

Special Edition Fredericka Manor

Celebrating 110 years of Inspired Living



Fredericka Manor: Inspiring Residents for More than a Century

If you ask Fredericka Manor residents what makes the community special, most will say it's the spirit of community, the camaraderie, friendships and shared experiences. The unique sense of place is evident in the 24 acres of mature landscaping with lily ponds and ducks, gardens and recreational spaces. You feel it at every turn down a tree-lined street with well-maintained cottages or in comfortable apartments, many with mountain or ocean views. Ultimately it comes from the warm neighborhood feel and the close relationships among residents and staff.

The spirit of community that reflects life at Fredericka today was envisioned more than a century ago when Emma Saylor, Fredericka's founder,

INSPIRING continues on page 4



FAMILY TRADITION
PAGE 2



INTRODUCING SUMMER
HOUSE MEMORY CARE
PAGE 3



CLASSIC CAR
SHOW RETURNS
PAGE 5



Fredericka Manor
RETIREMENT COMMUNITY

a front porch community

Celebrating 110th Anniversary
1908 - 2018



Move into Fredericka Manor and Receive up to \$5,000 toward Apartment or Cottage Upgrade*

In honor of our 110th Anniversary, we are giving a gift to you! If you move into your studio, semi suite or one-bedroom apartment or cottage before September 30, 2018, you will receive one enhancement with a value up to \$5,000. Would you like upgraded carpeting or window coverings, new cabinets or a fence built for your fluffy friend? Give us a call at **619-205-4115** and we'll give you the details.

*Restrictions may apply and this offer is only available for a limited time. Cannot be combined or replace other move in specials.



Fredericka Manor Residents Follow Family Tradition

During Ardith Eaton's residency at Fredericka Manor, her son, Rick, looked forward to their frequent visits. Rick not only enjoyed their mother-son time together, but the two often reminisced about how Rick's grandfather fell in love with Fredericka Manor decades earlier.



- Rick Eaton

"Mom and I used to laugh about how during the 1970s my grandfather, who lived here for 10 years, used to always say ... living at Fredericka Manor was like living like a millionaire," Rick said. "My mom lived happily here for 15 years. That says a lot about this community. I consider it a true landmark in Chula Vista and the South Bay."

Perhaps one of the biggest compliments to the quality of life at Fredericka can be attributed to several residents who followed in their parents or family member's footsteps and chose to make Fredericka Manor their retirement destination..

Dr. Paul Erickson, another second-generation resident, fondly remembers visiting his mother at

Fredericka Manor in the 1970s and 80s. Most vivid is Paul's recollection of the dining room etiquette.

"It was a time and a place where gentlemen wore coats and ladies wore dresses to dinner," says Paul with a grin. "I don't think I could have gotten away with what I have on today," pointing to his polo shirt and Bermuda shorts. "We're much more casual now. I like that Fredericka changes with the times."



- Paul Erickson

"My mother loved it here," Paul continued. "When it comes to Fredericka Manor, mother and I had one thing in common – we love the people. The friendliness of the residents and the willingness of the staff

to go out of their way has never changed. It's the same when mother was here as it is now. It's why I moved here!"

"Dad enjoyed living at Fredericka but he would have loved it more today," said second-generation resident Mary Ellen Munyon, treasurer for the Fredericka Club, a member of the Fredericka Manor Hospitality Committee and whose father lived at the community in the early 2000s. "He would have loved the choices residents have now. Fredericka gets better with age."

For Rick, now retirement age himself, following in his family's footsteps is a possibility. "When I decide to move here, it will be like coming home."

Summer House Memory Care Now Open at Fredericka Manor

In conjunction with its 110th anniversary celebration, Fredericka Manor introduces Summer House at Fredericka Manor, a unique memory support neighborhood offering personal care and engagement for residents with Alzheimer's disease and related dementias.

A first phase of Summer House featuring 14 technology-enhanced cottage-style homes with porches, a common clubhouse and protected paths and landscaped courtyard opened in June. An additional eight accommodations are slated to open within six months.

"We have created a unique neighborhood of cottages and common spaces that are comfortable for residents and their visiting families," said Fredericka Manor Executive Director Craig Sumner. "Our focus is on each individual resident we serve through specially designed living spaces, meaningful engagement and creative therapies and technologies. There is a great need in the Greater San Diego area for quality memory care. I'm honored that Summer House at Fredericka Manor can contribute to meeting that need."



Summer House at Fredericka Manor offers award-winning design and a whole-person wellness approach to memory care support, including individualized care and a family atmosphere where dining and activities are shared in a central clubhouse. The protected courtyard offers tree-lined paths and shaded spots for picnics with friends and family. Trained staff are dedicated to meeting each resident's individual needs 24/7. Each Summer House resident receives personal care assistance with the needs of daily living. State of the art monitoring and engagement technologies as well as thoughtfully designed living spaces create a private, intimate and comfortable place for residents to interact and engage in ways that are meaningful to each resident.

"I like the idea of an open concept and how the cottages surround the courtyard," said Fredericka Manor resident Carlene Thornton. "This means residents will not be isolated."

"This is beautiful," said Fredericka Manor resident Charlie Bradley. "The majestic magnolia tree in the center of the courtyard welcomes residents and visitors."

Summer House at Fredericka Manor will embrace technologies such as robotic pet therapy, virtual reality and Music & Memory® with an aim to support and engage its residents. Robotic pet therapy in the form of a dog or cat and virtual reality technologies have been shown to impact engagement among residents with Alzheimer's.

Summer House at Fredericka Manor is now accepting applications for residency. For more information, call **619-205-4115**.

INSPIRING continued from page 1

first embraced an enlightened philosophy of retirement as a time of engagement, growth and discovery. Her belief in the power of freedom to develop mind, body and spirit through the retirement years was revolutionary.

Those principles brought national attention to the then small retirement community in Chula Vista and in many ways established a new beginning where older adults choose to lead vibrant and vital lives in retirement.

“Fredericka Manor was founded in 1908 with the desire to break the mold of traditional retirement communities, and we are still doing so in 2018,” said Fredericka Manor Executive Director Craig Sumner. “Today we celebrate the spirit of the individual and the strength of community in so many ways. Our community is about honoring each individual and celebrating life in the company of friends. I think Emma Saylor would be proud to see how we have continued her vision.”

Today’s Fredericka Manor offers more resident choice than ever. It’s how we foster a spirit of engagement, encouraging people to get involved and find new ways to make Fredericka Manor better for those who live and work here” said Life Enrichment Director Heather Deerfield.

Dozens of resident clubs, lifelong learning opportunities, cultural events and wellbeing



Fredericka Manor circa early 1900s

classes keep residents engaged. From a newly renovated fitness center to our 24-acres of walking paths to outdoor bocce courts, dog park, dance classes, strolling musicians and more, keep residents connected and engaged.



A modern, award-winning dining room offers a spacious environment with a gorgeous view. Residents enjoy daily choices ranging from fine cuisine to comfort food and scrumptious desserts. Scheduled transportation takes residents to personal appointments, concerts, casinos, shopping centers, and other local highlights.

A century ago, Fredericka Manor began as a multi-room home. Today it’s 24 acre campus offers both cottage and apartment living with four levels of care including independent living, Truly Yours personal services assisted living, skilled nursing and it’s newly opened Summer House, a thoughtfully designed memory care neighborhood serving residents with Alzheimer’s and other cognitive issues.

Through its partnership with the Front Porch Center for Innovation and Wellbeing, Fredericka is a modern retirement community that incorporates the latest technologies such as Music & Memory; CyberCycle; PARO and Joy For All robotic pet companions and It’s Never 2 Late, an interactive touch screen picture-based large format computer system that engages residents, just to name a few.

More than a century after opening, Fredericka Manor continues to grow and improve, offering residents the freedom of personal choice with the support of like-minded peers and staff. Make the move to Fredericka Manor today by calling **619-205-4115**.

Classic Auto Show Returns to Fredericka Manor

Anniversary edition to feature cars and trucks from five decades

Rev up your engine, get your motor running and get ready to feast your eyes on sparkling electric blue and glossy lemon yellow exteriors, wood grain dashes and bright silver chrome shimmering in the sun. It's time for the Fredericka Manor classic auto show and barbeque!

In conjunction with Fredericka Manor's 110th anniversary celebration, the community will host the show from **11 a.m. to 1 p.m. on August 23**. Newsletter readers are invited to join residents for this special anniversary event. **RSVP by August 20 to 619-205-4116**.

About 15-20 autos including T-buckets, street rods, muscle cars, custom and classic cars and trucks representing five decades will roll into the Fredericka Manor parking lot courtesy of the South Bay Cruisers Car Club.

"There is a rich nostalgia that comes with classic cars," said Fredericka Manor Executive Director Craig Sumner. "Many of our residents are hobbyists or made their



living working on and driving many of these classic cars and trucks. The cars symbolize a proud era in American history."

Among the cars and trucks scheduled to appear at the free event are ... a '37 Dodge coupe, various '55 Chevys, a '68 Mustang convertible and a '55 Ford F-100 pickup, recently featured as a showcase truck at the San Diego Auto Museum.

Darrell Rocke, an artist who specializes in intricate wood carvings of cars and trucks, will be a special guest.

Entertainment and a barbeque will highlight the event. Tours of the community will also be available. **RSVP by August 20 to 619-205-4116**.

Fredericka Manor Fun Facts

When Fredericka Manor opened in July, 1908 in a three story mansion it welcomed 14 residents. The community is now home to more than 450 residents.

Fredericka Manor is home to rare and ornamental trees. More than 500 trees dot the community's 24-acre campus.

Fredericka Manor Chef Reyes Rodriguez is well versed in a range of cuisine from American comfort foods to international fare. He is also an experienced ice sculptor.

In 2016, Fredericka's resident dining room received a design award from the National Association of Home Builders.

While dining, residents enjoy views of Fredericka Manor's two lily ponds and fountains.

Maggie Arveson, Former Care Center Nurse, Says Fredericka Manor Remains the Jewel She Always Loved

Maggie Arveson has lived at Fredericka Manor for 12 years. However, her association with the retirement community goes back decades as a registered nurse at Fredericka Manor Care Center, then called Fredericka Manor Convalescent Hospital, in the 1960s and 70s.

"It was just a fabulous place to work. I loved everybody there. It was such a close-knit group. It was wonderful working here and the best part of it is that it helped me connect with Fredericka Manor.

"When I decided to move from my home to a retirement community, my family said, either come live with us or move into the retirement

community you have loved for so many years – Fredericka Manor. I decided to come here because when I was a nurse here I remember the residents always seemed so happy, the grounds were so nice, and that hasn't changed. Fredericka is home to me. It was home to me when I was a nurse here



and it's home to me now. The friendly people have helped me live a happy life. Fredericka Manor is a jewel, an absolute jewel."

Come meet Maggie at Fredericka Manor. Schedule your tour today by calling **619-205-4115**.

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