



"All That Jazz" Gala Sets a New Fundraising Record

By Christina Corodimas, Communications and Special Events Associate

On Tuesday, October 17, residents, board members, community members, vendors, and staff gathered at Sharon Heights Golf and Country Club in Menlo Park for the 15th Annual NCPHS Gala, hosted by **The Sequoias Portola Valley**. In the spirit of the event's theme, "All That Jazz," the reception opened with music by pianist

Nancy Deussen and delicious wine, cocktails, and appetizers. Many attendees took advantage of the warm fall weather and the gorgeous views of the golf course from the deck.

Guests then moved to the ballroom for a gourmet dinner and dessert. After the Gala raffle drawing, it was time for the live auction supporting NCPHS Community Services programs. The spirited auction featured an array of enticing items, including vacation stays, artwork, dinners, and jewelry. The auction

led into music by the **Magnolia Jazz Trio**, which inspired many guests to sing and dance the night away.

This year's Gala raised a total of \$227,305 to support NCPHS Community Services programs that serve disadvantaged Bay Area seniors, including **AARP**

Experience Corps Marin, HOME MATCH San Francisco, San Francisco Senior Center, and NCPHS Social Services/Case Management Programs. Thank you to all our sponsors, attendees, and those who purchased raffle tickets!



Judy Loura, Executive Director of Senior Services for Northern California (R), shares a special moment with B.J. Sorensen (L). "All That Jazz" was Judy's fifteenth Gala and B.J.'s fifth as co-chair.



The 2017 Gala Committee: (L-R) Peter Trendell, Betty Chandik, Chuck Nile, B.J. Sorensen, Barry Rose, Pat Fairbanks, Ginny Nile, James Coker, and Jeannette Ogburn. Not pictured: Eileen Lehmer.

View more Gala photos online:

www.tinyurl.com/NCPHSGala

Password: 2017

Music and MemorySM Program Comes to The Sequoias San Francisco

By Danelle Goerzen, Director of Activities, The Sequoias San Francisco

Have you ever listened to a song that instantly took you back to some of your most cherished memories? Those experiences are at the heart of the Music and MemorySM program, which trains healthcare professionals to create personalized digital music playlists for residents with cognitive or physical challenges. Listening to their favorite songs can help residents tap into deep memories and feel more social and connected.

Staff members at **The Sequoias San Francisco** (SSF) recently completed the initial training to become a Music & MemorySM Certified Care Organization. They will also participate in a yearlong University of California-Davis research study about the Music and MemorySM program. Fifteen SSF residents diagnosed with dementia who may also have depression, weight loss, behavior issues, or be at risk for isolation will have playlists of their favorite music downloaded onto iPods. The residents will listen to their music for a half hour at a time. UC-Davis researchers will collect data through SSF's Minimum Data Set (MDS) program to determine how residents respond to their personalized music.

For participating in the study, SSF will receive a laptop to create and store personalized music playlists for the initial 15 residents. SSF will also receive 15 iPods and

headsets, an iTunes gift card, an external speaker, and a year of additional staff training and support.

The benefits of Music and MemorySM also extend to residents' families, volunteers, and staff members. Family members can share their knowledge of their loved one's favorite songs, and can listen to their loved one's special music during visits. Student volunteers can use their iTunes expertise to create playlists of residents' favorite music. SSF staff members also benefit from happier, more engaged residents.

To learn more about Music and MemorySM, visit www.musicandmemory.org. The 2012 documentary *Alive Inside: The Story of Music and Memory* also highlights some of the program's powerful effects.

If you would like to support Music and MemorySM at SSF by donating iTunes gift cards or CDs, please contact **Danelle Goerzen**, SSF Director of Activities, at dgoerzen@ncphs.org or 415-351-7922.



Still from the film "Alive Inside: The Story of Music and Memory." Photo credit: Michael Rossato-Bennett, 2012.

Affordable Housing Ping-Pong Team Serves Up a Win

A team of residents and friends from **Western Park Apartments** (WPA) and **Eastern Park Apartments** (EPA) served up victory on August 20 at the Seventh Annual Chinatown Ping Pong Tournament. The WPA-EPA team took home the third place award in the "Novice" category.

Held in multiple locations around Chinatown, the annual ping-pong tournament draws hundreds of participants of all ages. San Francisco **Mayor Ed Lee** helped start the tournament in 2010 to bring the Chinatown community together.

The event is a great demonstration of sportsmanship, teamwork, and community, says **Wan Na Yu**, EPA Service Coordinator. "The residents feel proud to be a part of their team and represent Western and Eastern Park."



Members of the EPA-WPA ping-pong team

Community Spirit Sparkles at Annual Treasure Sale

By Laurie Small, Executive Director, The Sequoias Portola Valley

For more than three decades, The Treasure Sale has been one of **The Sequoias Portola Valley's** (SPV) biggest events—and this year was no exception.

Every year, SPV residents and their families donate items to the Treasure Sale, which raises funds for the SPV Resident Association Treasury. A dedicated team of resident volunteers collect, sort, and price hundreds of donated housewares, electronics, and trinkets. Hard-working volunteers also unpack scores of boxed items and arrange them for display in Hanson Hall, SPV's central meeting place. Throughout the year,



Treasure Sale "Masterminds" Pat Skillman, Onnolee Trapp, Bud Trapp, Barbara Lawson, and Lorelle Fallon

many staff members also help move items and provide additional support for the big event.

When you peer across Hanson Hall at the array of goods on sale day, there is a feeling of unity knowing that our residents' treasures will be cherished in a new home. This truly creates a sense of togetherness and exemplifies the spirit of community at The Sequoias Portola Valley.

Many thanks to the residents who volunteer their time to collect, sort, stock, and price the items and run the sale!



NCPHS Welcomes Gina Rodriguez, Director of Community Services

For **Gina Rodriguez**, NCPHS' new Director of Community Services, giving back to her community is a way of life. Gina's passion for service began when she was a teenager and worked as a YMCA afterschool assistant. After graduating from college, Gina managed a YMCA afterschool program, and went on to serve as Director of Childcare Services and a national YMCA trainer.

Gina's dedication to older adults blossomed in her role as National Director of Community Services for the Cesar Chavez Foundation. There, she created a mini senior center, senior fitness and well-

ness programs, and a volunteer program. Later, as Director of Resident Services for EAH Housing, she focused on health, housing, and programming for older adults.

Gina looks forward to building upon the success of NCPHS' Community Services programs. "NCPHS is so respected when it comes to senior housing and services," Gina explains. "The team we have is great at what they do. It's so exciting that I can be a part of something like this." Welcome, Gina!



2017 Gala Raffle Winners

\$4000 Frosh Travel Credit
Dorothy Decker, SPV

\$1000 Cash
Peggy McIntyre, community member

Case of Hafner Vineyard wine
May Ho, community member

\$225 Gift Certificate Fleming's Prime Steak House and Wine Bar
Joanie Watts, SPV

\$125 Gift Certificate Blue Garden Café, Allied Arts Guild, Menlo Park
Fred Walter, community member

4 bottles Tobin James Cellars wine
John Henderson, SSF

\$100 Gift Certificate The Spinnaker
Mike Connor, community member

4 Bottles of R & W Vineyards Wine
Rob and Nancy Faisant, SPV

\$50 Gift Certificate The Fish Market Palo Alto
Martin Meier, community member



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Connections

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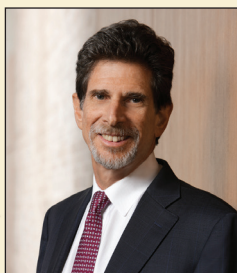
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FROM THE DESK OF DAVID BERG, NCPHS PRESIDENT & CEO

Honoring the Wisdom of Aging



Too often in our youth-focused society, we hear only about the hardships of aging. Although growing older is challenging, aging also brings wisdom that can enrich our communities and our world. This wisdom allows us to integrate our knowledge and experience, and face life's uncertainties with balance and grace.

At NCPHS, our communities are treasure troves of collective wisdom, understanding, and perspective. This fall, I had the pleasure of facilitating a session at the NCPHS Day of Spirit, "Our Lives, Our Wisdom: Bringing Our Life Experience Into Community." Listening to and sharing stories with residents and staff reminded me how important it is to celebrate the benefits of a long life and challenge ageist attitudes in our society.

Now more than ever, our culture needs to hear the wisdom of older adults. Their insight can help our society become more inclusive, wise, and compassionate. All of us at NCPHS are committed to building communities that honor the knowledge and experience of our residents, and celebrate the many facets of their lives.

David Berg