

Exploring nature in the city of Brotherly Love!

The Juniper Village at Bucks County crew ventured to "The Academy of Natural Science" to experience nature at the Butterfly Pavilion. With over a dozen species of butterflies, and over 7,000 bees populating lively active beehives, Juniper travelers shared the excitement and wonders of nature. Some residents explored the "Dinosaur Dig", a large display of over 30 species of dinosaurs and pre-historic reptiles. Others were standing tall to strike a pose with the "Moose on the Loose" a life size replica of the northern hemisphere animal. This is definitely a place we will re-visit! In addition to our pursuit of nature, love was in the air at Juniper's Annual Valentine's party as the men gathered around the microphone to serenade the women to the song, "My Girl". The dance floor was rockin' all night with party favorites and group dance favorites such as YMCA, Macarena, Cha-Cha Slide, Electric Boogie, etc. We all had so much fun as Juniper associates joined in with the residents at the sweet-heart dance!



**A LIFE PLAN COMMUNITY
AT BUCKS COUNTY**

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

the village view

april 2019

Branching Out

A monthly contribution from our founder Lynne Katzmann

122 and Going Strong!

I guess I can be prone to hyperbole but when it comes to Oma, I can live with it! On April 6 Oma would have been 122 years young! Many of you know her story: Born in Germany one of four sisters; started a business in her twenties; emigrated to the US in her early 40's and resumed her business with my grandfather and continued to live life with courage, laughter and love until her 94th year. She was my role model for women in business and entrepreneurship!

Each of us has a role model! So often it is someone who is older who makes a distinct impression on us and shapes our values and actions as we ourselves mature. I heard recently that "Older adults are the only increasing natural resource in the world". Moreover, the relationship between older adults and youth are mutually beneficial in other ways as broad as improving the immune system to enhancing social intelligence. Here are some benefits of intergenerational bonding:

- gives both adult and child a sense of purpose
- helps give children a respect and acceptance of aging which in turn can help us address ageism
- is a cognitive stimulant and broadens social circles in new ways
- provides opportunities for both to learn and use new skills

Oma, by her life example and her constant love and quiet coaching, made me the person I am today. She embraced life and managed to find the positive in very difficult life situations. As she aged, she found ways to continue to grow and give of herself to her family and community. Her spirit energizes me daily. And that is why her inspiration makes her strong at 122!



Believe in Yourself

Juniper always promotes Healthy Aging but in the spring quarter we kick it up a notch. In April we focus on the brain through our healthy brain luncheons, educational presentations and memory screenings. And in remaining innovative, we will use technology to expand our brains. We often hear about the negative effects of technology; but what about the benefits of technology on the brain? Experts believe digital literacy, i.e. using technology, may boost the brain's ability to resist damage. Andre Junqueira Xavier MD, Ph.D., says, "Using computers and the Internet can protect people who are 50 years or more from memory decline, and that means a lower risk for dementia." A study by UCLA suggests that using your computer, tablet or smart phone for emailing, texting, online shopping, "Googling", reading books, learning and playing games are beneficial to brain health. The study showed that these activities triggered key centers in the brains of middle-aged and older adults, areas that control complex reasoning and decision-making. And if that doesn't convince you, there are apps specifically designed to help improve memory and brain function. Luminosity Brain Games and Elevate Brain Training are great resources. Join us for some of our technology-based brain games this month, reach new heights and **Believe In Yourself!** In addition, help us celebrate Oma's birthday, Earth Day, World Health Day and National Healthcare Decisions Day.

This Month at Bucks County

**APRIL 11TH, AT 12:00 NOON
BRAIN HEALTHY DINNER PARTY**

**APRIL 22ND, AT 1:30 PM
BEE-LIEVE IN YOURSELF WITH ANNIE WILLIAMS**

**APRIL 25TH, AT 2:00 PM
GREEN TEA SOCIAL CELEBRATION IN RECOGNITION
OF OUR VOLUNTEERS WITH CROSSROADS HOSPICE**

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