

VillaVoice

News for friends of Villa Gardens Retirement Community

WINTER 2017

Villa Gardens Unveils Remodeled Lobby and New Bistro

Renovations to Villa Gardens' lobby and library and the addition of a bistro and lounge will be complete just in time for the New Year.

Continuing the iconic "Pasadena style" that designer CastleRock Design began with the dining room renovation a few years ago, the community's new lobby creates a feeling of openness that welcomes visitors in and welcomes residents home.

"We wanted to create a warm inviting atmosphere from the moment you walk in," explains Dawneen Lorange, director of sales and marketing.

After discussing the project with residents, designers decided to rethink their original plan of relocating the community library. The Villa Gardens Resident Design Committee



Artist's rendering of the new Villa Gardens lobby

inspired designers in many ways. The library is an important focal point in the lobby.

"The newly remodeled library sets the tone of high intellectual life at Villa Gardens," explained resident Roza Kuppermann. "The updated library also offers lots of practical improvements for this community of avid readers."

Adding to the residents' dining experience is the new bistro, offering lighter fare and extended hours for dining. The newly created lounge adjacent to the dining room overlooks the pool and garden where residents gain a new casual area and an additional club room to enjoy with each other, family and friends. The improvements made offer a more social ambiance.



Artist's rendering of the new Villa Gardens bistro café.

Summer House Residents Join in Harmony

Joyful Hearts chorus uplifts participants

For the past year, Tomoko has lived at Summer House, the memory care neighborhood in Villa Gardens. Although Tomoko sometimes struggles to recognize family members and recent events, she can recall all the words to “Amazing Grace,” “America the Beautiful” and other favorite songs. And for her longtime friend, Esther, singing together offers a powerful point of connection for the two of them to share.



“It was important for me to join her in the chorus as her buddy,” Esther said. “I can see a difference in her mood when she comes here to sing.”

Twice a week, Tomoko, Esther and about 20 residents living in Summer House at Villa Gardens rehearse side-by-side with their “buddies” in the Joyful Hearts chorus.

“Now is the time for the magic to begin!” exclaims the professional choir director.

Suddenly, residents who entered the room having difficulty holding a thought or stringing even a few words together, sing tunes ranging from patriotic favorites, holiday classics and



American standards.

Many studies show involvement in participatory arts programs have a positive effect on mental health, physical health, and social functioning in older adults, regardless of their ability.

Volunteers play a key role in socialization and singing support for the residents. “Buddies” include fellow residents, community volunteers and/or family members. All volunteers receive training and education about memory-related challenges.

“Music makes the heart come alive,” said Bonnie Stover, one of the chorus organizers and director of volunteer services for Front Porch, Villa

Gardens’ parent company. “Residents are responding with enthusiasm. Our goal is not perfection. We emphasize the joy found in the process of weekly participation in the rehearsals and the socialization that goes along with it.”

“It’s been a positive experience,” said volunteer Mark Jolley. “I’m happy to be here to support (Summer House resident) Roy.”

Joyful Hearts looks forward to a holiday performance at Villa Gardens in December.

Come Home for the Holidays at Villa Gardens

During the “most wonderful time of the year” images of children discovering gifts under the tree, Hanukkah candles flickering in the window or boisterous gatherings with friends and relatives around a home-cooked holiday meal may enter our minds.

But the holidays may also bring loneliness, grief for lost loved ones or feelings of isolation and boredom.

Research shows that in order to thrive, we need human connection. According to a University of California San Francisco study, “Older adults who feel isolated and unhappy are twice as likely to have declining abilities to perform so-called activities of daily living than older adults who felt meaningfully connected to others.”

“For those of us without family members nearby, Villa Gardens is our family,” said Villa Gardens resident Maureen Cates. “Bob and I consider ourselves lucky to have found such a friendly community, especially during the holidays when we invite some of our long-time friends to join us for the special luncheons and dinners hosted here.”

“As life changes, it’s vital to create new connections and experiences, even new holiday rituals,” said Katherine Custodio, director of life enrichment. “We provide opportunities to create meaningful connections, as well as activities that appeal to a wide variety of individuals.”

Here’s a taste of holiday engagement at Villa Gardens:

- Experience our annual trip to the historic Pasadena Holiday Lights, complete with a stop at Hastings Ranch for hot cocoa and holiday story-telling.
- Enjoy our very popular menorah lighting and community tree-trimming celebrations, which draw residents of all faiths and backgrounds.



- Attend our holiday concerts featuring top-of-the-line local performers.
- Prefer your holiday shopping without crowds? Villa has popular local vendors bring the holiday shopping to you.
- Learn how to design your own gifts from local artisans.
- Volunteer! For those want to give back, Villa offers many opportunities like the Cards for Hospitalized Kids program and the Joyful Hearts chorus in our Summer House Memory Care neighborhood.
- Host a holiday feast for family and friends right here at Villa and we’ll take care of the cooking and cleaning.
- Take Villa-to-Go: Want to attend a family party and bring a homemade dessert? Our catering team can make delicious cookies, pies and cakes for you.

In addition to our holiday events, Villa continues to offer its regular line-up of some of the best performers in Los Angeles. “The location can’t be beat,” says resident Ruth Saffman, “I like the wide variety of exercise activities and the organized outings to cultural events and venues.”

For many residents, staying at Villa for the holidays can actually offer a welcome relief to an overwhelming and easily overbooked holiday season. When you live in a community you can maintain your regular schedule and still walk out your front door to enjoy a holiday concert as you wish.

Don’t spend the holidays alone! Join our Villa Gardens family for one of our many upcoming holiday events. RSVP to Dawneen Lorange or Susan Bernstein at **626-463-5300**.

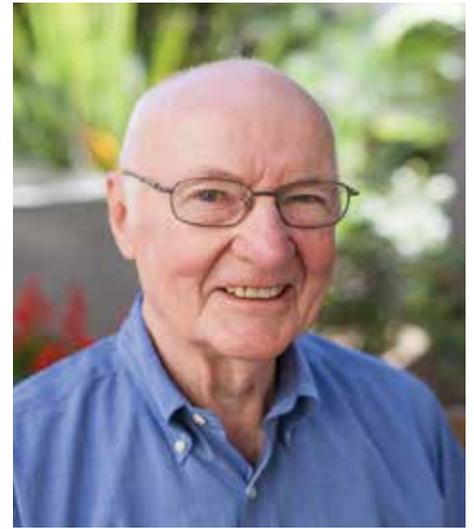
Welcome the New Year at Villa Gardens!

Now is the perfect time to make your move to Villa Gardens!

We're in the heart of the city – Pasadena's premier retirement community offering continuing care retirement living at its best. You no longer have to worry about everyday chores like cooking, cleaning and maintenance. Instead, you have the freedom to pursue everything you love to do.

At Villa Gardens, pursue

your passions and live to the fullest. Stroll through colorful courtyards with green lawns and flowering trees, and share stories with friends. Meet new friends who are actively engaged in the greater community and enjoy all of the unique social, recreational and lifelong learning opportunities available right outside your front door. It's no wonder Villa Gardens has been voted Best Retirement Community for years



*Happy Villa Gardens resident,
Bob Carlson.*

by several local publications.

Call us today at **626-463-5300** to schedule your visit.



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