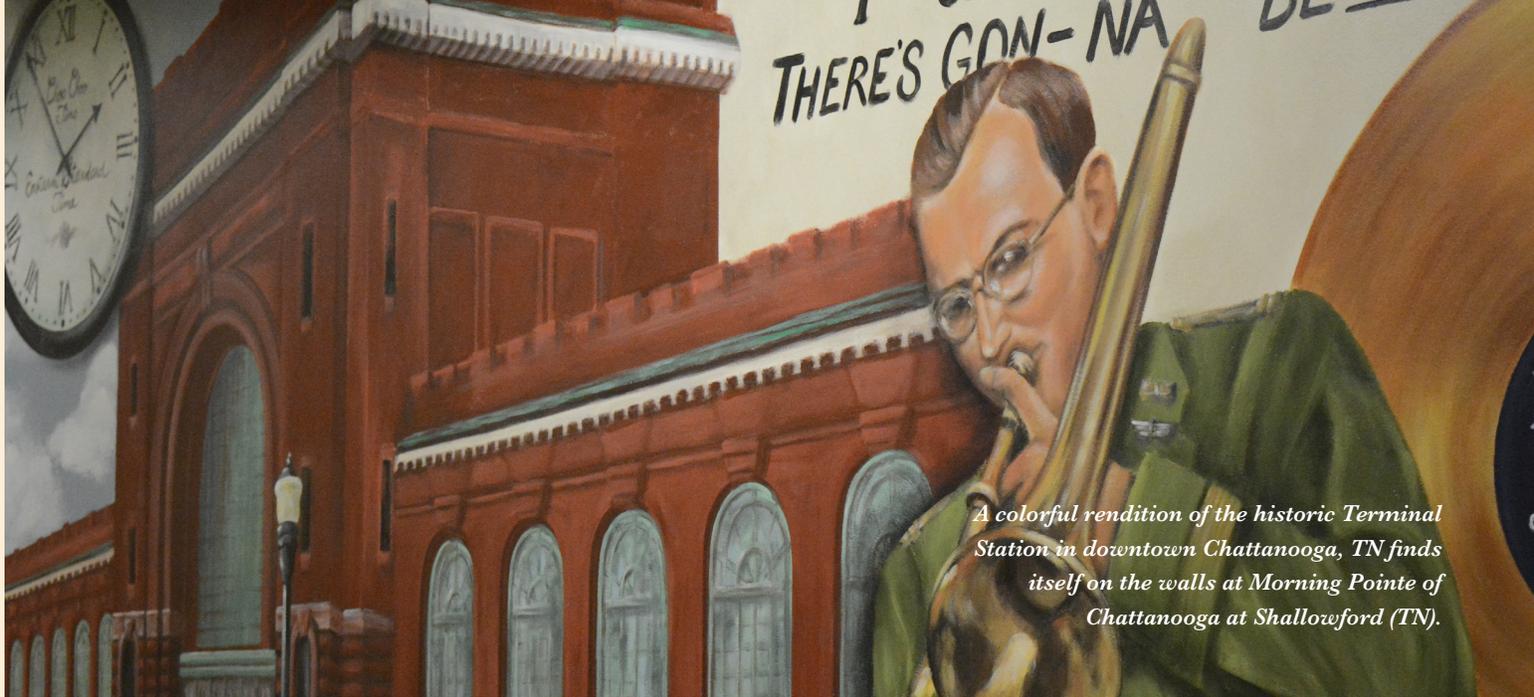
Memorabilia – vintage sporting jackets, collegiate signage – are displayed in marked corners of

our senior living and memory care communities. Wherever residents go to relax or visit with friends and family, these memories are found.

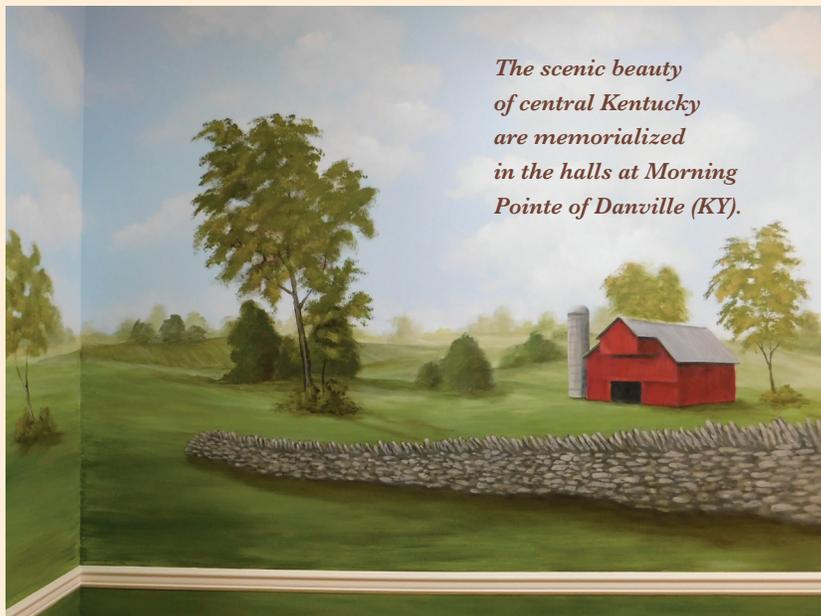
Skilled artists and photographers are credited with bringing distant memories close to those who call Morning Pointe Senior Living home. This décor is thoughtfully crafted to bring the culture indoors for everyone to admire, never forgetting that which came before us. 🍷



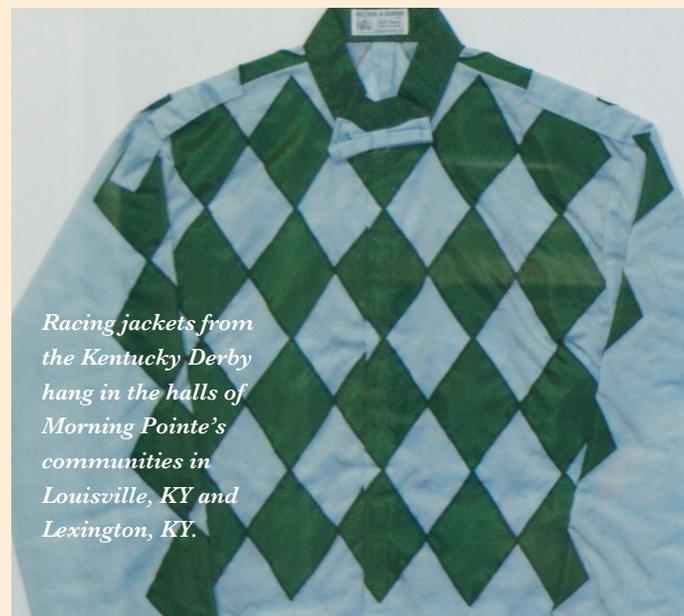
*Racers dart down the halls at Morning Pointe of Louisville (KY) in a reproduction of Churchill Downs, the famous venue where the Kentucky Derby is held each year.*



*A colorful rendition of the historic Terminal Station in downtown Chattanooga, TN finds itself on the walls at Morning Pointe of Chattanooga at Shallowford (TN).*



*The scenic beauty of central Kentucky are memorialized in the halls at Morning Pointe of Danville (KY).*



*Racing jackets from the Kentucky Derby hang in the halls of Morning Pointe's communities in Louisville, KY and Lexington, KY.*



*The iconic Chattanooga Choo-Choo can be seen down the corridors of our Morning Pointe community in Chattanooga, TN.*



*The scenic Natchez Trace Parkway, also known as Old Natchez Trace, is a 450-mile forest trail, spanning from Mississippi to Tennessee, memorialized at Morning Pointe of Franklin (TN).*



# Trails Through Time

*The Carnton Plantation in Franklin, TN takes history down the hallway at Morning Pointe of Franklin (TN).*



*Colorful memories come alive in the corridors at Morning Pointe of Chattanooga at Shallowford (TN).*



*The tranquil, scenic beauty of Cades Cove is brought indoors for the residents at Morning Pointe of Lenoir City (TN) to enjoy.*



*A gallery of vintage photography finds its place on the walls in many of Morning Pointe's senior living campuses.*



# DRIVEN *to achieve* DREAMS

Before professional race car driver Danica Patrick, there was June Wood Peterson. The Morning Pointe of Brentwood (TN) resident, and former stock car driver, has dared to do what few women in her time had done before.

“I’m not a fearful person about anything,” says June, one of nine siblings raised in Colorado who learned what it meant to survive. For June and her family, survival was learning how to hunt.

“I hunted antelope and whatever we ran across,” she says. “The first thing I killed was a buck deer.”

June’s father and brothers were all deer hunters, and like most people in the area, her family relied on the animals they shot in the wild. Only 15 years old at the time, she would pick up the trade that showed little interest to her sisters.

“I learned how to process, store and hunt game,” she continues, describing a critical survival skill for many hunters in her area. “It was an interesting part of my life, and I was happy.”

June married Thomas Peterson, whose father owned a car dealership. Thomas and his father would build stock cars in their spare time, racing every weekend for several years. At times, they would take June out to the track, and she would have the opportunity to race their cars. Eventually, she would take up stock car racing as a hobby.

“They’d ask, ‘Why don’t you run it around the circle and see how you like it?’ And I did that many times,” June says. “How I learned is from there.”





**While male winners would kiss the “trophy girl” after they crossed the finish line, June would lock lips with a “trophy boy.”**

Buckling up every weekend in a Ford Coupe No. P48, her trials on the track would run her into a number of trophies while racing in the Powderpuff Derby. Spectators would sit in the grandstands, overlooking the dirt track on a small hill. An announcer would boom over the loudspeaker, announcing the car numbers and their respective drivers. June was among few female drivers in these races.

While male winners would kiss the “trophy girl” after they crossed the finish line, June would lock lips with a “trophy boy.” And despite the sport being full of risks, June came away from her races unscarred.

June won seven trophies, each with her name, the date of the race, the drive duration and the winning numbers and speeds.

Other women would eventually follow suit with June’s example, also taking up stock car racing as a hobby. “I don’t know if it was my doing that did it,” she says.

But after a year, June would hang up her keys and end her short career in stock car racing.

“I didn’t want to take a chance at banging up any of their cars,” she says. “I did it just for fun.”

But this wasn’t the end of the road for courageous June, who would take her passion for adventure from

the dirt road to the blue skies.

“I learned to fly when I was 22,” she says. “I had a thing when I was starting to grow up. I wanted to make a list of things that I wanted to do.” June’s husband was a pilot, but she, too, wanted to glide in the clouds. So she secretly took flight instructions from her husband’s pilot instructor and got certified.

One day, the pilot instructor played a prank on Thomas, notifying him that a certain “someone” was trying to steal his plane. Curious and concerned, Thomas went to the



airstrip to find his wife in the air – in his plane – landing her first solo flight.

“He wasn’t mad,” she chuckles. “He knew I was doing it, but he didn’t know I was getting lessons. He has always been proud of the fact that I could fly.”

June says that while men would make fun of her, Thomas would stand up for her brave attempts to do what many women at that time hadn’t done before.

“Everyone seemed to think I was bragging,” June says. “I tried not to do that because I knew it didn’t fit with everyone. But the people who know me know I take great pride in what I do. I’m happy to be able to do it.”

Later in life, June took on another feat – to see all 50 states in the United States. She and Thomas would pack up their things, take an RV and set off into the horizon. But even after traveling from sea to shining sea, her home state always remained her favorite.

“Out of all the states I’ve gone to, Colorado will always be the best place,” she says. “I have such good memories.”

At the age of 90, June still has plans. One day she wants to find a place in Colorado where she can rent a plane so she and a few close friends can take a trip.

And while she has friends and family who support her and her fearlessness, others sometimes express skepticism of her courage.

“Most of these things would make them fearful,” she says about the naysayers and doubters who question her feats. To them, June offers a sound bit of advice. “I tell them that it isn’t for everybody. You have to absolutely want to do it, or you won’t be good at it.”

# Making a Difference THROUGH RESEARCH

*You can help shape the future of health care*



*Dr. Shani Bardach is an assistant professor of gerontology at the University of Kentucky and serves as the director of outreach and recruitment for Alzheimer's disease clinical trials at Sanders-Brown Center on Aging.*



**R**ight now at the University of Kentucky's Sanders-Brown Center on Aging, there are many clinical trials exploring new ways to treat Alzheimer's disease, delay its onset, or prevent it altogether. Those trials – and countless other research studies around the country – would be impossible if it weren't for people who volunteer to participate in research.

Health research leads to discoveries that improve our lives and wellbeing, from the medications we take, to the chemicals in our environment. Doctors and researchers are working hard to identify new treatments and strategies to improve health and understand diseases, but in order to succeed, they need healthy research participants and participants with medical conditions. Studies often have trouble getting enough participants, leaving important

questions unanswered. Participating in research is a way for you to make a difference in improving health care, and it's a way for you to learn more about your own health, too.

### *Why is research important?*

Every medical test you've ever had, every treatment you've received, and every medication you've taken – whether it's an X-ray, an appendectomy, or a cancer drug – was researched to ensure that it's safe and effective. Through research, we can continue to improve health and health care.

### *What's involved in participating?*

Health research varies from study to study, ranging from simple questionnaires and health screenings, to studies of investigational drugs



and devices. Each study follows a carefully controlled plan that is fully explained to you so you can decide if you want to participate.

### *How am I protected?*

The ethics and laws that govern medical practice also apply to research. In addition, health research is federally regulated with strict safeguards to protect participants. The choice to participate is always yours, and you can leave a study at any time. Your name and all information about you will remain confidential.

### *How will I benefit?*

Participating in research can allow you to learn more about your own health and possibly access investigational treatments or devices before they are widely available. While participating in research, you also receive expert medical care. You're also helping others by contributing to research and discoveries for health.



**“Participating in research is a way for you to make a difference in improving health care, and it’s a way for you to learn more about your own health, too.”**  
– **Dr. Shani Bardach**

## Clinical Trials at the UK Sanders-Brown Center on Aging

*The Sanders-Brown Center on Aging conducts basic and translational research into Alzheimer’s disease and other age-related dementias.*

**There are currently several studies underway, including:**

- The Alpha Study for individuals without dementia is evaluating whether the use of a yeast-selenium supplement (AT-001) is safe and whether it may help improve brain health in individuals who do not have dementia.
- The FYN/Connect study will test whether an oral, experimental drug will slow progression in mild-stage Alzheimer’s disease.
- The SNIFF study (Study of Nasal Insulin to Fight Forgetfulness) will explore whether insulin, when administered as a nasal spray, improves memory in adults with a mild memory impairment or Alzheimer’s disease
- The STEADFAST study will evaluate a new investigational medication, azeliragon (TTP488), as an addition to many of the commonly prescribed medications for patients with mild Alzheimer’s disease.

### ***How can I learn more?***

1. Call the Sanders-Brown Center on Aging Research Clinic at (859) 323-5550 to learn about our current research volunteer opportunities.
2. Join Research Match [www.researchmatch.org](http://www.researchmatch.org). This free, secure, national registry allows you to connect with studies across the country. Registration is quick and simple. You can wait to be matched with studies that interest you or you can search for specific studies.
3. The Alzheimer’s Association website has information about clinical trials related specifically to Alzheimer’s disease. Go to [www.alz.org/research/clinical\\_trials/find\\_clinical\\_trials\\_trialmatch.asp](http://www.alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp) to find trials for both healthy and impaired volunteers. 🌱



## SimpleC: There's an App for That

“We can immediately send pictures to mother’s *SimpleC*™ screen,” smiles Nancy King, daughter of Ms. Ruth, a resident of The Lantern at Morning Pointe Alzheimer’s Center of Excellence in Lenoir City (TN). “It’s almost like the next best thing to being there,” she boasts.

The SimpleC technology at Morning Pointe’s memory care communities promotes engagement, communication and memory stimulation. Now, SimpleC has an app for that.

“She loves seeing all of the great-grandchildren. She has a soft spot in her heart for the oldest one and a soft spot her in heart for the youngest one, and she enjoys saying their names and being with them through the app,” Nancy explains. “She lights up. Her face lights up.”

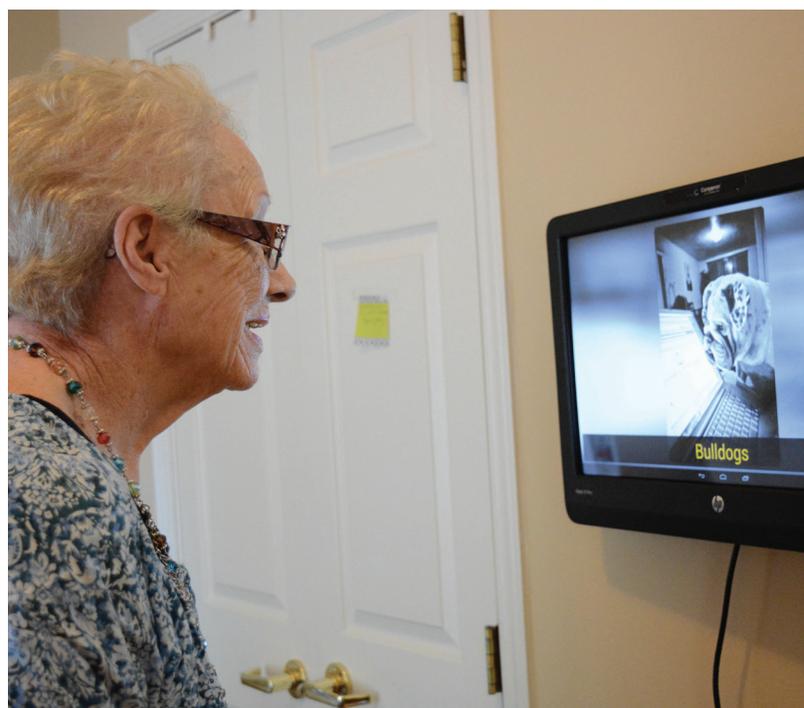
Sue Boling, executive director at The Lantern at Morning Pointe has seen the same. She believes the new technology is making a difference for her Morning Pointe families. “I have seen right from the get-go how SimpleC gets integrated into the system here, into the community with family, staff and residents interacting more with each other as groups and individually,” Sue shares. “By all means, it’s therapeutic.”

SimpleC technology at The Lantern at Morning Pointe offers four time-proven methods to engage residents. They include reminiscence therapy with rich visual cues and meaningful photos, music

therapy, validation therapy and simulated presence or trusted voice with personalized messages.

“It helps with the families,” Sue continues. “It’s always good to have something out there to discuss and talk about and SimpleC has come right to the forefront in this community in being able to offer that. It’s very calming for the residents and useful for redirecting.”

SimpleC technology at Morning Pointe’s Lantern memory care communities means individualized care, on-demand and group programming as well as purposeful cues for care. It’s all aimed at improving the overall quality of life for residents and their families. 🐾





## Resident Assistant Wins Memory Care Technology Award

Morning Pointe of Powell (TN) is proud to announce Caleb Parrish, resident assistant, as the 2016 *SimpleC™* Connections Award winner.

The award, presented twice a year, acknowledges caregivers who demonstrate enthusiasm, hard work and initiative in serving people with memory care needs while using the SimpleC Companion wellness technology found at Morning Pointe.

“We are very proud of Caleb for having received this outstanding recognition,” says Pat Caron, executive director at Morning Pointe. “Our community believes in SimpleC’s approach to care. It’s a wonderful partnership, and Caleb has gone the extra mile in using this technology with our memory care residents.

“I use SimpleC everyday with the residents,” Caleb says. “They

love the personal interaction, and so do I. I know this technology enhances their lives.”



The award is an opportunity for SimpleC and Morning Pointe to

acknowledge and show appreciation for caregivers who demonstrate enthusiasm, initiative and hard work, while impacting the lives of individuals in their care.

SimpleC Connections Award winners receive a cash gift and an official letter of gratitude. Recipients are chosen by Morning Pointe’s Lantern program directors and executive directors, and SimpleC staff members who routinely survey the senior living and memory care communities.

“The team at SimpleC is greatly honored to present the SimpleC Connections Award,” says Melany Sattler, vice president of clinical services at SimpleC. “It’s acknowledgement and appreciation for the dedicated and caring people who make a difference in the quality of life of those in their care.”

# COMMUNITY NEWS

## 100<sup>th</sup> ANNIVERSARY OF NATIONAL PARKS CELEBRATION



Friends, family and residents of Morning Pointe of Collegedale at Greenbriar Cove (TN) decided to take in the Tennessee Aquarium IMAX Theater's newest film, National Parks Adventure 3D. The special premiere, sponsored by Morning Pointe Senior Living, honors the 100<sup>th</sup> anniversary of the national parks system. Everyone who attended was amazed with the breathtaking, panoramic views of our nation's most beautiful landscapes.



# COMMUNITY NEWS



## RESIDENTS HONOR PAT SUMMITT

Residents and staff at Morning Pointe communities across the Southeast wore orange in honor of former University of Tennessee at Knoxville women's basketball coach Pat Summitt, who passed away after her battle with early-onset Alzheimer's disease. Morning Pointe's senior living and memory care communities wanted to bring awareness to the disease through local partnerships, events and activities. They continue to celebrate Summitt's life and the legacy she left in the hearts of those who love her. 🌻



# COMMUNITY NEWS

## BASKETBALL PLAYERS BRIDGE THE GENERATION GAP

Kentucky State University students Taylor Sanders and De'Isha Washington are becoming familiar faces at The Lantern at Morning Pointe Alzheimer's Center of Excellence in Frankfort (KY). The two criminal justice majors have been volunteering regularly for several months. They help make sure the residents are enjoying the planned activities including manicures, arts and crafts, and much more. Washington's and Sanders's families have had first-hand experience with Alzheimer's and dementia, saying that the experience was the reason they wanted to volunteer at the memory care community. "We were very excited to have De'Isha and Taylor visit our community and make such an impression on our residents," says Mandy Taylor, RN, regional vice president of operations. "Our community embraces intergenerational programming, and we encourage young people to share their talents with the residents. They have no idea what a difference their presence makes for our seniors."



## SENIORS LEAD BOOK DRIVE FOR JAIL LIBRARY



One day, after reading an article about the McMinn County Jail needing books for their adult learning program, Morning Pointe of Athens (TN) resident Merry Scott became inspired to give back. Scott and others at the assisted living community started going through their personal collections in search for books to donate to the jail's library. Soon, the residents would donate more than 65 books to the McMinn County Jail's adult learning program. As part of the life enrichment program, Morning Pointe helps residents give back to the community through philanthropic activities and partnerships with non-profit organizations in the area. "We hope we can continue to reach out and give back," says Shelby Wilson, life enrichment director at Morning Pointe. "I am so grateful that our residents get so excited about giving back to the community."

## MORNING POINTE FOUNDATION PARTNERS WITH YMCA

The Morning Pointe Foundation hosted an educational training through its REC-FAST aging care partnership with the YMCA of Metropolitan Chattanooga (TN). More than 70 personal trainers, program experts, customer service representatives and leadership from five area YMCAs attended the training in Chattanooga, TN. The Foundation established the REC-FAST partnership with a mission to lead the conversation about aging-friendly and memory care communities. The seminar addresses the right for people living with dementia to have care providers that are adequately trained in dementia care.



# COMMUNITY NEWS



## SENIORS EMBRACE THE SPIRIT OF SERVICE

Age is not a factor for some 80- and 90-somethings at Morning Pointe of Franklin (IN), who are moved by their monthly ministry to a local homeless shelter in downtown Indianapolis, IN.

As part of the assisted living community's life enrichment program, residents are given ample opportunities to give back through philanthropic activities

**“We were unsure of what to expect on our first time,” Piland says. “But we walked away with so much more than they did.”**

that are built into the community's activity programs. And, according to Mary Beth Piland, life enrichment director at Morning Pointe, the residents enjoy the opportunity to volunteer, as it invokes a sense of purpose and servitude.

“One of the hard parts of aging is feeling not needed,” Mary Beth says. “Life has changed so much for a senior.

[They are] in a new home and often no longer driving.”

She says the life enrichment program helps seniors find the purpose they once had as active members of the community, stating that many residents at Morning Pointe were involved in churches and local organizations in the past.

Now, the group of eight residents ages 85 to 92 travel 25 miles north of Franklin to Wheeler Mission, a Christian-centered homeless shelter. With nine locations across the state, the organization relies heavily on its volunteers to support men in Indiana who have fallen on hard times.

Donning hairnets and adjusting aprons, the Morning Pointe residents wash their hands and get to work, lining up the shelter's clients for meals and a short Bible study.

Some of the younger men in the meal line asked the residents for their ages, expressing surprise and appreciation for the seniors' benevolent acts of service.

After a few visits, the residents have adopted nicknames from the shelter clients, such as “Cookie” and “Honey Buns,” – respective of the items they served in the meal line.

“We were unsure of what to expect during our first time,” Mary Beth says. “But we walked away with so much more than they did.” ❧

# COMMUNITY NEWS

## MORNING POINTE CHEF WINS NATIONAL AWARD

Morning Pointe Senior Living is proud to announce Mike Zeully, food services director at The Lantern at Morning Pointe Alzheimer's Center of Excellence, Lexington (KY), placed top 10 in the 2016 Premier Culinary Creations Contest – a national cooking competition organized by U.S. Foodservice and Premier Inc.

Mike was one of three Morning Pointe food services directors to enter a submission in the “Healthy Center of the Plate” challenge. The entries followed key criteria: To qualify, meals featured one entree and one side, and the entire meal could not exceed 500 calories, 17 grams of fat, 600 milligrams of sodium and a cost of \$2.75 per portion, including garnish. Judging was based on appearance, creativity and originality.

Candace Cox, food services director at Morning Pointe of Franklin (TN), prepared a hoisin pork kebab with a curry cauliflower puree. Jamie Hibberts, food services director at Morning Pointe of Calhoun (GA), entered a garlic pepper shrimp kebab with grilled watermelon salad.

Mike's dish featured boneless, blackened tilapia with roasted corn and a black bean salad, all drizzled with a creamy avocado aioli in a RSBT-free, low-fat Greek yogurt base. Colorful ingredients and fresh flavors, such as cilantro and lime, were carefully plated to accentuate the fish entree.

“My goal was to create a dish that would taste good, but would remain low on calorie count and sodium content,” he wrote on his entry form. “I thought the black beans would be a brain-healthy food along with the avocado in the dish.”

Mike's recipe nutritionals totaled 400 calories, 3.5 grams of fat and 500 milligrams of sodium.

His competition entry was inspired by the memory care residents at The Lantern. He says he finds pride in the comments from residents, who get the opportunity to enjoy fresh, new flavors in nutritionally balanced meals.

The National Institute on Aging recommends a variety of colorful, nutrient-dense foods for people living

with Alzheimer's disease and other forms of dementia.

Mike's dishes ensure each resident enjoys a healthy helping of foods that nourish their unique nutritional needs and satisfies their changing senses.

“With The Lantern residents, I found that sight and smell are even more important because, with memory loss, some residents have a hard time identifying certain dishes,”

he shares. “I tried to cover the whole spectrum of colors to appeal to both lower- and higher-functioning residents.”

The 33-year-old from Springfield, KY is a self-taught chef who started sharpening his culinary skills at Josie's in Lexington, KY and Glenn's Creek BBQ in Millville, KY.

He began working at The Lantern at Lexington in 2014.

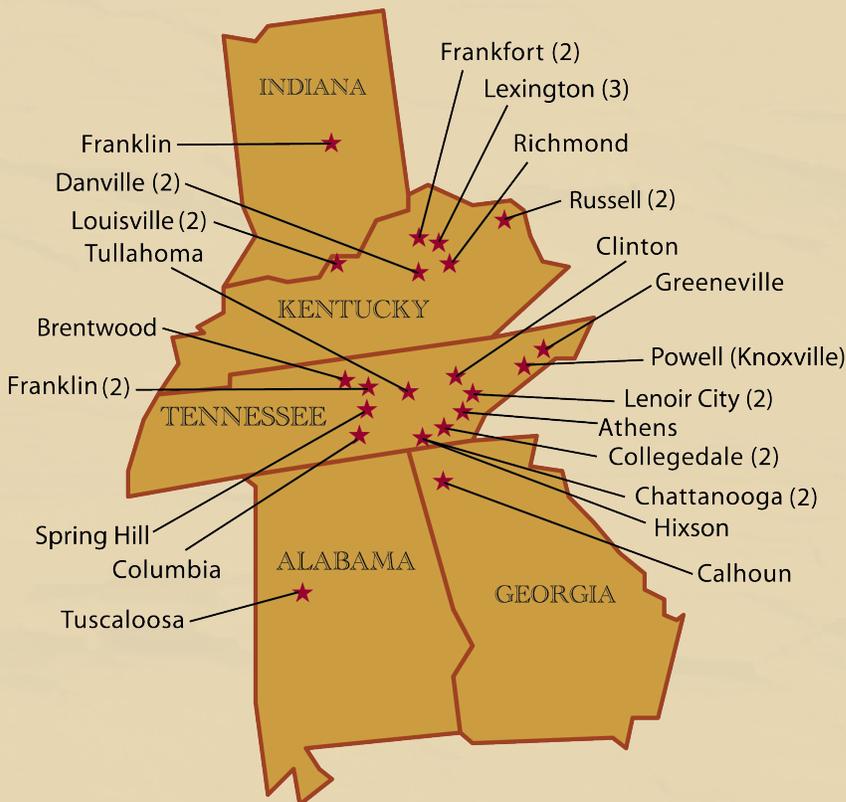
“Mike always has great focus on serving flavorful, healthy food to our residents,” says Mike

Woods, corporate dining director at Morning Pointe Senior Living. “[He] is a strong supporter of searching for new products in the market to serve our residents food with color, taste and nutrition. Mike's experience and talent with food has proven to be a real strength for our residents at Morning Pointe.” 🍴



*Bob Juerjens, Vice President of Foodservice Operations at Premier Inc., Mike Zeully, Food Services Director at The Lantern at Morning Pointe Alzheimer's Center of Excellence, Lexington (KY), and David Nettles, Vice President of Foodservice Contracting at Premier Inc.*

## Property Listing & Locations



### ALABAMA

Morning Pointe of Tuscaloosa

### GEORGIA

Morning Pointe of Calhoun

### INDIANA

Morning Pointe of Franklin

### KENTUCKY

Morning Pointe of Danville  
Morning Pointe of Frankfort  
Morning Pointe of Lexington  
Morning Pointe of Lexington-East  
Morning Pointe of Louisville  
Morning Pointe of Richmond  
Morning Pointe of Russell

\* The Lantern at Morning Pointe of Danville  
The Lantern at Morning Pointe of Frankfort  
The Lantern at Morning Pointe of Lexington  
\* The Lantern at Morning Pointe of Louisville  
\* The Lantern at Morning Pointe of Russell

### TENNESSEE

Morning Pointe of Athens  
Morning Pointe of Brentwood  
Morning Pointe of Chattanooga at Shallowford  
Morning Pointe of Collegedale at Greenbriar Cove  
Morning Pointe of Columbia  
Morning Pointe of Franklin  
Morning Pointe of Greeneville  
Morning Pointe of Hixson  
Morning Pointe of Lenoir City  
Morning Pointe of Powell  
Morning Pointe of Spring Hill\*  
Morning Pointe of Tullahoma  
The Lantern at Morning Pointe of Chattanooga  
The Lantern at Morning Pointe of Clinton  
The Lantern at Morning Pointe of Collegedale  
The Lantern at Morning Pointe of Franklin\*  
The Lantern at Morning Pointe of Lenoir City

\* Under Construction

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