

Summer 2017



# Care Free Living

SANTA CLARA METHODIST RETIREMENT FOUNDATION, INC.

## Voices of Advocacy



*Residents and staff members get ready to go on the road to Sacramento.*

The Foundation was so pleased to partner with Corinthian House, another affordable senior housing community in Campbell, to send a group of 14 residents from all three communities to the California State Capitol in Sacramento in June to attend the 7<sup>th</sup> Annual LeadingAge California Affordable Senior Housing Resident Advocacy Day. Residents had the opportunity to meet personally with Assemblymember Kansen Chu (D-Santa Clara) and Senator Steven Bradford (D-Gardena),

and to speak with staffers from several other representatives' offices, including those of Assemblymember Evan Low (D-Campbell) and Senator Bob Wieckowski (D-Santa Clara). Residents shared stories of their housing circumstances prior to receiving affordable housing, and expressed how much their affordable housing means to them in an effort to raise awareness among legislators of the senior housing crisis and advocate for legislation to ease this burden.



*(L-R) Zhaohui Yan, Priscilla Haynes, Assemblymember Kansen Chu, Joy Medders and Ye Li.*



*Birdseye view of attending advocates.*

By 2030, 8.4 million people over the age of 65 will reside in California; nearly one-fifth of the population. Current legislation being considered includes provisions that would address the need for a permanent funding source for affordable housing and an increased supply of affordable housing units, as well as the creation of a senior-housing incubator to help identify and resolve barriers to the creation of affordable senior housing in California. The Foundation appreciates and supports

LeadingAge California in its continued efforts to advocate for the senior population in California.

## Physical Plant Activities



*Liberty Tower residents gather in the recently renovated dining room for Pastries and Coffee and program discussion.*

Use of the updated, multi-functional common rooms is picking up steam as resident activities are once again rolling forward. Major Wesley Manor ground floor upgrades included lighting, heating and air conditioning and new fire sprinkler heads, which were completed with the installation of the ceiling tiles in the beginning weeks of August. Other needed capital replacements will be scheduled in the coming years.

After several months, the dust has now settled and the common areas for both sites are shining bright with new furniture, flooring, window treatments and freshly painted interiors. Most of the areas had not been upgraded for almost 30 years. The dining rooms at both communities experienced major renovations and much needed “facelifts.”



*Wesley Manor residents enjoy singing in the beautiful new Fellowship Room.*

## SCMRF Team Welcomes New Members



Amber Menjivar took on the creation and coordination of our resident activities and programming when she came on board as Program Manager in May. Amber has many years of experience in affordable housing, including previous property management roles and providing resident services for multifamily housing communities. Amber is a fourth-generation San Francisco resident, and she loves doing volunteer work as a means of serving others and giving back to her community. She enjoys traveling with her musician husband and his band, and spending time with her family, including her three children and grandson.

John Alva joined the team as our Van Driver in July. A native of Mountain View and Santa Clara, John spent his career in Customer Service and Management roles in the automotive industry where he met with people from a variety of exciting professions including race car and monster truck drivers, scientists, drag racers and pilots. In his time with the Foundation so far, John says he has enjoyed meeting people from so many different walks of life and hearing them tell the tales of where they’ve come from. In his spare time, John helps care for his aging parents and enjoys spending time outdoors camping and fishing, watching football and baseball, and traveling.



## From the Desk of the Executive Director



*Student interns play "Heads Up" game with Liberty Tower residents.*

Over the past year, the Sutter Health Palo Alto Medical Foundation linkAges Advocates Program recruited 32 student intern advocates to support over 70 older adults in Bay Area communities. These advocates made meaningful connections with Liberty Tower and Wesley Manor residents. The program was such a wonderful, enriching experience for all the seniors and student interns that participated. This

intergenerational activity benefited both the provider and the recipient and brought together diverse groups of individuals from different generations and backgrounds. The testimony of one of their students demonstrated that this program contained a valuable message and imprinted a positive attitude toward seniors and the aging process. "I have learned a lot from my senior and am so excited to continue my visits with her. My senior is 91 and yet she manages to keep me young. She is constantly trying to learn new things about our world and never lets the negative things get in her way. She inspires me to remain calm, find peace, enjoy what is happening in the world around us and lastly to not take everything so seriously. She is someone I consider as a friend, rather than someone I visit. I am so thankful to have her in my life and wish that many others could meet her and enjoy her presence." We congratulate the linkAges team for providing such an innovative and inspirational program.

Priscilla J. Haynes, Executive Director 

## Heart of the Valley

LYFT rides are finally available at Heart of the Valley through our Concierge LYFT service. If you do not know how to access LYFT on your own, you can call our office at (408) 241-1571 and we can schedule a ride for you. Please note that LYFT charges an extra \$2 per ride if you use the concierge service. Heart of the Valley also provides volunteers who can come out to your home and teach you how to put LYFT on your phone so that you can save the \$2 charge by scheduling your own rides. Heart of the Valley also offers a volunteer to accompany you on your first ride if you are a little shy about using LYFT. 

Love on a Leash is a new program for those who would like a furry visitor. If you have a pet who would enjoy being a furry visitor, please call our office and ask for Kirby to find out how to volunteer for that program. Remember, our services are complimentary.

If you have access to social media accounts, be sure to check out Heart of the Valley on Facebook, Twitter at "Heart Valley" and Instagram at "services4seniors." Our new website will be up at the end of August and you can check it out at [servicesforseniors.org](http://servicesforseniors.org).

Glenda Cresap, Executive Director 

## Health and Wellness Corner

Brought to you by Katie Williams, MSW, Service Coordinator

**Summer is a time of relaxation and fun for many people.** The sun's out, the weather is warm, and there are so many beautiful days to enjoy and soak up the Vitamin D! However, everything is better in moderation, and time spent in the sun is no exception to that. The heat and sun can be dangerous if precautions aren't taken.

Here are some tips to follow to make sure that you have a fun and safe summer:

- **Stay hydrated.** As we age, we lose our ability to retain water. It is recommended that we drink half our body weight in ounces of water per day. For example, if you weigh 150 lbs that means you should be drinking 75 oz or approximately 9 glasses of water a day.
- **Talk to your doctor.** Make sure the medications you are on aren't affected by higher temperatures.
- **Keep cool.** Stay in as much air conditioning as you can. Some examples of where you can access A/C include libraries, movie theatres, and shopping malls.



- **Wear the right stuff.** Put away the heavy fabrics and bring out the loose-fitting pieces of clothing made with natural fabrics such as cotton.

- **Protect your eyes.** Too much exposure to the sun can irritate our eyes and cause damage. Make sure to wear your sunglasses and a hat to protect your eyes.

- **Wear your sunscreen!** There is no excuse not to. There are all different kinds of sunscreen depending on your needs. There are sprays, lotions, creams...try a few and see what works for you! Just make sure you are putting on at least SPF 30.



- **Apply bug spray.** Older adults are more prone to mosquito-carried diseases such as West Nile Virus. Using mosquito repellent can reduce your risk.
- **Educate yourself about the dangers of heat stroke.** Make sure you know the warning signs such as fainting, nausea, etc. so you can protect yourself and loved ones.
- **Exercise smart.** If it is too hot outside, consider changing up your routine and exercising earlier in the morning or later in the evening. Just make sure you wear bright colors so people in cars can see you.☺
- **Know who to call.** Have an "in case of emergency" list of phone numbers just in case you need to use them. You can also come see your Service Coordinator (Katie) or your Health Care Specialist (Marian) to help you fill out a Vial of Life.

Here's to a great, safe, and FUN summer!

## Social Activities and Sightseeing



*Wesley Manor residents swing to the karaoke beat.*

Residents at Wesley Manor and Liberty Tower have been enjoying enriching and fun activities in their beautifully remodeled Dining Rooms, Fellowship Room and Conference Room. New equipment and redesigning of the spaces has allowed



*Bundled up and ready to board the Alcatraz Ferry.*

expanded and new programming. Activities can now be offered simultaneously. Karaoke is held every Wednesday and has received a great response. Residents have been singing in their native languages including: English, Chinese and Persian. They have also enjoyed dancing to the songs! Adult coloring was held at both communities. Research shows adult coloring can lower stress and anxiety. Residents can enjoy this peaceful and relaxing method to showcase their artistic flair. Alcatraz was an interesting and fun destination for residents. They experienced travel in a van, ferry and tram to and from their homes to the island.



*Relaxing adult coloring is enjoyed at Liberty Tower.*



*A recent Alcatraz visitor is "captured" behind bars.*

The weather was unseasonably warm which allowed for great views of San Francisco and the surrounding area. CATS (Community Access Ticket Service) continues to provide complimentary tickets to the communities. In the months to come, we will launch new activities and van destinations. Stay tuned!

## Fabulous Fire Fighters



Just in time for Flag Day, Santa Clara Fire Department crew members installed a new flag in the Liberty Tower garden. From their balconies, residents watched the skill and agility of Driver/Engineer Kordell Baker maneuver the fire truck and ladder into position so that Fire Captain Troy Buzzell and fire fighters Triston Wilkie and Kelly Richards could place the “stars and stripes” atop the flag pole. This cheerful service is typical of the Santa Clara Fire Department and demonstrates its strong sense of community outreach.



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