

It's All About Family

It happens frequently enough that our Marketing Director has come up with a theory. The phenomenon is the number of times people have discovered long-lost friends, and even a relative, when they visit or move into The Sequoias and become acquainted with their fellow residents.

Furthermore, when people live in the same city for so many years and share common interests (higher education and the arts, for example), they tend to gravitate to The Sequoias when they retire. After all, The Sequoias has been on Cathedral Hill for 40 years, the location chosen initially because of its central access to transportation and to the “cultural corridor of San Francisco” along and adjacent to Van Ness Avenue

(Ballet, Symphony and Opera along with the Asian Art Museum and the San Francisco Library – see map on back page).

“One day, I was in the lobby waiting for a guest to arrive for her first tour,” said Candiece. “As our guest walked in, she wondrously discovered her best friend from Lowell High from over 50 years ago. Everyone was staggered.”

There are many family coincidences living here: a sister and brother, a brother-in-law to two sisters, plus six more sets of sisters, including a pair of identical twins who are still best friends but definitely not roommates!

In other words, it's a “slice o' life” here at The Sequoias.



Left to right: Juanita and Marjorie Erickson, residents since 2004, in their 23rd floor apartment with the Financial District in the background.

RESIDENT TESTIMONIALS

Words of Praise From Our Residents at The Sequoias

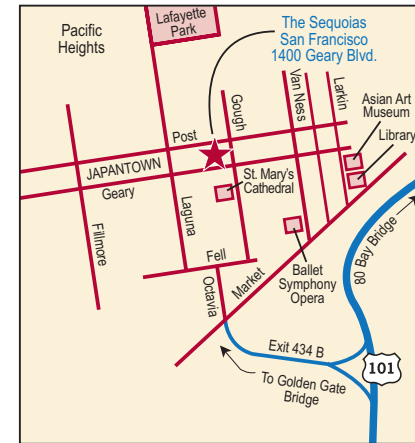
“As I looked at my options for living life in my latter years, I considered staying in my home. After all, it was comfortable and familiar. However, it became clear to me that I would eventually feel isolated, especially as the inevitable impact of aging would occur. I realized that no matter how familiar my current home was I really enjoy people – even need them – so I chose to come to The Sequoias for community. I've been delighted to find that everyone has been so welcoming, and I've discovered that the spirit of community I was looking for is very much alive and well here.”

– BOB GILBERT

“It was my sons who encouraged me to relocate closer to one of them in San Francisco, and having close friends at The Sequoias made the decision easy. I migrated a year ago, quickly settling into the welcoming warmth of The Sequoias.

I love the proximity to the Opera House and the Symphony, interesting neighborhoods for walking, and closeness to my family. I look forward to many decades in my new community.”

– ANN PRESTON



FOR MORE INFORMATION

- Visit our website at www.sequoias-sf.org
- Call Candiece Lindstrom, Director of Marketing, at (415) 351-7900
- E-mail Candiece at clindstrom@ncphs.org



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TRIVIA CONTEST!

Three clever winners won \$20 Gift Certificates to Trader Joe's. The answers:

1. **What world leader started the tradition of 65 being retirement age and why?**
Otto Von Bismark introduced social insurance to keep the German economy operating at maximum efficiency and stave-off calls for more radical socialist alternatives.
2. **Approximately how many “centenarians” were living in the U.S. in 2008?**
As of 11/1/08, there were 96,548.
3. **What do salad dressing, popcorn, and race car driving have in common?**
Paul Newman.

The Fall/Winter Trivia Questions:

We're raising the ante to \$30 Trader Joe's Gift Certificates for the first three people who call Candiece Lindstrom at (415) 351-7900 or e-mail clindstrom@ncphs.org with the right answers!

1. What is the origin of the word “Sequoia”?
2. What actress said “Where's The Beef?” in the Wendy's TV commercials?
3. True of False: The Sequoias building is the tallest one on the Western skyline of San Francisco?

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FALL/WINTER 2009

Come Early, Stay Late

By Maggie Brandon, Resident of The Sequoias – Portola Valley

Why don't people move?

There are a variety of reasons, including housing prices and just feeling so comfortable in a long-time home, that influence decisions of when to move in, and there are those who are just “putting it off.”

Perhaps it's because the downsizing and moving seems as if they are just too much to face or too overwhelming a task to accomplish. If that's the reason, rest assured that the job just gets harder as one gets older and no one is getting any younger. We do help. If the long-range plan is to move to The Sequoias sometime, putting it off runs the serious risk of an unexpected medical problem that will ruin that plan. That has happened to so many would-be residents.

Move earlier so you can stay longer.

Those of us who moved in by our middle seventies have had longer to make friends and to become part of the community. It's easy to avoid the loneliness that is so damaging in old age.

We've been freed from extra years of home maintenance, meal planning, grocery shopping, and meal preparation.



Our freedom from home maintenance makes it easier for us to spend long stays elsewhere. We travel all over the world.

A choice of activities and dining options.

We've had more years to benefit from participation in the large assortment of exercise programs offered, and our fitness room is full of the best equipment. But if one does develop medical problems, this is the place to be—with all of the facilities and personnel to care for us, all on our campus. ➔

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Chris Harvey, Mail Valet



Neither stairs, nor halls, nor gloom of fog can keep California native Chris Harvey from picking up and delivering mail to the residents at The Sequoias – San Francisco. One day, he clocked approximately 6.5 miles of walking on a pedometer. That equals about 1,560 miles per year.

“I enjoy setting up audio/video equipment for events, helping with security, and meeting new residents. The more packages they get, the better I know them.”

Even after being at The Sequoias for 25 years, Chris is still inspired by the interesting people that move here. This kind of long-term relationship with staff makes living here more like home and gives the comfort of a community.

Come Early, Stay Late

(continued)

If you’ve been here long enough to make friends before a medical problem materializes, it makes recovery so much more pleasant.

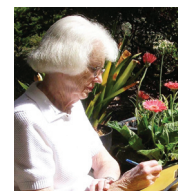
We also have access to many programs to keep us mentally stimulated and it is a lively community sharing interests in the news, the environment, sports, theater, movies and, always, books. It’s so very comforting to grow older in a group that is growing older along with you. For additional mental stimulation, if one likes to play games there are like-minded residents with whom to enjoy bridge, scrabble, dominoes—whatever your choice of games.

We really like having three meals a day prepared for us, which we can choose to eat either in the dining room or carry home. Our usual preference is to eat in the dining room as that informal place is where we meet other residents and friendships develop.

We’re living longer, happier lives. Join us.

We know that we are living longer, happier lives because of our healthy lifestyle here. That may be why the great majority of our residents are still so active. We wonder why one puts off moving in.

The Life Care communities of Northern California Homes and Services (NCPHS)... The Sequoias – Portola Valley, The Sequoias – San Francisco and The Tamalpais – Marin are great places to live. We want to spread the word.



Maggie Brandon has been a resident of The Sequoias – Portola Valley since September 1999.

“Take time to laugh for it is the music of the soul.”

– AUTHOR UNKNOWN



The Importance Of Getting A Flu Shot

By Dr. Kati Murray

Annual epidemics of seasonal influenza (the flu) occur typically from late fall through early spring. According to the Centers for Disease Control and Prevention (CDC), an average of five to 20% of Americans contract the flu annually and vaccination is still the single most effective way to protect yourself.

Influenza Can Affect Anyone.

Influenza viruses can cause disease in any age group, but rates of serious illness and death are highest among people over 65, children under two, and those of any age who have medical conditions, which increase risk for complications. Fortunately, The Sequoias — San Francisco will soon have flu vaccine available as part of residents’ Life Care coverage.

Be Aware Of Flu Symptoms.

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. If you’ve been in contact with someone who may have the flu, contact the clinic for advice. You could infect others beginning one day before any symptoms develop to five days after becoming sick.

A New Challenge: H1N1.

This year, we face H1N1 (“Swine Flu”), a new influenza virus first detected in the United States in April 2009. Though symptoms are similar to seasonal flu, many people infected with H1N1 also reported diarrhea and vomiting with illness ranging from mild to severe. While most people have recovered without needing medical treatment, hospitalizations and deaths have occurred.

The CDC Is Monitoring The Situation Weekly.

As of August 21, H1N1 had been reported in all states, resulting in 7,983 hospitalizations and 522 deaths. The seasonal flu shot does not protect against the H1N1 virus, so an H1N1 vaccine is expected to be available this fall.

Again, the CDC has recommended that certain groups receive the H1N1 vaccine when it first becomes available. Those over age 65 with chronic health disorders have less risk



than younger groups. However, vaccination will likely later become available for those 65 or older.

The Sequoias Infection Control staff will continue to monitor flu updates and keep our communities informed.

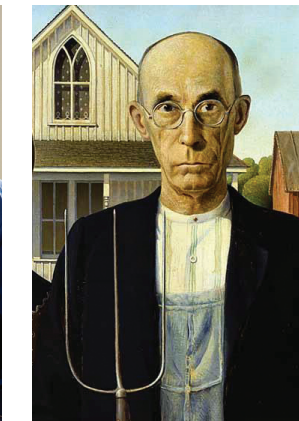
Kati Murray, M.D., is Medical Director for all three Life Care Communities at The Sequoias – San Francisco, The Sequoias – Portola Valley and The Tamalpais – Marin.

Our Own “Field of Dreams”

It’s a joy for our residents to be able to have a small garden to plant, nurture and harvest blooms right in the middle of the city at The Sequoias. In fact, 20 residents sign up for one-year terms for planters fabricated out of fiberglass (although they really look like concrete) in our gardens on the south side of our building. Best of all, the planters are scaled to a height and width to prevent too much bending over and prevent back problems in our resident gardeners.



Mr. Zak, 2009 Head Gardener Moved to The Sequoias



Grant Wood, Artist, 1930 “American Gothic” Stayed at Home

The result is a marvelous and eclectic group of planters that create a continually evolving aromatic palette of color for residents, guests, and our staff to enjoy, showcasing everything from succulent, zen, and rose gardens to seasonal bulbs that explode in a rainbow of blooms.

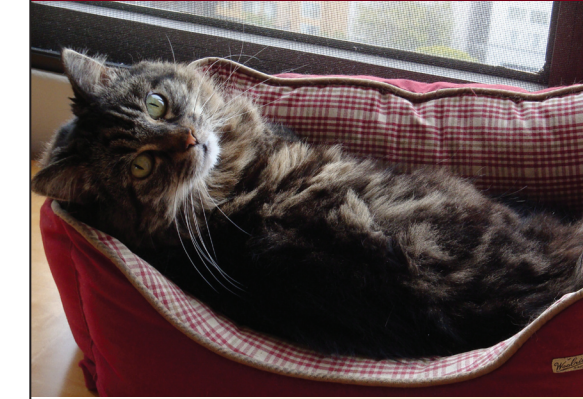
Stroll around and you’ll be treated to plants and flowers as diverse as Geraniums, Dutch Tulips, Sweet Peas, Queen

Anne’s Lace, Fuchsia, Rosemary, Nasturtium, Lavender, and so much more.

Mr. Zak, a resident said, “I started gardening as a kid in Prague. I was fascinated to put seeds in the ground and to see a bright red radish a few weeks later. That love of the soil stayed with me my whole life. When I moved to San Francisco and was a pastry chef during a 30-year high-pressure career, gardening was my therapy at my Noe Valley home.

“Today, I still maintain that garden by watering and pruning. Here at The Sequoias, I tend to my plants every afternoon. Our 20 residents who plant their flowers and vegetables have become friends and enjoy their picnic lunches in our garden. We even have a Meyer Lemon orchard of 30 fragrant trees that bloom all year round. I never knew a little dirt under your fingernails could be so relaxing.”

Miss Kitty and Coco



The Sequoias’ menagerie of small cats and dogs is growing, but two would like to share their thoughts:

Our pet resident, Miss Kitty, loves her nest on her 18th story desk overlooking a Golden Gate Bridge view. She said, “I play in my apartment with my owner and sometimes sunbathe on the roof with her.”



For canine lovers, Coco has stolen the “what a cute dog” category. “I walk my

owner at least five times daily, which is good exercise for him. Of course, the treats that my receptionist Tina provides me are solace for this work-out. Adoring remarks definitely have been good for my ‘je ne sai quoi’ that makes humans act deliciously juvenile in my presence.”