

MAY 2018

“Fitness: Grow Strong Daily with Sue Lembeck-Edens”

Friday, May 25th at 3:00pm

2nd floor TV room, Skilled Nursing, 1950 Cliffside Drive

Movement therapist, Sue Lembeck-Edens, invites all those who are interested to enjoy the benefits of gentle stretch to grow stronger daily. She will discuss the benefits of staying active throughout all stages of life while teaching us to stretch in the correct ways to increase strength and blood flow. Don't miss the fun of this informative stretch session!



REHABILITATION AND SKILLED CARE
AT BROOKLINE

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

the village view may 2018



Branching Out

A monthly contribution from our founder Lynne Katzmann

30 Years of Innovating for Good

April 6th was a big day for the Juniper Family. It was the day we officially celebrated our 30th anniversary! Imagine 30 years of pretty successful, mission-driven commitment to nurturing spirits and providing good lives for our residents and their families, our team of associates, for our investors and other capital sources and for the communities in which we live and work!

For more than a generation, we have built a strong culture where we have held true to our values and worked diligently to deliver programs that really “walk our talk”. We designed and built one of the first “green” assisted living communities in the nation; we pioneered the small house model for those living with memory challenges; we were among the first to adopt technology by implementing an electronic operating platform for data and communication across the company; we developed a nationally recognized program of integrated care that links service-enriched housing and chronic care services. We also have a vibrant Connections program designed to encourage active bodies, engaged minds and fulfilled spirits and were the first in our industry to publicly commit to a starting, living wage for our associates with our \$15 x '20 program.

To celebrate and think about the next generation for Juniper, the company's home office and community leadership traveled to Sonoma County California. There we spent two days together with a host of outside speakers providing us insight into the key change agents that are impacting our world—technology, changing consumer preferences, changes in the way we live and the environments we live in and changes in the way we work. We learned about disruptive innovation and began our strategic planning process for the next five years. We even had the chance to celebrate. Check out some of the pictures here and on the website!

As so many of you know, Juniper's birthday is the same day as my Oma's, my maternal grandmother. She would have been 122 years old on April 6, 2018 and I think she would be so proud to share the day with the whole Juniper family!



Grow Strong Daily

At Juniper we know that the keys to healthy aging are maintaining an active body, an engaged mind and a fulfilled spirit. We are the people, places and programs that nurture the spirit of life in each individual we touch so that we may live fully throughout all seasons of life. It is in that spirit that we continue our focus on healthy aging by encouraging you to grow strong daily.

Maintaining strength is increasingly important as you age. The National Council on Aging asserts that regular exercise can help older adults stay independent and prevent many health problems that come with age. They recommend moderate exercise for at least 30 minutes five days a week with muscle-strengthening activities for two or more days a week that work all major muscle groups. Statistics show that less than one-third of Americans aged 65+ meet this recommendation. At Juniper, it's easy to meet this recommendation. Simply show up at one of our many scheduled exercise classes and grow strong daily! In addition to exercise, plan to join us this month as we use technology to improve our physical fitness; participate in National Senior Health and Fitness Day; and celebrate our famed Route 66 Walking Club. Look for additional health presentations as well as we help you **Grow Strong Daily!**

This Month at Brookline

TUESDAY, MAY 1ST AT 11:00AM, (REC)
“CHOCOLATE PARFAIT DEMO AND TASTING”

THURSDAY, MAY 24TH AT 11:00AM, (REC)
“ART THERAPY: LADY BUG GARDEN ROCKS”

WEDNESDAY, MAY 30TH AT 3:00PM (2TV)
“NATIONAL FITNESS DAY SPEAKER: DIETICIAN
KATHERINE HAAR”

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