

The Bells Are Ringing

March is Performance month at Juniper Village at Lebanon, and we are very fortunate to have resident Paul Hirlinger, who has been a star performer in the Joyful Noise Singers for many years, as now part of our new Bell Choir! These are very special bells that can be either rung in the normal manner or made to ring by pushing a button on the top of the bell. The buttons make it easier for residents to play the bells, and it gives a truer sound without the extra rings that the traditional method sometimes creates. The first performance of our Bell Choir will be on March 15th at 10:00 AM in the Village Dining Room as part of our Joyful Noise Concert featuring movie themes. We will have several other soloists, including our new choir director Joe Fiorentino doing an Elvis tribute, plus vocalist Donald Mann and Dannie Houser on the flute. This will be a very special concert, so we hope to see you all there!



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Happy Birthday!

Katherine Hoopes	March 4
Mary Jane Lehman	March 4
Mary Lou Edwards	March 6
Harold Gish	March 8
Sarah Witmeyer	March 22
Jean Ashby	March 23
Herman Noll	March 26
Luther Garrett	March 26
Charles Barber	March 28
Nancy Miller	March 28

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



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SENIOR LIVING AT LEBANON



the village view

march 2019

Branching Out

A monthly contribution from our founder Lynne Katzmann

#MeToo

This is a tough subject to write about for many reasons. There are I am sure, many disparate views on issues relating to "isms". I feel compelled however to address the issue, for two reasons: 1) I am a woman business owner and have been front and center on women's workforce issues for many years, 2) the majority of Juniper's people are women—either people who work with us or people who live with us.

I was recently in Boston and as I left the hotel for the airport I grabbed a copy of the Boston Globe. There was "commentary" on the front page that essentially criticized white women for speaking out on the issue. The article suggested that women of color had it harder and therefore women could not really feel a sense of kindred around the issue. I do believe that women of color have it harder but any "ism" is worthy of attention. And #MeToo has given voice to so many who have felt either trivialized or shamed by some of their experiences. Giving voice to an issue improves awareness.

As a woman, I praise the #MeToo movement and as a woman in seniors housing, I want to remind you of another effort of ours to call attention to an "ism"—ageism! Regardless of color, sex or religious orientation, if we are lucky, we all will grow old. Our society is notoriously youth oriented. And while youth is great, so is older adulthood. It is time to revive Juniper's call to our industry and society with [#aginginsurrection](#).

Even before and after Burning Man, we have been calling on everyone to do three simple things:

1. **Lead by example** - Each of us needs to change just a couple of words we use all the time. Try using "we" not "them" or "us". And this is a message for all of us—old and young!
2. **Raise Awareness: Educate** - We need to educate society about ageism. We need to point out the demeaning images and suggest new ones, including the recent data about older adults - emotional stability, willingness to continue contributing and more.
3. **Inspire others** - We need to flood mass media and inspire others with a new vision of aging in America. We need to tell new stories and paint different pictures of older adults, particularly in ways that will reach young people.

Will you join me? I hope so....

Lynne Katzmann



Your Treasure is Within

This month we conclude our Creative Expressions series with a focus on performance. At Juniper, we know that everyone has a story - a unique and personal story. These stories are our treasures and make us who we are. This month we bring those stories to life as we share a bit of ourselves through performance. Participating in dramatic arts provides an emotional outlet, helps to increase concentration and communication skills, expands one's imagination and improves self-confidence. In addition, studies have shown decreased anxiety and loneliness, increased sense of value and purpose, and other emotional benefits including fun, happiness, a sense a freeing of the imagination in seniors participating in a dramatic arts program. Cognitive benefits include improvements in memory, word generation, and comprehension and problem solving.

Recognizing the many benefits of dramatic arts we are proud to invite you to join us this month as we explore performance through our drama club, out trips to theatrical performances and educational offerings by guest speakers on performance arts and artists. We also invite you to join us as we perform through a graffiti art experience. This month's Connect4Life education topic is Diabetes Awareness. Join us this month as we show **Your Treasure Is Within**.

This Month at Lebanon

MARCH 15 AT 10:00AM
JUNIPER VILLAGE'S JOYFUL RINGERS & SINGERS "AT THE MOVIES" CONCERT

MARCH 20 AT 12:00PM
DIABETES LECTURE "WHY IS IT SO HARD TO STAY BALANCED" PRESENTED BY UPMC

MARCH 24 AT 3:00PM
"JUNIPER'S GOT TALENT" RESIDENTS & FRIENDS TALENT SHOW

MARCH 27 AT 12:00PM
LUNCH & LEARN: FUNERAL PLANNING DOESN'T HAVE TO BE HARD

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