

NEWS FROM THE *Nest*

February 2022

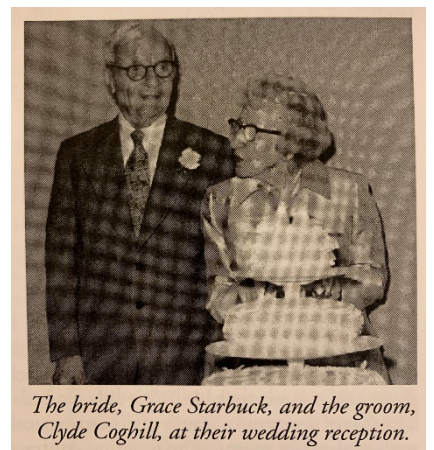


Greetings from Navigation

Hello Members! Our newsletter has a **new look** and we are excited to share multiple opportunities for engagement at Salemtowne this month in-person as well as virtually. You will also find links to useful member information towards the bottom of the newsletter.

Fun 50th Anniversary Fact

Did you know that this year Salemtowne celebrates **50 years**? We wanted to share a fun historical fact for February from Lu Newman's book *The Long, Long Road to Salemtowne*. In February of 1973, the Moravian Home held its first wedding. "At a time when most couples were celebrating golden anniversaries, Miss Grace Starbuck and Clyde Coghill started a new life together. She was eighty-one and he eighty-five. They were married at the Moravian Home where they met and had lived for several months."



The bride, Grace Starbuck, and the groom, Clyde Coghill, at their wedding reception.

Backstage Talk

In-Person Event

Monday, February 7th

2:00 pm – 3:00 pm

Smith Saal



Actress Corlis Sellers–Drummond and writer and director Nathan Ross Freeman discuss the 40+ Stage Company premiere of *The Other Way Around*, an emotionally charged drama that focuses on the challenge that two creative, articulate people encounter as they strive to keep their love impassioned and alive after 35 years of marriage. Corlis, Chair of the 40+ Stage Company Board of Directors also serves on Salemtowne's Board of Trustees. To sign up, contact us by phone at (336) 714-6848 or email navigation@salemtowne.org.

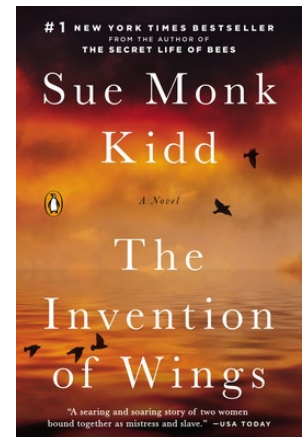
Join the STC Book Club

Virtual Event

Tuesday, February 15th

10:30 am Zoom

Join members of Salemtowne's Towne Club for our **monthly book club**. This month, we will be discussing Sue Monk Kidd's *The Invention of Wings*. Kidd presents a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world. Hetty "Handful" Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women. Kidd's sweeping novel is set in motion on Sarah's eleventh birthday when she is given ownership of ten-year-old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty-five years, as both strive for a life of their own,



dramatically shaping each other's destinies and forming a complex relationship marked by guilt, defiance, estrangement, and the uneasy ways of love. This exquisitely written novel is a **triumph of storytelling** that looks with unswerving eyes at a devastating wound in American history, through women whose struggles for liberation, empowerment, and expression will leave no reader unmoved. Email navigation@salemtowne.org for registration information.

Meet Chef Belinda Smith–Sullivan

In–Person Event

Friday, February 25th

3:00 pm – 4:00 pm

Smith Saal

Belinda Smith– Sullivan is an African American Chef, author, food writer, spice blends entrepreneur, and a commercially rated pilot living now in Winston Salem, NC. Chef B graduated from Johnson and Wales University in Culinary Arts in Charlotte, NC. She will share her "Farm to Chef" life experiences being taught by her grandmother in Mississippi at the age of seven. Chef B is the author of three cookbooks, **Let's Brunch**, ***Just Peachy***, and ***Southern Sugar***. She is a member of the International Association of Culinary Professionals, American Culinary Federation, and Les Dames d 'Escoffier. Her husband is currently serving in the military in Kuwait. To sign up, contact us by phone at (336) 714–6848 or email navigation@salemtowne.org.



Lost River Bluegrass Band Concert

In-Person Event

Saturday, February 26th

7:00 pm – 8:00 pm

Smith Saal



Join us in welcoming again the Lost River Bluegrass Band. Like most bluegrass musicians, the men in the Lost River Bluegrass Band grew up with music in their homes and mostly taught themselves how to play the traditional stringed instruments. Gary Vernon, Greg Saylor, Wiley Stanford (who's Mom was a Salem graduate) and Charles Turner will leave us with our toes tapping as they play ballads and hymns. To sign up, contact us by phone at **(336) 714-6848** or email navigation@salemtowne.org.

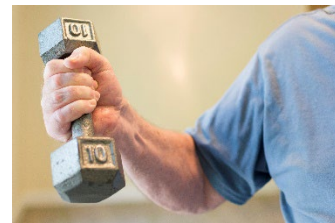
2022 Fitness Sampler

In-Person Event

Monday, February 28th

9:00 am – 3:00 pm

Various Fitness Locations at Salemtowne



Mark your calendars for the 2022 YMCA Fitness Sampler. Join instructors for 20-minute demonstrations of the various classes offered at Salemtowne. We hope everyone can find a fitness opportunity that interests and stimulates them.

Tax Deduction Letter Coming Soon

Typically, in February you receive a letter from our accountants Dixon Hughes Goodman about the tax deduction. They are running a bit behind this year, so we don't have that letter in hand just yet. We will send it to you as soon as we receive it. We will send it via email as well as post it on the membership page on our website.

Member-Only Website

Check out our member-only website to access timely information. It will require the password provided.

<https://navigationathome.org/engageandexplore/>

Password: NavMember

Scroll down to the **Member Resource** section for the following information:

Updated membership directory

Monthly Fitness Calendar

Weekly Dining menus

Member Handbook

Member Care Line

As a reminder, if you need care services, have an upcoming surgery, or are in need of medically necessary transportation, please call our Member Care line at (336) 712-5139. You may also email navigation@saletowne.org to reach the care team.

Member Referral Incentive

We are pleased to announce we are offering an incentive to any member household that refers new members. Any household that refers a new member to Navigation at Home will receive \$250 per household for each new member signed. Email or call Liz Brescka Hipsher with any questions–

ehipsher@saletowne.org or 336-817-8453.

*** Mark your calendars ***

Monday, February 28, 2022 from 9:00 AM to 3:00 PM

YMCA FITNESS SAMPLER 2022!

Open to Residents, Towne Club & Navigation, and Team Members!

**TWO levels of
Balance Classes!**

**Build Your Own Body
(BYOB)**

Strength Fit

**PWR! Moves for
Parkinson's Disease**

Join the YMCA instructors for
20 minute demonstrations
of classes offered at Salemtowne.
Sessions will occur in the morning
and again in the afternoon, and
will held be in the Equipment
Room, Exercise Room, and
Phillips Health Care Amos Room.

Tai Chi

**THREE Levels
of Yoga!**

**Personal Training and
Equipment Orientation**

ZUMBA GOLD®

**Try a new class and bring a friend! Look for the Fitness Sampler Schedule in the
Land Exercise Room or contact Laura Gorycki at 336-391-2800 for more information.**

