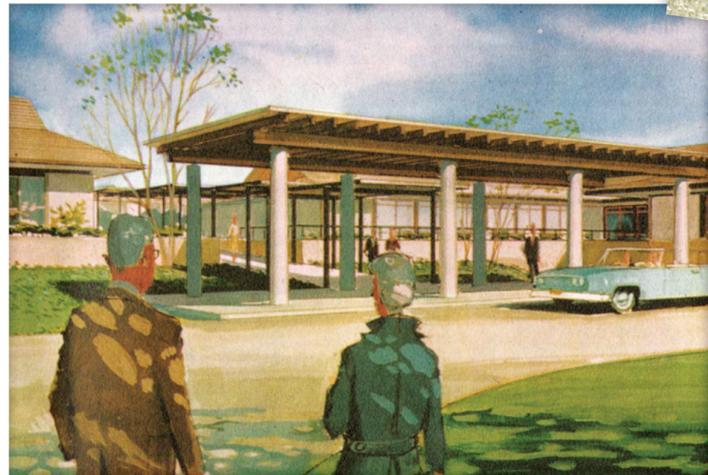


Our Golden Anniversary – Celebrating 50 Years (1961-2011)



THE YEAR WAS 1961. JFK brought Camelot charisma to the White House. “The Apartment” won the Oscar for Best Motion Picture.

In baseball, Roger Maris and Mickey Mantle were walloping home runs and chasing Babe Ruth’s 1927 record of 60 in one season. Vince Lombardi’s Green Bay Packers defeated the New York Giants for the NFL Championship. The Boston Celtics won another NBA Championship.

A new car cost \$2,850. Gasoline was 27¢ a gallon. A new home was priced at \$12,500. And The Sequoias – Portola Valley opened its doors as a new model for independent living.

“Built Among The Hills, The Sequoias Is A Gem”

According to its sales brochure, shown above, “The Sequoias is an 18-acre building complex set in a

42-acre site in one of the beauty spots of the San Francisco Peninsula. The architecture is of the low ranch type so favored among Californians.

“Skidmore, Owings and Merrill, the internationally famous architectural firm, has taken great pains to provide a unique design for The Sequoias. All steps or sharp inclines have been eliminated within the building areas for the comfort and convenience of all residents. Walkways are completely level and covered as protection against the rarely inclement weather of Portola Valley.

“Masterfully arranged, the gardens and courtyards have variations in plantings and elevations. Built among the hills, The Sequoias is a gem in its natural setting of oak and redwood. Outdoor recreational areas lie on slopes of lawn amid plantings of spectacular trees and

shrubs in conforming landscaping to the eastward and below the buildings of the project.”

50 Years Later, The Sequoias Is Better Than Ever

Today, as we celebrate the 50th Anniversary of The Sequoias – Portola Valley, the facilities have been expanded to include:

- Solarium with an indoor heated pool and Jacuzzi
- Full-service dining room with buffet
- Great room with a fireplace
- Hair salons, massage therapy, and spa
- Art studio, resident art gallery and woodworking shop
- A sundries store
- Exercise room, shuffleboard court, putting green, and lawn-bowling green
- Community auditorium and four parlors
- Cutting garden
- In-house telephone and TV channel
- 43-bed Health Care Center with a rehabilitation team of licensed therapists and specially trained assistants
- Nature trails to an adjacent 2,000-acre preserve

Congratulations to The Sequoias on its Golden Anniversary!



THE SEQUOIAS – PORTOLA VALLEY
501 PORTOLA ROAD
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



Cal Lic. No. 410500567 COA #075

THE SEQUOIAS – A PHOTO GALLERY

Photography by resident Charles Halleck



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



SPRING/SUMMER 2011

Residents Are Using More Technology, More Often



The Surprising Ways They're Adapting

Jim Dunne, Director of Environmental Services for The Sequoias – Portola Valley (SPV), surprised us with the ways that residents of The Sequoias – Portola Valley have been interacting with others:

- Reverend Dick Millard, a 96-year-old resident, recently bought an Apple iPad and is teaching himself how to use it. (Read more about him on page 3.)
- Resident Dick Opsahl is hosting iPhone classes to teach others how to use the apps.
- Activities Director Amanda Moore is having one-on-one sessions with residents to show them how to use SKYPE and make free video calls through their computers with built-in cameras. Residents Mr. and Mrs. Malloch use SKYPE to converse with their relatives in the Pacific Northwest.

WHEN YOU LIVE NEAR THE BIRTHPLACE OF THE PERSONAL COMPUTER, the iPhone, and Facebook’s headquarters, you might expect a few residents to go online occasionally.

As one of the largest consumers of media, seniors are far more likely than younger generations to read newspapers or watch network TV. Now, as technology becomes more common, seniors in the U.S. are embracing the cultural shift in new ways.

According to Nielsen Wire, in the last five years, the number of seniors actively using the Internet increased more than 55 percent, and they’re spending more time on the Web – up to 58 hours a month.

“Our demographic follows the trends. We’re just later to do so,” says Nataka Clarke, Vice President for Digital Marketing at AARP.

Inside This Issue:

- 2 Staff Spotlight
- 3 Resident Profile
- 4 Community Feature
- 4 Staff Spotlight
- 5 What's New
- 6 Photo Gallery

Kitchen and Dining Room Staff



Pictured above are some members of our kitchen and dining room staff at The Sequoias, representing 90 years of combined service. This very diverse group of an Executive Chef, dining room manager, cooks, waitstaff, and office coordinator team up to produce between 700 and 900 meals daily, 365 days a year for our residents.

Between the three dining rooms, they enjoy preparing a variety of nutritious food with consistently dedicated service. "We care very much for all the Residents and strive to keep them happy & healthy. When they leave the dining rooms with BIG smiles and a kind 'thank you' after each meal, we know that we are achieving our goals."

(Back Row, L to R) Erick Romero, Jose Cruz, Jesus Castaneda, Mary Ann Boudreau.

(Front Row, L to R) Shala Ahmadi, Juan Carlos Alvarado, Kristie Bartsch, Rosa Lopez.

Technology *(continued)*

Other Ways Technology is Helping Our Residents

At all of our NCPHS Life Care communities, e-readers like Apple's iPad and the Amazon Kindle are becoming more popular among residents. A couple at The Sequoias – San Francisco watched their grandson's wedding video on a USB port plugged into a wide-screen TV.

Another San Francisco resident recently requested help downloading an iPhone application for the hearing impaired that will read a conversation to you so you don't have to read it yourself.

High-Speed Internet And Tech-Savvy People

Here at The Sequoias – Portola Valley, Jim Dunne says, "Quite a few of our residents have high-speed Internet connections through Comcast in their apartments. There's also a Mac users group who help each other out."

He continues, "We have a Wi-Fi (Wireless Fidelity) network in the lounge and library in the main building, in the Health Center, and in Hanson Hall, our main meeting room. The Wi-Fi network enables computers, smart phones, video game consoles, and other devices to connect via wireless signals to the Internet."

"In addition, Hanson Hall has a presentation console that was designed by the residents. Separately, we have a committee that tapes and broadcasts these very interesting presentations around the campus on both analog and digital channels." (Read more about our presentation series on page 4.)

Jim concludes with this fact: "When I walk around the campus, I see some residents and guests using their iPhones to make calls and read email. More families are requesting Wi-Fi and Comcast in their residences."

Want To Know More?

So if you think it's time for you to find out more about an engaged lifestyle that embraces all of the new technologies, please contact The Sequoias – Portola Valley Marketing at (650) 851-1501.

Reverend Millard Discusses His Faith, Family and iPad

Born in Dunsmuir, California in 1914, the Rt. Rev. G. Richard Millard, also known as Dick, has lived a wonderful, prayerful life. He and his wife Louise raised three children, who blessed them with three grandchildren. Dick's been a resident of The Sequoias – Portola Valley for 20 years.

He has served as rector of Christ Church, Alameda; Bishop Suffragan for the Diocese of California; Director of Mission Development for the Episcopal Church; and Bishop of the Convocation of American Churches in Europe.

We asked him a few questions about his love of technology.

Why did you buy an iPad?

"I bought the iPad because I felt that my mind needed a new and strong stimulation to keep it equal to living creatively at The Sequoias. All my professional life, I've lived with biblical characters in a history encompassing ancient, modern and ethnic, but I'm a typical American wanting to be somewhere out front with the times."

Was it expensive?

"Yes and no. I don't have a car, so there's the money, less than a couple of monthly payments. My current BMW sits on my desk."

Was it an easy decision to buy an iPad?

"Living here with all you Sequoians, my mind has been drawn to current events like Egypt and the headlines – technology in particular. That decision was not



easily made. I have a reasonably good mind, but not a technical one. Here again is the American spirit of welcoming a challenge without a fear of failing. So I volunteered myself to move out into Steve Job's world by buying an iPad. I synchronize it with my iPod and iPhone to write letters to my daughter, Martha."

Did you jump right in and start using it?

"Not exactly. When we left the Apple Store, I said to Martha, 'One more stop at Borders for a copy of iPad for Dummies.' She replied, 'You don't need a manual. Just set up and work with it. It will all become apparent.'"

"I replied, 'No, it won't. Women have intuitive minds. I have a reasoning mind that calls for instructions and diagrams. It's one of God's gifts, but unfortunately, I don't have the gift.'"

"So if you thought of the next step in stretching your mind, you can do it rationally or intuitively with an iPad."

A final humorous note: Reverend Millard's credit card company was so surprised when they saw an iPad charge on a 96-year-old customer's account, they called to verify his purchase.

On The Go: SPV Education Program

"We Invite Speakers From All Walks of Life"

Peter Wait is the chairman of the SPV Education Committee and Earle Jones is a member. "We invite speakers from all walks of life," he said. "In rough numbers, we have 300 people in 200 apartments, including about 10 physicians, plus engineers, teachers, business

leaders, and more. Like me, many residents are from the Stanford community."

Earle continued, "Several times a month, we invite people to speak to us with a one-hour presentation, usually with a PowerPoint Presentation or a video."

Professors, Photographers, and Jazz Musicians

Over the past few months, the speakers, who address an average of 75 residents, have included:

Steve Brandt – He was a business school professor at Stanford for 25 years. Since he retired, he's created a "Quest" series of six presentations on the geographical exploration by European explorers who sought the routes to the riches of Asia and the east. His presentations have covered exploration by sea, across Canada, across the U.S. including the Lewis and Clark expedition, and more. He's a great presenter and does a beautiful job.

Ian Pounds – This American in his early 30s gave a very interesting presentation in early March about life in Afghanistan, where he lives and teaches in a girls' school. He brought a few of the students with him who showcased their handcrafted objects for fundraising purposes.

Ben Hatfield – The former owner of Hatfield Aerial Surveys showed aerial photographs that he and his father took from their airplane. The images revealed how Portola Valley and the San Francisco Peninsula developed over the past 50 - 60 years.

Music Programs – Jazz bands, pianists, string quartets, vocal groups, and other talented musicians entertain our residents.

"Best of all," Mr. Jones concluded, "we broadcast these performances live via closed circuit

TV to all 200 apartments and The Sequoias – Portola Valley Health Center. And we also burn DVDs so others can see them at their leisure."

Stay Tuned for More Speakers To hear about the upcoming SPV Education Program events, call The Sequoias – Portola Valley Marketing at (650) 851-1501.



Earle Jones



Peter Wait

Kristie Bartsch Dining Room Office Coordinator



As a 15-year NCPHS employee at The Sequoias – Portola Valley, Kristie couldn't be happier. "I started as a temporary employee in 1996 when I moved here from Seattle," she said. "I hadn't worked in foodservice, but I just love it."

Kristie coordinates and supervises catering festivities for residents' dinner parties and campus events for the Foundation. Kristie added, "NCPHS is a very thoughtful company and The Sequoias is an amazing place to work."

She continued, "I enjoy the relationships I've developed here with the residents and staff. It's like having family with you at all times."

In her spare time, she enjoys seeing her fiancé play drums, skiing, watching auto racing, and spending time with their cat Sassy.

Photos on pages 2, 3, and 4 graciously taken by Jim Nail and Mike Schilling.