



SPRING 2016

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# Focus

A publication of Juliette Fowler Communities

## A WORK OF ART

Pablo Picasso said, "Every child is an artist. The problem is how to remain an artist once we grow up." At Fowler, budding and seasoned artists are emerging...and hopefully improving their health along the way.

Recent studies show that learning new skills could help maintain brain function and slow the progression of Alzheimer's or other forms of dementia. New skills could include various forms of art – music, sculpting, painting, drawing, jewelry making, and even dancing – all of which are offered throughout Fowler.

Weekly calendars are sprinkled with classes for residents to choose. In each class, artists express themselves as they create and socialize. The teachers tap the hearts of their students and bring out the best in them. They talk and laugh. They praise and encourage each other. They try new things. They fail and try again.

A weekly painting class at Fowler Christian Apartments is taught by resident volunteer Jackie Valadao. "The best part about painting is that there are no mistakes," shared FCA resident Susan Tullos. "Your art is your art, you can cover over anything with more paint if you choose." Their art room serves as a gallery exhibiting their beautiful and

*(continued on page 2)*



*Life enrichment specialist, Naomi Mathes, offers encouragement and praise to her artist.*

(continued from page 1)

moving work and residents enjoy preparing for their annual art show.

Picasso also said, "It takes a long time to become young." Residents at Fowler express that youthful quality as they produce beautiful works of art while improving their lives. 🌱



Jackie Valadao and her pupils rejoice in the donation of art supplies from Dr. Mark and Theresa Dickson.



Susan Tullos enjoys painting. "It's relaxing."

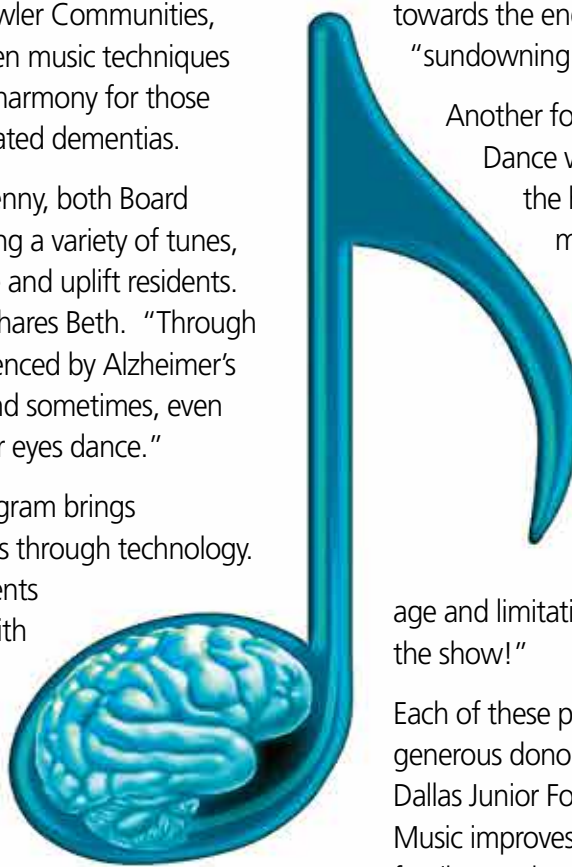
# Healing Power of Music

## Alive and Well at Fowler

For the residents of Juliette Fowler Communities, music is good medicine. Proven music techniques combine to create a peaceful harmony for those living with Alzheimer's and related dementias.

Beth Beathard and Michael Kenny, both Board Certified Music Therapists, bring a variety of tunes, beats and sounds that engage and uplift residents. "Music transcends abilities," shares Beth. "Through our therapy sessions, those silenced by Alzheimer's begin to sing, tap their toes and sometimes, even talk. You can actually see their eyes dance."

Fowler's Music & Memory program brings personalized music to residents through technology. An independent activity, residents listen to iPods programmed with their personalized playlists of favorite hymns and songs. Music-triggered memories can alternately calm or enliven residents in positive ways. This is especially helpful



towards the end of the day when some experience "sundowning."

Another form of therapeutic music is Adaptive Dance with Misty Owens, which combines the health benefits of music and movement. Family member Barbara Bradfield loves to join her mom for dance class. "When Misty Owens enters, the room becomes Broadway," laughs Barbara. "She has everyone – residents, staff and guests – twisting, shouting, singing and tapping their feet. For an hour we all forget our age and limitations; we soar and become stars of the show!"

Each of these programs was made possible by generous donors, such as you, and grants from Dallas Junior Forum and the Dallas Foundation. Music improves the lives of residents, caregivers and family members in profound ways. To learn how you can give the joy of music, call 214.515.1342. 🌱

# Is it Time for Assisted Living?

A DAUGHTER'S REFLECTIONS ...

by *Krista Martin*

My mom called for help about four years ago. Increasing concerns about Mom's safety, help with meds and professional advice soon lead to a recommendation for assisted living.

My brothers and I started researching options for Mom and talked with friends about their experience with senior living options. Our friends at East Dallas Christian Church spoke of Juliette Fowler Communities, an affiliate of the Christian Church (Disciples of Christ). The recommendations highlighted a beautiful campus, comprehensive levels of care, longevity of operation (more than a century!), and high quality ratings.

But it couldn't be that easy. We shopped eight different assisted living homes and collected information from dozens more. Our criteria were: Mom's wants and needs, affordability, location and quality care. All trails lead us back to Fowler.

What made Juliette Fowler Communities the right place for Mom? Listening. Kindness. Offers of help. A feeling of home. Life enrichment programs. Transportation services. Help with bathing. An emergency call button. Help with laundry and cleaning. Schedule. Encouragement. Understanding of Mom's individual needs. East Dallas. The beautiful courtyards, gathering spaces and garden areas. Yoga. Healthy meals. Faith community. Coordination of care between Mom's doctors and the JFC nurses. Ease of prescriptions delivery. And, most importantly, here would be new friends and freedom from isolation.

These days, we hear Mom's laughter again. She has fun daily and is enjoying herself. I'm proud of mom and delighted for her new life.

For my family, Juliette Fowler Communities means peace of mind and a place Mom now calls home. 🌱

## WHAT DO WE DO NOW?

- Ask for advice from trusted and experienced family and friends.
- Keep a diary of how your parent is doing with life-skills.
- If possible, assemble a family care-team.
- Choose the best time to discuss your ideas and respectfully do so. More than once if necessary.
- Make friends with your parent's doctors and medical advisors.
- Do your homework: online research and library resources are good places to start.
- Perform a financial assessment with your loved one and create a budget.
- Tour assisted living communities, ask questions and take careful notes.
- Get good legal advice and guidance for your parent.
- Access support for yourself as a caregiver.

Call us at 214.827.0813



## What Do MUSIC and ART Therapies REALLY Do?

- Enhance outlook and mood
- Renew strength and flexibility
- Speed rehabilitation
- Increase social abilities
- Improve circulation and heart rate
- Build fine and gross motor function
- Return motivation and focus
- Enrich identity
- Restore sense of control
- Give calmness and relaxation
- Improves communication skills
- Nurture spirituality

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Barbara Bradfield

LUNCHEON CHAIR

Elaine V. Kellam

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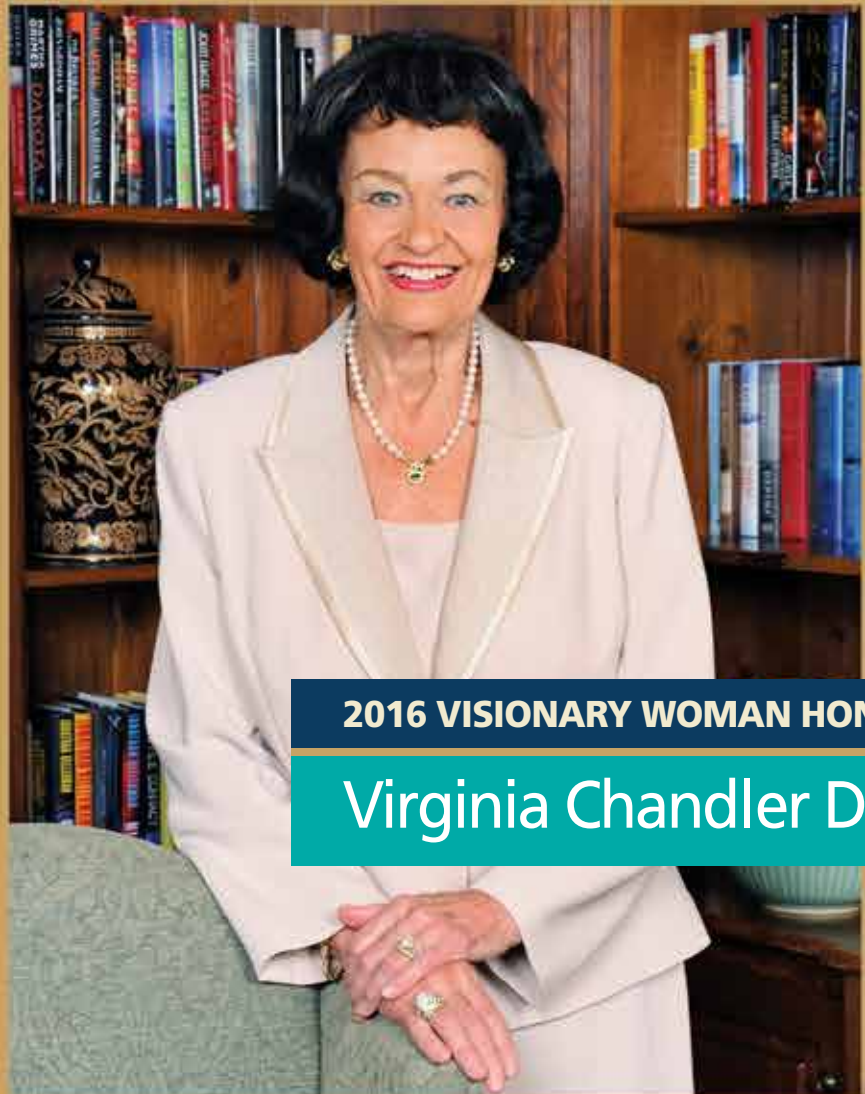
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# Visionary Women



**2016 VISIONARY WOMAN HONOREE:**

**Virginia Chandler Dykes**



# 4TH ANNUAL VISIONARY WOMEN LUNCHEON

BENEFITING

## JULIETTE FOWLER COMMUNITIES

**Virginia Chandler Dykes** has been named the 2016 Visionary Woman and will be honored at the 4th Annual Visionary Women Luncheon, Tuesday, May 3, 2016, at the Omni Dallas Hotel, 555 S. Lamar Street, from 12 – 1:15 p.m. **Hannah Canterbury**, a Texas Christian University senior social work major will receive the Juliette Fowler Faith & Service Award. The **Dallas Junior Forum** will also be recognized with the inaugural Erika McKenzie Volunteer Award. The luncheon celebrates the vision of Juliette Peak Fowler and honors individuals who embody her compassionate spirit and who use their visionary leadership and remarkable gifts to make a difference in the lives of others. WFAA-TV, Channel 8 news anchor **Shelly Slater** will emcee the luncheon.

Virginia Chandler Dykes' passion for her lifelong work as an occupational therapist, coupled with her servant's heart and desire to improve life for others, has created a legacy of leadership, mentorship and philanthropy in the Dallas community and beyond.

*All luncheon proceeds benefit One Heart, Juliette Fowler Communities' annual fund, which supports areas of greatest need for Fowler residents. To donate, call 214.515.1342 today.*



**Hannah Canterbury**,  
Texas Christian  
University Juliette Fowler  
Faith & Service Award



**Dallas Junior Forum**,  
Erika McKenzie  
Volunteer Award



**Emcee Shelly Slater**,  
WFAA-TV Channel 8  
News Anchor

- Rey & Bob Barton
- ABC Pest Control
- Anita & John Hackley
- Olicon, Inc. - David Oliver
- Elaine V. & Kenneth Kellam
- Mary & Roland Bandy
- Barbara Bradfield
- Peggy Davis
- Virginia Chandler Dykes
- Ebby Halliday, Realtors
- Frost Bank
- Holt Capital Partners
- Luther King Capital Management
- Martha & Jim Salmon
- T. Boone Pickens
- Dr. Jim & Nancy Montgomery
- Baylor Scott and White Health
- Kathy & Ben Brooks
- Linda Dame, Tom & Cay Billingsley,  
Crump Wilson Architects, LLC
- Sharon & Max Gardner
- Cindy Dowell, Ann Kieschnick
- Brenda & Michael Harrison
- Rev. Dr. Donald E. McKenzie
- Susan Odum
- James Percival
- RGP Resources, LLC
- Trinity Industries, Inc.
- USI Southwest
- Cindy & Doug Wabner
- Advocate Publishing
- Fay & Phelan Bright
- Carbonated Solutions
- Carrington, Coleman, Sloman  
& Blumenthal L.L.P.
- Dallas Junior Forum
- TCU Alumni Dallas
- Cathy Dozier
- East Dallas Christian Church
- Barbara Eubank, Sher Miller,  
Kenny & Diane Rogers
- Liz & Larry Hermann
- Carol & Mike Maxwell
- Debbie & Ron Mercer
- Paula J. Miller, Attorney
- Deborah A. Morgan -  
Stokes & Don Stokes
- Carlin Morris, Mary Beth Shapiro
- National Benevolent Association
- Sabrina & Joel Porter
- Presbyterian Children's Homes  
and Services
- Betsy & Al See
- Senior Care Pharmacy
- Senior Rehab Solutions
- Speck Plumbing Inc.
- Trinity Church
- Mark & Linda Wassenich
- Sydney & George Wirsdorfer

# Simple Ways to Give

Juliette Fowler Communities exists because one person chose to pay it forward. Upon her death, Juliette Peak Fowler instructed that her estate be used to start a home for children and widows. Through the years, scores of individuals have followed her lead, leaving estate gifts to sustain a legacy that has helped thousands of families.

Have you ever thought about what kind of legacy you will leave? There are some very easy ways to help Fowler:

- Designate Fowler as the beneficiary of savings accounts.
- Name Fowler as the beneficiary of your retirement assets.
- Name Fowler as a primary or contingent beneficiary of an existing or new life insurance policy that is no longer needed.



JFC



Because individual situations vary, be sure to consult your financial and tax advisors. To learn more, contact Bobby Hawley, Vice President, Christian Church Foundation at (817) 923-0422. 🌱

## Changing Lives ... Meet Mariela

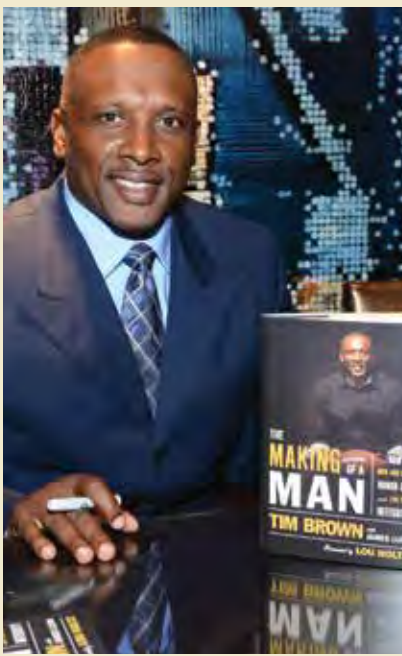


When Mariela aged-out of foster care at age 18, her future held a lot of uncertainty. She spent her days worried about where she would sleep at night and if she would have food. Then she learned about Fowler's Ebby House. There, she found a safe, supportive home and has continued her education, maintained a job and volunteered. Mariela has matured with adult support and learned life skills. Living in an intergenerational environment, she has developed close relationships with mentors. This fall marks Mariela's two-year anniversary at The Ebby House and she will graduate from the program with the knowledge that she has improved her chances for a successful future of independence and self-reliance.

You can impact the future of a young woman who has aged-out of foster care by giving to Fowler's One Heart. Simply return the enclosed envelope, go to [www.fowlercommunities.org](http://www.fowlercommunities.org), or call 214.515.1342 today. 🌱



Harry Aston  
Roland T. Bandy, Jr.  
Don Dutton  
Leta Durrett  
The Rev. Dr. Neill Grimes,  
Chair  
Doug Harrison  
The Rev. Eddie Hill  
Teresa Krimm  
Ronald E. Mercer  
Mark Wassenich  
Bob Williams  
Martha Williams  
The Rev. Linda M. Wright



Tim Brown, NFL Hall of Famer, spoke at the Visionary Women Luncheon on April 7, 2015.



The new Fowler Christian Apartments III was dedicated on May 21, 2015 and filled to capacity with 34 residents shortly thereafter.



Fowler received the Gold Standard Workplace designation from American Heart Association. Pictured are Denise Munion and Laura Deiterman.

# 2015 YEAR IN REVIEW



Jo Dawn Noble from University Christian Church Austin presented a check for resident computer labs. Pictured are JFC board chair Roland Bandy, Jo Dawn Noble and Fowler CEO Sabrina Porter



Fowler hosted XPLOR interns Natalie Clark, Caleb Wang and Derek Wilkerson while they explored lives of service and care.



ExxonMobil volunteers hosted a Senior Olympics.



Greater East Dallas Chamber presented the Jeb Hensarling Business of the Year Award to Fowler. Pictured are GEDCC's Andrea Sanders & Darlene Ellison, Congressman Jeb Hensarling and Sabrina Porter

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**Please notify JFC at 214.515.1342 if you move.** The post office charges Fowler up to 55¢ for each undeliverable newsletter.

#100855



# Come see what is *Springing Up* at Fowler!

Juliette Fowler Communities is one of the premier senior communities in Texas. Our long-time success is due in part to the loyalty of the many generations we have served. Thank you for your faithfulness!

We are excited to share that we have expanded our senior apartment offerings and we are embarking on a new design journey. Jackson Living Center is getting a face lift! Personalized décor options coupled with granite countertops, stainless appliances and elegant crown molding will add to a retirement lifestyle that is rich with amenities.

If you haven't been to Fowler in a while, come by and see all that is new. You will be greeted by stately trees and gardens, as well as lots of friendly smiles. If you are considering a move in the near future, we hope you will put Fowler at the top of your list. Call 214.827.0813 to schedule your visit soon – welcoming neighbors await you.

**We are bursting with good news!**

**\$1000**  
off your first month's rent  
available until  
September 1  
\*on select floorplans



## Community Relations Manager Ashley Brown

Meet Ashley Brown, our new community relations manager. Ashley serves on the TCU Alumni Board and is active in the East Dallas community. Ashley manages all social media and volunteer projects. If you are interested in volunteering at Fowler, contact Ashley at 214.515.1352. Meanwhile, check out Ashley's work on Facebook and Pinterest.

