

WHAT'S NEW AT THE SEQUOIAS – PORTOLA VALLEY?

We're adding cooking capability to select apartments



homes, creating two beautiful patios.

Since the consumer trend has been toward larger 2-bedroom apartments, when the opportunity presents itself, we are combining apartments to accommodate larger apartment homes, creating two beautiful patios.

The apartment homes have beautifully designed kitchens with stainless steel appliances: stove, microwave oven, and full-sized refrigerator, along with custom-built cabinets, granite countertops, and washer/dryers. All apartments come equipped with a pantry and dishwasher. So if you are not ready to give up cooking just yet, our newly designed apartment may be the solution for retirement living at The Sequoias – Portola Valley.

The Sequoias Portola Valley Health Center: The Road to Wellness for Short-Term Rehabilitation Care

Do you play tennis? Have you recently had hip surgery? Are you scheduled to have a knee replacement operation? Our Skilled Nursing Rehabilitation Center provides personal and individual care during your recovery from hospitalization.

The 43-bed Health Center can help you on the road to recovery with:

- All the services of a multidisciplinary team of professionals with 24-hour personalized nursing care.
- Semi-private and private rooms.
- Professionally staffed with on-site physicians, skilled nurses, licensed therapists, and state-of-the-art rehabilitation equipment.
- Gourmet meals and wonderful views.



RESIDENT TESTIMONIALS Words of Praise From Our Residents

"My wife passed away in September 2008, but she made me promise I would keep looking for a retirement community. Of course, The Sequoias was always uppermost in our minds since we had many friends here. My wife was very active in the women's hiking group – the 'Walkie-Talkies'."

"After many visits, I brought my two daughters to The Sequoias to get their input."

"I moved in on December 8, 2009. Without reservation, I am very happy to be here. The food is great, my apartment is just about perfect, but the community of people is the biggest reason that I love it here."

– EARLE JONES

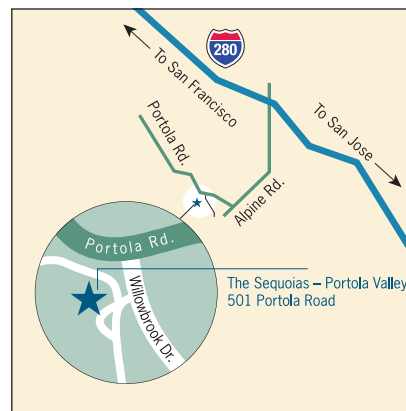
"We know that we are living longer, happier lives because of our healthier lifestyle here. That may be why the great majority of the residents are still so active. We wonder why one puts off moving in."

– MAGGIE BRANDON



THE SEQUOIAS – PORTOLA VALLEY
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PORTOLA VALLEY, CA 94028

www.sequoias-pv.org



FOR MORE INFORMATION

- Visit our website at www.sequoias-pv.org
- Call the Marketing Department at (650) 851-1501
- E-mail pmarron@ncphs.org or edunno@ncphs.org



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Facts About The Sequoias – Portola Valley Retirement Community

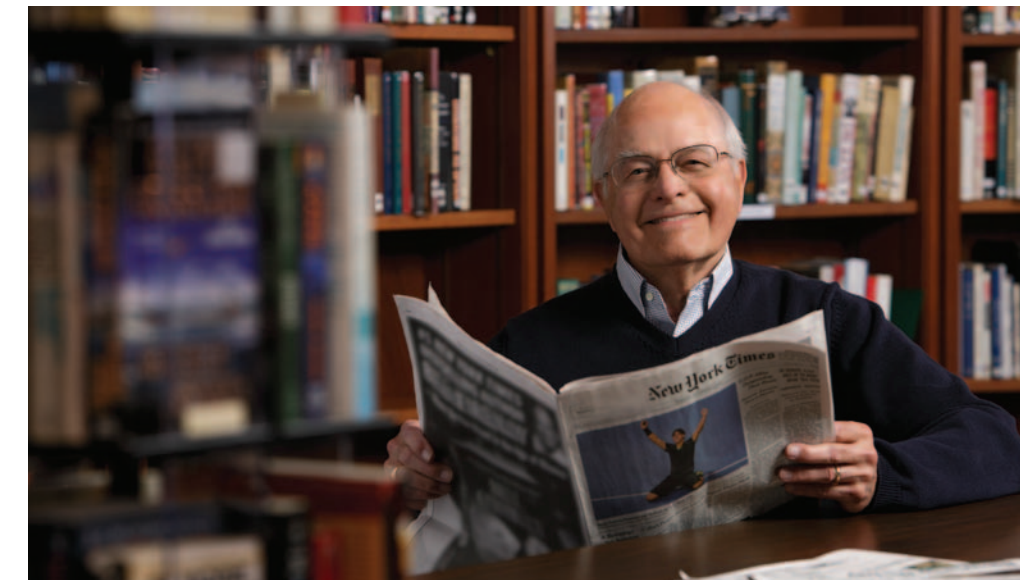
- The Sequoias – Portola Valley is named after the beautiful and stately Sequoias tree. The word "Sequoia" is derived from Sequoia, an Indian scholar (1770-1843), credited with the invention of the Cherokee written language.
- The community is located on 42 beautiful acres with 616 trees, many of which are Sequoias. This magnificent tree is closely related to the Coastal Redwood and is one of the oldest living trees in the world.
- For those who like exercising among these majestic trees, The Sequoias – Portola Valley offers a Life Trail System with ten exercise stations on seven pads continuing along both sides of the perimeter road along the trails to Windy Hill.

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FALL / WINTER 2010

How To Gauge The Financial Stability of CCRCs



Recent articles about Continuing Care Retirement Communities (CCRCs) drew attention to their financial stability and whether this issue posed a risk to residents. This article explains what happened and how you can assess a community's strength.

What Happened?

In 2009, three events stirred the waters of doubt among consumers, investors, and public officials. First, Erickson Retirement Communities, a large senior living company in the East, filed for bankruptcy, citing inability to meet debt obligations related to communities under development. (Erickson has since emerged from bankruptcy.) Second, the recession caused occupancy rates to decline in most markets. Third, one Pennsylvania community was unable to honor commitments

to repay entrance fees. The Special Committee on Aging of the U.S. Senate then commissioned a report by the Government Accounting Office (GAO) and held hearings on the matter.

What the Special Committee on Aging Determined

The GAO study found that the large majority of CCRCs are financially sound and that residents lost assets in only one community. The study also concluded that regulation of CCRCs is effective in some states, less so in others, and non-existent in

still others. They recommended vigilance at the state regulatory level, but did not seek federal regulation of CCRCs. California was cited as being one of the more highly regulated states in its oversight of CCRCs.

What to Look For

The GAO report and several news articles have identified several ways to test the stability of a CCRC:

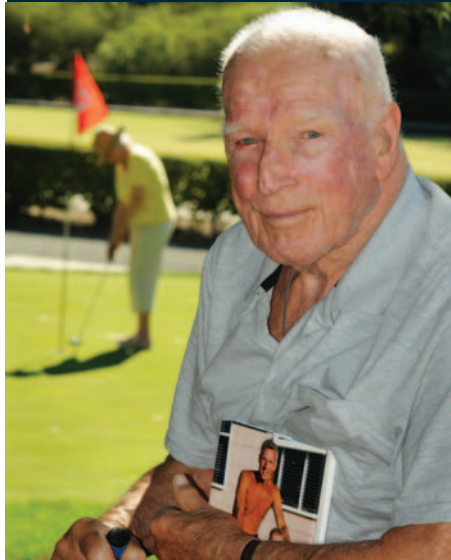
• ASK FOR FINANCIAL INFORMATION.

Many CCRCs or their parent companies post their annual audit and IRS Form 990 on the Web. California regulations require that you receive the community's financial statements with your contract. If a community makes this information hard to find, ask why they are not forthcoming.

Inside This Issue:

- 2 Resident Spotlight
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- 5 Resident Testimonials
- 6 Interesting Facts

RESIDENT SPOTLIGHT
Dr. Joe Hafkenschiel



After 40 years as a cardiovascular physician in Philadelphia and Palo Alto, Dr. Joe knows the value of exercise – for the body and the mind. At The Sequoias – Portola Valley for 20 years, he shared, “Many people are my friends.” He relocated to The Lodge after a dual knee replacement in 2007.

Very well traveled and still vibrant at 94, he added, “It was a very wise decision. I walk in the pool to rehab my knees and recently won a putting contest.”

Legally blind since 2005, he keeps his mind active by listening to books about American history, sports, and biographies on his computerized reader.

Speaking of books, Joe’s life story was published in 2009. “A 21st Century Memoir” contains priceless family photos for his four sons and four grandchildren to cherish as his legacy.

Financial Stability *(continued)*

• **GET HELP FROM YOUR FINANCIAL ADVISOR.**

Review information provided by the CCRC with your advisor and bring your questions to the CCRC for answers.

• **ASK ABOUT TRANSPARENCY.**

In California, CCRCs are required to share financial information about the company with residents.

• **HOW DO THEY PERFORM ON FINANCIAL RATIOS THAT DEMONSTRATE STABILITY?**

- **Days cash on hand:** This statistic, the cushion that shields an organization during hard times, indicates how long an organization could operate on existing cash balances if its revenues totally ceased to flow.

- **Long term debt to total assets:** This measure indicates whether the debt load of the CCRC is appropriate. The importance of keeping debt in line has been a major theme for consumers and businesses digging out of the recession. **CCRCs are no exception.**

How Does NCPHS Stack Up?

Indicator	Status
Financial reports: <ul style="list-style-type: none"> • IRS Form 990 • 2009 Audited Financial Statement by PricewaterhouseCoopers 	<ul style="list-style-type: none"> • Posted on Web site. • Posted on Web site.
Transparency	<ul style="list-style-type: none"> • Each community has a resident finance committee that meets quarterly. • A resident representative of each community attends all meetings of the Board of Directors. • Annual presentations on finance are made at Town Hall sessions for all residents.
Days Cash on Hand*	<ul style="list-style-type: none"> • 326 days of cash. • Nearly 11 months worth of cash. • NCPHS ranks in the top 40% of accredited CCRCs.
Debt to Total Assets*	<ul style="list-style-type: none"> • Debt equal to 32.5% of total assets. • NCPHS ranks in the top quartile of accredited CCRCs.

* Based on audited performance at end of 2009, most recent fiscal year.

NCPHS Stability Offers Peace of Mind

“The NCPHS Board, and their Financial Committee in particular, are dedicated and competent guardians of our fiscal welfare. The management of investment protects a well-diversified portfolio that has out-performed the overall market. Handling debt obligations for important capital improvements has been thoughtful and forward-looking. Cash reserves are comforting. Furthermore, our local management of operational expenses is exemplary. Like the ad says, we’re in ‘good hands’.”

— Phil Sorensen, Chair, SPV Finance Committee

If you want to learn more about The Sequoias-Portola Valley and its financial soundness, visit www.sequoias-pv.org or contact Ellen Dunno at (650) 424-4174.



HEALTHCARE CORNER

Nordic Walking Poles – Finding a Healthy Balance

By Dr. Kati Murray

HAVE YOU EVER SEEN ANYONE USING NORDIC WALKING POLES?

These lightweight, adjustable walking sticks can help you gain stability, add support, provide cardiovascular exercise, and be helpful to those with arthritis and joint problems, including hip and knee replacements.

Research proves that using Nordic Walking Poles counteracts the effects of walkers and canes on the spine and the back. At The Sequoias – Portola Valley, we’re organizing group classes for Nordic walking. Working with our Rehabilitation Department, we plan to host walks several times per week around our community, accompanied by a Therapy Aide. We’re trying to get an allotment of poles donated from a manufacturer, or to enable our residents to purchase their own with a group discount.

Europeans Have Been Using Them Since the 1930s

Europeans have been Nordic Pole Walking since the 1930s. It all began when a Finnish skier discovered it was a great off-season training solution. Since then, it’s become a national sport.

In the Bay Area, it’s very common to see hikers and mountain trekkers using these poles for extra support and balance. In fact, my orthopedist advised me to get hiking poles after hip surgery four years ago, so I’m a fan, too.

There Are Many Benefits

Thousands who had suffered from weight gain, obesity, fatigue, and other maladies are now discovering this walking system to get them on the road to fitness. The Nordic Pole Walking System can help you:

- Create a low impact, higher intensity workout for 30- to 60-minutes.



- Use 90% of your upper and lower body muscles.
- Lessen the impact of your spine, hip and leg joints by up to 26%.
- Increase your cardiovascular fitness by up to 20%.
- Enhance your balance with bilateral stability using four “legs” instead of two.
- Naturally correct your body’s posture.

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Kati Murray, M.D., is Corporate Medical Director for all three Life Care Communities of Northern California Presbyterian Homes and Services (NCPHS): The Sequoias – San Francisco, The Sequoias – Portola Valley and The Tamalpais – Marin County.

COMMUNITY FEATURE

On The Go

By Dr. Kati Murray

Here at The Sequoias – Portola Valley, we’re always on the go, even if it’s just to the doctor, the dentist and, if need be, to Stanford University Hospital.

If you don’t have wheels, if you hate finding a parking space, if you’re dubious about parallel parking, the answer is Sequoias transportation. There are three vans, which will have you off to the above unglamorous destinations – and always a spot of shopping at Safeway, Target or Trader Joe’s.

But it’s our bus and veteran driver, Tish Jones, who will get you up and away, far beyond those mundane demands of life. For the aesthetically inclined in the fall and winter, it’s a trip to enjoy San Francisco for the Symphony, the Ballet, the latest museum exhibit, even the Flower Mart; locally, to the current simulcast of the New York Metropolitan Opera.

There are trips to the coast for seafood dinners or to the vineyards and restaurants of Sonoma. A tour of the houseboats on San Francisco Bay is in the offing, and for the sports-oriented, a guided tour of the “innings” of AT&T Park.

There’s always some adventure offered for “Hill” residents, and always, an appropriate outing on Wednesdays for those who are not



as active and who live in “The Dale” (the Lodge, the Health Center or The Gardens).

If your bent is for the natural, there have been trips to the Audubon Sanctuary in Bolinas to see where the blue herons and egrets nest, to the Marine Mammal Center where birds and seals get medical treatment, and, I note, we’ll be off to observe the training of Seeing Eye dogs soon. On land or water (to the Observatory on Mt. Hamilton or sailing with the Bay Maritime Institute), we are on the go. Driver Tish’s imagination, enthusiasm and research have no equal.

Don’t dawdle. Every month’s travel calendar is in the mailboxes and on the bulletin board. Come along for the ride! No “exact change” is required.

STAFF SPOTLIGHT

Tish Jones Excursion Coordinator



She grew up in Texas. She’s driven an 18-wheeler through 47 states. She loves to plan day trips. For the past three years, Tish has called The Sequoias home.

After coming off the road six years ago, she really enjoys planning excursions for “The Hill” and being the driver.

Her favorite excursion? “On a trip to a local farm,” Tish said, “we snapped a photo of Mrs. Webb next to a giant pumpkin. That memory made it a wonderful, very happy 106th birthday.”

“What makes me happiest is seeing the smiles on the faces of the residents during outings,” Tish said, “especially the ones who no longer drive and rarely leave the facility.”

In Tish’s near future, she will marry her fiancé Rick on the Golden Gate Bridge.