

Living at Sunny View Has Been Growth Experience for Ione Larson *(Continued from page 1)*

And her skills as a writer and interviewer have come in handy. Ione interviews all new residents and writes a mini biography for them which gets published in the resident directory.

“I’ve always been interested in people,” Ione said. “I feel my skills are enhanced here. It’s been a growth experience.”

And while Ione has always been a casual gardener, the lush community gardens at Sunny View have piqued her interest. “My mother was a gardener so I’ve always had a special place in my heart for it,” she said. “I love working in the community garden. The roses are so full and colorful. It takes two hands to hold some of them.”

So after five years at Sunny View, Ione is looking to the future. “This move was perfect for me,” she said. “I feel like if I had decided to live by myself I would have become less social. But here at Sunny View I’m part of a family.”

We Invite You to Take Part in Something Truly Special *(Continued from page 2)*

and kindness. Marian was an advocate for the residents at Sunny View and it is her family’s wish that donations benefit the Residents Assistance fund so that no one will ever be left without care.

For more information on how to leave your legacy at Sunny View Retirement Community, please contact Bill Penrod, Sunny View Foundation director of development, at 408-454-5656 or via email at bpenrod@frontporch.net.



LifeMatters

News for residents and friends of Sunny View Retirement Community

Living at Sunny View Has Been Growth Experience for Ione Larson *Sunny View is the perfect place to try new things*

If there is one thing Ione Larson likes to do is try new things. She has produced a local current events television show, taught community college courses in current events and was an elementary school teacher. She is active in her church, enjoys gardening and even modeled for a print ad for Sunny View currently running in the local papers. But currently her passion is volunteering at Sunny View, her home for the past five years.



Ione Larson has many interests including volunteering at Sunny View.

Sunny View, I’ve gotten a lot of fulfillment from my life.”

“My life has always been challenging, adventurous and fun,” Ione says. “There’s always something new to learn. Living at Sunny View has not only allowed me to continue my interests but expand upon them and try new things,” Ione says. “Since I’ve come to live at

Five years ago San Jose resident Ione and her husband decided to move to Sunny View. Right before the move, her husband died, but after some mixed feelings Ione knew pursuing the move was the right thing to do. “Because I was on my own, it was even more important for me to move to a

place I felt comfortable, safe and secure.”

The humming birds are checking out the flowers and the black headed chickadees are refurbishing their nests in the podocarpus bush. The robins had a great party at the pyracantha hedge and some got a bit woozy on fermented berries. Three crows strut around, but don’t stay long. There is much to enjoy at Sunny View.

— Ione Larson

Ione has definitely made the most of her life at Sunny View. An avid Christian, she assists the community’s chaplain with Sunday services, teaches a Bible study class and is involved with Sunny View’s Center for Aging and Spirituality.

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At Sunny View Enjoy 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 available if you need it.

Sunny View currently has several accommodations available for immediate move-in, including a few well-appointed villas with moun-

tain 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 with us by calling Sales and Marketing Director Judy Jackson at 408-454-5600. See you at Sunny View soon. And remember, lunch or dinner is on us.



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Bill Penrod Joins Sunny View as Development Director

This spring, Sunny View residents and staff welcomed Bill Penrod as the community's new director of development for the Sunny View Foundation.



Bill Penrod
Sunny View Director of Development

“The residents of Sunny View have been more than welcoming,” said Bill who with his wife Brenda and two children, Hayden and Mia, reside in Morgan Hill. “They are so willing to share their stories and personal achievements. It’s been great getting to know everyone and how they came to Sunny View.”

The Sunny View Foundation is the fundraising arm of Sunny View Lutheran Communities and Services, a social ministry organization that philanthropically and programmatically supports Sunny View Retirement Community and its next door neighbor, Sunny View West, an affordable housing community.

One of the many questions that Bill encounters on a daily basis is “what is development?”

“Development is just a fancy way to describe fundraising,” Bill said. “My responsibility is to help residents and potential donors understand the needs of Sunny View. Many people want to give to a worthy endeavor and it is the director’s duty to educate potential donors about why Sunny View is a good choice.”

“People have a desire to help others and it is my role to match those desires with the needs of Sunny View,” Bill said.

Two of the most popular foundation funds are Residents Assistance and Chaplaincy. The Residents Assistance fund supports the mission of Sunny View by ensuring residents, who have by no fault of their own outlived their assets, can remain in their homes at Sunny View. The Chaplaincy fund supports the Lutheran roots of Sunny View and allows the community to have a full-time chaplain and spiritual services. Both funds have a long tradition at Sunny View.

“The residents have always been supportive of Sunny View’s mission,” Bill said. “There is a rich tradition of helping others. It has always been a passion of mine to help promote that tradition by matching donors’ needs with the needs of the community and its residents.”

Many residents and potential donors can also help themselves by making a planned gift through wills or living trusts. “A little planning goes a long way,” Bill said. “If people plan ahead, it makes things easier for them and their families.”

A popular option is a charitable gift annuity which allows donors to receive annual tax benefits while making a gift to Sunny View at the same time.

“The Sunny View residents take great pride in supporting one another,” Bill said. “It is my hope to help everyone fulfill those desires.”

For more information on becoming a Sunny View donor, contact Bill at 408-454-5656 or via email at bpenrod@frontporch.net.

We Invite You to Take Part in Something Truly Special

As Sunny View Retirement Community finalizes its new Arbor Garden and Community Gazebo, the Sunny View Foundation invites you to leave an enduring legacy that will benefit many at our community for years to come.



Artist’s conception of the proposed new gazebo at Sunny View.

For just \$100, your contribution will be forever captured in time for future generations to admire. In

recognition of your gift, we will place an etched brick with your name in the Arbor Garden honoring the legacy of our gracious donors.

When complete, a portion of the Arbor Garden will honor Marian Ruud, an inspirational donor at Sunny View for more than 40 years, remembered for her elegance

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Sunny View Dining Room is Full of Pleasant Surprises

Hibiscus Café is a big hit with residents

Kevin Ford, Sunny View’s director of dining services loves surprises. He loves them so much he has decided to spring a few on residents in the form of special culinary creations.



Sunny View’s Hibiscus Café features delectable desserts.

“Sometimes our chef, Rhonda, and other kitchen staff will surprise residents by bringing out the waffle and omelet stations and make these items to order at each table,” Kevin said. “It gives residents individual attention. It also allows my staff to interact with residents which they enjoy rather than being in the kitchen all day.”

Other surprises might include themed dining room décor to reflect a tropical or European setting. Three times a year, the Sunny View assisted living dining room welcomes residents’ loved ones for ‘Family Night.’ “We occa-

sionally have surprise entrées, holiday buffet settings and then there’s our Hibiscus Café ...”

The Hibiscus Café is a resident favorite. An open air oasis situated on the patio outside the main resident dining room. Decorated in a tropical theme, the smell of fresh Hibiscus and other flowers and herbs permeate the air. A bistro menu features choices such as salmon salad, skirt steak, sausage sandwich and beer and wine.

“We wanted to create something

for residents with a ‘wow!’ factor and I think this did the trick,” Kevin said. “Presentation is everything here from the atmosphere to the fun and colorful presentation of meals.”

“Dining at Sunny View is about choice. Add a little flair and surprise and residents enjoy.”



Residents Vivian and Erwin Walz get into the spirit of the Hibiscus Café.

Walking Tall, Walking Smart

Pole walkers trek through Sunny View

Fitness experts agree that one of the simplest ways to stay in shape is to walk. And at Sunny View, many residents have taken that advice to the next level – pole walking.



Sunny View residents Vivian Walz, front, and Shantaben Shah enjoy the many walking paths at Sunny View.

residents venture out across campus. As a skill most people have mastered in childhood, walking is tough to improve upon. But the activity of pole walking does just that by introducing two poles that look like trekking poles but are designed for everyday strolls. First introduced in Europe in the 1970s, the idea is that by pushing off with the rubber-tipped, lightweight aluminum sticks, walkers strengthen their upper bodies and burn more calories—upward of 20 percent more, according to recent research.

using the poles,” said Sunny View Wellness Coordinator Annette Garcia. “The second half of class is walking practice. Participants learn to walk naturally and comfortably with poles, focusing on balance and improved posture and class finishes with a small outdoor or indoor group walk.”

By using these poles, walkers reduce stress on their knees, build endurance and stability and get a good cardiovascular workout.

Each Tuesday and Thursday afternoon, an enthusiastic group of

strengthening and agility exercises