

Sunny View Thrive Program Helps Residents Maintain Brain Health

Purposeful, engaging activities encourage social interaction and brain stimulation

Although some assisted living residents at Sunny View Retirement Community may have mild cognitive impairment, many of them “Thrive” thanks to a special program that encourages social interaction and brain exercise to maintain cognitive health.

The Thrive Team is a small group of residents with mild cognitive impairment lead by an activity coordinator, who provides activities based on the needs and preferences of these residents.

“The purpose of the Thrive program is to keep its members as active and engaged for as long as possible thereby enhancing the quality of their life,” said Sunny View’s Executive Director Sally Plank. “These activities are chosen to exercise residents’ minds and to provide a framework for socialization and just plain fun. This can be thought of as a ‘level of care’ for the mind. The Thrive program aims to help prevent isolation at a life stage when it is most critical to maintain social interaction.”

Typical activities are intended to

elicit memories and to result in discussion by residents. For example, a simple cooking or baking project may lead to a discussion about someone’s past baking or cooking experiences.



Thrive Team members enjoy an outing to Moffet Field in Sunnyvale to see vintage aircraft.

“A resident may not even remember that she used to bake until she picks up a rolling pin and finds out she remembers what to do,” Sally said.

Another recent outing for the Thrive Team was to a local farm, where the sights and sounds brought back memories to some about growing up on a farm. Other examples of Thrive activities include jigsaw puzzles which help with socialization in working out

the solution and tending the community garden. The Thrive Team also uses the Dakim Brain Fitness System, which helps seniors use rigorous cognitive exercise to prevent or slow the development of dementia.

In light of recent research, activities can take on a whole new dimension. Activities should no longer be thought of as leisure time fillers, but rather as opportunities to provide mental stimulation. If done thoughtfully, activities can help those beginning to show signs of cognitive impairment maintain their remaining cognitive skills longer and enhance moods. Studies have shown that with mental stimulation there is a slower rate of decline in communication ability, functional ability and emotional well-being.

Sunny View is a continuing care retirement community offering three levels of care – independent living, assisted living and skilled nursing services including memory support services. “We are proud to be on the leading edge of this important research,” Sally said.



LifeMatters

News for residents and friends of Sunny View Retirement Community

Jazz Keeps Jerry Johnson Young at Sunny View

Resident performs regularly on campus

“Jazz keeps me young, but Sunny View helps keep me carefree,” says Jerry Johnson Sunny View resident, volunteer and Dixieland piano man.

Jerry is quite the accomplished musician. Music seems to emanate from his magical piano fingers to his soul-tapping toes. For decades he has performed with his band, the South Bay Stompers, throughout the Bay Area and regularly at Sunny View during the Sunday Coffee Hour and on Wednesday nights at the community center or at The Garden, Sunny View’s Care Center.

Jerry was musically inclined from a young age. His mother played piano and by high school in Griffith, Indiana, he was learning to play the clarinet and saxophone from a Souza player. But music was strictly a hobby back then. Jerry worked his way through college-



Jerry Johnson loves to play jazz at a number retirement communities throughout Cupertino, but is pleased to always come home to Sunny View.

playing the sax and clarinet at local hot spots around Indiana.

With a degree in business, Jerry worked in sales and marketing for a pharmaceutical company

for most of his career. When he retired, music became his full-time passion.

So why does Jerry volunteer at Sunny View? “I think you’re either part of the problem or part of the solution,” Jerry said. “When my friend’s father moved to Sunny View years ago I decided to be part of the solution. They needed a piano player and I was delighted to take on the role.

“When I was choosing a retirement community for myself, I wanted to live at Sunny View. I had the opportunity to observe many communities but I was impressed by Sunny View’s personnel and the care they provide and the manner in which they provide it. Nothing really compares to Sunny View. I am proud to say, I perform at dozens of retirement communities, but I always come home to Sunny View.”



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a front porch community

Sunny View Retirement Community



Sunny View Foundation News



Pastor Joan Randall Receives Oliver W. Ruud Award

Sunny View's chaplain Joan Randall is the 2009 recipient of the Oliver W. Ruud Award. Pastor Joan received the award for her exceptional service to Sunny View.

Sunny View's chaplain, Pastor Joan Randall, thanks those who honored her with the 2009 Oliver Ruud Award.

"I truly am overwhelmed at receiving the award," Pastor Joan said. "As I tell people, some may

long to receive an Oscar in their lifetimes, but for me, receiving an 'Ollie' is a much greater honor! I love being part of the Sunny View Community, especially because the spiritual care team here includes every resident, everyone on staff, every family member, every volunteer. Everyone truly makes a difference."

The Oliver W. Ruud award was established 15 years ago in honor of Lutheran pastor and Sunny View's first administrator and executive director. The award coincides with Sunny View's annual Benefit Dinner, a celebration held each September in recognition of the many contributions made by generous individuals who not only donate financially, but also give of their valuable time to the Sunny View Retirement Community.

Pastor Joan serves as both chaplain at Sunny View and as pastor to Sunny View's own Lutheran congregation, All Saints.

"Pastor Joan is a woman of great faith, offering love and friendship to all who cross her path," said

Sunny View's Executive Director Sally Plank. In addition to the glass sculpture that is the Oliver Ruud Award, Pastor Joan received a hand-made glass cross, that reflects the colors of the Ruud Award in recognition of her special place in the community. Both pieces were presented to her by Lynn North, the chair of Sunny View Lutheran Communities and Services.

The Sunny View Foundation is part of Sunny View Lutheran Communities and Services. The Foundation serves as a fundraising entity to support resident programs at Sunny View Retirement Community and the adjacent Sunny View West affordable housing community. For more than 40 years it has had a philanthropic focus on the community and the surrounding area as well. Contributions both made through the Sunny View Foundation and volunteer programs at the community have always been a source of support to the residents.

For more information about the Sunny View Foundation or to make a donation, please contact Foundation Executive Mary Tunison at 408-454-5656 or by e-mail to mtunison@frontporch.net.

Sunny View to Host Mind Over Matter Workshop

Mind Over Matter, a workshop presented by the Sunny View Center for Aging and Spirituality on the topic of how to manage a chronic disease will take place Saturday October 24, 2009. The all-day event will feature guest speakers and discussion. The workshop is presented cooperatively with Stanford University's Geriatric Education Center. For reservations or information please call 408-454-5656.

At Sunny View Enjoy the Freedom to be Yourself

You can count on good friends, good food, good times and the peace of mind of knowing that care and service are always available if you need it. Sunny View currently has apartments and villas available for immediate move-in. These well-appointed accommodations feature garden views. You can join us each Tuesday from

10:30 a.m. to 2:30 p.m. for an open house or come see us at your convenience by making an appointment by calling Sales and Marketing Director Judy Jackson at 408-454-5666. And remember, lunch is on us. Be sure to mention this newsletter and receive our latest move-in special.

Sunny View Residents Watch Gladys' Garden Grow

Gladys Hill shares her lifelong hobby with friends

It's a pleasant spring morning in Cupertino and Sunny View resident Gladys Hill is doing what she loves – tending her hydrangeas, geraniums and numerous other annuals.

"Gardening is easier these days," Gladys says. "When I was growing up, my mother and I didn't have the luxury of going to a nursery. We planted from seeds."

Gladys remembers those days when she developed her love of gardening helping her mother at their home in Westpoint, Georgia. Because of that experience, gardening became her life-long hobby. "I love the color flowers bring," she said. "I also love seeing the little plants spring-up and grow."

In 1999 when she and her husband moved to Mountain View, California, Gladys was faced with a gardening space that had "special needs." "We had a patio with room for a garden but it got very little sun," she said. "But I didn't give up, I learned about California shade-friendly plants."

At the time of her husband's death in 2006, the Hills were on the verge of moving to Sunny View. That September, Gladys moved in alone to take advantage of the security and camaraderie Sunny View offered. Gladys said it was



Gladys Hill shares her passion for gardening with her fellow residents.



Sunny View's Dining Room courtyard was Gladys Hill's inspiration.

fortuitous that the apartment available with its large planting area with raised beds and room for potted plants happened to face the main dining room so many people would be able to enjoy the beauty of the garden.

"But it was without a single flower," she remembered. "This was a ready palette just for me."

Gladys went right to work. She brought potted plants and plant cuttings from her Mountain View home and transplanted them. Soon, residents who passed through the patio area or admired it from the dining room noticed the constant appearance of new plants and the gradual color addition of flowers.

Gladys nurtured and experimented and waged war against the snails and squirrels that appreciated her work but in a different manner. She found her Mountain View experience valuable since the Sunny View patio area, likewise, got very little sun. She began to fertilize and was rewarded with a profusion of increased blooms. Gladys' two daughters help their mother when they can. Sunny View's landscape crew also helps Gladys by preparing the soil and keeping the garden free of weeds.

Sunny View residents wake up to this now beautiful area in their midst, but weren't particularly aware of who took responsibility.

Gladys is very happy that residents take pleasure in the garden, but she doesn't do it for the recognition. "I just enjoy putting things in the ground and watching them grow," she said. "I came to Sunny View to find a place to live. What I found was a place to grow."