



# LifeMatters

News for friends of Sunny View Retirement Community



## Strike up the Band!

### 'Rag Taggers' entertain residents and staff

Yvonne Hardman, organizer of the Sunny View's *Rag Tag Band*, may not "play a lick of music," but that hasn't stopped her from inspiring resident musicians to dust off their instruments and head down the hall for band practice.

The *Rag Tag Band* rehearses twice a week and is open to any Sunny View resident who is interested. So far, the band has been showcased at the Sunny View talent show and played their first full concert on Veterans' Day.

Musicians include a trombonist, trumpet player, pianist and a drummer. "We have members who haven't picked up in instrument in 10, 30 ... even 50 years," Yvonne said. "Some of our members have a few physical challenges but nothing gets in the way of our music-making. All of our musicians are fully committed to having fun!"

"Playing music helps help us express our feelings, connects us to one another," explains trombonist Jack Birkholz, who has been playing since high school.

**Band** (Continued on page 4)

## New Year, New You!

*Enjoy the freedom from stress that Sunny View living offers!*

**S**tart the New Year with a great gift to yourself and to your family.

Right now, *Life Matters* readers can take advantage of a special New Year's offer. A limited number of accommodations are available. **And if you reserve your new home today, we will waive your application fee, a savings of up to \$1,500.**

**New Year** (Continued on page 3)



## Summer House Residents Shine at Local Art Show

From pastoral scenes in watercolor, flora and fauna in colored pastel chalk to still life in oil and multimedia sculpture, residents living at Summer House at Sunny View are embracing their inner artist.

“Our goal is to use our hands, to relax and reminisce through painting,” said Anh Tran, art therapist trainee from Foothill College who teaches a weekly class at Summer House, Sunny View’s memory care neighborhood. “The show gave us an opportunity to share some of the fruits of our labor with everyone.”

As a result of their efforts, ten residents were invited to exhibit their work at the annual Foothill College Student Art show in addition to a separate exhibit at Sunny View.

Life Enrichment Specialist Heather Engle coordinates the weekly classes and organized the art exhibit, framing or mounting the artwork for display. “I love framing the artwork,” Heather said. “It really gives the artist a sense of accomplishment and completion to see his or her work on display, giving it the honor it deserves.”

“Attendees told me one of their favorites was the volcano panel which reminded them of their trips to the islands,” Heather said. “Each



Summer House resident Nancy Liu, proudly displays her water color.

painting done by a different resident was very unique in their interpretation of what the volcano could look like, in terms of color and design.”

The Summer House art exhibits are part of Sunny View’s commitment to resident life enrichment. The community’s Life Enrichment program is designed around six dimensions of whole-person wellbeing: physical, intellectual, emotional, social, spiritual and vocational. Heather works collaboratively with residents and other staff to plan and carry out comprehensive programming, social opportunities and events that meet residents’ expectations and desires.

“Wellbeing is about connectedness,” Heather said. “It’s our job to make sure residents experience that and are inspired to pursue their passions at Sunny View.” 🌻

## Yvonne and Paul: A Love Story Made for the Movies

In the 1950s Paul Hardman was living in Alabama, working as an aerospace engineer when he had a chance encounter that would change his life. While watching the 1956 musical *Glory* at the local drive-in, a lovely young woman captured his eye. Unfortunately, she was not a fellow movie goer – but rather a dazzling vision appearing on the silver screen itself. “I need to meet a girl like THAT,” Paul thought.

The girl in question was up and coming actress, Yvonne Ginest.

Soon after her movie debut, Yvonne was admitted to the hospital for polio. She survived, but recovery was slow and her career was put on hold. Rather than return to acting, she decided to turn her attention to helping others suffering from the debilitating disease. She began working for the March of Dimes Telethon (a leader in funding polio research and treatment at the time) where she met some of the biggest names in music, including Ray Charles and Ella Fitzgerald.

Meanwhile, Paul’s career brought him to California. “I had just moved into my new apartment when I stumbled upon this lovely young woman in the courtyard. She seemed so familiar,” he said. He attempted to start a conversation but the woman had terrible laryngitis and could barely utter a word. “I ran back to my apartment, grabbed a pad of paper and a pen for her to write on and asked her for her name.” The young woman wrote her name



down and handed him back the pad: Yvonne Ginest. Suddenly, it all came together. Paul had stumbled upon his movie star.

Three weeks later he proposed.

Fifty years later Paul and Yvonne moved to Sunny View after having their “eye on the place for years.” They loved the feeling of being close to nature as well as the friendliness of the residents and staff. “Judy settled us right in. And the staff were just so wonderful.”

Paul and Yvonne continue their love story at Sunny View! 🌻

**New Year** (Continued from page 1)

Call Judy Jackson at 408-454-5666 or send her an e-mail at [jjackson@frontporch.net](mailto:jjackson@frontporch.net) for details. This offer expires March 31, 2018

Come visit us at Sunny View Retirement Community. Let us show you around our park-like campus and see how you can Live Life Your Way! 🌻

**Band** (Continued from page 1)

Life Enrichment Director Bethany Dinh, agrees. “The band created a great bonding experience. Nobody misses a practice.”

Paul Hardman, Yvonne’s husband, a former aerospace engineer, is her co-producer, technical director and “all around computer guy” for the band.

But for both Paul and Yvonne their involvement in entertainment predates the *Rag Tag Band* by quite a bit.

In the 1980s, Yvonne was a producer for PBS’ *Backstage Tonight* where she interviewed the

likes of Kenny Rogers, Stevie Wonder and many other stars. Eventually Paul and their son joined Yvonne on the *Backstage* team.

In spite of all her years in the business, Yvonne gets butterflies when she thinks about performing. At the same time, she admits that it’s really more about the process than the final product

“Playing gives everyone joy and it gives me joy to see them,” she said. “In the beginning, a lot of the musicians lacked confidence, but that’s changing. Everyone – staff and residents – is very excited to see the band perform.” 🌻



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