

THE BRIEFING



Continuing Care Retirement Community for retired and former military officers and retired federal civil employees



WINTER 2011

Patriots Club members receive new benefits

Patriots Club members, grab your suitcases and your swimsuits! Future residents now have even more reasons to join the Patriots Club wait list.

Among those benefits is free use of the newly renovated fitness center, pool and Jacuzzi during selected hours each day. "This is a great way for future residents living in the area to experience the active, healthy lifestyle we encourage at Patriots Colony," noted Steve Hornsby, Marketing Director. "Our members make their health a priority, and we acknowledge and support that with first class facilities."

Of course, the most important benefit has always been securing your priority number, which ensures priority over members who join after you when your choice residence comes available within your preferred time frame. But now, you'll have priority access to our health care services over the general public if something should happen to you while living at home.

"Many new Patriots Club members have joined specifically for this benefit," Steve explained. "None of us has a crystal ball that can predict our future health needs, so being a part of the list is a very smart safeguard for your future in the event you ever need health care or short-term rehabilitation."

Patriots Club members can also enjoy the complete resident experience with a complimentary "trial stay" in a guest suite during their first membership year. "During their stay, members will have access to all the things we're proud of here at Patriots Colony," adds Steve. "This means dining with delicious meals, golfing on some of the country's best courses, taking part in all the special events and getting to know their fellow residents." Guests will also enjoy discounted rates for future stays thereafter.

These new benefits add to the already long list of reasons to join the Patriots Club. Of course, members are treated like part of the community and receive invitations to exclusive programs and events, such as the annual Holiday Dinner and Dance.

Joining is easy and offers tremendous peace of mind about your future. This no-obligation membership simply ensures that we'll be ready for you when you're ready for us. To join the Patriots Club and begin taking advantage of all the new perks, call Steve Hornsby at **(757) 220-9000**.



Act now to secure thousands in savings

Patriots Colony is helping some new residents feel even more at home in this welcoming community. A limited-time special offer can provide future residents with the opportunity to customize their new villa with upgrades such as hardwood flooring, granite countertops and wood cabinets. There's no better way to settle into your new home than to make it unique to your taste and personality.

New residents who reserve an available "K" or "L" villa (two-bedroom, two-bath with study) by **December 31, 2011** will receive up to \$7,500 in upgrades. Not only will you be able to personally customize your residence, you will also lock in this year's Entrance Fee rates, which will save you thousands of dollars over the 2012 rates. For anyone considering a move to Patriots Colony, now is the best time to act in order to secure the lower rates and take advantage of the limited-time upgrade offer.

Only new reservations qualify for this offer. Call Steve Hornsby for full details at **(757) 220-9000** or **1-800-716-9000**.





Patriots Colony Builds Bond with MOAA

The Military Officers Association of America (MOAA) serves as “the professional association for military officers and their families at every stage of life and career.” Patriots Colony is an active supporter of the five-star local chapter of MOAA, called VIPMOAA. “Everything started when we hosted VIPMOAA last September,” Marketing Director Steve Hornsby says. “I sat with the President of the Virginia Council of Chapters and we began talking about possible partnerships between MOAA and Patriots Colony.”

Step by Step

Those discussions proved extremely fruitful over the course of the next few months. Patriots Colony’s involvement with MOAA chapters increased over the next year through events and sponsorships. “We sponsored an event given by the Stafford chapter, and we were able to speak a little about Patriots Colony and offer tours to the attendees,” Steve recalls. “Also, the Stafford chapter was able to gain five new members from the event, so it has been a win-win situation.”



Virginia Commissioner of Veterans Service, CDR Paul Galanti (right), USN, Ret, stands with VIPMOAA President, Maj Frank Duckett, USAF, Ret at a special luncheon meeting at Patriots Colony. Sixty-two members of the Virginia Peninsula chapter of the Military Officers Association of America (VIPMOAA) gathered to hear Galanti’s presentation, which included details of his experience as a prisoner of war in North Vietnam.

The Snowball Effect

The combination of a dynamic public speaker – Stafford chapter President Bob Darling – with sponsorship and promotion by Patriots Colony, proved to be quite an effective recipe. Mr. Darling, who was inside the President’s bunker on 9/11 and flew the Marine One helicopter, then became the keynote speaker at the Patriots Experience, a two-day event for potential Patriots Colony residents. “He blew us all away,” says Steve. “We had goose bumps during most of his presentation, and he had us laughing in between.”

Rolling Out the Red (White and Blue) Carpet

Most notably, Patriots Colony hosted the Virginia MOAA biannual meeting last month, during which the state chapters elected their new presidents. “In addition to the presidents and president-elects of the 18 state chapters, we hosted the national President of MOAA – VADM Norbert R. Ryan, Jr., USN-Ret,” Steve shares. The event also included campus tours, social gatherings and entertainment for the members’ spouses.

Here at Patriots Colony, Mr. John Harms is our Virginia MOAA representative who has helped bring MOAA and Patriots Colony closer together. “Thanks to Mr. Harms, Patriots Colony will be able to participate in many of the organization’s events,” Steve notes. “This is a great opportunity to share information about our community with thousands of eligible retired and former officers as we help support the efforts of the local MOAA chapters.”

The two five-star local chapters of MOAA, the Virginia Peninsula Chapter (VIPMOAA) and the Hampton Roads Chapter (HRCMOAA), encompass the Hampton Roads area and maintain connections with local military bases, including Langley Air Force Base, Fort Eustis, and Yorktown Naval Weapons and Coast Guard Stations. Membership is available to all officers — active duty, reserve guard, retired and veteran — from all branches of service. Learn more at vipmoaa.org, hrcmoaa.org and moaa.org.



News from the Colony

A message from our executive director

Expanded Services Help Residents Manage Chronic Illnesses

Heart disease, stroke, cancer, diabetes and arthritis are among the most common, costly and preventable of all chronic health problems in the U.S., costing more than \$1 trillion annually. Nearly 130 million Americans are currently affected and that number may rise to 157 million by 2020. Our expanded services are helping our residents and Patriots Club members better manage chronic illnesses.

Our renovated Cannon Community Center offers residents opportunities to improve their health through exercise, including our saltwater pool and a new fitness gym that's now three times larger, plus an exercise classroom for yoga, aerobics and new Zumba classes. Our three trainers establish individualized fitness plans and train members to use our state-of-the-art Kaiser and PreCorp equipment.

As a part of Riverside Health System, Patriots Colony offers residents easy access to many helpful resources, including:

- **Riverside Senior Care Navigation** – connecting residents and Patriots Club members with Certified Senior Advisors (CSAs) who can help coordinate medical appointments, arrange transportation and guide you to community resources specific to your individual concerns. Riverside Senior Care Navigation can be reached at **(757) 856-7030**.
- **Riverside Resource Center** – Established by the Patriots Colony team, Riverside Home and Community Based Services now has an office here on campus, staffed with trained professionals in several areas of expertise from 8:30 a.m. – 11:00 a.m. Monday through Friday. Experts are available to answer health and aging-related questions and help arrange for any services as needed, such as medication dispensers, in-home private care or a personal emergency response system.
- **Riverside Medical Group's** medical center on Kings Way Blvd., just a few miles away, recently added diabetes clinics to their many specialty services.

We are excited about offering these programs to residents and will continue to find new ways to help you stay healthy and independent.

BRIAN TENNEY,
Executive Director

Patriots Tower: New Look, New Name

What has long been known as the “Five Story” is boasting a new name along with a new interior look. Patriots Tower is the new name for our attractive five-story apartment building.

Patriots Tower received a top-to-bottom facelift of the common spaces, including new carpet, chair rails, paint, lighting, furniture and accessories.

“The changes complement our \$5 million Cannon Community Center renovations,” said Brian Tenney, Executive Director. “Now these areas share an aesthetically similar and attractive appearance.”

This final phase of renovations marks the end of this wave of improvements to Patriots Colony. Phases I and II encompassed the Community Center renovation, which included the Liberty Lounge private dining room, Grand Hall and Archie's Tavern additions.

“Residents have been taking advantage of the beautiful new spaces. We are bustling with activity more than ever,” said Tenney. “We always want to create an environment that inspires exciting, active living. This is part of our deep commitment to the residents who live here.”



“Patriots Colony had everything on our list, plus a whole lot more!”



John and Bobbi Harms

John Harms has lived through the Northeast winters and the Southern heat. For his retirement, he chose a happy medium at Patriots Colony. John lived in New Jersey until moving to Florida when he was 14. He went to junior college in St. Petersburg, Florida. “My grades in high school were terrible,” he jokingly admits. He completed his bachelor’s degree at Oglethorpe University in Atlanta, Georgia and advanced degrees from the University of Virginia, thanks to the Marine Corps.

“I joined the Marine Corps in 1956,” John recalls. He served for 28 years. When he and “his bride of 50 years,” Bobbi, began thinking about retirement, they were sure to do their research. “Bobbi and I looked at many places,” he says. “Patriots Colony had the friendliest residents of any other community, and it was nice to share the common background of military experience.”

Patriots Colony is close enough for regular visits to Pennsylvania, where their family lives. “We knew we wanted a Continuing Care community,” John adds. “We didn’t want to put the burden of caring for us on our children.”

Their four-legged family members were a top priority, as well. “We didn’t have a dog at the time, but we knew we wanted to get one,” John explains. “We had to have a pet-friendly community.” Luckily for Miss Christy, the couple’s rescued mini poodle, they found what they were looking for.

Now that he’s settled in, John has noticed all the other factors that make him happy to have chosen Patriots Colony. “All the staff members at Patriots Colony, from the housekeepers to the administrative team, are exceptional; they are true professionals.”

During his year at Patriots Colony, John has not hesitated to get involved. He serves as the Vice President of VIPMOAA, the local chapter of MOAA. “We have lots of chapter members from Patriots Colony,” John notes. (You can read more about Patriots Colony’s involvement with MOAA in this issue.) “I also enjoy playing golf. Well, I enjoy playing at golf,” he clarifies with a chuckle.

His advice to anyone considering a retirement community is very future-oriented. “You have to make sure the residents have a strong voice in the decisions that are made,” he says. “At Patriots Colony, there is a member from the Board of Directors present at every Resident Association meeting, listening to the commendations and concerns of the residents. Our residents have an influence on what happens in their community.” John adds that “Patriots Colony has obviously had very sound fiscal management, and I trust them with my future.”

The Golf Spot



“The Putting Edge” was put to good use this summer during some rather heated putting tournaments. The first tournament, solely for residents, was such a success that a second tournament, available to staff members and residents, began shortly after. Steve Hornsby, Marketing Director and member of a staff team, says “there was plenty of both trash talking and camaraderie” throughout the friendly competitions. Residents who were not participating came to watch, bringing lawn chairs and even more pressure to the players. Nearly 16 teams signed up to compete, and the tournament took place over several weeks. The prize? “Bragging rights,” Steve answers.



CIVIL WAR HISTORY

in Hampton Roads

This year marked the 150th anniversary of the Civil War. (The experts call it the sesquicentennial.) Here are a few Civil War-specific facts that you might not have known about Hampton Roads' part in the defining war.

Monitor-Merrimack Memorial Bridge

This bridge, which connects Newport News to Suffolk, honors the first battle between ironclads. The Civil War clash took place on March 8-9, 1862 and no clear victory was established.

Lee Hall Mansion

This Newport News mansion became a coveted shelter during the Civil War. Between April and May of 1862, the house was used as a Confederate headquarters by Major General John B. Magruder and General Joseph E. Johnston. However, on May 3, 1862, the Confederate Army was ordered to retreat. A small skirmish was fought on the property by the retreating Confederates and Union cavalry on May 4, 1862. The Peninsula remained under Union control until the end of the war. For more information, visit leehall.org.

Young's Mill

This 1820 mill was the site of a major Confederate camp in 1861-62. The earthworks located near the Newport News mill are part of Magruder's first Peninsula line.

Endview Plantation

Built circa 1760 in Newport News, this home was used by both Confederate and Union forces as a hospital during the campaign. For more information, visit endview.org.

Fort Magruder

Approximately one mile east of Colonial Williamsburg, this structure served as one of 14 redoubts making up the Williamsburg Line, built by Confederate troops to prevent passage to Williamsburg. As the site of the May 5, 1862 Battle of Williamsburg, this site saw no clear victor but claimed over 3,000 casualties.

Wren Building, College of William and Mary

Confederate troops camped at this site prior to the May 5, 1862 Battle of Williamsburg. The Wren Building was used as a hospital after the battle and was burned by Union troops in September 1862.

Berkeley Plantation

This James River plantation was the final stop of McClellan's Peninsula Campaign. Harrison's Landing provided a safe haven for Union forces under the cover of gunboats. For more information, visit berkeleyplantation.com.

References: www.leehall.org and www.civilwartraveler.com

During Older Americans Month in May, Riverside launched the new GoldenClub Membership Program. GoldenClub provides individuals with opportunities ranging from health and wellness to education to community involvement, all with the goal of enriching the lives of Older Adults in our community.

“This program is designed to further enhance the ability of all Older Adults to be in control of their own destiny,” explained Barbara Swiatek, GoldenClub Community Liaison.

One of the most valuable member benefits is free access to Riverside Senior Care Navigation, a program offering care coordination, information and referrals to helpful programs and service providers in your local community. Senior Care Navigation has all the tools to help meet your current and future physical, social and emotional needs.

GoldenClub members can also take advantage of special offers at Riverside Wellness and Fitness Centers, coordination of door-to-door transportation to Riverside physicians, special discounts off Riverside and community services, and special trips. Be sure to visit their web page for the latest offers.

You can easily register in a few minutes. Call (757) 856-7010 or visit riversideonline.com/goldenclub today.





DECEMBER 2011 - FEBRUARY 2012

DECEMBER 1 – 31 Saturdays 3 PM
Progressive Christmas Carol Tour
James River Plantation
Two-hour guided tour that concludes with hot cider and cookies by the fire. \$20
(804) 829-2480 pineygrove.com

DECEMBER 1 – 31
A Colonial Christmas
Jamestown Settlement and Yorktown Victory Center, 17th and 18th century holiday traditions.
Combination tickets: \$20

JANUARY 12 5-7 PM
William & Mary Alumni Tribe Thursday
Green Leafe, New Town
Contact: **jklownes@msn.com**

FEBRUARY 18-19
Storm on the Horizon: Slavery, Disunion, and the Roots of the Civil War
Colonial Williamsburg
history.org

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Williamsburg, VA 23188-1396
St. Williamsburg
PATRIOTS COLONY

