

Enjoying The Summer Time with Friends

Broadway on the Sky Park Patio

The sounds of Broadway filled the air the night of August 1st out on our Sky Park Patio as the talented Steve Pollock and Andrea Kalan performed songs from everyone's favorite shows. Residents and guests enjoyed the open-air concert along with some light NY Deli inspired fare including corn beef sliders, mini-cheesecakes and knishes. Thanks to everyone who was able to join us for what was truly a magical evening.



A soulful afternoon at The 32 Club

A tribute to Aretha Franklin, Gladys Knight, Patti LaBelle and many more was performed by Veronica Menyweather from Voxstar Entertainment. Veronica is known as the "Lady of Soul". Her style and music is influenced by the great artists of gospel and traditional Rhythm and Blues music. It was a fun, lively afternoon of music.

Stay tuned for more exciting upcoming events at our many new venues here at Juniper Village at Bucks County.



**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

september 2019

Branching Out

A monthly contribution from our founder Lynne Katzmann

Don't Judge a Book by its Cover

We have all heard that old adage. And been reminded repeatedly throughout our lives to heed it. But do we?

Over the last several weeks, I have been very troubled by the new public discourse about women and about race. Whether you agree with the "Squad" or not, I believe that most of us have a strong sense that their religious, racial and gender differences are a large part of what is driving this latest spate of divisive tweets and responses.

I feel that our democracy and the diverse thinking that has in large part driven our nation's innovation is threatened by how we see each other.

What do you see when you see a person of color? A woman? An older adult? Do you see an equal or perhaps better said, another human being with a history, with passions, with energy and intellect that can maintain our nation's greatness? Or did you "judge the book by its cover"?

We would all—individually and collectively— be better off if we remembered to heed these six little words.

Spread Your Joy

How many friends do you have? You know the really good ones. The ones you can call in the middle of the night when something is weighing heavily on your mind. For the majority of US adults that number is between two and five. On the contrary, one in five US adults experience loneliness. By some estimates that number is even higher. This month, Juniper is working to combat loneliness by focusing on friendship. One of the most beautiful things we see in our communities is blossoming friendships among residents, staff, families and a combination of these groups. Science tells us that there are many physical and mental benefits to having friends and being social. Do you know that friends can inspire each other to adopt healthy habits and recover more quickly from illness? It's true! Social ties reduce stress which in turn lowers blood pressure and heart disease risk. Social people have a 50% chance of outliving loners. And those loners? Dementia is 1.64 times more common among them. So make some new friends – it's good for your health!

Check out our calendar for some great opportunities to build your social network as we celebrate National Assisted Living Week, Grandparents Day, and National Mindfulness Day. Make new friends of the furry kind through our Pet Therapy programming and grab your best friend for our Best Friends Celebration and **Spread Your Joy** as we honor friendships this month.

This Month at Bucks County

**SEPTEMBER 3RD, AT 5:00 PM
"FAST FRIENDS" DINNER PARTY**

**SEPTEMBER 4TH, AT 11:30 AM
HOW TO TRAIN A THERAPY DOG WITH LARRY**

**SEPTEMBER 8TH, AT 1:30 PM
CELEBRATE GRANDPARENTS & GRANDCHILDREN:
COLORING, COCOA & COOKIES**

**SEPTEMBER 16TH, AT 1:30 PM
JEWELRY JUNCTION: BEADING FOR FRIENDS**

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