

# the View

A New Perspective on Living



from The Terraces of Los Gatos

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**R**esidents know The Terraces of Los Gatos inspires them to stay fit. Now, Stanford University researchers hope to figure out what exactly fosters that inspiration and how to duplicate those factors elsewhere.

The Stanford Prevention Research Center's Successful Aging Lab chose The Terraces, along with five other sites across the country, to be part of a study on what environments best contribute to older adults staying physically fit.

The results will be used to create a tool called A Physically Active Living Space for Seniors (APALS), which will serve as a guide for community owners and designers. The tool will describe landscapes, facilities and programs that promote independence and quality of life for older adults, says Carolyn Prosak, a health educator with Stanford's Successful Aging Lab.

"We hope in the future it will help identify and describe the physical and environmental aspects that would be beneficial and might promote increased physical activity," she says.

Results from the Stanford researchers' visit to The Terraces were recently turned over to colleagues at San Diego State University for analysis and inclusion in the larger Neighborhood Quality of Life Study for Seniors, which will help establish what features in communities best serve aging residents.



Residents Jackie Fraser and Mary Jane Bender enjoy their workout.

APALS, which focuses specifically on senior living communities, will use the data gathered at The Terraces to understand what factors contribute to the health and continued physical activity of residents, Prosak says.

"The Terraces is unique in as much as [it is] in a very attractive residential neighborhood," she says. The community's diversity of fitness options makes it a great

continued inside

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# Residents Take Charge of Emergency Preparedness

A massive earthquake has shaken the Bay Area. Thousands of citizens have been injured, and emergency services are being taxed to their limit. As a result, help might not arrive at The Terraces of Los Gatos for days.

It's time to call the men and women from CERT.

The Terraces' Community Emergency Response Team (CERT), a resident-led initiative, is preparing for just such a scenario. In partnership with the town of Los Gatos, CERT has been conducting a series of training sessions over the past month on The Terraces' campus.

ourselves off site, but at the very least we won't be a drain on the other emergency response teams because we'll be taking care of ourselves."

The last time The Terraces held a full-scale training program for CERT volunteers was in 2002 under the direction of resident George Fullmer. Since then, The Terraces' team has grown to 40 volunteers who work in five different specialized groups, each of which draws upon the residents' various areas of expertise, Barrish notes. For example, The Terraces has a number of retired engineers who can be deployed to secure utilities.



Members of the CERT team include (from left) Col Nakata, Dr. Bob Jelinek, Paul Barrish, Madelyn Furze, and staff nurse Bernadette Flores.

Supported nationally by the Federal Emergency Management Agency, the CERT program trains ordinary citizens to be self-sufficient and provide assistance to others in case of an event where help might not be able to immediately arrive.

"The premise is that we have to be self-sufficient for a period of time, as everyone does," says Paul Barrish, a resident of The Terraces and CERT coordinator. "For a variety of reasons, we can't necessarily extend

"With the wealth of life experience and specialized knowledge here, we're able to build up teams ahead of time," he says. "Even though people might not have the full range of motion they had at their peak professional years, they have experience they can bring to bear."

While the terrorist attacks of Sept. 11, 2001, motivated many to prepare for disaster, Barrish notes that it is events such as 1989's devastating Loma Prieta earthquake that more directly threaten those who live in and around the Bay Area.

"Both The Terraces and the town, in training together, see the merit of having a shared recognition of our capabilities. It's just a good, healthy thing," he says. "We both particularly enjoy having the opportunity to interact so that we're not separate but aware of each other. It's a great way to contribute to the community."

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## Active Lifestyle Draws Couple to Community

**P**aul Barrish just completed a 20-mile bike ride. His wife, Carole, spent the morning exercising in the pool. Are they out of breath? Hardly.

Tai chi and dance lessons are next. And still they have lots of energy to volunteer in their new home, The Terraces of Los Gatos. Indeed, the Barrishes chose to move here last year because the community offers so many options for their active lifestyle.

“It’s been a totally wonderful experience,” Carole says. “We love the staff, we love the residents, and the facilities are wonderful.”

This is the couple’s thirtieth move. They met at Treasure Island, where Paul was a Naval aviator, and married at Moffett Field. As a military family, they lived in La Jolla, Alameda, Mountain View, Lemoore and Carmel while raising three children. They also made their home in Hawaii, Washington State, Rhode Island and Buenos Aires, Argentina, where they completed their last assignment: Paul was naval attaché and Carole was secretary for the consul general in the U.S. Embassy.

After retiring, they returned to Carmel, where Paul worked in real estate development and financial services while Carole was a partner in an interior design firm. They lived in Cambria for 10 years before making the move to The Terraces.

But they did their research first, visiting a number of communities. As a cyclist, Paul was attracted to the trails behind The Terraces in Vasona Park. For Carole, the pool was the big draw. A type 2 diabetic, Carole lost 50 pounds over 10 years through fitness and diet. She says The Terraces’ water aerobics class offers a good workout in a short period of time. Three mornings a week she joins six other regulars in the pool. “Our mentor is 93,” she adds.

Staying active also translates into volunteer service for the Barrishes. Carole serves on The Terraces’ Gardening and Dining Committees. And Paul leads the Community Emergency Response Team (CERT).

In the event of an emergency, CERT goes into action, establishing a staging area equipped with first-aid materials and search and rescue devices. Started by resident George Fullmer, The Terraces’ CERT matches residents’ life experiences with skills needed in an emergency.

Paul, who was a staging area manager in Cambria, guides The Terraces in drills once every six months. This fall the community is conducting a major training with its Los Gatos neighbors. (See adjacent story.)

While they chose The Terraces because it fit their active lifestyle, the Barrishes didn’t anticipate one thing: the “wonderful social opportunities,” Carole says. They discovered a place full of stories of diverse journeys that have converged here. Adds Paul, “Everybody’s an immigrant.”



Paul and Carole Barrish

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Study on Fitness continued from cover

place to stay active, she adds.

Resident Mary Jane Bender, who has lived at The Terraces for a year and a half, agrees wholeheartedly. An enthusiastic participant in yoga, tai chi, Pilates, chair exercise and swimming, she says she is more active now than she has been in years.

“I feel younger and better than I did six years ago,” she says. “I’ve hardly felt better in my whole life. It’s just quality fitness. We do it, we work at it and we have a ball.”

But facilities aside, she says other factors contribute, as well. “I really think that in a community like this, you’ve got to have the impetus to do it, and our impetus is our young fitness director [Steve Cheregosha]. You just couldn’t ask for a better spot. We’re just very, very lucky.”

## CONSTANT CHANGE by Dorothy Lee

The Terraces is buzzing with activity. The added bustle comes as improved safety equipment is installed in each unit, emergency alert pendants are issued to each resident, and apartments undergo their annual inspections. Change is always part of our lives. One new resident chuckles, "I came to retire. Instead I'm busy, busy. It's overwhelming, but I'm grateful that I'm here."

Most residents intend to relax when they move to The Terraces. We deserve to rest after a lifetime of fulfilling living. We accomplished so much!

We studied hard receiving many advanced degrees often with the aid of the G.I. Bill. When necessary we worked with our hands doing manual labor. Some optimistically started businesses as tradesmen, builders and accountants; we led companies as lawyers, CFOs and CEOs; served on boards of directors and were leaders in the military. We pioneered on Wall Street, Hollywood and Silicon Valley. We served God as homemakers, clergy, members of religious orders, and administrators of hospitals, youth organizations and other nonprofits. We taught in schools: preschool to universities, even serving as principals and president. We were technicians, therapists, nurses, doctors and dentists. Many were engineers crafting imaginative inventions that were granted patents still useful in myriad industries.

Some continue to work or consult on a full- or part-time basis. More importantly, we are mothers, fathers, caregivers, students and volunteers. We have struggled, failed, gained success, experienced awakening joy and stifling grief. Today we are not our successes or failures; we have become who we truly are. Today we are caring persons passionate about helping others, keen on learning and listening, ever striving to keep body, mind and spirit fit.

While our days of thrill-seeking have decreased and our goals are less lofty, we still need courage to face and overcome our daily challenges. Some are as simple as dining with a new resident, volunteering for a committee, or joining a dance class. One resident, who uses a walker, is contemplating a hot air balloon ride in New Mexico, if her physician agrees.



Dorothy Lee, a member of the Welcoming Committee, helps incoming residents adjust to their new life at The Terraces of Los Gatos.

We need to do something new each month; to tackle something that is, as Joan Chittister says, "doable but doubtful."

Recently, I wrestled with the idea of walking across the Golden Gate Bridge. Yearly The Terraces takes a busload of residents to either walk or ride across the stately orange vermilion bridge. Excuses about the blustery wind, the 1.7-mile distance and the possibility of rain discouraged me. This was something new; something *doable but doubtful*.

I took the challenge along with a dozen other residents. It was a spectacular day of panoramic views of sky and sea and city. Two older residents inspired me. Until recently, they exercised regularly with the morning walking group. They had walked the bridge before and wished to do it again without their walkers and only with the aid of canes. They strolled leisurely across the long span chatting, resting and embracing the beauty. We all reached the other side, and like these residents, I also used a cane for reassurance.

Change is a constant in our lives. Living in community and caring for each other with compassion and action is also an important constant that will soften and lessen the impact of any changes to come. Each of us is like a pixel, one of thousands of dots on a computer screen, each vital and necessary to generate a clear picture. The more pixels, the greater the clarity; we are all interdependent on each other. Together we merge and change into a new entity. The ensuing picture is clear and sharp, a depiction of our life together at The Terraces: something beautiful to behold.

## THE TERRACES OF LOS GATOS

# BOARD OF ADVISORS

**Donald Allari, MD**  
*pediatrician*

**The Rev. Lamar Allen**  
*pastor for seniors at Calvary  
Baptist Church*

**Pamela Bancroft**  
*elected staff/board member;  
director of sales, marketing  
and community relations*

**Pamela Bondelie**  
*community volunteer*

**Clayton Bruntz**  
*retired insurance broker*

**The Rev. Mark Burnham**  
*senior pastor, Presbyterian  
Church of Los Gatos*

**Deal Christiansen**  
*retired owner of Chrislow's Dept.  
store, Los Gatos*

**Carl Cilker**  
*V.P., Cilker Orchards*

**Tamara Marozick**  
*leasing administrator, Samaritan  
Medical Center*

**Terry Duryea**  
*financial management consultant*

**Dr. Bobbye Gorenberg**  
*retired San José State University  
professor*

**Thomas O'Donnell**  
*attorney*

**Florence Lambert**  
*resident representative*

**Allen Slutman**  
*retired IBM and Siemens Rolm  
executive*

**Leigh Weimers**  
*retired San José Mercury News  
columnist*



## Close Ties Compel Members to Serve

The old saying goes that it's not what you know, but who you know. Two members of The Terraces of Los Gatos Advisory Board prove that while connections might lead to leadership opportunities, knowledge and experience make the difference in the long run.

For Tamara Marozick, it was her affiliation with the Cilker family that eventually led her to serve as a board member. After she had worked 20 years as an administrative assistant for Pacific Gas and Electric, family



Marozick

patriarch Bill Cilker hired her as a part-time administrator at Samaritan Medical Center. Her intention was to stay just a few months.

Months turned into years, during which Marozick became Samaritan's leasing administrator, in charge of renting space in the professional complex to doctors and other health practitioners.

Eventually Bill's son Carl suggested she share her leasing and property management expertise alongside him on The Terraces board. "I think he thought I wasn't busy enough," she says, laughing.

She now serves on the Health Services Committee and the Building and Grounds Committee, which dovetails nicely with her property leasing expertise and her love of gardening, she says. And her personal involvement with The Terraces reinforces its value to the greater community.

"I live in Los Gatos. I've watched it come up from scratch, and I think it's a wonderful addition to the community," she says.

Board member Pam Bondelie, meanwhile, was drawn to the board through a much closer connection – her late husband, Marc.

Though she was connected with The Terraces during her husband's terms on the advisory board, it wasn't until after he left to join the ABHOW Foundation board that she took up a position herself. "It was a continuum. It was on the plate and I took it," she says. "It's because the people and the cause were so good." She has continued her involvement since his death in 2007.

A school teacher while her husband attended law school and set up his practice, Bondelie turned to full-time motherhood to raise her daughter, Anne, after 10 years in the classroom. She now combines her duties as a deacon at Los Gatos Presbyterian Church with her advisory board responsibilities.



Bondelie

"The two hats kind of mesh," she says, noting that much of her job as deacon revolves around visiting church members, 40 of whom are neighbors at The Terraces.

"Those who are residents so beautifully support one another," she says. "They do care about each other in a way that I find exceptionally beautiful."

### Bring in the Joy

The Terraces of Los Gatos' annual holiday festival will feature San Jose's acclaimed Choral Project Dec. 5. The celebration begins at 6 p.m. with an open house and hors d'oeuvres followed by the choir performance at 7 p.m. For more details, call The Terraces at 408-356-1006.

## The Terraces of Los Gatos



800 Blossom Hill Road  
Los Gatos, CA 95032  
408.356.1006

State of California License #430708817

The mission of The Terraces of Los Gatos is to create a quality environment of recognized value for its residents in a Continuing Care Retirement Community setting which is responsive to their desire for an independent lifestyle, and supplemental care as may be required during their lifetime.

### INSIDE the View...



#### Emergency Prep

Residents partner with town of Los Gatos to prepare for disaster.

#### Good Match

Paul and Carole Barrish discover a community that matches their active lifestyle.

#### Constant Change

Change is daunting yet beautiful, writes resident Dorothy Lee.

Discover more about The Terraces at [www.theterracesoflosgatos.com](http://www.theterracesoflosgatos.com).

