

Forget Me Not Program Delivers on Dreams

No matter how young or old you are, one thing is certain about us all: we never stop wishing.

Roberta Brubaker, for instance, had a wish for her 96th birthday last September. A resident of the Health Center, Pilgrim Haven's skilled nursing program, Brubaker wanted to have tea and visit some gardens, and she wanted to go in style: in a white stretch limousine.

Thanks to the Health Center's Forget Me Not program, Brubaker's wish came true. She and her three daughters were chauffeured to Lisa's Tea House in Menlo Park. After the tea party, they enjoyed a private tour of the Gamble Gardens in Palo Alto.

"We honored her wish and planned a special day for her," said Terry Morrison, director of community relations and coordinator of the Forget Me Not program.

Teatime was always a favorite of Brubaker's. She grew up in Arizona living in the hotels that her mother

ran. She and her mother loved tea and collected antique china teacups. Brubaker's favorite tea is Oolong from Taiwan.

And gardening was another lifelong passion. Brubaker and her late husband were longtime residents of Los Altos Hills and had an extensive vegetable garden that brought them lots of joy and attention. Sunset magazine once photographed the couple in their garden.

So the tea party and the garden tour were perfect – a dream come true for Brubaker.

Two other Health Center residents got to indulge their wishes in May. Yvonne Clapp and John Steinwinder met in the Health Center, and their relationship blossomed. They participate in many activities together and often join group outings. But through the Forget Me Not program, they enjoyed a special date – just for two.

In May they dined at Beausejour Restaurant in downtown Los Altos. They sipped champagne and raved about the filet mignon. The chocolate mousse was the perfect finish to a delightful dining experience. "It was such a pleasurable time,"



Roberta Brubaker fulfilled her birthday wish for a special tea party, while John Steinwinder and Yvonne Clapp (left photo) enjoyed an evening dining out.

Clapp said, "and all the food was so delicious."

Morrison has the wonderful job of fulfilling wishes. She has a small budget for Forget Me Not, but she hopes to tap donations from local businesses. She wants people to know that the residents of the Health Center continue to dream. And she is delighted to make those dreams come true.

"John and Yvonne were thrilled," she said, "and it was such fun to see their smiling faces and enthusiasm for this date night."

To learn more about the Forget Me Not program, contact Terry Morrison at 650-948-8291 ext.119.





Hiking for Healthy Living Fulfilling Dreams

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Los Altos Landmark

Located in the quaint village of Los Altos, Calif., Pilgrim Haven has been a local landmark for 58 years. The continuing care retirement community offers comfort, security, and a quality lifestyle on an idyllic garden campus.

For more information about Pilgrim Haven, contact Marilyn Sell at 650-948-8384 ext. 103.

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Pilgrim Haven Board of Advisors

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American Baptist Homes of the West

Founded in 1949, Pilgrim Haven was the first retirement community for American Baptist Homes of the West, one of the most respected senior living providers in the U.S.A nonprofit, non-sectarian organization headquartered in Pleasanton, ABHOW operates 10 continuing care retirement communities — including Pilgrim Haven and The Terraces of Los Gatos — and 19 affordable housing communities in three Western states.

insight

Perspective

From the Executive Director

Pilgrim Haven residents gave high marks to the community again in the annual Resident Satisfaction Survey. I think our residents are pleased with improvements we've been making, including new paint, carpeting and furniture in the public areas. Their satisfaction has to do with better communications, too. Through monthly meetings and bulletin boards, we're working hard to keep residents informed about community life.

But I suspect the main reason we enjoy high satisfaction is rather simple: our residents are satisfied people. Their outlook on life is positive. And that sense of satisfaction gives our community a special feel. This is an active campus rather than a place where people expect to be waited on.

Inspired by the MacArthur Foundation's research on successful aging, we have been exploring what it means to be a community where residents flourish. Now we're taking the next step by implementing a program called Masterpiece Living, which, as the name suggests, is about creating a lifestyle that is memorable. It's about residents exercising their bodies, minds and spirits – all of their gifts – to make a beautiful life.

We expect our culture at Pilgrim Haven will change as we more fully embrace successful aging. And we're confident that resident satisfaction will continue to rise.

Karen Jenney

Resident Relishes A Good Ramble

Ruth Buneman, 78, has finished another long hike, this one a seven-mile trek through the El Corte de Madera Creek Open Space Preserve, located west of Skyline Boulevard.

How does the Pilgrim Haven resident feel? A one-word reply will suffice, and not because Buneman's out of breath. "Elated," she says.

Every Wednesday or Thursday for more than five years, Buneman has hit the trails with the San Mateo hiking section of the local chapter of the Sierra Club. That section is made up mostly of retired people.

With good company on challenging hikes, Buneman is energized. "Because you've achieved something," she says, "and you come out of it feeling" – she pauses for that right word – "elated."

Buneman has hiked for many years. She and her husband logged hundreds of miles in the Sierras, on



the John Muir Trail, and through the Marble Mountain Wilderness of the Klamath National Forest. She was a leader in the backpacking section of the local chapter of the Sierra Club and enjoyed at least one big hike each

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summer. After her husband's death in 1993, Buneman joined up with another Sierra Club group, the Singleaires.

Rambling in the outdoors is really a lifelong habit for Buneman, who grew up in the Midlands of England. "In England we simply walked, we didn't hike," she says. "It was the way you got around. You walked."

Buneman left home as a teenager to go into nursing. She trained in several locations, including the University College Hospital in London. When she married, she joined her husband at the University of Cambridge, where he was a lecturer in engineering and she worked part-time as a nurse in the women's colleges.

An invitation to her husband to do research at Stanford University brought the family of four to the Bay Area. They built a home in the Los Altos Hills in 1962. After her two sons were in school, Buneman went back to work as a nurse. Colleagues suggested a bachelor's degree would be beneficial, so Buneman enrolled at San Jose State University, where she later earned a master's degree in public health.

She volunteered for the Palo Alto chapter of the American Red Cross and later joined the staff in blood donor services. She also picked up part-time nursing assignments through Manpower Health Care. That's how she first learned of Pilgrim Haven, working in the Health Center.

The beauty of the campus and the commitment to quality impressed Buneman, and the experience influenced her decision to move here in 2005. "I knew it from the inside, so to speak," she says.

Since her arrival, she has kept busy. Every evening in the summer months she works in a garden plot on campus, growing vegetables and some native plants. Often she walks to the nearby 24 Hour Fitness to swim.

It's no surprise she is chair of the community's Healthy Living Committee, a resident-led group that



makes sure Pilgrim Haven offers a full range of activities that promote health in the broadest sense – physical, intellectual, spiritual and social wellness.

Pilgrim Haven is using a new program called Masterpiece Living to connect this whole-person philosophy with successful aging. Buneman and her committee will help make Masterpiece Living part of the campus culture. They can't compel people to join healthy living activities, "but as long as those things are available, people can be encouraged to participate," she says.

Buneman, for sure, doesn't need any persuading to stay active. "It's the way to enjoy life," she says.

Yet she's not immune to a little bit of "luxury," as she calls it. She likes that she doesn't have to push a vacuum at Pilgrim Haven. And she notes that her studio apartment is right above the campus dining room. "It's very convenient," she says, "because all I do is walk down-stairs to dinner."

New Program Helps Residents Flourish

Lisa Bartlit is one of Pilgrim Haven's newest employees, and her job title signals a new phase in retirement living. She is the community's "lifestyle coordinator."

A licensed physical therapist assistant and a certified clinical exercise specialist, Bartlit is doing more than just fitness. She is coordinating the new Masterpiece Living program. That means she is part of creating a culture at Pilgrim Haven where residents thrive physically, socially, intellectually and spiritually.

Her job is to help facilitate growth: to accompany residents in a lifestyle of successful aging. "The philosophy of Masterpiece Living is it doesn't matter how old you are, you can always grow," Bartlit says. "It doesn't matter how old you are, you can always achieve a greater level."

The president of Masterpiece Living, Dr. Robert Landry, was at Pilgrim Haven in June to introduce the program to staff and residents. At the end of June, Bartlit and Director of Wellness Rosemary Resch, plus resident Ruth Buneman, chair of the Healthy Living Committee (see cover story), went to Tampa, Florida, to visit Masterpiece Living's pilot campus, University Village, where the program has been in place for six years.

Bartlit was impressed. "The residents are very vibrant, excited," she says, noting that Masterpiece Living's whole-person philosophy is lived out across the campus.



Lisa Bartlit, lifestyle coordinator, instructs resident Betty Erlandson.

Pilgrim Haven Executive Director Karen Jenney suggested that Buneman accompany the staff to Tampa so that she could report back to residents in her own words. That's in keeping with the Masterpiece Living philosophy – that residents be part of the process, that they take charge of their own wellness. "It's their program," Bartlit says.

"They really have to take this on themselves and incorporate this into their own lives," she adds.

Bartlit will meet one-on-one with residents to develop their own wellness goals – a personalized Masterpiece Living plan. Residents will be assessed in three areas: a lifestyle review that identifies the resident's values and interests; a simple test to evaluate mobility; and a health assessment administered by the Mayo Clinic. The reviews will be conducted annually to track each resident's progress.

In developing the personalized plans, Bartlit will work closely with the Rev. Esther Hargis, the campus chaplain, to address spiritual needs. Bartlit will advise residents on exercise regimens and recommend activities that strengthen intellectual and social health. Residents have plenty of activities to choose from, including the new Brain Fitness Program developed by Posit Science, a computer-based course that strengthens memory and increases the speed of brain processing.

Bartlit has 20 years of experience in physical therapy. Much of that work has been helping older adults recover from surgery. The opportunity to work with older adults in a different way attracted Bartlit to Pilgrim Haven.

"I'm really excited to work with a healthy population," she says, "to go from being relatively healthy to increasing their level of wellness."



Residents Marylea Mc Lean and Alice Crenshaw (rear) work on a Brain Fitness exercise.

Meet Pilgrim Haven Advisory Board Members

One ethical principle governs Pilgrim Haven when relating to the wider community, and it's fairly simple: Be a good neighbor.

That's what drew John Moss and Jack Mackay to the Pilgrim Haven Board of Advisors – the opportunity to strengthen the neighborhood and Pilgrim Haven's place in it.

Former Mayor Marge Bruno recruited the two longtime residents of Los Altos. As she finished her second term on the Pilgrim Haven board in 2006, she asked Moss and Mackay to serve, and she didn't have to twist their arms.

Moss was also a former mayor and was already familiar with Pilgrim Haven as it had worked with the city on renovation plans. Pilgrim Haven invited the council members to lunch at the community on a couple of occasions. "And I was just very impressed with what I saw," Moss says.

Moss came to Los Altos in 1974. Born and raised in Ohio, he earned his bachelor's degree at Princeton University, then went to work for IBM as a systems engineer. After earning his MBA at Stanford University, Moss landed a job with Hewlett-Packard.

This April he retired after 30 years with H-P and its spin-off Agilent Technologies.

When the elder of his two daughters started elementary school around 1980, Moss' wife, Jackie, began volunteering him for PTA activities. That led to a lot of involvement in the public schools. He ended up being elected to the school board in 1989 and 1993, then successfully ran for city council in 1997 and 2001. He thinks of himself not as a politician but rather as a "volunteer run amuck."

Along the way, Moss got involved in the Rotary Club. This July he was named president. He's really proud of Rotary's community service, and he offers as an example one program started last year – Partners for An Elder Generation, which recruits volunteers to visit home-bound seniors. "We have a lot of wonderful people here who deserve not to be forgotten," Moss says.

Mackay was also quite familiar with Pilgrim Haven before joining the Board of Advisors. He has lived across the street since 1976. When he moved to Pine Lane, the street looked like a parking lot, he says, with all the Pilgrim Haven cars out front.

A major renovation in the early 1990s took the cars off the street and added an attractive hedge and fence. "And it really improved the appearance

of Pine Lane," he notes.

Mackay grew up in the East Bay and went to San Jose State University. After graduation, he spent two years in the Naval Reserve, then returned to San Jose State to earn his master's degree in industrial arts education. Later on, he earned a doctorate in educational administration from Brigham Young University.

Following teaching posts in Hayward, Mackay went to Milpitas, which was in the throes of changing from a farming community to an extension of the Silicon Valley. He spent the next 31 years climbing through the ranks of the Milpitas Unified School District, starting as a teacher then ending his career as superintendent as the district grew to 10,000 students in 15 schools.

Mackay and his wife, Ione, enjoy family time with their children and grandchildren, travel, and are active in international mission efforts through their congregation, Peninsula Bible Church of Palo Alto. Serving on the Pilgrim Haven board is a chance to contribute closer to home.

"And it's been a great experience so far," he says.



Mackay



Moss