

# VillaVoice

News for friends of Villa Gardens Retirement Community

FALL 2016

## Residents and Kids Share Knowledge and Fun at Camp Villa

Villa Gardens residents are fascinating individuals with a wealth of knowledge in all realms including anthropology, astrology, engineering, art - just to name a few. Recently a group of residents came together to form a summer camp for local children who had the extraordinary opportunity to learn and share and have some fun!

**CAMP VILLA** continued on back page



## Live Where You Love! Visit Villa Gardens Today for a Tour



We invite you to visit Villa Gardens, take a tour and stay for lunch in our elegant dining room which is just right for conversations with some of Pasadena's most delightful residents.

We're in the heart of the city – Pasadena's premier retirement community offering full-service continuing care retirement. You no longer have to worry about the mundane chores of everyday life; you have the freedom to pursue everything you love to do.

At Villa Gardens, pursue your passions and life to the fullest. Stroll through colorful courtyards with green lawns and flowering trees, and share stories with friends. Join your friends who continue to be actively engaged in the greater community while they enjoy all of the unique social, recreational and lifelong learning opportunities available right outside their front door. Call us today at **626-463-5330** to schedule your visit.

# Residents Are the Key to Life Enrichment Programing at Villa Gardens

Average retirement communities offer activities. Exceptional retirement communities like Villa Gardens offer life enrichment.

“The difference is, activities may entertain residents for a short amount of time and may or may not be meaningful to a particular person,” said Life Enrichment Director Katherine Custodio. “At Villa Gardens our residents are the key to the programs we create. We ask residents about their passions, needs and desires and create engaging Life Enrichment programing with them. Our goal is to offer opportunities for each resident to pursue what’s meaningful to them.”

One way Villa Gardens does that is by partnering with more than 75 community groups, organizations and individuals to bring residents choice in cultural, educational, recreational and social opportunities to pursue or try – everything from volunteer opportunities with local schools, museums and service organizations to guest speakers, concerts, art and music classes and excursions both at Villa and throughout the greater community. Among these groups are the YWCA, Cal State University Los Angeles, Tuesday Musicale of Pasadena, Mt. Wilson Observatory Community Education, Verdugo Women’s Choir, Pasadena Playhouse, Huntington Library and Gardens, Dr. Lawrence Schulte Dementia Support Group, Mobile Technology



*Musicians from the USC Thornton School of Music perform for Villa Gardens residents.*

Group, USC Thornton School of Music, Colburn Conservatory of Music, American Red Cross – San Gabriel Chapter, ARC of Love Yoga and Reiki and many others.

Villa Gardens’ Life Enrichment program is designed around six dimensions of whole-person wellbeing: physical, intellectual, emotional, social, spiritual and vocational. Katherine works collaboratively with residents and other staff to plan and carry out comprehensive programing, social opportunities and events that meet resident expectations and desires.

“Wellbeing is about connectedness,” Katherine said. “It’s our job to make sure residents experience that and are inspired to pursue their passions at Villa Gardens.”

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## Villa Gardens Opens Summer House Memory Care

What if personalized memory care came wrapped in a place as warm, bright and inviting as a cherished summer home?

Welcome to Summer House, Villa Gardens’ new, unique memory care accommodations and program that blends personalized care with the latest technologies.

“Summer House at Villa Gardens is an engaging and highly personalized experience for each

resident,” said Summer House Manager Katherine Kennedy. “Bright, open spaces, a fire place, engaging art, and 19 technology-enhanced studio or one-bedroom accommodations distinguish Summer House.”

Residents are encouraged to bring familiar furniture

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AT VILLA GARDENS

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## Meet Edith Grady: A Mover and Shaker at Villa Gardens

She's called a mover and a shaker by her friends. A friendly face with a lot of energy and knowledge with a desire to make a difference. Meet Edith Grady – one busy woman.

"I've always liked to be involved and stay active," Edith said with a big smile. "I'm not the type of person to sit around and let the world go by and when I moved into Villa Gardens six years ago I realized there were plenty of opportunities to stay involved here and in the greater community."

During her career, the long-time San Marino resident has worn many hats. She was an event organizer, fundraiser and volunteer for the Southern California chapter of the Multiple Sclerosis Society, she tutored students at Jefferson Elementary School in the Pasadena School District and was a long-time volunteer at the Pasadena YWCA. She loves libraries so she is the chair of the Villa Gardens Library Committee. But her current focus is as vice chair of the Villa Gardens Senior Advocates Committee, a group that educates fellow residents on current events, safety and health-related topics as well as political and legislative issues that affect older adults.

"Our committee's role is primarily education," Edith emphasizes. "We don't endorse candidates or issues, but make sure residents are well informed to make up their own minds on issues."

The committee often encourages residents to suggest topics for guest lecturers and works with the community's life enrichment director to find speakers, often residents themselves.



"I've always liked to be involved and stay active"

– Edith

"One thing we are not short of here are interesting people," Edith said. "We have very knowledgeable residents from all walks of life who like to share their knowledge or expertise. That's one of the reasons I moved here. Villa Gardens has an excellent reputation for care and the people here are wonderful."

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### **SUMMER HOUSE** continued from page 2

and personal items from home to decorate their living spaces. They enjoy a private dining room that opens to an outdoor patio, and social opportunities are shared in the specially designed living room which also hosts special events.

Summer House is designed to honor the individual, engage family and friends, and create

an environment that is warm and comfortable.

"We embrace individuality here," Katherine said. "We support wellbeing through art, music, therapeutic exercise and other opportunities that help residents express themselves more freely. We also use the latest technologies like Paro, the animatronic robotic seal that engages residents."

Learn more about Summer House at Villa Gardens. Call **626-463-5330** to arrange a visit.



**CAMP VILLA** continued from front page

This summer, “campers” of all ages learned and played at Villa Camp, an inter-generational Summer Camp organized entirely by residents for nine- and 10-year-old students attending nearby Jefferson Elementary School.

“I like to play,” said resident Sue Peace one of the Camp Villa instructors. “These kids are wonderful to play with.”

Games, swimming lessons, crafts, exchanging experiences, learning about the great pyramids, astronomy, gardening and having some laughs along the way were all part of this summer’s free camp. And when it was over priceless memories for residents and campers alike.

“Dealing with nine year-olds isn’t exactly like dealing with 19 year-olds but it’s still about learning, interacting and communicating ideas,” said

Dr. Bryce Harris, a retired college professor and one of the Camp’s organizers who taught the kids about the Egyptian pyramids. “So that’s why I love it.”



“It just makes me feel so good,” one nine-year-old camper said. “My grandparents are in Mexico.”

Kids from Jefferson were chosen because for the past two decades residents have volunteered their time as tutors at the school.

“We have a long, ongoing relationship with Jefferson,” said Villa Gardens Executive Director Dmitry Estrin. “It’s part of our residents’ ongoing engagement with their community.”

“The kids get self-confidence and poise and a feeling somebody cares,” said resident Pat Ganje.

This is the first year of Camp Villa, and the residents say they’re enjoying it so much they hope to expand it next summer.



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