



Rusty's Blog

Why is Alderman Oaks So Different?

What distinguishes Alderman Oaks? What makes us “unique”? In the sophisticated retirement-assisted living marketplace is it even possible to be “unique? Even though it is trite to say “we care”, it is in caring that we excel and differentiate ourselves. It is one thing to “care” because it is corporate policy, and another because it is a core value of the ownership of a business.

Alderman Oaks is a family-owned business which treats its employees as team members and cares for them as family. Our residents are treated like family. Many of our residents’ relatives live out of the state, so we take it very seriously when that kind of confidence is shown in us.

We do not try to be like a fancy hotel! What we seek to provide is very nice facilities in a wonderful location, with a warm, welcoming environment and excellent food. At Alderman Oaks almost everyone knows each other. People have their close friends but are cordial and respectful of other residents. Although we have both assisted living and independent residents, we strive seriously to avoid any institutional feeling. We treat assisted residents and independent residents respectfully.

Currently and during our 13+ years of experience, we have always had very interesting people living at Alderman Oaks. My mother, who could afford to live anywhere she desired, lived with us until she died at 100+ years because we were “down to earth”. She was very active, even driving safely until 99 1/2. We have served an outstanding artist and intellectual who had been on the elite team that broke the Japanese code in WWII. Ivy Leaguers, professors, career state department diplomats, doctors, business men and women, architects, former Sarasota business leaders, nurses, union members, and a butcher have lived or are living with us.. A former resident founded a local theater. The two ideas, “down-to-earth” and “caring” very likely were key motivating factors that led all of these people to Alderman Oaks.

Innovative Approaches to Vitality in Retirement Living

Leadership at AO understands that there are many aspects to maintaining one’s quality of life. We are striving to be proactive in bringing programs to AO that strengthen residents physically, mentally, and spiritually. Exercise and dietary concerns affect the physical most directly, but also affect our mental and emotional states.

We are working with specialists, developing healthy diets, and have daily exercise programs conducted by energetic and cheerful leaders. Our downtown location lends itself to walking to many interesting places including the beautiful Sarasota waterfront. We also provide numerous activities which provide exercise that is fun such as our corn-toss and Wii games. These activities also exercise the mind as it works on eye-hand coordination. Sophisticated technologies are offered that closely monitor physical vital signs so that early intervention can often minimize health issues.

We have interesting resident-led discussion groups and use some of the latest technology and techniques for brain stimulation. Our dances and entertainment programs also help to energize our residents, but at the core of each person’s level of vitality is what we refer to as the “want to”.

Some of the things that affect our “want to” are encouragement, sense of purpose, meaning to life, and relationships with concerned friends. We try to provide all of these important elements including opportunities to serve fellow residents and the community. Most importantly, though, the spirit of an individual provides the “want to. We at Alderman Oaks are committed to provide opportunities for our residents to grow spiritually since that is the source of our own energies..

Blessings.

Rusty Blix
Administrator