

WHAT'S NEW?

Contract Options Are Here!



Traditionally The Sequoias has been exclusively a LIFE CARE community, one of only 15 within California. Now, we are offering a 90% Repayment LIFE CARE contract and two "Fee for Service" contracts. One benefits your estate and the other benefits you right now with lower Entrance Fees.

The 90% Repayment contract offers your estate a return on your original entrance fee when you recontract your apartment. The "Fee for Service" contracts offer reduced entrance fees and different choices on the monthly fees. This allows those who may have long-term care insurance and your own health care you prefer to keep to reap the value of your investment in them.

There's obviously more to discuss than we can do right here, so if you would like further details, please call Pamela Marron, Marketing Director, at (650) 424-4307.

Choice is probably one of the most coveted issues in our lives. We like the ability to find the right product, service, home, etc. that is just "right for us." Now, The Sequoias is offering you that kind of choice in new contract options. They are designed to help you find one that fits your "personal economy" so that you can continue to plan for your future and act on it.

RESIDENT TESTIMONIALS Words of Praise From Our Residents at The Sequoias

"Moving into The Sequoias – Portola Valley is like a dream come true for this chapter of my life. I have made numerous new friends, and I feel both the comfort of being cared for and the independence I desire."

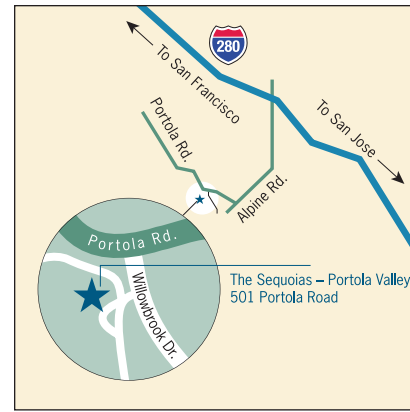
– HARRIET COULSON

"Sylvia, you're blooming—what is your secret?" my friends asked. Not a secret, the information is all here for the asking. The Sequoias – Portola Valley is a rare place that contains all the ingredients to make one happy."

– SYLVIA KURAN

"I love the choices—walk all the way up Windy Hill, or not. Play bridge, or not. Eat every meal in the dining room, or not. All the wonderful options we have here, some I had expected to find, others came as delightful surprises!"

– BETSY CARPENTER



FOR MORE INFORMATION

- Visit our website at www.sequoias-pv.org
- Call Pamela Marron, Director of Marketing, at (650) 424-4307
- E-mail Pamela at pmarron@ncphs.org



Cal Lic. No. 410500567 COA #075



THE SEQUOIAS – PORTOLA VALLEY
501 PORTOLA ROAD
PORTOLA VALLEY, CA 94028

www.sequoias-pv.org

Facts About The Sequoias – Portola Valley Retirement Community

1. Skidmore, Owings and Merrill, the internationally famous architectural firm, provided a unique design for The Sequoias – Portola Valley.
2. We're located on 42 acres consisting of a variety of 215 independent apartments, 26 Studios in Assisted Living, 18 Studios in Memory Care, and 43 licensed beds in Skilled Nursing.
3. These 42 acres combine the best of Country Living with full amenities. Small pets allowed. Easy access to 1900 acres of open space for walking, hiking, biking and pleasurable explorations!

Printed with low VOC inks on paper that is FSC® certified to be 35% post-consumer recovered fiber.



FALL/WINTER 2009

Come Early, Stay Late

By Maggie Brandon, Resident of The Sequoias – Portola Valley

WE HAVE STATISTICS THAT TELL US THAT THE MEDIAN AGE OF RESIDENTS WHO MOVED INTO THE SEQUOIAS – PORTOLA VALLEY BETWEEN 1997-2000 WAS 75.3 YEARS. We also know that half of the current residents moved in before they were 76.5, and we know the median age continues to creep up.

Why don't people move?

A variety of reasons, including housing prices and just feeling so comfortable in a long-time home, influence decisions about when to move in. Some people are just "putting it off."

Why put it off? Do we look too old to join? (A resident reported that when she was contemplating moving here, she thought that everyone looked so old—then she went home and looked in the mirror.) If you live nearby you can still see your friends and continue present activities as we are not, in any way, isolated.

Inside This Issue:

- 2 Staff Spotlight
- 3 Healthcare Corner
- 4 Community Feature
- 4 Resident Spotlight
- 5 What's New?
- 6 Facts



Perhaps it is that the downsizing and moving seem 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 the plan. That has happened to so many would-be residents.

Move earlier so you can stay longer.

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

Jean Johnson, Registered Nurse



Jean has been our independent living nurse since 2001, helping residents in the clinic and health center, and traveling all around our gorgeous campus in her golf cart.

Born in North Dakota and schooled at San Jose State, she said “I was diagnosed with opera madness in the third grade when I heard Donizetti’s ‘Lucia di Lammermoor’ and have been an opera addict ever since.”

Jean thinks of this community as a village and a calming oasis. She added, “All Sequoians have a love for gardening, food, art, travel, music, reading, and more. When you work here as a nurse, life is never boring.”

Her hobbies include baroque music and opera extravaganzas, but she concludes that the only people she’ll sing for are two and under.

Come Early, Stay Late

(continued)

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 exercise room is full of the best equipment. Even the need to walk outside every day to reach the dining room helps us keep fit. 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. 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.

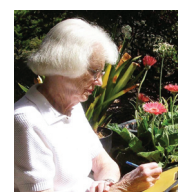
Forgotten words are accepted with understanding. For additional mental stimulation, if one likes to play games, there are like-minded residents with whom to enjoy bridge, scrabble, dominoes—whatever your choice of games.

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 Sequoias – Portola Valley is a great place to live. We like to spread the word.



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



By Dr. Kati Murray

The Importance Of Getting A Flu Shot

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 – Portola Valley 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.

Retirement is a New Journey

By Robert Rutherford, Resident of The Sequoias – Portola Valley



After living in Palo Alto for 37 years and being married for 50 years, my wife, Carolyn, and I moved here eight years ago in 2001. Though it was a distance of only eight miles, we soon discovered that Sequoias Retirement is a journey.

I retired from the Marine Science Institute, which Carolyn and I founded in 1970 to take students on our research vessel on San Francisco Bay. I know now that retirement is much more than just not working. Retirement now means meeting new people, having new life experiences, and renewing one’s social life with a wide variety of activities. To mention a few, I’m on the Marketing Committee, I’ve served on the Residents’ Council, and now I’m coordinating a project to photograph all

employees for picture boards so the residents can recognize them.

The women in our lives also find retirement here a pleasure. They, too, can and do take part in the affairs of The Sequoias; for example, my wife, Carolyn, was president of the Residents’ Council a few years ago. And, of course, just as we men retire, they too retire, particularly from cooking. We fully enjoy the three excellent meals each day and the social life in the dining room.

While discussing funding with residents, I discovered that many are not aware of the financial changes, and opportunities, retirement presents—our challenge is to preserve our wealth. Finding a qualified and certified financial planner is a must: often the accountant who did our tax returns or our family attorney just don’t have the background. Did you know that many of the expenses to move and live here are tax-deductible?

May I add that the years 72-75 are ideal for beginning the new, exciting experiences that we discover here at The Sequoias—the great meals, stimulating activities, and interesting people all make this quite a journey!

Ansie Lee Sperry



Ansie was one of 14 children in a household with four mothers in a prominent Hong Kong family.

“I was sent to England for my education at nine, but returned to my family after my father’s death. When WWII broke out, I volunteered for the war effort in China, then traveled throughout the South Pacific, where I was interned in a Japanese POW camp in the Philippines. There, I met my future husband.”

Ansie is a vibrant 95 and has lived at The Sequoias since 1990. She’s met Madame Chiang Kai-Shek, British author Rumer Godden and General “Vinegar Joe” Stilwell. Her witty memoir called “Running With The Tiger” combines passages of her diary, historical research, photos and sketches. It’s available at Amazon.com and Shop.History.com.