

## Show Your Colors

As we went through September celebrating the friendships that were made and strengthening the ones that were already there, we are now in October. October is a month to show your colors by celebrating your favorite sports team or to dig deeper by showing your true self in front of others, and here at Applewood we plan to let our colors shine! We have several events happening this month to both honor ourselves and to support that of which we are fans.

As we push harder every week to go green at our community, we have developed a way for unconventional plant growth that is in our lounge. It is called a Hydroponics System where we can grow fresh herbs and vegetables inside our community without ever having to go outside. It is going to be a great way to help educate our curious residents as well as receive some able hands from the culinary artists. The kitchen staff are very excited to be able to grow their own herbs and to be used creatively in future cuisines.

As is tradition in the month of October we will be hosting our very own Oktoberfest! A classic car show will be set up in our lot accompanied by live music and several beer tastings stationed throughout the community. One last thing that we enjoy doing at our community is to invite the kids and grand-kids of our residents in for a trick or treat. They will come in their costumes and walk door-to-door meeting our residents and receiving the one thing that makes them joyful, candy.



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# 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 Applewood Place

**OCTOBER 3, 2019 3:00 PM**  
**ACTIVE MINDS LECTURE SERIES-EXPLORING ZIMBABWE**

**OCTOBER 4, 2019 2:00-5:00PM**  
**OKTOBERFEST AND CLASSIC CAR SHOW**

**OCTOBER 15, 2019 6:00PM**  
**COMMUNITY LECTURE-HAUNTED COLORADO**

**OCTOBER 31, 2019 3:00-4:30PM**  
**TRICK-OR-TREAT STREET**

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