



Gardens Executive Chef Bob Betros partners with three students from the United Culinarians Club, Cal Poly Pomona in the Gardens kitchen. Students from left are Andria Antoniadis, Simona Wong and Krysjen Fang. The program offers the students a glimpse of the opportunities and challenges of working in a large production facility.

## Future Top Chefs

Gardens Executive Chef, Bob Betros offers an enlightening experience for Culinary Students

"At the Gardens, it's not just about cooking three meals a day but being creative and innovative in the dining experience we bring to residents, and we try to share that with the students."



On the day of service, the students, with Executive Chef Bob, far right, are fully involved in the production, cooking and plating of the meals.

Students with an interest in social work or healthcare are not the only ones to find a welcoming learning environment at the Gardens. The Gardens' dining program, managed by outside contractor, Sodexo, offers an enlightening experience for local culinary students. Executive Chef **Bob Betros** conceived the idea of partnering with the United Culinarians Club on the Cal Poly Pomona campus three years ago to offer students a glimpse of the opportunities and challenges of working in a large production facility. "Most culinary schools focus on the restaurant level," says Bob. Sodexo general manager **Jack Forrest** joins Bob in talking with the students about Sodexo and what it's like to work in facilities like retirement communities and hospitals. "Rarely are students exposed to these opportunities," says Bob. The students spend two days on site at the Gardens. One day is spent in a production meeting, planning the details of the meal. Between visits, they discuss recipes and create production sheets. On the day of service, the students, paired with Bob's kitchen staff, are fully involved in the production, cooking and plating of the meals. "We promote the special evening meal with residents, and the dining room is always filled to capacity," says Bob. "After dinner, we bring all the chefs out for a 'parade' and then we have a 15-minute meet-and-greet, as students and staff visit residents at their tables. The students love the

experience and the discovery of a whole other opportunity in food service," says Bob. "At the Gardens, it's not just about cooking three meals a day but being creative and innovative in the dining experience we bring to residents, and we try to share that with the students."



Princess Auguste, the Gardens' Graduate Student-in-Residence joins the residents for meals in the Gardens Social Center. Resident Nicole Mitescu and Princess enjoy a lively conversation.

The Gardens' Graduate Student-in-Residence, Princess Auguste, is working on her masters degree in Biblical Studies at nearby Claremont School of Theology.

## Graduate Student-in-Residence

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support needs in our local community."

"It's been wonderful," says Princess. She joins the residents for meals and twice a week she makes regular visits to The Villas, the Gardens' Greenhouse® skilled nursing community, where she spends time with residents.

"The residents have so much life experience. I'm learning from them, and they're very interested in my studies," she says. Among those who have spent extra time with Princess to support her biblical studies are a former classics professor, a retired religious studies professor, and a resident who has tutored her in Greek.

"We're grateful to the many residents who have welcomed Princess and so generously shared their friendship and expertise with her," says Maureen.



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A Learning Place

## The New Leaf

February 2017

## A Learning Place

How intergenerational co-education on the Gardens campus benefits students and residents alike.

Step onto the Gardens campus, and you are instantly enveloped in a sense of serenity. But underlying that calming environment is a vibrant community of residents that brims with curiosity, energy and an eagerness to remain engaged in the life of the surrounding communities. That desire to connect is evidenced by the remarkable number of partnerships the Gardens and its residents have forged with local schools, colleges and universities.

"When we get residents together with younger people, it is amazing, and something valuable always comes out of it," says **Andrea Tyck**, Gardens Wellness Director. "It's exciting to be a place where people are always learning."

"Not only do these programs offer an enriching experience for our residents," says Gardens Board Chairman **Curt Morris**, "it is gratifying for the future by offering an educational experience for students that often brings value well beyond their curricula."

In this issue of *The New Leaf*, we share a sample of these student-focused partnerships.

### Scripps College: Life Stories Class

"It was such an interactive experience," declares Oak Tree Lodge resident **Mae Augarten** about the time she spent last fall with three students from



## The Ups of Downsizing

See invitation on back page.



Scripps College as part of the school's "The Life Story: Life Narrative Project." "We had a wonderful connection." Over the course of four one-

hour-plus meetings, Mae and three other Gardens residents shared stories of family, career, even a little advice, with small groups of students. "I told them mistakes are the way you learn, to take chances and to always try to make changes in the world," says Mae, who the students described as a "firecracker."

According to Scripps psychology professor **Stacey Woods**, the class explores adult development, as interviews draw out each resident's life experiences. "It's a learning opportunity for the students, of course, but we hope the sessions benefit the residents, too, by helping them synthesize the themes of their lives to create a meaningful narrative," she says.

"The final presentations were so compelling," adds Andrea. "It was remarkable what the students learned just by having conversations with the resident." Resident **John Maguire** was "bowled over" by the video they produced about his life. "It was top flight," he says. Resident **Sharon Dannel**'s group also created a video, utilizing photographs Sharon had shared with them during their visits. "They were such wonderful people," says Sharon. "It was so interesting to hear their views on current events." Perhaps most moving, at the end of the program, was the epiphany

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### The New Leaf

Mt. San Antonio Gardens is a nationally accredited Life Care senior community in Claremont and Pomona, California.

*The New Leaf* is a newsletter for friends and family of residents, board and staff, as well as individuals who have inquired about life at the Gardens.

- Penny Maines, Writer
- Sioux Bally-Malool, Heartstone Arts Art Direction and Photography

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Azusa Pacific social work student Nicki Johnson loved spending time with her Oak Tree Lodge "buddy," Rod Lehman.

# A Learning Place

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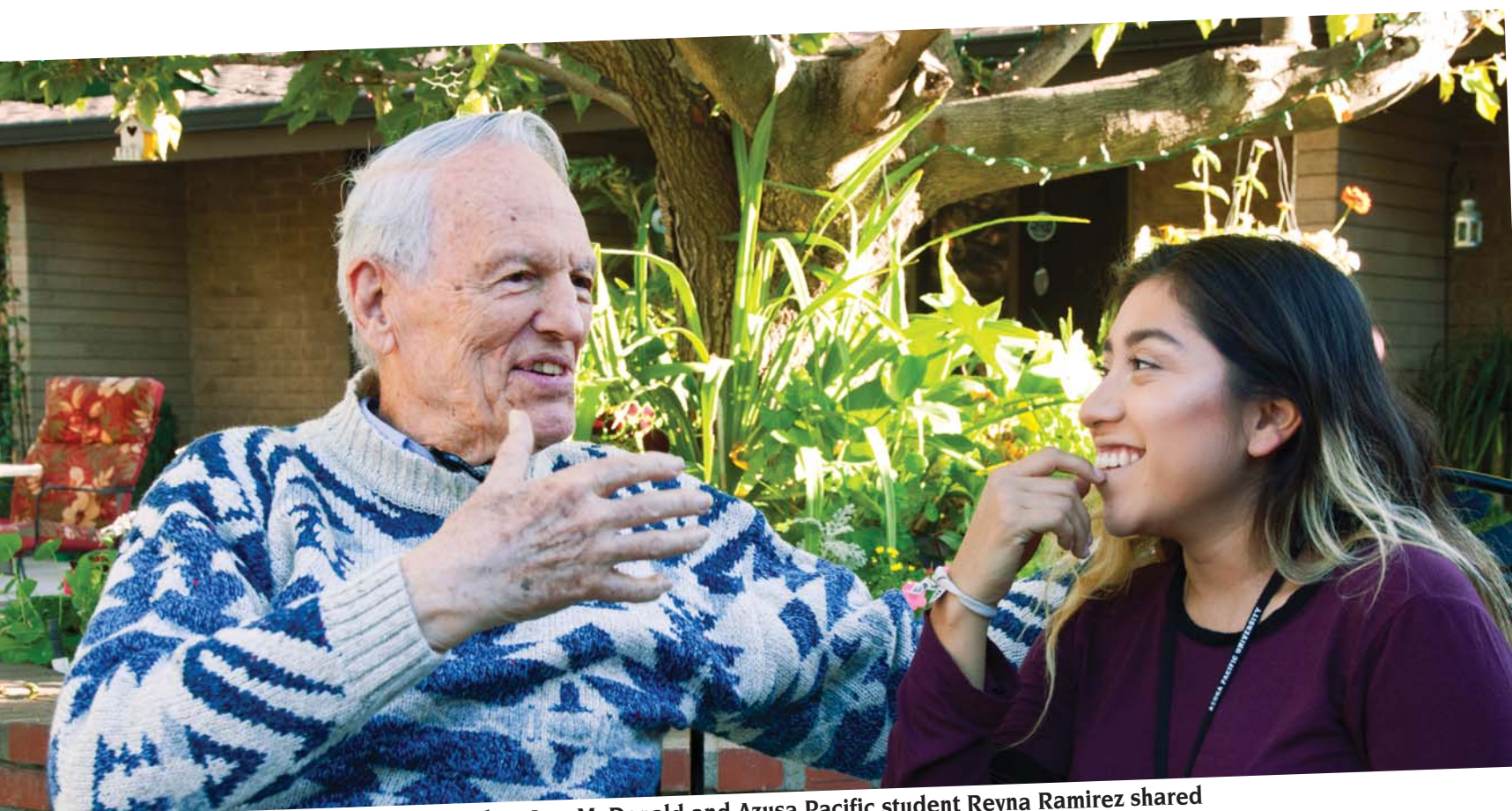
students had about aging. "They heard about all the things the residents had been through in their lives, and they came out of the experience saying, 'It makes me feel not afraid of aging; that I can face the challenges,'" says Andrea. "To have them feel that way about aging is a huge outcome."

"It was difficult to say good-bye at the end of the program," says Mae, who received a dozen roses from her students at the final presentation. "I loved and admired them. They made me feel useful."

**"He taught me so much" and in the process, shattered her perception of what older people are all about.**

## Azusa Pacific University: Social Work Program

Social work students from Azusa Pacific University (APU) also spent time with Gardens residents, developing their skills in relating to seniors. According to **Michelle LaPorte**, APU Associate Director for Academic Service-Learning and Research, most young people don't have relationships with elders, unless it is with a grandparent, and those relationships are often



Resident Lee McDonald and Azusa Pacific student Reyna Ramirez shared their perspectives on life and current events during their weekly visits.

influenced by family dynamics. Likewise, says resident **Rod Lehman**, "Most older people get almost totally out of touch with college-age kids. They may have family members that age, but it's different when you associate with students you've never met. We miss that association."

Each student picked an Oak Tree Lodge "buddy" with whom they spent 10 one-hour sessions. APU junior **Nicki Johnson**, paired up with Rod. "I thought he was very sassy!" says Nicki. A social work major, Nicki is planning a career working with elders. "He taught me so much" and in the process, shattered her perception of what older people are all about. "We think about growing older and we don't want to talk about it. But Rod is very content. He's aware of where he is in his life." During their weekly visits, they worked through a list of projects that Rod assembled – gardening, stringing tree lights, baking cookies together – and they shared their perspectives on life.

Resident **Lee McDonald** also found the experience gratifying. He and student **Reyna Ramirez** spent most of their time together talking about their lives, their families and current events. Lee, a former Pomona College professor of American politics and political philosophy, often caught himself lecturing on those topics, which Reyna, he says, seemed to enjoy. "She struck me as a very hard working, confident young woman, and we talked about where she got her confidence and her sense of satisfaction. We also talked about her social welfare major and how it could relate to future occupations."

The experiences were as varied as

**"...residents are helping our students lay a solid foundation for becoming outstanding healthcare providers."**

the residents and students who participated. "What's really neat about this project is that the students are there to practice their skills and develop as social workers," says Michelle, "but what they walk away with is experience getting to know another human who has so much wisdom and experience. At APU, we talk about the community being co-educators for our students, and this is a perfect example."

## Foothill Country Day School: Apple® Support

When Gardens residents need a little help with their iPhones and iPads, they now have access to their own version of the "Genius Bar," courtesy of next-door-neighbor Foothill Country Day School. For years, the school's 6th through 8th graders have offered computer workshops to Gardens' residents at the school. Last year, they started bringing their services right to the Gardens campus with "Apple Masterminds, at your service," where residents can ask questions about their own devices. "It is so much fun," says resident **Martha Lewis**. "These devices can flummox us, but the students are fearless. They're always so helpful and so polite."

## Keck Graduate School of Pharmacy: Medical Management

For the second year in a row, students from the Keck Graduate School of Pharmacy are working with a group of residents at the Gardens as part of a program that aims to help the students learn how to interact effectively with seniors. "At the heart of our programs is a patient-centered approach that depends on the pharmacist having an established relationship with the patient," says **Angela Davis**, Director of Experiential Education. "By working with Mt. San Antonio Gardens residents, we hope our students learn how to listen, explain and empathize."

Each student partners with a resident who they meet with five times over

the course of the ten-week program to discuss their medications. At the end of the program, each resident is presented with a Medication Action Plan, which includes any questions or notes the resident may want to ask or share with their provider.

For some students, this is their first opportunity to really get to know an older person. Other students discover a whole new perspective on the healthcare system as they listen to the obstacles residents have had to face. "By sharing their thoughts and ideas on how to make healthcare better and helping our students develop effective communication skills," Angela says, "residents are helping our students lay a solid foundation for becoming outstanding healthcare providers."

## Claremont McKenna College: Energy Audit

While the lives of individual residents are touched by many of the partnerships that the Gardens has cultivated with local schools, the outcome of an energy audit undertaken in partnership with students from the Roberts Environmental Center at Claremont McKenna College could potentially benefit the entire campus.

"This is not like doing a home energy audit," notes resident **Sam Tanenbaum**, who coordinates with the student team. "We are a huge campus, and it's a big job. For the students, it's a rare chance to work on a project that is very real and then see the results of their work being put into play."

"This is a real world work experience for us," says student team manager **Lauren D'Souza**. "We're lucky to work with residents who are eager to participate."

Last spring, the team studied, among other issues, ways to capture cost savings and reduce energy consumption by replacing air conditioners in the Gardens' cottages. Their recommendations to replace the existing equipment were accepted by Gardens management and an implementation plan adopted. "We were really excited that they adopted our HVAC recommendations," says Lauren.



Foothill Country Day School student Millie Mehta answers Gardens resident Carmen Abramovitz's questions about her iPad.

**When Gardens residents need a little help with their iPhones and iPads, they now have access to their own version of the "Genius Bar," courtesy of next-door-neighbor Foothill Country Day School.**

FCDS Director of Technology James Atkinson helps oversee the school's Apple Masterminds program. Here he helps troubleshoot an iPad function with student Blake Suttner and Gardens resident Sid Jones.



Students from Claremont McKenna College's Roberts Environmental Center meet with resident Sam Tanenbaum on the Gardens campus to review energy usage and make recommendations for cost- and energy-saving improvements. Students, pictured from left are Jafar Daniel, Anthony Burre, Yijing Zhang, Lauren D'Souza and Nova Quaoer. Not pictured are students Lillian Liang and Annushka Shivani.

**For the students, it's a rare chance to work on a project that is very real and then see the results of their work being put into play."**

This semester, the group has targeted four areas for analysis: evaluating alternatives for the commercial ice machines located in various campus facilities; studying common area and outdoor lighting requirements; replacing conventional tank hot water heaters in the cottages; and retrofitting the cottages with insulation.

## Claremont McKenna College: Consulting Services

The Gardens has long been a benefactor of the Claremont Meals on Wheels organization, hosting meal preparation in the campus' kitchen. Many residents fill the ranks of volunteers, including current president **Ethel Rogers** and her husband **Bob**, who serves as treasurer, and board member **Dick Newton**. Because Meals on Wheels relies solely on volunteer support, the Rogers were especially grateful to have the group's application for consulting services accepted by the Kravis Leadership Institute's SOURCE Program at Claremont McKenna College last year. The student-run, nonprofit consulting organization seeks to make a positive impact on Claremont by helping non-profits develop sustainable programs and operating solutions that make them better and more effective community resources.

**The CMC student Program helps non-profits, like Meals on Wheels, develop sustainable programs and operating solutions that make them better and more effective community resources.**

"We look for organizations that are already doing well and fulfilling their purpose and where we see the opportunity to add value," said student team leader **Ethan Tom**. "That's why Meals on Wheels was such a good fit for us. They initially identified areas in which they thought SOURCE could help, and then as we became more familiar with the organization, our team scoped out additional opportunities."

"We've been inspired just getting to work with them," says Ethel. "The

experience has really energized our board." Over the course of the year-long partnership, the team of five students will assist the organization in three areas: board development and succession planning, fundraising, and volunteer coordination. "They are a very impressive group," says Ethel. "We have nothing but praise for the quality of work they have produced for our organization."



Meals on Wheels president and Gardens resident Ethel Rogers, seated left, and her husband Bob, far left, who serves as treasurer, meet with SOURCE Program student consultants. The students pictured clockwise from left are Ramon Gomez, Tobin Hansen, Ethan Tom and Lisa Hao.

## Graduate Student-in-Residence

**t**his year, the Gardens welcomed its Graduate Student-in-Residence, **Princess Auguste**. Princess, who is from St. Lucia, in the Caribbean, is enrolled in the Claremont School of Theology, working toward her masters degree in Biblical Studies.

She found her way to the Gardens through a friend's connection with a member of the Claremont Interfaith Council. "When we learned about the opportunity to have Princess live on campus, we were excited to initiate this pilot program," says **Maureen Beith**, Gardens CEO. "More and more retirement communities across the country are starting to welcome students on campus as another way to facilitate intergenerational interaction. It's an opportunity to enrich the lives of our residents and, at the same time,

*Continued on back page*



Princess Auguste