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San Joaquin Gardens Wins Pinnacle Award



This photo originally appeared in the Journal on Active Aging and is reprinted here with permission from the International Council on Active Aging.

Horseback riding, musical theater performances, a deep sense of spirituality — these are just some of the distinctive features of the healthy living culture at San Joaquin Gardens in Fresno, Calif.

The ABHOW community’s whole-person approach to successful aging has gotten high marks from its residents, and it has just earned national recognition. NuStep, Inc. honored San Joaquin Gardens with its Pinnacle Award at the American Association of Homes and Services for the Aging (AAHSA) conference this month.

NuStep established the award 10 years ago to recognize excellence in older adult wellness programs. This year, it chose San Joaquin

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Photo above: Resident Edee Jacobsen takes a break from her ride for a photo.



ABHOW

Mature Living Since 1949



Residents Dale and Faye Bethell appeared in “My Fair Lady” at San Joaquin Gardens last year. The arts play a major role in the community’s healthy living culture.

Gardens over 40 other communities from across the country for its creativity in addressing the physical, social, emotional, spiritual, intellectual and vocational aspects of wellness. A panel of judges visited the three finalist communities in person, and one of the judges summed up her reaction to San Joaquin Gardens in one word: “Trailblazer.”

“We’re just thrilled,” says the community’s healthy living consultant, Teresa Beshwate. “San Joaquin Gardens has always desired to share what we do and to learn from others. Getting the NuStep award is another way we can [do that]. We feel very privileged.”

The community’s commitment to optimal health and wellness is not a program but a culture, Beshwate says. She credits the former director of fitness and recreation, the late Mark Tolladay, along with Mark Steele, vice president and regional operations manager, and Keli Swales, senior director of operations, with establishing that culture, which Beshwate says has grown by leaps and bounds each year.

San Joaquin Gardens had committed itself to healthier living before it became a Masterpiece Living

community, but that template provided the measurability and staff commitment that helped them stand out with the NuStep judges. Every San Joaquin Gardens staff member understands that older adults can grow, Beshwate says.

Masterpiece Living tools encourage residents to shape a healthier future by setting and pursuing personalized goals in various areas of wellness. Currently, three ABHOW communities have embraced Masterpiece Living, three are putting it in place and four are considering it.

As the 2009 Pinnacle Award winner, San Joaquin Gardens received a trophy and recognition at the AAHSA conference as well as a NuStep recumbent cross trainer for its fitness center. The Journal of Active Aging will feature the community on the cover of an upcoming issue.

Beshwate and the San Joaquin Gardens leadership team have worked for many years to develop a wellness culture for residents and employees, notes Steele. “We’re excited that it’s getting national recognition. And what’s most important is that the culture will help our residents live more meaningful lives as they age in place.”

AAHSA Honors ABHOW With Three Awards

Along with San Joaquin Gardens’ Pinnacle Award, ABHOW received two other honors at the October annual meeting of the American Association of Homes and Services for the Aging. Valle Verde, ABHOW’s Santa Barbara community, was recognized for its green-friendly campus. And Kay Kallander, senior vice president for strategic planning, was named Mentor of the Year. Look for coverage on these awards in the November edition of ABHOW Words.

Residents of Mount Rubidoux Manor in Riverside, Calif., are leading the way in their city's crusade to "go green."

The community planted five trees on the downtown campus Sept. 29, one of several steps residents are taking to fight global warming.



Mount Rubidoux Manor Administrator Clede Givens-Bullock, right, resident Mabel Harris and Riverside Mayor Ron Loveridge turn the first shovel of dirt for a newly planted tree.

Centenarian Mabel Harris joined Riverside Mayor Ron Loveridge in turning the first shovel of dirt. They planted five different varieties of trees – acacia, podocarpus, sweet bay, camphor and red bud – all donated by the Riverside Public Utilities Department.

The community is also raising money for the Nature Conservancy's campaign to plant a billion trees in the rain forests of Brazil.

The city recently completed an energy audit of Mount Rubidoux Manor and helped the community reduce its energy use by switching to compact fluorescent

light bulbs. Residents are also being encouraged to monitor their water use.

The tree-planting ceremony followed the Residents Council's adoption earlier in September of a policy of "A Gift of Green for All the Grandchildren of the World," which calls upon residents to help management set environmentally friendly standards for the 16-story community.

"We think that by direct action of senior citizens mobilizing across the country, we can have a significant effect," Wally Longshore, 80, vice president of the Residents Council, told the Riverside Press-Enterprise.

Longshore underscored the danger of climate change. "If it isn't reversed, the people who are living after us – our grandchildren – will be in grave danger," he said. "I grew up in the Dust Bowl, where there was an environmental meltdown. I know what hell is."

'We Have A Rendezvous With Destiny'

By Wally Longshore

Words used by FDR to rally America in another time of trouble, a time many of us remember. Man is in greater trouble today. Global warming unchecked threatens global catastrophe:

severe shortages of fresh water to serve 6.5 billion people on the planet, accelerated extinction of plant and animal species, increased force and frequency of hurricanes, rampant wildfires, reduction of food-producing land, etc.



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Judson Park Celebrates Sound View Grand Opening

It was a big day of celebration Oct. 1 at Judson Park in Des Moines, Wash. The community celebrated the opening of The Sound View Apartment Homes.

State Senator Karen Keiser, a Judson Park board member, joined ABHOW and community leaders to mark the completion of the project.

Sixty-four brand-new residential living apartments now grace the community, which was originally built more than 40 years ago. Every apartment has its own private balcony, and the end apartments have wrap-around verandas offering commanding views of Puget Sound.

Washington State Senator Karen Keiser (top photo), a Judson Park board member, addresses the audience during the grand opening ceremony. Long-term resident Wynnie Hunt (right) and the first Sound View depositor, Tessie Di Martino, cut the ribbon at the grand opening along with ABHOW CEO David Ferguson and Judson Park Executive Director Russell Akiyama.



12th Annual Classic Combines Great Golf With Good Cause

It was a perfect day on the links for a great cause Oct. 6 as nearly 200 players, volunteers and guests took part in the 12th Annual ABHOW Foundation Golf Classic.



The scramble-format tournament, which raises money to support ABHOW's affordable housing communities, was held at Round Hill Country Club in Alamo, Calif. Highs in the 70s and spectacular views of the foothills of Mt. Diablo complemented the action on the course.

Three residents from Pacific Meadows in Carmel, Calif., took part, including nonagenarian Flo Terdy, who enjoyed her first full 18 holes "in a long, long time."

In addition to the tournament itself, participants enjoyed a cocktail reception followed by silent and live



auctions. With over \$100,000 netted so far, proceeds will support programs and amenities that improve the quality of life in ABHOW's affordable housing communities.



Nine non-golfers and spouses of players enjoyed pampering at The Body Adventure spa in nearby Danville before returning for evening events via San Leandro's Broadmoor Plaza paratransit bus, one of seven vehicles purchased with funds raised from previous years' events.

"This year, as always, the ABHOW Foundation Classic has proved to be a fantastic day of golf that also serves an important purpose," says Joe Anderson, ABHOW Foundation president. "We never forget the help that results from the money raised at each year's tournament. In times of great economic turmoil, it's good to know that our sponsors and friends have not forgotten those who are less fortunate."



Consider this hypothetical: You are a senior living in an ABHOW retirement community. You are blessed with good health and consider yourself to be active. Other residents in your community have been subject to certain frailties of age. Some walk slowly, some use walkers, some use wheelchairs.

The difference between you and the more frail is especially noticeable at mealtime. The more frail cause delays in the elevator and along the hallways to the dining room. You express resentment that the more frail impede your progress and detract from your full enjoyment of the retirement community in which you live. You inquire why such persons have not been moved to a higher level of care such as assisted living or skilled nursing.

In this situation the rights of an active senior and the rights of one more frail come into conflict. What is the answer?

There are many ways to look at this conflict, but I would focus on two: What does the law say? What do our contracts promise?

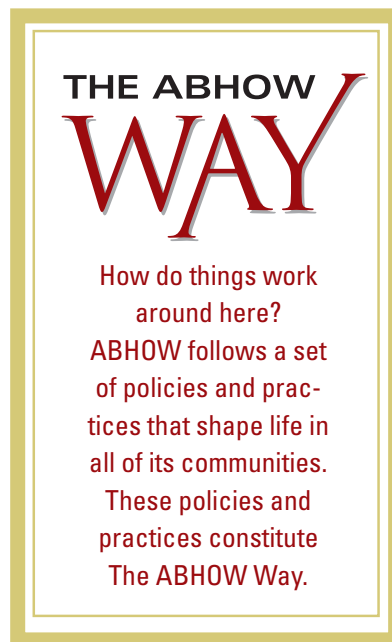
A number of federal and state statutes have been enacted to protect the rights of the more frail such as the Fair Housing Act and the Americans with Disabilities Act.

Court decisions have helped interpret those statutes. One such case was a 1990 decision in *Cason v. Rochester Housing Authority*, which interpreted the law to say that housing providers may not impose a requirement that their residents be capable of "independent living."

An individual with a disability may be refused residency if his or her residency would pose a direct threat to the health or safety of others, or would result in substantial physical damage to the property of others. However, a resident with a disability may not be rejected if a reasonable accommodation would enable that individual to comply with the provider's general standards or eliminate any potential threat. A reasonable accommodation is a change in rules, policies or practices where the need for such a change is related to one's disability. For example, a provider must accommodate a person who is visually impaired and uses a seeing-eye dog by modifying the "no-pets" policy, unless the provider can show that such an accommodation is an undue burden or would cause a fundamental alteration in the housing provided.

All of ABHOW's California CCRCs are subject to the Continuing Care Contracts Statutes. Those statutes contain a requirement that ABHOW provide and abide by a "Continuing Care Promise," which is "a promise, expressed or implied, by a provider to provide one or more elements of care to an elderly resident for the duration of his or her life ..." A continuing care provider like ABHOW, in fulfilling its promise, does not differentiate between the active and less active resident.

For the more frail who would benefit from a higher level of care, both the California statutes and the Care



Continued on next page

and Residence Agreement signed by all CCRC residents provide for a methodology where each community's assessment and each resident's self-assessment can be reviewed and resolved should a conflict arise. A conference must be held whenever an ABHOW community determines that a resident has become non-ambulatory, has developed a physical or mental condition that may endanger the health, safety, or well-being of the resident or that of another person, the resident requires a higher level of care than can be provided in the current residence of the resident, or where the resident requires a level of care that cannot be provided by his or her community.

This way, the rights of the resident can be protected while at the same time the needs of the resident can be best served.

Back to the clogged elevators and hallways. Both the applicable laws and continuing care contracts have this situation in mind. The more frail are protected; they cannot be discriminated against because of a disability such as the need for a walker or a wheelchair so long as their needs can be served or accommodated. Perhaps an earlier dinner hour for such persons would be in order. At the same time, in fulfilling its continuing care promise, ABHOW seeks to find the best level of care for such a resident where his or her needs are better met.

It was John Bradford, an English Protestant martyr, sometime back in the 16th century who was first credited with the saying "There but for the grace of God go I," a phrase that applies to us all.

David Grant is ABHOW's senior vice president and general counsel.

Over 2,500 scientists from 130 countries in a six-year study by the United Nations' Intergovernmental Panel on Climate Change agree that it is 95 percent certain global warming is caused by man, that to avoid disaster man must act to

reverse industrial pollution, and that the time within which remedies will be effective is running out.

It's time to act. It's time for us to act. Senior power mobilized

can make a decisive difference. The greatest gift we seniors can give our grandchildren is to take the lead in going green. They must not be left to face the results if man now fails to act against global warming.

For the Manor's mobilization against global warming to have a major impact, the numbers practicing good conservation and recycling principles in their apartments must be overwhelming, the effort must be persistent, daily, year after year, and we must cooperate with our green-friendly management to adapt our building to green standards, and we must do so with a degree of excellence that makes us a national model of senior power going green, inspiring others to follow our lead.

Wally Longshore is vice president of the Mount Rubidoux Manor Residents Council. A writer and citizen activist, he has lived at the Riverside, Calif., community for five years. This essay originally appeared in the September 2008 edition of View From the Manor.

"The greatest gift we seniors can give our grandchildren is to take the lead in going green. They must not be left to face the results if man now fails to act against global warming."

Pilgrim Haven Hosts Health Fair

Area seniors received valuable health information for free and a taste of the good life when they visited Pilgrim Haven in Los Altos, Calif., Sept. 25 for the community's annual health fair. Twenty-two health care educators and vendors shared information with more than 140 attendees from Pilgrim Haven and the wider community. Participants received free health screens for bone density, blood pressure, blood sugars, and body mass index. Literature was distributed and healthy snacks enjoyed.



Residents (from left) Yoshiro Befu, Arvid Hamer, Kay Befu and Nai-Chien Huang enjoy the fair. Lisa Bartlit (left), Pilgrim Haven's lifestyle coordinator, mans a table on "successful aging." Rosemary Resch (far left), director of resident services and wellness, administers a health screen for resident Leonard Cherry.



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“American Baptist Homes of the West, as an expression of Christian mission, seeks to enhance the independence, well-being and security of older people through the provision of housing, health care and supportive services.”

