



LifeMatters

News for friends of Sunny View Retirement Community

Gloria Burns Remembers Being Part of Olympic History

Although it's been 20 years since that lovely spring day at Stanford University when Sunny View resident Gloria Burns donned bright white shorts and a tank top with the familiar interlocking circles and prepared to contribute to Olympic history, the events of the day still seem fresh in her mind.

"The best thing about carrying the Olympic torch was seeing the excitement on my students' faces," said Gloria, an elementary school principal who on May 3, 1996 was chosen by the regional Olympics committee to carry the torch a quarter mile through the Stanford campus to Hoover Tower on its way to Atlanta.

As a tribute to her during her final year before retirement as principal at Willow Glen Elementary School in San Jose, Gloria's students nominated her to carry the torch.

"The application said Mrs. Burns was a nice person



Resident Gloria Burns fondly remembers her quarter-mile run across the Stanford University campus on May 3, 1996 carrying the Olympic torch.

and good principal and deserved to do it," Gloria said. "It was that simple. I wasn't a famous person or a great athlete, but somehow I was chosen for

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Anti-Gravity Treadmill Gets Residents on the Path to Better Health

Whether it be stroke or joint replacement rehabilitation, arthritis relief or just the desire to be more physically active, Sunny View's Alter-G anti-gravity treadmill can help.

"It's like walking on air," said resident John Barsotti whose arthritis limits his physical activity. "I can do so much more when I use the Alter-G. I don't need my cane in the Alter-G."

Developed by NASA, the Alter-G anti-gravity treadmill is different from other fitness and therapeutic equipment because it defies gravity by applying a lifting force to the body that reduces weight on the lower extremities. Unlike other unweighting methods, the Alter-G enables users to walk with their natural gait and rhythm and significantly shortens the time required for patients, particularly older adults, to recover from injury or surgery.

Users begin by stepping into a plastic "bubble" which zips to encase their entire lower half. In addition to setting treadmill speed, users can set the weight on a scale from 100 percent down to 20. The machine offers various levels of weight bearing so users can walk, jog or run with less pressure on their joints.

Sunny View Care Center is one of only a handful of rehabilitation centers and medical facilities in the Bay Area which has an Alter-G on site.



Resident John Barsotti exercises on the Alter-G treadmill.

"It's like walking under water or walking on the moon," said one resident user who usually uses a wheelchair. "It's very easy to use and the fun is seeing your feet move and having no pain."

"It's definitely paying off during the few years we've been using it," said Sunny View Wellness Coordinator Alicia Estrada. "Resident health has definitely improved."

The treadmill is rapidly becoming an indispensable device for rehabilitation and conditioning. Benefits include possible postponement of bone loss, diabetes and heart issues. It can also reduce anxiety and depression. 🌻



Did You Know?

Summer House is now open. Summer House is Sunny View's unique memory care neighborhood that blends personalized care with the latest technologies in an environment reminiscent of a warm, bright and cherished summer home. For more information, call 408-454-5624. 🌻

Bruce Watts Donates Emergency Kits to Sunny View Residents

As a retired quality assurance engineer in the aerospace industry, resident Bruce Watts knows the importance of safety and preparedness. So as a longtime and generous donor to the Sunny View Foundation, the community's philanthropic and social ministry partner, Bruce wanted to make sure residents were safe and well-prepared in case of a natural disaster or other emergency. Bruce donated funds to equip each resident with a free, personal emergency preparedness kit.

"I want everyone to be safe if such an event were to occur," Bruce said. "Seniors may be more vulnerable than younger people during an emergency so the items I chose for the kit took that into consideration."

Bruce conducted extensive research over a six-month period testing hundreds of supplies such as flashlights, hats, thermal blankets, lanterns, and food to make sure what he chose was high-quality, long lasting and easy to use. Ultimately, he chose about 20 essential items that fit into a light backpack and that can sustain a resident for a 24-hour period.

"I wanted to make sure each 'grab and go' pack was compact and light enough to carry on your back or on a walker or wheelchair. The backpacks even include a pouch where residents



Bruce Watts looks over the more than 20 items he assembled into emergency preparedness kits. Bruce donated more than \$5,000 to the Sunny View Foundation to supply each Sunny View resident with a kit.

can place important medical information and records," Bruce said. "The kits are not only for residents' safety but for their comfort."

Bruce distributed about 100 kits right before Christmas to all residents. He has also committed to providing funds to update the kits when needed and to supply all new residents with one.

As long-time volunteers and philanthropists, Bruce and his wife Lyn have donated funds to the Front Porch Center for Innovation and Wellbeing for what is known as the "Watts Project," a gift that provided Sunny View staff members with Microsoft Surface tablets to use in their daily resident care duties. They have also funded innovative programs like the It's Never 2 Late, interactive technology currently at use at Sunny View. 🌻



Residents receive their free emergency preparedness kits.



Olympic History (Continued from page 1)

this honor. It's something that I'll never forget.”

On the day she ran, Gloria remembers large crowds coming out to see the relay. “I remember the Olympics representatives telling me not to

run too fast or too slow. I figured they wanted me to hold the torch up high when I ran so I did that. I don't remember being nervous but I did think about the possibility of falling and embarrassing myself and my students. Thank goodness that did not happen. I was a casual fan of the Olympics but after carrying the torch I became a big fan.”

Gloria has the torch proudly displayed on her bedroom wall and has a scrapbook of all of the news clippings of the event. In 2016, a few of her students found her phone number and called to congratulate her.

“I guess they found my number on the internet,” she said. “I was touched that they remembered and called me after 20 years.” 🌻



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