

WHAT'S NEW:

Heads Up! Atrium Renovation Begins



In spring, our thoughts typically turn to flowers blooming, outside activities, and the natural splendors of living in the Bay Area. But, as most people know, spring at the Sequoias means the start of long-awaited architectural improvements in our Fireside Lounge adjacent to the Library.

That's why we've launched a \$3.5 million construction project in two phases, which began the first week of April and will be completed in December. We asked Ray Boudewyn, Director of Engineering for NCPHS, for the details.

Phase 1: Upgrade the Fireplace Lounge

"Between April and August," Mr. Boudewyn says, "we're going to upgrade the façade of the existing fireplace area with actual stonework and convert it to a working gas Fireplace Lounge, similar to our sister property, The Tamalpais, in Marin County. Finally, both the Library area and Fireside Lounge will include new furniture with recliners and ergonomic features, reading desks, new and refinished bookcases, reading tables, and improved lighting.

"This will be an ideal place for residents to cozy up to the fireplace with a book, newspaper, laptop or tablet computer to spend a few hours relaxing and watching the flames dance."

Phase 2: Improve The Lighting In The Atrium

"We'll start the second phase in September and finish in early December," he adds. "It will include the north side of the corridor with LED lighting improvements, as well as compact fluorescent and custom lighting. The result will be a very pleasant lighting effect on the columns, up and down the Atrium's seven stories.

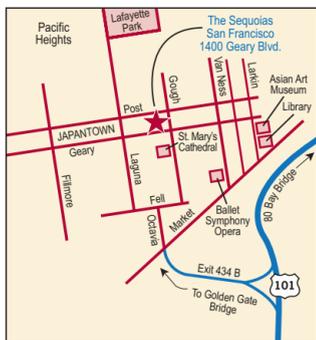
"In addition, the ceiling in all the corridors will look like wood, but it will actually be a composite of aluminum paneling. As shown in the architect's sketch above, the circles projecting downward into the room will seem to lift the ceiling. It's similar to the design by Frank Lloyd Wright in the Marin County Civic Center."

We also learned that the Atrium's fountain area will have all-new vegetation and a perimeter with an etched glass railing featuring a wave shape. And yes, you can still see through the glass to the new plants that will grace the central portion of the pool.



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FOR MORE INFORMATION

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THE SEQUOIAS – YOUR WINDOW TO THE WORLD

Views from Residents' Apartments



Photo: Resident Joe Beyer

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PRIORITIES

LIVING YOUR BEST LIFE



SPRING/SUMMER 2011

Residents Are Using More Technology, More Often



The Surprising Ways They're Adapting

Ray Boudewyn, Director of Engineering for Northern California Presbyterian Homes & Services (NCPHS), surprised us with all of the ways that residents of The Sequoias – San Francisco have been interacting with others:

- A couple watched their grandson's wedding video on a USB port plugged into a wide-screen TV.
- SKYPE offers free video calls through your computer. A resident who owns a notebook computer with a built-in camera uses SKYPE to converse with her East Coast-based grandson.
- An 87-year-old resident was seen texting her granddaughter from her iPhone on the Atrium level.
- Many residents stay in touch with their families either through desktop computers in their apartments, or email on their mobile phones and smart phones.
- We have a Nintendo Wii system for exercises and rehabilitation programs. Wii also lets us stream movies through Netflix rather than having to rent them at a store.
- Members of our nursing staff are now able to plug portable thumb drives into USB ports on 15" LCD TVs in our Health Center to download medical files such as X-rays and show them to residents.

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 Natak Clarke, Vice President for Digital Marketing at AARP.

Inside This Issue:

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Kitchen Personnel



Pictured above are a few of the dedicated kitchen staff at The Sequoias who represent 84 years of combined service. Although a very diverse group, they work well as a team to produce over 1,000 meals a day, seven days a week, 365 days a year for our residents.

They receive great pleasure in preparing nutritious food and consistently dedicated service. “We offer a large variety of food items to choose from and a different menu daily to avoid routine and keep everyone happy,” said Chef Kate Kinney.

“While we’re ‘invisible’ to the residents, we gauge their satisfaction on how many plates return to the kitchen clean and empty!”

(L to R) Elliot Borden, Laura Chen, Maximo Dimapasoc, Manolito Viray, Alberto Viray, Jarnie Bernardino, Renato Dizon and Ernesto Martinez.

Technology *(continued)*

Other Ways Technology is Helping Our Residents

At all of our NCPHS Life Care properties, e-readers like Apple’s iPad and the Amazon Kindle are becoming more popular among residents. At The Sequoias – Portola Valley, one 96-year-old resident bought an Apple iPad and is learning how to use it.

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.

Creating An Electronic Network of Wireless Signals

Here at The Sequoias – San Francisco, we have a Wi-Fi (Wireless Fidelity) network in the Health Center on the second floor and the Atrium level, enabling computers, smart phones, video game consoles, and other devices to connect via wireless signals to the Internet.

Mr. Boudewyn says, “All resident rooms in the Health Center now have the 15” TVs with USB ports. This lets people bring in flash drives or iPods so they can watch photos and share events with their loved ones, and many residents in our community have or use computers, iPhones, and iPads. In fact, the Library area is a Wi-Fi HotSpot.”

He adds, “When I walk around the Atrium, I smile when I see many of the residents and guests surfing away on their laptops, iPhones and iPads and Droids and BlackBerry devices to check their investments in real-time online. More family members are requesting Wi-Fi in our residences and more new residents are moving in with computers.”

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 Candiece Lindstrom at (415) 351-7900.

RESIDENT PROFILE

The Verdict: Judge Earldean Robbins Loves Living Here

Judge Earldean Robbins was raised in Louisiana and Texas, earned a Bachelor of Science degree from Alcorn College in Mississippi, a Masters degree from the University of North Texas, and was honored to be the first African-American woman to attend, and receive an LLB degree from the Southern Methodist University Dedman School of Law.

A course in Labor Law during her last semester inspired her to pursue a career in Labor Law. After working in Washington, D.C. as an attorney with the Digest Department and Division of Appeals of the National Labor Relations Board (NLRB), she was a field attorney, supervising attorney and trial specialist with the NLRB regional office in Los Angeles. In 1974, she became an Administrative Law Judge serving in San Francisco, and later became the Deputy Chief Administrative Law Judge in charge of the NLRB’s San Francisco Division of Judges. As a judge, she presided over a variety of cases involving labor-management relations.

“The Management Has a Real Respect for Resident Input”

Now retired, but certainly not idle, Judge Robbins says, “Among my activities, I’m an elder at St. John’s Presbyterian Church and a member of the Board of Trustees of the San Francisco Theological Seminary. I have recently completed more than a decade of service as an active docent at the Asian Art Museum and I’m proud to have served on the board of Northern California Presbyterian Homes and Services (NCPHS) for eight years before I moved into The Sequoias – San Francisco and continued on the Board for 4 years after becoming a resident.” She continues,



“Having served on the Board, it was evident to me that the management has a real concern and respect for resident input about their home, and that impressed me. I also believe that moving here was the greatest gift I could give my daughter.”

“After a Lifetime of Decision-Making, I Can Relax Now”

However, the so-called separation anxiety wasn’t easy, even for a respected professional of Judge Robbins’ caliber.

“The first year, my daughter didn’t believe how content I was, so she flew out from the East coast 5 or 6 times... just to be sure! Now I’m the one that flies to see her since she is confident that I am safe, my health is overseen by the on-site staff, and I very much enjoy living in a community of like-minded people.”

She concludes, “After a lifetime of decision-making, some of it for my family and some of it for people in my courtroom, I can relax now and enjoy all that life has to offer.”

COMMUNITY FEATURE

The S.H.A.P.E. Program: A Holistic Model For The Body, Mind and Spirit

ONE BODY. SIX DIMENSIONS. At The Sequoias – San Francisco, our S.H.A.P.E. Program (Senior Health And Personal Empowerment) enables our residents stay fit physically, mentally, and spiritually through six dimensions of wellness.

Gail Gabriel, OTR/L, Direct of Rehabilitation, Select Therapies, says, “This program addresses balance, strength, endurance, and cognition. Residents at The Sequoias receive individual instruction on exercise, as well as education about how to prevent injury to maintain a healthy and independent lifestyle.”

What Are The Six Dimensions?

1) Physical Wellness

S.H.A.P.E. begins with a wide variety of 30 to 60 minute classes. These include:

- Exercises inside the gym, such as supervised sessions with a physical therapy aid and Balance Classes.
- Outside the gym with Yoga, Big Band Exercise Classes, Traditional Line Dancing, Advanced Balance Classes, Up and Down Classes, and Feldenkrais Classes.
- Wellness beyond our walls, in Nature such as hikes and special outings, as well as Water Aerobics, pool and Fitness Centers with daily or monthly memberships at nearby recreation centers.

2) Intellectual Wellness

S.H.A.P.E. strengthens the mind and the body with:

- Quarterly Health and Wellness Lectures as well as Nutritional Wellness Lectures.
- Healthy Eating Table, Mental Aerobics Classes, and Power Brain Fitness.
- Lectures on Art, Public Affairs, and Poetry Club Meetings.
- Meditation and Laughing Yoga.



3) Emotional Wellness

Our Director of Resident Services, a licensed MFT, encourages residents to address any personal issues in a confidential, safe environment.

4) Social Wellness

The bi-weekly Sequoian Newsletter lists daily social activities, special events, guest speakers, and 5-day-a-week excursions into the larger Bay Area community.

5) Spiritual Wellness

We offer religious services, meditation, a quiet place for reflective thinking with our two levels of outside gardens, and an inspiring rooftop with spectacular city views.

6) Vocational Wellness

Residents can volunteer in one of the 43 resident-run committees at The Sequoias, the Health Care Center, and on the Assisted Living level.

STAY WELL, BE FIT, FEEL PEACEFUL.

To find out more about our S.H.A.P.E. Program, contact Adi Tzur, Activities Director, at (415) 351-7922.

Event Calendar

JANUARY 20, 2011

Coming to Terms With Your Future: Making Informed Choices About How and Where You Will Live
Part One of a Two-Part Series

FEBRUARY 17, 2011

Coming to Terms With Your Future: The Pros and Cons of Aging In Place At Home
Part Two of a Two-Part Series

MARCH 24, 2011

Private Lunch and Chocolate Tasting Followed by tour of residential and model two-bedroom apartments

APRIL 9, 2011

Cherry Blossom Festival Sequoias Booth Saturday only from 9 a.m. – 4:00 p.m.

MAY 3, 2011

Let’s Go Shopping Interactive workshop to review the money and business models of various retirement living options from Life Care, equity, and Over “55” communities

JUNE 2011

A Retirement Living Diet “Portion Control” in evaluating what to take when you move from your home to a retirement community