

## Traditions: Celebrate Little Things

Welcome December! The holidays are a perfect time to share, and learn about, traditions with family and friends. Please join in the excitement as we explore a variety of holiday activities and celebrations!

Several of our community artists participated in the annual Holiday Art contest hosted by Juniper Communities.

Resident artists painted a holiday scene to represent the holiday season. Doris, Bill, Mary Lou, Marge, Alice, Sylvia and Bob entered the competition with full enthusiasm! Each artist created a holiday masterpiece, to potentially represent the Juniper Communities 2017 holiday card.

We applaud all of our resident artists for their work and we invite all residents, families and associates to view the artwork on display in the bookcase near the Café. The leadership team voted on two to represent Juniper at Bucks County.

The first Juniper Village year has been full of excitement, ventures and meeting new friends. We take this opportunity to wish all of our residents and friends a very Happy and Healthy Holiday. We are looking forward to a new and fun-filled year!



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

## DECEMBER 2017 THE VILLAGE VIEW



## Branching Out

A monthly contribution from our founder Lynne Katzmann

### What a Year It's Been!

As the year comes to a close, I want to shine a light on some of the incredible accomplishments we have achieved together at Juniper. Our program of integrated care, Connect4Life, has proven to not only improve quality of life by reducing hospitalizations; but has also now been shown to be a huge cost saver for our government – a mind-blowing potential to save \$10-15 billion per year! We have enhanced our existing Signature programs contributing to our ability to “nurture your spirit of life”. Have you noticed the improvements to our First Impressions program? And in 2018, we will be offering more new programs through Alive in All Seasons. Large scale renovations have been completed at both Naples and Forest Hills with an even larger renovation started at our new campus in Bucks County, PA.

This year even more of our communities were recognized for excellence either with the Centers of Excellence designation from the Alzheimer’s Foundation of America or the American Health Care Association’s prestigious Bronze Quality Award. Finding information on our communities, programs and philosophy has been made so much easier with our impressive new website. And our online presence from our excellent ratings, reviews and testimonials to our extensive coverage of the heroic efforts during the recent hurricane season is so fulfilling for everyone associated with Juniper—residents, families and team members alike!

Thank you all for your input, your diligence, and your support of all the work we do!

I also feel compelled to make a plea for brother and sisterhood, for compassion and understanding, for acceptance and respect. At this time of year so many of us celebrate an important holiday whether it is Christmas, Diwali, Kwanzaa or Hannukah. We are presented with the unique opportunity to take a break and celebrate with family. To remember that these holidays represent a commitment to the values that enable us to live in peace and harmony with each other is perhaps even more important this year as the discord across the world seems so strong. Enjoy this special time and please, remember to affirm the good in each other and in ourselves.

## Celebrate Little Things

From the shimmer of the sun across new fallen snow, to a child’s gleeful laughter and the smell of puppy dog breath we invite you to celebrate the little things that bring us so much joy! With the busyness of the holiday season it’s easy to get caught up in all the big things making them seem overwhelming. The never ending lists, the food to be shopped for, the meals to be made, the invitations to be sent, the gifts to be purchased and wrapped – while these should be joyful times we often begin to dread this celebratory time. We invite you to be in the moment this holiday season. Take time to enjoy the stolen moments with your child while baking holiday delights. Catch a glimpse of your spouse’s smile at the thought of a holiday surprise. Cherish the time spent with your family who you long to see more than a few times a year. Take this time for yourself and **Celebrate Little Things!**

Join us this month as we enjoy each other, celebrating our differences as well as what we share in common at our ethnic holiday celebrations. Engage with us during our cookie exchanges while filling your belly with deliciousness. Participate in all the celebratory events we have planned this month – both big and little! And most importantly, enjoy this holiday season. With great anticipation, we invite you to join us next year as we unveil our newly revitalized Alive In All Seasons program. Great things are on the horizon and we can’t wait to share them with you!

### This Month at Cottonwood and Wellspring

DECEMBER 5TH AT 2:00 PM (PORTICO)  
“TRIP: BENSLEM VISITOR CENTER,  
HOLIDAY TREES EXHIBIT”

DECEMBER 19TH AT 4:30 PM (PORTICO)  
“TRIP: SHADY BROOKS FARM HOLIDAY  
LIGHT SHOW”

DECEMBER 31ST AT 6:00 PM (D LOUNGE)  
“NEW YEAR’S EVE EXTRAVAGANZA”

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