

OCTOBER 2018

## “PA Pies of Fall with Tommy Wareham Entertainment”

Thursday, October 18th at 3:00pm, 2DR  
Skilled Nursing - 1950 Cliffside Drive



Join us on a chilly October afternoon for a sampling of PA’s favorite pies! A few favorites are apple crumb, maple walnut, pumpkin spice, and egg custard. You’re welcome to sample a little slice of each or go all in for one big slice of your absolute favorite! Singing entertainment will also be provided by Tommy Wareham. No RSVPs are required.



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

# the village view october 2018



## Branching Out

A monthly contribution from our founder Lynne Katzmann

### Truth

*“Truth is most often used to mean being in accord with fact or reality, or fidelity to an original or standard. Truth may also often be used in modern contexts to refer to an idea of “truth to self”, or authenticity.”*

What? Is truth to self really the kind of truth that will be good for us as a society?

I am sure that you have had similar moments to the confusing ones I have had so often in recent months. I read the paper and then I hear the latest pronouncements of world leaders or business leaders and then wonder if my own view of an event needs to change. How can I be so off?

I really can’t venture a good answer but I have some thoughts. Perhaps it is that our national standards for behavior, for ethics, are changing? I gravitate to change but this goes deep. I feel the foundation of my basic existence is being undermined and it is scary. This is not about changing the way I cook a hamburger or get directions. It is about how we view the world and how we relate to our friends, relatives and neighbors. Are we a democracy or autocracy? Are we all equal human beings under the law or do different standards apply to some? This is fundamentally about our American values and I fear the basics so many of us have come to take for granted are no longer a strong foundation on which we can all build good lives.

I have no big solution to offer other than we must keep open to each other, to talking and sharing our views with each other. Most importantly however, I think this is about being authentic and not only true to self but true to each other. Only then, will we protect our foundation of values we hold dear in this country and on which we can build a future in this changing world. Only then will we be living that Golden Rule.

## Show Your Colors

What does the smell of hotdogs, popcorn and nachos signal? The start of our last quarterly Alive in All Seasons theme of the year “Keep the Spirit” with this month’s focus on sports. The sights, sounds, smells and tastes of sports season will be abundant at our community tailgate parties, and trips to local sporting events. We will be sharing in the camaraderie and spirited rivalry of watching our favorite teams duke it out on television or in person, and with good reason!

Adopting a sports team as your own is linked to higher levels of well-being and general happiness with your social life, as well as lower levels of loneliness and alienation, according to research by sports psychology professor Daniel Wann of Murray State University. It all comes down to how community lifts our spirits. People are looking for ways to identify with something, to feel a sense of belonging-ness with a group of like-minded individuals and sports is the perfect way to build that connection. It’s that connection, that sense of community, that boosts your sense of well-being. Being a fan also gives us a common language, provides a safe space and gives us the opportunity to experience success. It’s important to vicariously feel this success, because in real life, success is hard. Even if your team loses, we still experience the benefits. So join us as we celebrate sports, it’s good for your well-being.

In addition to our many sports-themed events, be sure to join us for our discussions on bone and joint health as well as other important health topics. Celebrate with us as we honor those who have consistently gone above and beyond with our Juniper Spirit Awards. We look forward to building community with you and invite you to **Show Your Colors**.

### This Month at Brookline

WEDNESDAY, OCTOBER 3RD AT 2:00AM, (REC)  
“COOKING CREATIONS: PUMPKIN ROLLS WITH MELISSA”

FRIDAY, OCTOBER 26TH AT 6:30PM, (2TV/2DR)  
“SAFE TRICK OR TREAT”

EVERY FRIDAY AT 2:00PM, (W)  
“CIRCLE TALK WITH TSULTRIM”

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