

Creative Hands *(Continued from page 1)*

between ceramic crafts and fine art.

“That was a dream,” she said. “I learned so much from him.”

Nora’s work was described by one critic as ... “reflecting the artist’s interest in far-reaching possibilities of design in clay while staying within the boundaries of traditional pottery. They range from the earthiness of unglazed clay and matte glazes to the formality of an urn with abstract floral patterns etched in white on a cobalt blue pot. Frequently her efforts result in functional pottery, but that is

usually incidental to the basic search for visual and tactile pleasure.”

“Though I had a short career, I very much enjoyed the critical acclaim that came from my efforts,” Nora said. “My pots were always different -- never two alike. And they weren't planned. They were the result of what came out of the clay on the potters' wheel. It was an emotional, not a mental process. But the finishing details of glazing and added features were very much the result of my interest in design and color.”



Nora began her love of ceramics at age 50 after attending a ceramics class.

Sunny View Residents, Staff Pro-Active in Emergency Preparedness *(Continued from page 3)*

Sunny View’s emergency preparedness team was organized a few years ago by Leroy, a retired NASA contractor with experience in emergency preparedness. He took a leading role on the team at Sunny View after he was asked to substitute teach an emergency preparedness class. The team’s purpose is to keep residents and staff aware, informed and prepared for major disasters.

Developed jointly by its residents and administration, Sunny View

created a disaster plan that has been drilled numerous times by residents and staff. Dozens of residents have trained to perform specific disaster plan roles with the assistance of the City of Cupertino Community Emergency Response Team.

“As retired professionals such as architects, engineers, nurses and physicians, our residents have taken an active lead in preparing for a disaster lending a sense of tremendous empowerment and

innovation,” said Sunny View’s Executive Director Sally Plank. In 2007, Santa Clara County recognized Sunny View for its preparedness and forethought and the City of Cupertino held its own emergency preparedness class at Sunny View because they were so impressed with the retirement community’s program.

“I’m very proud of our team,” Leroy said. “I’m confident that if I retired tomorrow the team could successfully carry on.”

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LifeMatters

News for residents and friends of Sunny View Retirement Community

Creative Hands

Nora Weissman molds hobby into prolific ceramics career

In the 1920s Nora Weissman grew up in a small town in Oregon. She married and spent her early life as a homemaker and optician in California. While she always appreciated art, Nora admired it as a spectator. That all changed in the late 1960s.

“I was first introduced to clay when I was 50, 42 years ago,” said the Sunny View resident, whose apartment is adorned with much of her work. “There’s nothing like having your hands in that clay.”

Nora had her hands in “that clay” shortly after meeting a ceramics teacher at a party who happened to be teaching classes at nearby



Nora Weissman sits next to one of her favorite ceramic pieces. She has won several awards in the local area for her work.

Foothill College in Los Altos. “We got to talking and he said, ‘come to my class. Let me teach you.’ I had never made anything from clay but something inside me told me to go and learn.”

Over the next decade, Nora was prolific. She excelled as a ceramist. Her work has been shown in several juried shows and she has won several awards including “Best of Crafts” at the Triton Museum Art Fair in Santa Clara. She even built a brick kiln in her yard. One of her fondest memories is studying with renown artist Peter Voulkos, known for his abstract expressionist ceramic sculptures, which crossed the traditional divide

(Continued on page 4)

Take Advantage of New Year Move-in Specials at Sunny View

It’s a new year and with 2011 comes some move-in specials at Sunny View that can save you thousands of dollars.

Sunny View currently has accommodations available for immediate move-in, including a few well-appointed villas with mountain views. Don’t let this opportunity pass you by. 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 408-454-5666 or contact us online at www.sunny-view.org. Judy will tell you all about our specials when you visit and remember, lunch or dinner is on us. Sunny View offers good friends, good food, good times and the peace of mind of knowing that care and service are available if you need it at Sunny

View. We are a continuing care retirement community located in the heart of Silicon Valley.



New Gazebo Erected at Sunny View

Arbor Garden brick donations to benefit Resident Assistance Program

Just in time to ring in the new year, Sunny View's new gazebo was erected in the community's new Arbor Garden.

The gazebo project was part of a community upgrade and fundraiser for Sunny View. Through the Sunny View Foundation, residents and friends of the community purchased bricks in memory or in honor of loved ones in support of the Foundation's Resident Assistance Program. More than 250 bricks have been dedicated so far. The Sunny View Foundation plans to dedicate more bricks on an annual basis with a ceremony taking place each fall.



Generous donors to the Sunny View Foundation contributed to the construction of the new gazebo and brick walkway.

A portion of the Arbor Garden honors Marian Ruud, an inspirational donor at Sunny View for more than 40 years, remembered for her elegance and kindness. Marian was an advocate for the residents at Sunny View and it is her family's wish that donations benefit the Resident Assistance Program to aid Sunny View residents in need.

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.

Enjoy the Romantic Rhapsodies and Waltzes of Vienna



Join us from 2:30 to 4 p.m., Tuesday, February 8 as Sunny View welcomes back Tibor and Yelena. The Hungarian violinist and Russian pianist partner will serenade and entertain with a delightful mix of Viennese melodies and their own brand of witty humor.

It's a fun-filled performance that's sure to warm your heart, in a community that's easy to fall in love with. With desserts and champagne.

RSVP to Vivian by calling (408) 454.5624. Valet parking available.

Feel free to bring someone you love.

Tours available. Ask about our move-in specials.



Stay Healthy and Fit at Sunny View

Community offers exercise classes for all abilities

A lifestyle that includes exercise is important at all stages of life, but especially as we grow older. Inactivity can lead to health problems, hospital stays, falls and illness. Exercise can help prevent falls and breaks by increasing balance. It can improve your overall lifestyle.

"Our goal at Sunny View is to give every resident the opportunity to be physically active as much as they are able or would like to be," said Sunny View Wellness Coordinator Annette Garcia.

"We have classes for a variety of levels of mobility, including those who use a wheelchair, cane or walker and for those who live in our skilled nursing and assisted living accommodations."



Residents enjoy an afternoon stroll around the Sunny View campus.

Among the fitness classes Sunny View offers are video exercise, chair yoga, posture and balance, strength and balance, sit and be fit, general exercise and one of the community's most popular ... walking poles. The community's gym is also open 24 hours for resi-

dents' convenience. Residents can make individual appointments with a fitness coach to discuss individual needs. Sunny View also offers fitness education classes that discuss the proper ways to exercise as well as diet and nutrition.

"We all enjoy the exercise classes very much," said Marilyn McCammon, a regular participant at the general exercise class. "It's a good workout and it definitely has given me better mobility and leg strength."

"The most important part of staying healthy and fit is to know your body," Annette said. "Knowing your body, how it responds and what your limits are is important at any age. We all age, but aging in a healthy way is the key."

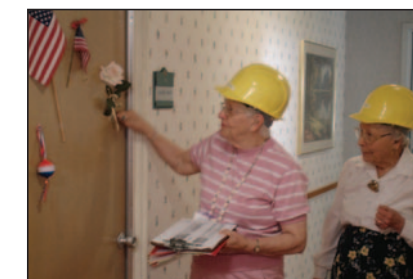
Sunny View Residents, Staff Pro-Active in Emergency Preparedness

Retirement community is recognized by county and city for good work

It's a typical quiet Wednesday afternoon at Sunny View. Some residents are engaged in activities, some are relaxing in their apartments or cottages, others are visiting friends and neighbors. Little do they know, fellow residents and staff are working behind the scenes preparing for what they hope will never happen.

"This is only a drill!" bellows an authoritative voice over the internal public address system announcing a disaster preparedness drill is now underway. Quickly, the Sunny View disaster team of about 20 residents and staff springs into action. Team members slip into their assigned roles – some may check neighboring accommodations to make sure residents have evacu-

ated by hanging white clothes outside each door, others make sure all residents are accounted for by checking their name off a list.



Resident volunteers help evacuate fellow residents during emergency preparedness drills.

And still others monitor radio broadcasts and those who have amateur radio licenses make sure the Ham radio is up and running.

"We cannot prevent an emergency but there are things we can do to be prepared, just in case," says Leroy Wilkinson, Sunny View bus driver and the head of the retirement community's emergency preparedness team. "You may live in your own home or in a retirement community. Either way, it is important to be prepared for an unexpected emergency. You may never need a flashlight, portable radio and extra batteries for an earthquake, fire or other emergency but you will be glad to have them."

"It's very important that we be prepared," said team member Ruth Wall. "But preparation can't happen unless residents are motivated to become prepared. That's also part of the team's job."

(Continued on page 4)