

Technology: How to Build a Cook Book

Monday, July 30th at 2:00pm,
Skilled Nursing Conference Room, 1950 Cliffside Drive



Do you have special memories surrounding food? That special dish your mother makes when you go home to visit, the holiday drink you take one sip of and you're back at grandmother's house, or the one appetizer everyone always asks you to make at the family gathering? We invite all residents, family members, and associates to share their favorite recipe – appetizer, main dish, dessert, or drink. Recipes will be collected throughout the month of July for a "How to Build a Cookbook" demo on the 30th. Once the book is complete all those who participated will receive one and the recipes will be incorporated into the residents' menu.



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

the village view

july 2018



Branching Out

A monthly contribution from our founder Lynne Katzmann

REfresh Body, Mind and Spirit: Another Pioneering Juniper Program

At Juniper, our search for wellbeing is relentless! And today, I want to share with you another important initiative we have undertaken.

Shortly after we bought our State College, PA campus I was visiting and was approached in the hallway by a visitor. I turned around and realized that it was Diane Spearly, Jim Spearly's wife. For those of you who have been around Juniperland for a while, you know we renamed our Denver skilled community, The Spearly Center, in recognition of Jim and his incredible commitment and insight into programming for the special population who call that community, home. Diane now goes by the name, Tsultrim Datto and lives in State College, her home town.

Sometimes it is in the stars and this time, my meeting with Tsultrim, a PhD psychologist and nationally known mindfulness expert, was just that. Tsultrim told me about a research project she was doing at Penn State that demonstrated the power of mindfulness training on stress reduction in teachers. We talked and she told me about some work she was doing to extend that program to the senior living community.

I shared with her our desire to build community between residents and our Associate team and she suggested that we adapt the program for our campus. Since early last year, we have been piloting the program, we call REfresh at the Willows, Inn and Pines our independent and personal care residences. The program offered residents, their visiting families and Associates four 20 minute classes a week. The Leadership Team was offered an additional class each week and during Associate education days. Some of the programs were for each group and some were designed to engage community—all interested individuals. The classes offered body-mind techniques including posture, breathing exercises, mindful movement and reflection to cultivate wellbeing aspects of personal acceptance, patience, connection, enjoyment, kindness, delight and generosity towards oneself and others.

The results of the pilot indicate that the 61 residents and 58 Associates who participated liked the program and the vast majority asked that it continue. They loved that the program was a community builder, erasing lines between residents and caregivers; caregivers appreciated that leadership provided work time to take care of their wellbeing. Other mindfulness and aging studies suggest that older adults with mindfulness training cited benefits of increased social support, stress management, increased quality of life, elevated mood, greater acceptance and awareness in daily life. Another study of participating older adults showed gains in memory and cognitive flexibility. On the Associate side, research shows that mindfulness practices increase efficiency, compassion and creativity and support better work-life balance.

Over the next year, watch as we work to expand the program for the whole Juniper family!

Remaining Relevant

When we "kicked up" our Alive in All Seasons programming we began offering volunteer opportunities every single month making the focus on volunteerism in July redundant. Yes, we may still recognize our wonderful volunteers during July, but we sought something even greater to kick off our third quarter theme "Stay Connected". The unanimous decision was to focus on technology and its ability to help us remain relevant – voilà the new theme was born.

Research shows that seniors who stay connected to their loved ones live longer than those who remain isolated. Connecting is now easier than ever through the magic of technology! We can now visit via webcam, Face Time, Skype and even Snap Chat. In addition to staying connected with our loved ones, we are now virtually connected to the universe with information literally at our fingertips. Juniper is at the forefront of this technology revolution with our high tech high touch Connect4Life program, our robust social media presence and smart technology solutions. We know that remaining relevant not only increases the years in our life but also the life in our years! Connect with us on Facebook, Twitter, Google, Pinterest and YouTube. To learn more about how Juniper is ahead of the game in new technology and other initiatives.

Join us this quarter as our volunteer focus turns to the environment. Learn more about technology with our guest speakers' series; and stay healthy in the sun with our C4L presentations regarding sun safety, skin cancer and hydration this month. Get a real "taste" for technology as we use it to help prepare delicious delicacies. Lastly, look for our intergenerational STEM programs as we encourage our next generation to embrace technology and **Remain Relevant!**

This Month at Brookline

FRIDAY, JULY 6TH, AT 10:30AM, (REC)
"THE MODERN KITCHEN: AIR FRYER FRIES"

TUESDAY, JULY 24TH, AT 11:00AM (REC)
"ART THERAPY: BUTTERFLY JARS"

THURSDAY, JULY 26TH, AT 11:30AM (2SP)
"A DAY AT THE LAKE: UV SAFETY AWARENESS"

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