

BLAKEFORD Branches



THE "SECRET SAUCE" TO LONGEVITY?? (Spoiler Alert: You're on the right path!)

One of the best parts about my job is getting to know all of you on our waitlist. Everyone is on a completely different pathway to Blakeford – some are ready to start picking out paint colors, while many of you are just planning ahead for a "someday" move. Wherever you happen to be on your journey, I want to share some fascinating news about what your future means for your health.



It's Not a Floor Plan—It's Longevity & Vitality

A recent study by the National Investment Center for Seniors Housing & Care found that people living in communities like Blakeford actually tend to live longer. But the real "magic" isn't in the building; it's in the lifestyle and quality of life.

Scientists track things called biomarkers – think of them as a "dashboard" for how your body is aging. They look at things like your grip strength, your walking speed, and even inflammation levels in your blood. The amazing part? These numbers can actually improve when you reduce stress and add "good stuff" in your day.

Think of This as Your "Pre-Season"

Even if your move is still years away, you can start using the "CCRC Secret Sauce" right now. Keep moving and stay social.

Where CCRCs Truly Shine: The "Age Well" Study

Where is the real value in moving to a vibrant community? The answer lies in the landmark, five-year Age Well Study, conducted by the Mather Institute and Northwestern University.

Researchers tracked over 8,200 residents across 122 communities nationwide to measure their actual quality of life. The findings were **staggering**. They revealed that CCRC residents scored significantly higher than those living at home across five critical dimensions: physical, emotional, social, intellectual, and vocational wellness.

Furthermore, when the pandemic hit, those living in communities actually saw their social contact and intellectual engagement increase, while those aging at home suffered from severe isolation.

The Takeaway for YOU:

The science shows us that moving to a community isn't just about adding years to your life – it is about adding *incredible life* to your years.



A Warm HELLO: Finding Your New Beginning

The transition to a new home is a significant milestone, but moving into a senior living community can be especially challenging. At Blakeford, the Welcome Committee ensures that no one makes this transition alone. Led by chairperson Barbara Hoffman, the committee acts as the bridge between a new resident's first day and their first feeling of "home."

"Our mission isn't just to provide information," Barbara explains. "It's about being a friendly face in a new environment. We want to turn an unfamiliar hallway into a neighborhood."

Each floor has a designated Resident Floor Host who serves as a welcome ambassador. When a new resident moves in, one ambassador greets them with a comprehensive "Welcome Package," covering essentials like dining, housekeeping, tech assistance, and the monthly activities calendar.

Understanding that the first few days can be overwhelming, hosts return for a second visit where the real connection happens. Learning

more about a newcomer can help the Floor Host guide residents to join a bridge group, a Bible study, or an exercise class. There's something for everyone, but Barbara points out that not everyone is ready to dive in right away. "Some people are more private," she explains. "It takes time to find your niche, and we respect that gradual pace."



Barbara speaks from experience. When she came 2 years ago, she was asked if she loved it. Her honest answer was, "No, but I do like it."

Today her perspective has transformed. "Now, I truly love it and encourage anyone to consider a community like Blakeford. If I had to describe Blakeford in 3 words, they would be: Friendly, Supportive, and Fun."

For the committee, the reward is watching a resident's world slowly expand until that once-hesitant neighbor becomes a familiar, active face in the halls. "When we see them sitting at a table of new friends, laughing and sharing stories, we know we've done our job," says Barbara. "That sense of belonging is what Blakeford is all about."



Barbara Hoffman (pictured left) shares in a little fun and camaraderie with several Floor Hosts from the Welcome Committee, all dedicated to making our newcomers feel at home when they move to Blakeford.



WHAT THE HELL, LET'S HAVE SOME FUN!

By New Resident Jim Cappellino

When I moved to Blakeford last year, I brought more than just my luggage—I brought my drums and a mission to find fellow musicians. I teamed up with my neighbor, Barbara Foster, and as we began playing drums and piano together just for fun, the music became a community magnet.

As neighbors walked by, they would stop to listen. Soon, the whispers started: "I used to play the guitar..." or "I haven't sung in years, but can I join in?" Over several months, what began as a duo blossomed into a 10-member ensemble. Soon the community rallied, holding a contest to officially name the band *The Blakeford Beats*.



Today, the band just keeps growing. The lineup includes two guitars, a bass, a piano, a trumpet, and even talented performers from the LiveWell program.

The group has already mastered a repertoire of 30 songs, practicing twice a week to keep their rhythm sharp. My homerun for this whole project was getting people in their 80s to take their voices and their instruments out of the closet and say, "*What the hell, let's have some fun!*".

And fun we've had. Every member gets their moment on stage, starting with our recent Happy Hour debut. The room was packed, and the performance ended with a standing ovation. Now The Beats are currently tuning up for our next performance on Tuesday, May 26th. If you have an old instrument in your closet, don't keep it quiet. At Blakeford, there's always room for one more in the band.



Jim (on drums) enjoys a lively jam session with Barbara (on the piano) and several members of his band, the Blakeford Beats.



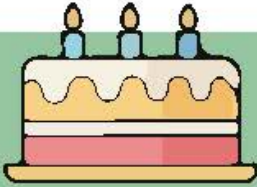
MORE STORIES AND EXPERIENCES - FROM NEW RESIDENTS

Blakeford quickly becomes a home with neighbors who welcome, inspire, and are interested in you.

This new home offers, quiet and solitude as well as activities for mind health and interests... For example, history club, social issues, painting, writing, women's groups and men's groups and many other pursuits like musical performances, lectures and fireside chats with other residents.

The sense of "living well" is everywhere, not least the pleasure of the outdoors on a beautiful campus for walking, admiring the ponds, the geese, and a place to grow your own garden.

By G'Anne Harmon



Happy Birthday to Me!

I am glad to tell of my move into Blakeford. First of all my moving date was on my birthday. What a wonderful gift that was for me. My family was very helpful especially my daughter-in-law, my son and a family friend. Blakeford's staff was so supportive, being responsive to my every need and question. Everyone was working together to see that things went smoothly.

Over the next few days I realized how friendly the residents were, making me feel welcomed. I appreciated those who invited me to eat with them and to attend special events. There are many interesting active people at Blakeford and I look forward to knowing them even better. I've been here six months now and feel right at home. By Mary Pierce

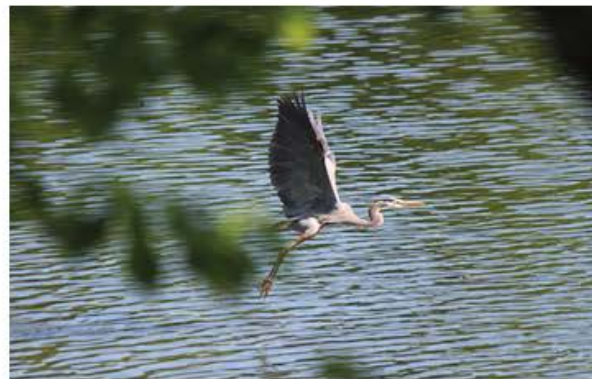
Welcome (by G'Anne)
Come close,
be near,
our world is large,
our room is plenty,
and all enough
to hold to joy,
to manage fear,
and all our world
plays out in us
from there.

In the Right Place!

We are in the right place at the right time. We love our location of our apartment. Especially the putting green outside our door for my husband. Also what we like about it is that I have not cooked a meal since we arrived. We love the point system, it's so easy to order supper. Also love the apartment gets cleaned once a week and the sheets changed. These are just a few examples of simplifying.

Also I'd like to brag about culinary. First how they provided three hot meals a day during an electricity outage. Each week they have a gourmet meal in Luke's. And once a month they have a special diner experience. All that, plus they are receptive to our ideas and suggestions.

By Marti Toms



Peaceful moments captured as birds wade and glide gracefully over the pond. Special thanks to resident Al

Low for providing this beautiful glimpse into spring and the delights of birdwatching on our scenic campus. There's truly nothing like the enchanting charm of Blakeford's neighborhood in the springtime.

Reviews Pulled Directly from [USNews.com](https://www.usnews.com)

Resident, Independent Living November 2025

I thought Blakeford would be good or I never would have moved here. But, it far better than I expected.

Resident, Independent Living November 2025

I am very glad that this fall we were able to move to Blakford. Simplifying life greatly coming from a large house to apartment is a hard transition, but made easy by the staff at Blakford. My husband and I have felt very welcomed here and warm reception by staff and fellow residence. It has been a wonderful experience to go to the dining room each evening and order food. It has been a seamless experience with no money involved at the table.

Resident, Independent Living November 2025

Everything you ever needed in retirement living!

Resident, Independent Living November 2025

Blakeford has more than met my expectations as a place that truly welcomes and supports seniors in their quest to lead healthy, fulfilling lives, no matter their actual age.

Resident, Independent Living November 2025

I investigated many local options before ending up at Blakeford and believe Blakeford is head and shoulders better than what else I saw. The non-profit structure seems to create a much better environment for the residents than a corporate owned organization.

Resident, Independent Living November 2025


We have felt so welcomed by the residents and the staff, which has made us know that moving to Blakeford was the right thing to do.

[Click here to read more!](#)

Blakeford at Green Hills

11 Burton Hills Blvd, Nashville, Tennessee 37215 [See Map](#)

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"CELEBRATING EARTH DAY: A CALL TO ACTION FOR A SUSTAINABLE FUTURE"

The Green Committee at Blakeford hosted an Earth Day celebration focused on responsible waste management. Residents participated in an engaging activity where they categorized items from a trash pile into recycling, trash, or compost bins. This fun and educational experience promoted proper waste segregation and community spirit. Participants who sorted correctly were rewarded with cookies, reinforcing the importance of sustainable practices and individual contributions to protecting the planet.



PILES, PILES & MORE PILES

Paper clutter is one of the most common—and stressful—areas to address. Start by gathering paperwork from around your home into one place. Sort items into 3 groups: Keep, Shred, and Recycle.

Focus on keeping only what's truly necessary, such as legal documents, financial records, and current medical information. Consider organizing important papers in clearly labeled folders or a simple filing system. Reducing paper clutter can bring immediate peace of mind and make your home feel lighter and more organized. Bonus points: Those papers that made the cut? Consider digitizing and storing in a cloud-based system to save even more space!

Learn more at www.letsgetmoving.net