

Fall 2024



The Seasons

at Kirkwood by the River



A letter from Chad Carter

President & CEO of Kirkwood by the River

I am delighted to share exciting news about the expansion of our Cedar Ridge at Kirkwood Cottage Living community. We are thrilled to announce the commencement of Phase Two of this exceptional neighborhood, designed with your comfort, independence, and well-being in mind.

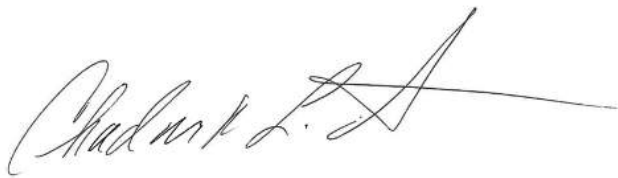
At Kirkwood, we believe that senior living should be a vibrant and fulfilling chapter of life. Our mission is to create a community where residents feel valued, connected, and empowered to enjoy their golden years to the fullest. Cedar Ridge at Kirkwood embodies this commitment, offering a serene and inviting environment where residents can thrive.



Accompanying eight cottages from Phase One, Phase Two will include ten mountain-retreat independent homes which feature two-bedroom accommodations, one or two-car garages, open floorplans, beautiful stone fireplaces, and screened patios. Our goal is to provide you with a home that feels like an extension of yourself, where you can relax, socialize, and enjoy the serenity of your surroundings, as we are ideally located on 120-acres on the Cahaba River.

In this newsletter, we invite you to explore more about Cedar Ridge at Kirkwood, as well as our Independent Living apartments, our Assisted Living and Memory Care community, Hillside Residences, and healthcare levels at Kirkwood including Skilled Nursing and Short-term Rehab. Explore the lifestyle opportunities that await you. Our team is eager to assist you in finding the perfect home that meets your needs and preferences.

Thank you for considering Kirkwood as your partner in this exciting chapter of your life.



Phase Two Construction Begins for Cedar Ridge at Kirkwood: Expanding Independent Living

Kirkwood by the River is thrilled to announce Phase Two of our Independent Living Neighborhood, Cedar Ridge at Kirkwood! Building on the success of Phase One, this expansion will bring even more charming, cottage-style homes to our picturesque 120-acre campus along the Cahaba River.

Cedar Ridge offers a unique blend of “modern mountain living” and peace of mind. Residents enjoy a vibrant community atmosphere with the comfort of knowing future healthcare needs are planned for. The two-bedroom homes feature open floor plans, a screened porch, a one-or-two-car garage, and a fireplace.

Having already downsized from a home to an apartment, Cedar Ridge residents Phyllis and John Guschke found it appealing to rid themselves of the hassles of home ownership and began seeking communities such as Kirkwood. “We realized we were approaching an age where we might need more assistance than what just downsizing could provide,” Mr. Guschke said. “Knowing we have my sons nearby and the levels of care should we need it is comforting, and the beautiful hillside, river, and woods make it that much more appealing. We don’t know of any other community that has the woods, the various levels of care, and so many different amenities.”

Phase Two will introduce a collection of 10 additional homes designed to complement the existing neighborhood’s warm and welcoming character. With construction underway, we invite you to reserve your lot location and floor plan by contacting Sandi Hall at 205-862-0305 or shall@kirkwoodbytheriver.com. Experience the Cedar Ridge difference today!



Sprouting Health & Happiness!

Meet Mr. Myers, a resident at Kirkwood who has been nurturing a love of gardening for decades. **“My father always had a garden, and so it came to me naturally by being around it,”** he said. He enjoys sharing his passion with our community, spending countless hours tending to produce patches and flower beds he has built on our campus. **“You just have to tend to it,”** he said. **“I like to get up early and work for a few hours before breakfast and sometimes go back out from around 6:00pm to dark.”**

Mr. Myers loves gardening not just for the beautiful blooms, but for the fresh, healthy fruits and vegetables he cultivates. This year, Mr. Myers planted yellow and zucchini squash; 40 tomato plants; red, green and yellow bell peppers; banana peppers; cucumbers; watermelon and cantaloupe; apple, peach, lemon, lime, and fig trees; blueberry bushes; and flowers like zennias and hibiscus.

Studies show gardening offers numerous health benefits, including:

- **Increased physical activity:** From digging to weeding, gardening keeps you moving and improves strength.
- **Improved diet:** Fresh, homegrown vegetables encourage healthy eating habits.
- **Reduced stress:** Spending time in nature and nurturing plants can be incredibly calming.



Not only does gardening provide health benefits, but it also brings joy to our residents. Whether helping tend the gardens or just enjoying the whimsical colors and abundant growth from afar, Mr. Myers' love for gardening is fostering happiness across the community.



Debunking the Myth: The One-Bedroom Advantage

When considering senior living options, many individuals find themselves drawn to the idea of downsizing to a smaller, more manageable space. Many seniors may initially believe that a two-bedroom apartment or larger is necessary to accommodate their belongings and lifestyle. However, the reality is that one-bedroom apartments can provide substantial space.

One-bedroom Independent Living apartments at Kirkwood offer a comfortable and convenient solution for those seeking a maintenance-free lifestyle while maintaining their independence. Their affordability, with a lower price tag compared to larger units, makes them more accessible on a budget. At Kirkwood by the River, our one-bedroom apartments offer large closets, large bedroom sizes, and the same bathroom and kitchen accommodations as a larger unit. As is

the case with our two and three-bedroom apartments, our one-bedroom apartments also have a patio or balcony.



If you are seeking a cozy, manageable space without sacrificing access to the many amazing amenities, services, and activities of a communal setting, a one-bedroom apartment might be the right choice for you!

“When I moved to Kirkwood, I was coming from a two-bedroom apartment, and I couldn’t imagine myself in a smaller apartment size,” said Independent Living resident Nan Wingo. **“However, the size of each room in my one-bedroom apartment is plenty large enough for all my living room furniture and bedroom furniture with room left, particularly in the bedroom.”** Outfitted with a bed and nightstands, a separate reading area, two large dressers, and even a keyboard, Mrs. Wingo’s accommodations suit her needs substantially. **“I have plenty of storage, too,”** she said. Customized walk-in closets, a large pantry, and a coat closet all provide ample space for storing necessities.

If you or a loved one is interested in a valuable option for a comfortable, convenient, and safe living environment, consider exploring the many advantages of one-bedroom living. With thoughtful organization, it may be surprising how well-suited a one-bedroom can be in a well-designed space.



Trail and Gardens Fund:

We would like to extend a heartfelt thank you to the following families and individuals for their contributions to our Trail and Gardens Fund, which will help to restore the outdoor trails compromised with erosion during our expansion. Those listed have gifted Kirkwood by the River a donation in either Bronze, Silver, or Gold donation categories.

Joe & Patsy Arnold

Birch Bell

Leon Byerley

Grace Etheridge

Pat Forman

Phyllis & John Guschke

Jeanette Hancock

Catherine Lamar

Virginia Reid

Rick & Jane Ricketts

Joyce Silvernail

Arthur Stephens

Bob & Ann Tate

The estate of Bob and Ann Tate has generously donated a Legacy Gift toward our trails, and as a token of our appreciation, we are honored to name the trail to the Cahaba River the “Tate Memorial Trail.” Avid birders and environmental enthusiasts, both Bob and Ann served as President of Birmingham Audubon Society and the Alabama Wildlife Society. Bob also served as President of Cahaba River Society, and they served together as President of the Alabama Wildflower Society. They fought to protect our local natural resources in the state of Alabama, and even placed 12 acres of land surrounding their family home in a conservation easement so that it has to stay natural forever. We are proud to honor their love of the outdoors here at Kirkwood as we offer their family a tangible way to recognize their significant contributions and lasting legacy within our community.

Located on 120 acres on the Cahaba River, Kirkwood by the River is ideally situated for enjoying every season outdoors. Over the past two years, we have expanded our community – adding Cottage Living to our Independent Living opportunities and updating our Independent Living amenity centers, adding a brand-new Assisted Living and Memory Care community called Hillside Residences, creating a 16-private room short-term rehabilitation floor called Riverview Rehab, and renovating our Skilled Nursing wing to include a brand-new lobby entrance and new amenity areas. We

are so excited to have these new spaces, as they provide more dining options, more opportunities for fellowship and entertainment, more intentional design, and more opportunities for new residents to join our Kirkwood family.



We launched our Trail and Gardens Fund project in the beginning of 2024, and we are excited to announce that \$175,000 of our \$275,000 goal has been met! We need your help to raise the remaining amount to restore these outdoor spaces. Donations will provide for trail restoration and contribute toward a brand-new, multipurpose pavilion for our new resident gardens. The gardens will include ten raised gardening beds, and the stone-pillared pavilion will be the perfect space to enjoy a glass of lemonade with friends after gardening.

If you would like to make a donation to the Trail and Gardens Fund, please visit kirkwoodbytheriver.com/giving or contact Sarah Sexton at 205-873-9045 or ssexton@kirkwoodbytheriver.com



The Rising Popularity of Cottage-Style Senior Living

The cottage-style living model for seniors is experiencing a surge in popularity nationwide. According to Greystone Communities, an expert organization in senior living, “The desirability of this product style may have been limited during the Great Recession and the ensuing housing crisis, but as Boomers have entered the market and the post-pandemic malaise subsided, seniors are seeking more.”

Kirkwood by the River CEO Chad Carter shares, **“We are delighted to expand our Cedar Ridge at Kirkwood Cottage Living community to include 10 additional cottages. The cottages provide the ease of single-family living within our supportive community, further solidifying our commitment to providing exceptional senior living in Birmingham.”**

Baby Boomers, accustomed to independence and homeownership, are seeking housing options that mirror their familiar lifestyle with a focus on health, wellness, and social engagement. Cottage living provides a balance of privacy and personalization of one’s own home with access to shared amenities and social activities.

At Kirkwood by the River, residents have access to common living rooms, the Cahaba Cultural Center, Wellness Center, Riverside Dining Room, Overlook Café, Treetop Lounge, Library, and more. With full-time activities directors and spiritual leaders, planned social events and organized worship can further enhance the community atmosphere.

By combining privacy with opportunities for social engagement, a sense of homeownership without the hassles of maintenance responsibilities, the autonomy of creating one’s own lifestyle and preferences with the support and security of on-site staff, it is not surprising the cottage living model is in such high demand with today’s older generation.

We are proud to provide cottage living as a part of our community, and we invite you to consider Cedar Ridge at Kirkwood as you plan for your retirement. **Visit kirkwoodbytheriver.com/cedar-ridge for more information or contact Sandi Hall at 205-862-0305 to schedule a consultation.**



Introducing Tower Homes: Building a Better Life

We are excited to introduce our construction partner, Tower Homes. Tower Homes is a Birmingham-based homebuilding company founded by Price Hightower in 1992. With an established reputation for excellence in the industry, thousands of completed projects showcasing craftsmanship and attention to detail, a commitment to building quality homes, and a company focus on red-carpet customer care, we are confident in the experience of working with Tower Homes on Phase Two of Cedar Ridge at Kirkwood.

“We’re thrilled to partner with Tower Homes,” says Kirkwood Marketing Director Sandi Hall. **“We share a common goal: to provide quality craftsmanship, top-notch customer service, and a product that goes above and beyond expectations.”**

Tower Homes has consistently ranked among Birmingham’s top 5 homebuilding companies, and they are one of only 16 National Association of Homebuilders-certified Graduate Master Builders in Alabama. This prestigious recognition highlights their dedication to industry best practices and their ability to deliver exceptional homes.

“Partnering with Kirkwood by the River aligns perfectly with our mission to deliver high-quality, thoughtfully designed homes,” shares Tower’s Vice President of Construction Cannon Jarrell. **“The Board members, Chad, and Sandi have been fantastic collaborators—responsive and proactive—which makes our job more seamless and enjoyable. The architecture at Cedar Ridge is truly remarkable, making the building process both exciting and unique. We are thrilled to bring our passion and expertise to this project, creating homes that blend beautifully with the natural landscape and peaceful surroundings.”**





Nutrition & Wellness: Supporting the Gut Microbiome

Popular in today's health and wellness sphere is the topic of gut health. Our bodies are home to trillions of microorganisms, collectively known as the gut microbiome. These tiny organisms play a crucial role in digestion, immunity, and even brain function "as they help us (1) to digest the food we eat, (2) guard our body by quieting inflammation, (3) shape our hormones, affecting our sense of fullness and hunger, and (4) release important neurotransmitters that affect our mood." While the gut microbiome is essential for everyone, its importance becomes even more pronounced as we age.

Dietary modifications, reduced physical activity, and the increased use of medications commonly associated with aging can disrupt the delicate balance of the gut microbiome. Additionally, chronic

conditions such as diabetes, heart disease, and inflammatory bowel disease can further exacerbate these imbalances. At Kirkwood by the River, our onsite Registered Dietician and our Certified Dietary Manager work hand-in-hand with our chefs to produce diverse and nutritious meals for residents. By providing menu options that include plenty of fiber, prebiotics, probiotics, and antioxidants, we are able to nurture our residents' thriving gut microbiome and help to reduce their vulnerability to infections, protect cognitive function, and enhance their overall well-being.

Below are tips from our professionals on daily routines that can significantly enhance gut health:

- **Prioritize a Fiber-Rich Diet:** Consume plenty of fruits, vegetables, whole grains, and legumes to provide the necessary fuel for beneficial gut bacteria.
- **Embrace Fermented Foods:** Incorporate yogurt, kefir, sauerkraut, and kimchi into your diet to introduce beneficial probiotics.
- **Stay Hydrated:** Adequate water intake helps maintain optimal digestive function.
- **Manage Stress:** Chronic stress can negatively impact gut health. Explore relaxation techniques like meditation, yoga, or deep breathing.

- **Regular Exercise:** Physical activity promotes gut motility and overall well-being.
- **Limit Processed Foods:** Reduce your intake of processed foods, sugary drinks, and excessive amounts of red meat.
- **Consider Probiotics and Prebiotics:** Supplements may be beneficial, but consult with your healthcare provider before starting any new regimen.
- **Adequate Sleep:** Sufficient sleep is essential for overall health, including gut function.

By implementing these lifestyle changes, seniors can support a healthy gut microbiome, consequently enhancing their overall quality of life and contributing toward a happier, healthier aging process.

Plan Ahead for the Life You Want to Live: The Importance of Joining Our Waiting List

Senior living at Kirkwood by the River offers an exceptional lifestyle filled with purpose, connection, and independence. However, finding the perfect community to call home can be a challenge. That's why joining our waiting list is a crucial step in securing your desired lifestyle.



Why is it important to join our waiting list?

- **Choice and Flexibility:** This allows you to choose the accommodations that best suits your needs and preferences, including size, floor plan, location, and view from your porch or patio.
- **Time to Plan:** Joining a waiting list gives you ample time to plan your move and downsize without feeling rushed.

We understand that planning for the future can be overwhelming. Our dedicated team is here to guide you through the process and answer any questions you may have. Contact us today to learn more about our waiting list and discover the many benefits of becoming a part of our community!

To get started, use the **QR Code** to fill out the waitlist form.





Experience Riverview Rehab

Meet Rose Finkelstein

“I came to Kirkwood on the fourth day after a total knee replacement surgery, because I live alone in a townhouse and knew I could benefit from a rehab community. My stay here was phenomenal. Everyone went above and beyond what they needed to with my comfort and best interest in mind. The physical therapists were terrific. My doctor has been thrilled with my progress, and I know it is because of the therapy I received at Kirkwood. I could not be happier. The nursing staff was superb. I experienced a few health issues during my stay that were addressed quickly, effectively, and customized to my needs. If I pushed the button in my room, someone would be at my side within two minutes. Everyone I encountered – staff members in housekeeping, dining, reception, nurses, nursing assistants,

and therapists – were so kind. My advice to anyone needing a rehab would be to come to Kirkwood.”



Meet Eli Gold

“My time at Kirkwood was spectacular; they taught me how to walk again. The staff was outstanding, and the care was beyond reproach.

When I arrived, I had a long way to go. I was very sick. The first night, they had to lift me as I could not move by myself. When I left, they were chasing me down the hallway. They taught me how to perform the activities of daily living again. It was the best care I could have prayed for, and on top of that, the food was spectacular.”



Chaplain's Corner

“In the spring of 1963, my best friend, Barry, and I were looking for a fight. We were in the eighth grade, and we were searching all over the school for our friend, Roger. We were angry with Roger. But when we found him, huddled in the bathroom stall, he had his face buried in his hands, and he was crying.”

That paragraph is the beginning of a story I wrote several years ago. When we write, especially about a particular event in our lives, we begin the process by remembering. Considering details of an event, thinking, reminiscing – remembering – are all ways we celebrate life.

At Kirkwood, we make time to reflect, to reminisce, and to be nostalgic. One of

the best parts of being the chaplain at Kirkwood is that I have time to listen to the stories of residents. Those stories are amazing – wonderful and inspiring.

Some stories are shared experiences among friends or staff at Kirkwood. Often, a resident will walk in the chapel, and we have a conversation about something that happened when I was on the pastoral staff at Independent Presbyterian Church in Birmingham. Or a resident will talk about fond memories of my family and friends from the time I was pastor at Mountain Brook Presbyterian Church.

Having grown up in Birmingham, and now having lived here for most of my life, I also have many conversations with residents about “old” Birmingham – when there were six high schools, when the national guard armories hosted high school dances, and when Alabama and Auburn played football at Legion Field. Sometimes the conversations are somber – when we remember the struggles for civil rights in the 1960s, or the Vietnam War.

No matter the tone, in our stories, we find the power of human connection. Stories shape our understanding of the world, inspire empathy, and forge deep connections. In a world that often feels increasingly isolated, the act of remembering and sharing our stories, binding us to our peers, has never been

more important. We discover that we are not alone in our joys, sorrows, and challenges. We begin to see the world through a different lens, expanding our own perspective.

I know how fortunate I am to be at Kirkwood. The residents at Kirkwood seem to be happier than the average population, and through hearing their stories – of triumph, of creativity, of service, of intellect, of immense joy and of overwhelming heartbreak – we are united in a more compassionate and connected world. This place is a caring community. And it is filled with marvelous stories.



Your Home Away From Home: Discover Luxurious Amenities at Kirkwood

Are you looking for a senior living community that offers a high quality of life, stunning natural surroundings, and a wide range of amenities? Our community

is designed to provide residents with everything they need to live comfortably, independently, and enjoyably.

At Kirkwood, we understand the importance of delicious and convenient dining options. Choose from two distinct dining experiences:

- **Riverside Dining:** Enjoy a leisurely meal in our traditional dining room, featuring natural light and breathtaking views. Our restaurant-style service ensures that every meal is a delightful experience. Menu items include daily specials of favorite southern delicacies as well as a full menu of entrees and sides cooked to order.

- **OverLook Cafe:** For a quick and easy bite, visit our grab-and-go cafe. Our talented culinary team creates delicious and nutritious meals using seasonal ingredients, and options such as salads, soups, and paninis, as well as specials of the day, are available in this casual dining space. Whether a resident is running off to the salon, running in from a shopping trip with friends or a round of golf, or meeting with friends before the next cultural arts performance on-site, the Overlook Cafe provides a convenient and satisfying dining experience.

Your health and well-being are our top priority. Our brand-new Wellness Center provides a variety of amenities to help you stay active and healthy:



- **Group Exercise Space:** Join friends for group fitness classes led by experienced instructors.
- **Fitness Equipment:** Work out at your own pace with our modern fitness equipment.
- **Outdoor Walking Trails:** Explore the beautiful natural surroundings on our scenic walking trails.
- **Heated Pool:** During the summer months, take a refreshing dip in our outdoor pool.



We also believe in fostering a vibrant and engaging community. Enjoy the following amenities and activities:

- **Library:** Our new library offers a wide selection of books, magazines, and other reading materials. Join our monthly book club for lively discussions and intellectual stimulation.
- **Beauty Salon:** Pamper yourself with a variety of hair and nail services at our on-site beauty salon.
- **TreeTop Lounge:** Enjoy a game of pool or catch a football game with friends in our Billiards room overlooking the Cahaba River.
- **Cahaba Cultural Center:** Enjoy a performance, hear a seminar, join a game of cards or Mahjong, or celebrate a special occasion with friends in our cultural center!
- **Beeson Chapel:** Experience the joy, comfort, and support of our Chaplain services in the Beeson Chapel. Multi-denominational worship services and Bible studies are held in this special space each week.

Discover the Kirkwood Difference

With its stunning natural beauty, exceptional amenities, and friendly community atmosphere, Kirkwood is the perfect place to call home. Schedule a tour today to learn more about all that we have to offer.



Live Life Vibrantly

Kirkwood Residents experience the best of what life has to offer each and every day. Our community programs and events are designed to inspire, engage, and entertain. In our Cultural Arts Center, Residents may discover a talent for oil painting or watercolors. An intriguing seminar may spark an interest in American history. Joining card clubs, going to concerts, gardening, or attending social hour will strengthen relationships with friends old and new. Exercising in regular wellness and fitness classes can increase energy and maintain mobility. Without having to leave the comfort of our community, the opportunities for engagement are endless.

Outside the Kirkwood walls, Birmingham's best and brightest attractions are only minutes from our tranquil home in the trees. With high-end shopping centers, dozens of art galleries, award-winning restaurants, a booming live music scene,

and more green space per capita than any other city in the nation, Birmingham offers the entertainment and attractions of big-city living while providing warm and inviting Southern charm. Residents enjoy performances from The Alabama Symphony Orchestra, The Alabama Ballet, Birmingham Broadway, and local theatre groups. They cheer on the Birmingham Barons minor league baseball team and the Birmingham Bulls ice hockey team and watch many local SEC and private university sporting events. They frequent popular restaurants – both high-end and “hole-in-the-wall.” With something for every preference, Birmingham is truly a magical place to live.

Whether participating in activities and events on campus or off, our Kirkwood residents are constantly filling their days with inspiration, engagement, and entertainment. Won't you join us?





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KIRKWOODBYTHERIVER.COM

Fall 2024



Kirkwood by the River, a Life Plan Community with natural beauty and maintenance-free amenities, is where all of life's priorities come together. Your relationships, faith, independence, and health are enriched by a nurturing staff focused on providing peace of mind and financial and personal security.

