

“Your Treasure is Within”

As we celebrate our Alive In All Seasons theme “Your Treasure Within” focusing on Performance. We are reminded that each of us has special gifts, and that as we journey through life we continue on the path of discovery about our own talents. Here at Juniper Village, we encourage our residents to find new passions and share them with others. Together we have learned that wherever you find your hidden treasure, your heart will be close by.

This month’s activities, events and programs are designed to help our residents explore new talents and rediscover those that may have been buried just waiting to resurface. Music, art and more are waiting to be found, and once uncovered can be shared with others. We invite you to join us for any and all of our events this month. Make a new friend and find your special joy! And most of all, find the performer in you and share it with us!



WELLSPRING MEMORY CARE AT NAPLES

1155 Encore Way
Naples, FL 34110
239.598.1368
239.593.8603 Fax

www.junipercommunities.com

Assisted Living Facility 9761



Check out our Blogspot at: <http://www.junipercommunities.com/voices-on-aging/>

the village view

march 2019

Branching Out

A monthly contribution from our founder Lynne Katzmann

#MeToo

This is a tough subject to write about for many reasons. There are I am sure, many disparate views on issues relating to “isms”. I feel compelled however to address the issue, for two reasons: 1) I am a woman business owner and have been front and center on women’s workforce issues for many years, 2) the majority of Juniper’s people are women—either people who work with us or people who live with us.

I was recently in Boston and as I left the hotel for the airport I grabbed a copy of the Boston Globe. There was “commentary” on the front page that essentially criticized white women for speaking out on the issue. The article suggested that women of color had it harder and therefore women could not really feel a sense of kindred around the issue. I do believe that women of color have it harder but any “ism” is worthy of attention. And #MeToo has given voice to so many who have felt either trivialized or shamed by some of their experiences. Giving voice to an issue improves awareness.

As a woman, I praise the #MeToo movement and as a woman in seniors housing, I want to remind you of another effort of ours to call attention to an “ism”—ageism! Regardless of color, sex or religious orientation, if we are lucky, we all will grow old. Our society is notoriously youth oriented. And while youth is great, so is older adulthood. It is time to revive Juniper’s call to our industry and society with [#aginginsurrection](#).

Even before and after Burning Man, we have been calling on everyone to do three simple things:

1. **Lead by example** - Each of us needs to change just a couple of words we use all the time. Try using “we” not “them” or “us”. And this is a message for all of us—old and young!
2. **Raise Awareness: Educate** - We need to educate society about ageism. We need to point out the demeaning images and suggest new ones, including the recent data about older adults - emotional stability, willingness to continue contributing and more.
3. **Inspire others** - We need to flood mass media and inspire others with a new vision of aging in America. We need to tell new stories and paint different pictures of older adults, particularly in ways that will reach young people.

Will you join me? I hope so...



Your Treasure is Within

This month we conclude our Creative Expressions series with a focus on performance. At Juniper, we know that everyone has a story - a unique and personal story. These stories are our treasures and make us who we are. This month we bring those stories to life as we share a bit of ourselves through performance. Participating in dramatic arts provides an emotional outlet, helps to increase concentration and communication skills, expands one’s imagination and improves self-confidence. In addition, studies have shown decreased anxiety and loneliness, increased sense of value and purpose, and other emotional benefits including fun, happiness, a sense a freeing of the imagination in seniors participating in a dramatic arts program. Cognitive benefits include improvements in memory, word generation, and comprehension and problem solving.

Recognizing the many benefits of dramatic arts we are proud to invite you to join us this month as we explore performance through our drama club, out trips to theatrical performances and educational offerings by guest speakers on performance arts and artists. We also invite you to join us as we perform through a graffiti art experience. This month’s Connect4Life education topic is Diabetes Awareness. Join us this month as we show **Your Treasure Is Within**.

This Month at Naples

BRAIN BUILDERS ARE DONE DAILY; DAILY CHRONICLE IS READ AND DISCUSSED DAILY. HYDRATION PROGRAM HELD 3 TIMES PER DAY, PET THERAPY THROUGHOUT THE MONTH. CALENDAR IS SUBJECT TO CHANGE PER RESIDENTS’ NEEDS AND UNSEEN CIRCUMSTANCES.

**MARCH 5TH 2:30PM (C1/4)
MARDI GRAS CELEBRATION**

**MARCH 14TH 3:30PM (CR)
LUCKY SHENANIGANS HAPPY HOUR
WITH BAGPIPER - RSVP BY 12TH**

**MARCH 28TH 4:00PM (CR)
HEALTH AND ESSENTIAL OILS WITH JEFF KAPLAN
RSVP BY MARCH 21ST**

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