

VIAMONTE AT WALNUT CREEK

Construction Underway at Viamonte

Adapted from the *Viamonte View* newsletter and Viamonte construction updates

It has been an exciting season for Viamonte at Walnut Creek, NCPHS' dynamic new community opening in 2020. Construction officially began at the Viamonte site on May 29, and the **Cahill Contractors** team is making fantastic progress. The team is currently excavating deep pits in the basement area, installing sub-slab plumbing, and continuing to work on the asphalt and wood walkways. The weekend of September 8 marks a special milestone: the installation of the tower crane!

Earlier in the spring, 235 attendees gathered at the Walnut Creek Historical Society for Viamonte's groundbreaking ceremony on May 15. Among the day's distinguished guests were Walnut Creek Mayor **Justin Wedel**, Walnut Creek Chamber of Commerce CEO **Jay Hoyer**, and members of Walnut Creek's Planning Commission and Design Review Committee. "It was a memorable day to see Viamonte's future neighbors connecting with one another," said **Allison Cervantez**, Vice President of Sales at the Viamonte Sales Center.

Thanks to everyone who has supported Viamonte from its inception, especially the Viamonte Charter Members, the Viamonte design and construction team, and NCPHS board members and staff. We can't wait to share more updates with you!



PHOTO CREDIT: ANTHONY THORNTON

Watch Viamonte's construction in action: www.tinyurl.com/viamonte

COMMUNITY SERVICES

Downtown San Francisco Senior Center Celebrates Grand Reopening



PHOTO COURTESY SAN FRANCISCO SENIOR CENTER

The San Francisco Senior Center's Downtown Center is an oasis for older adults in the Tenderloin, providing lifelong learning, fitness and health programs, hot nutritious lunches, and technology support. Thanks to recent renovations, the Downtown Center is now an even greater resource for the seniors it serves.

"Many of our members live in nearby Single Room Occupancy hotels, which can be crowded and hectic," explains

Crystal Booth, Program Coordinator. "The Center's new paint and expanded space help create a place of serenity and peace in the heart of the Tenderloin."

The upgrades also support the Downtown Center's vibrant, multicultural programming, Crystal adds. "Replacing the old carpet with new hard flooring has made our dance classes even more accessible," she says. "We now also have more space for

NCPHS INNOVATIONS

Smart Home at The Tamalpais Designed with Senior Living in Mind

You arrive home and your lights turn on to welcome you. With just a few words or the touch of your iPad, your favorite music starts to play, your living room shades open, and your thermostat adjusts to the perfect temperature. This isn't a scene from science fiction; it's the new Smart Home prototype apartment at The Tamalpais.



PHOTO CREDIT: THETAMALPAIS.ORG

In the Tam's new Smart Home, residents can use an iPad or voice activation to control lights, television, music, blinds, and temperature. They can also use a video monitor or voice-enabled device to call other residents, the maintenance department, and the reception desk. Dog lovers can also enjoy the

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SPECIAL EVENTS

Don't Miss the NCPHS Gala on Tuesday, October 16!

The 16th Annual NCPHS Gala will be held at the St. Francis Yacht Club in San Francisco on **Tuesday, October 16** at 5:00 p.m. This year's Gala will mark NCPHS' 60th Anniversary and will be hosted by The Sequoias San Francisco. Enjoy the music of the Tom Shaw Trio, a live auction, a cocktail reception featuring wine and martini bars, followed by a delicious dinner and dessert. All this and sweeping views of the Bay! We hope you will join us for a memorable night benefiting NCPHS' Community Service programs.

Please contact Christina for more information at events@ncphs.org or 415-202-7819.



Buy Gala tickets online!

www.SeniorServicesNorCal.org/events

NCPHS STAFF SPOTLIGHT

NCPHS Staff Member Spotlight: Heather Lukens, RN

Editor's Note: This article kicks off a series introducing you to some of the skilled, dedicated, and caring staff members who work at NCPHS.



Over seven years ago, a visit to The Sequoias San Francisco (SSF) opened a rewarding new chapter in **Heather Lukens'** nursing career. While stopping by SSF to see a friend who worked in the clinic, Heather noticed how well the clinic's staff members worked together. "Everyone seemed so

happy," she recalls. "I felt immediately at home."

Visiting the clinic made such a positive impression on Heather that when a nursing position opened up there, she decided to apply. Today, as a member of SSF's clinic nursing team,

Heather helps residents live healthy and happy lives. Whether she's giving vaccines, taking vital signs, or collaborating with doctors, Heather says her work is personally gratifying. "Every day, I have wonderful conversations with residents," Heather explains. "It's inspiring to see people continue to grow and learn throughout their lives."

Heather's warm personality helps make the clinic a welcoming place. "Some residents who don't have family members nearby even stop by the clinic for a hug," she says. For her dedication to NCPHS' Core Values, Heather received a Star Award in 2015.

Senior Center Upgrades

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our wellness and fitness programs."

At the Downtown Center's Grand Reopening event on July 19, **Shireen McSpadden**, Executive Director of the Department of Aging and Adult Services, noted the "rainbow of people" in the crowd, and underscored the need to support the Center's work. **Gina Rodriguez**, NCPHS Director of Community Services, thanked NCPHS Chief Fund Development

Officer **Ronald Streitz** and the Senior Services for Northern California Board of Trustees for allocating the funds needed to make the renovations a reality.

"Since the Grand Reopening, we've seen even more new faces at the Center. We've also made connections with other organizations," Crystal says. "It's been a huge win for everyone!"

Smart Home *continued from p.1*

Tam's newest mascot, "Toby at the Tam," a robotic puppy who responds to voice and touch.

"It has everything that I ever wanted and even more," said a prospective Smart Home resident. "If one of us is alone and hurt we can say, 'Alexa, I am in trouble. Call the front desk to get help.' This is all like something in a story of the future!"

The prototype Smart Home offers residents enhanced comfort, energy efficiency, and convenience, says **Dusty Bricker**, Director of Sales. "We hope the new Smart Home will appeal to the wave of Baby Boomers who are considering communities for their retirement or the next phase of their lives."

"Helping People Realize Their Wish For a Better World"



A Conversation with Ronald Streitz, Senior Services for Northern California's Chief Fund Development Officer

Ronald Streitz brings 40 years of non-profit fundraising expertise to his role as Chief Fund Development Officer for Senior Services for Northern California. In this interview, Ron shares why he has "never regretted a day" of his career.

How did you become involved in philanthropy?

My first experience working in philanthropy was right out of college, when I worked as associate director of a retreat and conference center run by the Jesuit Province of Detroit. After five years there, I was hired by a consulting firm in Birmingham, MI, where I worked on capital, endowment, major gifts, planned giving, annual giving, and special events projects. My focus on planned giving, which lasted for more than 20 years, came later when I worked for Gleaners Community Food Bank in Detroit and structured a new legacy program as part of their endowment building plan, a \$20 million project.

What do you enjoy most about your work?

I enjoy helping people realize their wish for a better world in a way that aligns with their vision, values, and goals. This

involves discussing what is meaningful to them, how they can take care of themselves and those they care about, and how they can support a cause that is important to them. When there is a need, whether an emergency or day-to-day issue, people do step up to the plate and share their time, skills, and financial and material resources to address that need. Hearing about people's motivation for doing so keeps me optimistic about the state of the world and our role in it.

What appealed to you about working at NCPHS?

NCPHS is aligned with my long-standing interest in how people age and the search for solutions to issues of aging. With the Baby Boom generation, we have one of the largest populations of people over the age of 65 we've ever seen. With that, challenges of wellness, aging in place, support services, and financial needs that affect quality of life will become even more prominent.

What do you like to do in your free time?

I enjoy gardening, beekeeping, walking the dog, home improvement, travel, movies, music, and reading.

CREATING YOUR LEGACY

Is It Time for a Change?

There are many life events that can call for the need to update your estate plans.

- **A move to another state.** If your plans were drafted under the laws of another state, it may be wise to have them reviewed to be sure you make use of all the benefits available under California law.
- **If someone cannot serve.** If your plans were made some time ago, the person you named to settle your affairs may no longer be able to serve.
- **A change in marital status.** If your marital status has changed, revisions to your plans may be necessary.
- **Birth of children or grandchildren.** You will no doubt want your plans to include additions to your family.
- **Changes in wealth.** Your estate plans should change along with your economic circumstances.
- **Changes in estate and gift tax laws.** State and federal tax laws change from time to time and may make it necessary to revise your plans.

- **A desire to make charitable gifts.** Many people choose to use their estate plans to make "gifts of a lifetime." After taking care of family and friends, they remember the charitable organizations they have supported in life and make a final gift to continue that support.



PHOTO CREDIT: FREEPIK

If you think changes to your estate plans are in order, consult your tax and legal advisors. Of course, we will be happy to provide more information about ways you can include Senior Services for Northern California in your plans. To learn more, contact **Ronald Streitz**, SSNC Chief Fund Development Officer, at 415.202.7805 or giving@ncphs.org.



FROM THE DESK OF DAVID BERG, NCPHS PRESIDENT & CEO

Digital Innovations and Senior Living: Embracing a Tech-Enhanced Future

Visit an NCPHS community and you'll see residents using cell phones, tablets, and wearable devices to learn, connect, and lead healthy lives. This isn't just a California trend—across the nation, seniors are more tech-connected than ever before. According to the Pew Research Center, 42% of adults ages 65 and older own smartphones, 67% of seniors use the internet, and more than half of Baby Boomers use social media.

To meet the needs of this growing demographic, designers are developing tech innovations with seniors in mind. Robotics can make household tasks easier and promote aging in place. Wearable devices can track vital signs and monitor medication use. And smart home technologies can help respond to or prevent falls.

As NCPHS embraces a more tech-enhanced future, we aspire to offer residents services that keep pace with digital innovation. One such service is RCare, an emergency response and nurse call system that offers Alexa voice integration and fall sensing technology. We plan to offer RCare at The Tamalpais and hope to make it available to other NCPHS communities in the future.

As we evaluate the multitude of digital options on the horizon, one thing remains constant: our commitment to enhance the lives of our residents and their loved ones.

David Berg



Please write to us if you do not wish to receive fundraising requests supporting NCPHS in the future.

www.ncpHS.org | www.seniorservicesnorcal.org

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