

Showing Our True Colors!

We love the color Purple at Juniper Village at Lebanon, and we're not talking about the movie with that title! We recently took a trip to our local Humane Society to visit the cat room, and two of our residents were able to hold one very affectionate cat named Cora. In this picture you can see Paul and Nancy holding Cora, who is sporting a purple Juniper bandana. She seemed very happy to be wearing it, so it was sad when we had to



take it off and leave Cora behind. However, we are looking forward to our next visit to the Humane Society in October when we will get to spend more time with the cats. At the present time, the Humane Society is at maximum capacity for cats and kittens, and they even have several foster homes that are taking in cats until homes can be found for them. So if you have room for one more cat in your home, you will definitely find one that will be the perfect fit at the Humane Society!

Happy Birthday!

Joanne Rockel	October 2
Helen Noll	October 5
Shirley Achenbach	October 7
William Smith	October 7
Raymore Leed	October 12
Richard Eisenhour	October 12
Mary Stickler	October 14
Ralph Ashburn	October 18
Brenda Smith	October 19
Joan Stichler	October 25
Charles McConnell	October 27
Paulette Greene	October 31

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



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SENIOR LIVING AT LEBANON



the village view

october 2019



Show Your Colors

Branching Out

A monthly contribution from our founder Lynne Katzmann

Showing Your Colors in Your Third Act

Our theme this month "Show Your Colors" could apply to so many things: your school colors, your favorite sports team, your nationality or even your political views! Today I want to give a shout out to a group of individuals—residents, Associates and folks from the community at large who were willing to take some risks to show their colors in a new program we launched last year at Juniper Village at Brookline.

This story is woven of many strings stretching from many unusual places. In late 2017, I was approached by Freddie Gershon, who owns and ran Music Theater International, the world's largest licensor of Broadway musicals. Freddie had developed a robust program to share musical theater in schools called Broadway Junior. The program provided abridged shows including everything from scripts and taped musical scores to director notes and simple costume and set ideas. Freddie, who just celebrated his 80th birthday, wanted Juniper to help him bring the joys of theater to older adults. He knew it would be engaging, fun and even a little scary. However, as so often happens with theater, it also builds community, provides purpose and definitely offers the opportunity for a "third act"!

The first production was Guys and Dolls held in May 2018. Residents from every part of the campus participated in the production. They were supported by a dedicated team of Associates led by a passionate theater buff, Katie Kensinger and a host of individuals and organizations in the greater State College area. The result was electric! You can get a feel for the excitement here: <https://vimeo.com/276076077>

In addition to being just plain fun, the production has provided new friendships, new confidence in abilities and in some, a new love of musical theater. The second production, Singing in the Rain, opened this May and plans are underway for the next show both at State College and at Juniper Village at Lebanon. Folks really are showing their colors, living what for many was a dream and finding new strengths and friends in the process!

The year is winding down and we are entering our last quarter with the Alive In All Seasons focus Keep the Spirit with October showcasing SPORTS. Popcorn, peanuts, hot dogs, the coin toss, colorful uniforms, cheerleaders and fanatic fans all bring sports to life in the fall. Most of us have enjoyed spending a lazy Sunday afternoon cheering on our favorite team. Reveling in their victory and agonizing in their defeat. Why do we do this? Could there possibly be a benefit to riding this emotional roller coaster? There is, and the reason is pretty fascinating: We have neurons in our brains that "play along" with the players, says clinical psychologist Scott Bea, PsyD. We experience the highs and the lows right along with the players. In addition, supporting "your" team creates a sense of belonging, upholds traditions, and helps form a sense of identity. A study at the University of Kansas found that sports fans are happier and suffer fewer bouts of depression than those not interested in sports. Another study showed that when "our" team wins, our overall sense of optimism goes up with regard to other real life events, like getting a job or succeeding in school. On the other hand, if our team loses, we tend to be more pessimistic about real life things. Ride the wave this month by supporting your team. Join us this month as we sponsor a local team and **Show Your Colors!** Learn more about the Olympics, Bone and Joint Health and Technology Trends in Sports at our educational events. And celebrate those who go above and beyond as we honor our Associates with Juniper Giraffe Awards.

This Month at Lebanon

OCTOBER 8 AT 12:00PM
FRIENDS & FAMILY OKTOBERFEST LUNCH & CONCERT

OCTOBER 9 AT 2:30PM
FAMILY CAREGIVER SUPPORT GROUP WITH UPMC

OCTOBER 11 AT 6:00PM
MEDICARE & YOU PRESENTED BY DON SHUEY

OCTOBER 18 AT 1:30PM
MEET THE AUTHOR, DR. NGUYEN "CAT PARADISE"

OCTOBER 26 AT 2:00PM
HALLOWEEN TRICK OR TREAT (WELCOME ALL 12 & UNDER)

Lynne Katzmann

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