

## Ruth Nelson Interview, February 2017

J: June

R: Ruth

M: Michael

J: Hello, is this Ruth?

R: Yes, it is.

J: Hi Ruth, this is June Hussey here in Tucson. Thanks for joining the call.

R: My pleasure.

J: Great, I want to thank you for making your time available this afternoon for this interview. Before we get started I wanted to just go over a couple of things with you, ok?

R: Ok.

J: Ok, we do interviews with residents of Watermark Retirement Communities like The Fountains at RiverVue in order to, first of all, just get to know them a little bit and learn about their interesting lives and also, to find out the process they went through to make their decision to move to a retirement community. And what we like to do, Ruth, with that information is share it with folks who may be just in the beginning of thinking about their future and may not know that retirement communities like The Fountains exist. You know, a lot of people have never set foot in one and we'd like for people to know, from our own residents' perspectives, what it's like to live in one. And so that's the nature of the interview. I wanted you to know also, in case they didn't tell you, that we are recording this conversation so that we can get all of your sentiments and quotes accurate, ok? But you know, if you should happen to say something along the way that you don't want to share with the public, just go ahead and say right then and there, "Oops, please don't mention that part." And we'll make sure to strike it, ok?

R: Ok.

J: Alright, great, well, at this point I'm going to welcome you to share by way of introduction a little bit about yourself. You can talk as long as you like about what makes Ruth Ruth, where you're from, something about your life, your family, you know, maybe where you went to school or what kind of things you enjoy doing. Anything that you'd like to share. And then, after that, I'll ask you some questions about what prompted your move, ok? So go right ahead when you're ready.

R: I'm ready.

J: Ok, go right ahead.

R: Well, I'll tell you I started to, at the very beginning, I had gone to The Wartburg after I had a terrible experience: I fell in the bathtub and I broke my leg.

J: Ouch.

R: It was a terrible thing to do. I mean I had no choice but my nephew's mother always belonged to The Wartburg, she had many a nice feelings about The Wartburg. I always liked it. I liked The Wartburg. Then, everything here is so much better, but this is what happens when you get used to The Wartburg and then you come here. It was just lovely here.

J: So you broke your leg. You had to go someplace to rehabilitate your leg? Is that what you're saying, before you came to The Fountains?

R: That's right.

J: I see.

R: I went to The Wartburg.

J: And so were you living in your own house at the time that you hurt your leg?

R: Yes, yes.

J: Were you living by yourself, Ruth?

R: No, I wasn't living by myself. My friends were with me and I suppose somebody would say by myself. Because my friends were very very good to me and they helped me so much. From The Wartburg I had gone then to over there to this lovely place in Westchester County. I just love it here.

J: Well, good, tell me about your life, where are you from originally and where did you grow up?

R: I grew up in the Bronx. I grew up in the Bronx. It was most unfortunate what happened to me because I slipped in the bathroom and I broke my leg.

J: And how long had you lived in that house?

R: My father bought the house in, exactly I don't recall too much.

J: So you lived there since you were a little girl?

R: Yes.

J: Oh my gosh, wow.

R: I lived there, I really don't remember too much about it but anyway it really was a lovely neighborhood. And then I had to have the operation on my leg. It's one of those things that you think you're never going to have a fall and that's it. It's terrible.

J: Yeah and how did it heal up? Are you able to get around ok now?

R: Well, I'll tell you I'm using a walker. I still have my walker here. I can get around with my walker. Eventually, maybe I won't need it, I only hope and pray that eventually I won't have to have my walker, but you never know. But right now I still need it.

J: Right and how long have you been there The Fountains?

R: The Fountains, I've been here since June.

J: Ok, so not even a year yet.

R: No, it's not a year.

J: And so when you came there, were you able to get all of the help that you needed in getting around and getting your meals and all that kind of stuff?

R: Yes, it was wonderful. They treated me very, very nicely.

J: Did you know anybody when you first moved in?

R: Well, I knew Jean. In fact, I was in one of the other places and I met Jean in one of the other places. And then when I went to the other place. She was very, very nice, Jean. She was very good to me because I was really what you would call a greenhorn there. And now everything was great

J: So you've have had a chance to get adjusted and figure out what is going on there. What kind of things do you enjoy doing? What is a typical day like for you?

R: Alright, I'm sorry I didn't hear.

J: I was asking what kind of things you enjoy doing every day? Tell me about a typical day there for you at The Fountains?

R: Well, in the summertime it's lovely. I can truly say it's wonderful because we sit outside. It really is such a lovely place. But of course in the winter it's a different set up, you know what I mean?

J: Do you take your meals there?

R: Yes, I take my meals here, yes, I do.

J: And do you typically sit down with other people when you have lunch or dinner or do you eat by yourself?

R: No, I don't eat by myself, no. There are very very nice people that I sit with. I can't explain but they can't be any nicer to me.

J: Well, so if you were to meet somebody who had never been to a place like The Fountains, what kind of advice might you give them about coming to visit?

R: The advice I'd give it's just a lovely place. Everything is just immaculate. The meals are very good. I have nothing against anything here. It's just wonderful. It's just the perfect place for somebody. I'm so used to it now here, it's lovely. It really is lovely.

J: I understand you have some hobbies. Can you tell us about your hobbies?

R: My hobbies...I used to love to knit and crochet but in my later years I didn't do as many things as I used to but I just loved knitting and crocheting.

J: Knitting and crocheting.

R: I just love to do that. It's just a lovely thing and this place, it's wonderful here.

J: I'm so glad that you're happy there.

R: I'm very happy.

J: What became of your house that you used to live in, did you sell it?

R: I mean my parents passed away and my nephew, he is taking care of everything. No, I haven't sold my house.

J: So you have a nephew that lives nearby. Do you have any kids or any other family in the area?

R: No, I just have my nephew. I just have my nephew and he such a great help to me. It's wonderful.

J: And how does he feel about where you're living now?

R: Oh, he thinks it's great. He really thinks it's wonderful and I do too. I love it here. I couldn't ask for anything better.

J: And when you want to go to, say, a doctor's appointment or go to the grocery store, how do you get there?

R: Well, I called one of the fellas he has this taxicab company and you just have to make an appointment with him in advance and then he puts it down on the paper that you're coming and then he drives me. In fact, he was driving me for quite a while to the dentist. And it's wonderful because many times and I have doctors or dentists and I've known them for so many years and it's just great because I still feel as if I still have my own dentist.

J: Right, because you didn't have to move too far, you still could keep all your same people, right?

R: That's right. I still keep the same people. And they are all so lovely. I love my dentist and the doctors too.

J: That's good, great. What else can you think of that people should know about what it's like to live in a community setting? Is it a place where you feel safe or how does it compare to living in your own house?

R: You get used to it. You really do get used to it. And I mean, of course I like my own house but the community setting is really lovely because they drive me. In case I want to go to the dentist or a doctor, they just drive me to the doctor or to the dentist. And it's wonderful. I just have to make an appointment and there I go to the dentist or the doctor. It really is marvelous.

J: And how do you feel about the snowstorm that is coming your way today?

R: I know I heard that. I don't think I care for that too much.

J: Are you glad you don't have to shovel the snow though?

R: That's right, no, I don't have to shovel. That's all I would have to do is shovel. I think my hip is getting better.

J: Yeah, it must be a nice feeling to know that other people are taking care of those kinds of chores now.

R: Yes, really wonderful.

J: Well, good. Ok, Ruth, well, it's probably about dinnertime there so I'm going to let you go and I thank you very much for your time on the phone today. I really appreciate it. Do you have any other last words of advice for sharing with people?

R: All I can say is everything here is great. I have nothing to add to it because there's nothing more to say.

J: Ok.

R: It's super-duper.

J: Super-duper. I like that. Ok Ruth, well, thank you again very much. It's been a pleasure talking with you. You have a great rest of the day.

R: Yes, you too.

M: Hi June.

J: Yeah.

M: June, it's Michael. Hi I'm just coming in at the tail end and I'm not sure if Ruth shared this but she's got a really neat story in that when she was in rehab her roommate was a resident of ours. And they connected, they clicked, they met and to this day they are still friends and they continue to eat together and have lunch together. I just thought it was a really great friendship connection that happened while she was going through all this. So I'm not sure how much into details or if anything but I just wanted.

J: I think she mentioned in the very beginning, is her name Jean?

M: Yes.

J: She told me about Jean and how they met.

R: It's a nice story.

M: Beautiful story.

R: Lovely story.

J: So was she your roommate when you were in the rehab place?

R: She was my roommate.

J: That's great. You never know when you're going to meet a friend, right?

R: It's true, it's true.

J: And so does Jean live on your floor or nearby?

R: She's on the first floor and I'm on the third floor.

J: I see and is she one of your friends that you like to have lunch and dinner with?

R: Oh yes, oh yes.

J: What other kinds of activities do you two do together?

R: Oh, activities.

J: Do you go to different classes, do you do the exercise class? You said you like to crochet and knit. Is there a group there that you belong to where you do that?

R: I haven't done that yet, no. With Jean I don't know if she does crocheting and knitting. I did from a long time back. I used to love to crochet and knit. I like a lot of things and I think I can get her used to some of these too.

J: Well, maybe you can teach her how to crochet.

R: You're right.

J: Well, that would be great. Michael, did you have anything else you wanted to add?

M: No, I didn't. I think it was just a great story because you know I would go visit Jean in the rehab and then Ruth was there too so it would be uncommon to see them you know already socializing and connecting. That was a big part of, I know at least in speaking with Ruth's nephew, the reason that they chose to come to RiverVue. It didn't stop there. It continued, it's not uncommon to see Ruth and Jean sitting outside on the patio on a nice warm day having a glass of lemonade or having a refreshment or watching a movie together. It's a really nice story, nice friendship that continued from the place where Ruth was kind of uncertain, there was a lot of uncertainty.

J: Yeah, well, she told me she lived in a big old house that had been in her family for many many years. I suppose, you know, you don't want to break your leg in the bathtub but sometimes, you know, you are led to the place where you are supposed to be to meet friends like Jean.

R: That's right, that's right. You never know when you're going to meet a friend.

J: Yeah, ok, Ruth and Michael, I want to thank you again and I'll let you go. And you take care now, ok?

R: Thank you so much.

J: You're very welcome, you too, by now.

R: Ok, bye-bye.