



# LifeMatters

News for friends of Sunny View Retirement Community



*Rose with one of her favorite paintings.*

## Artist Rose Fucile Pulls Inspiration from Home and Abroad

**R**esident Rose Fucile never had a formal art lesson or studied art, yet she paints like a master.

The retired English teacher began painting on porcelain about 20 years ago at age 60, after seeing work at a local art show. "I liked what I saw," Rose said in her one-bedroom apartment at Sunny View. "I thought painting on porcelain tiles was an unusual thing to do and I wanted to try it."

Rose estimates she has painted more than 100 pieces. They range in size and form including plates, steins and framed tiles. Her subjects include still life, wildlife, landscape, floral and, her favorite subject, portraits.

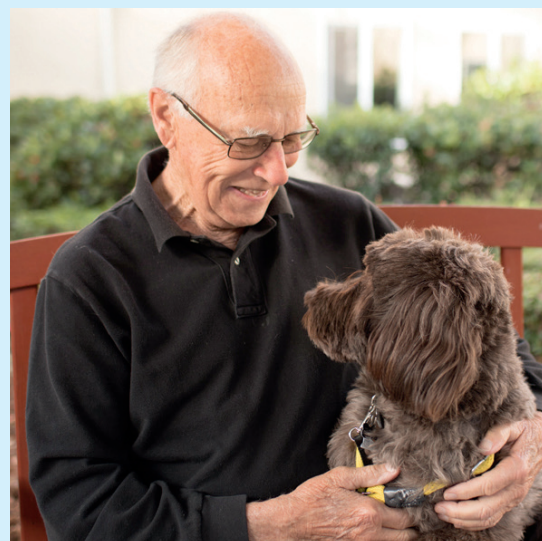
"I like to see a person's face come to life after I paint it," Rose says. "Seeing that makes me happy."

**Artist** (Continues on page 4)

## Celebrate the New Year at Sunny View!

**W**ith the New Year approaching, start it off 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. If you reserve your new home today, we will waive your application fee, a savings of up to \$1,500. A limited number of accommodations are available.

Call Judy Jackson at 408-454-5666 or email her at [SVsales@frontporch.net](mailto:SVsales@frontporch.net) for details. This offer expires March 31, 2020.





# Theater Lounge is the Perfect Place to Watch the Big Game or Socialize Before a Blockbuster

While the big game, a classical music concert or the latest box office hit may be the main attraction at Sunny View’s state-of-the-art movie theater, what happens before and after a big event is a close second.

The recently opened Theater Lounge, located across from the theater, affords residents the opportunity to socialize, grab a snack or drink or exchange opinions about a recent movie or concert.

Themed in classic 1930s and 1940s theater motif, the Lounge features a service counter where residents can sit and enjoy snacks and their favorite beverages. Tables can be configured for individuals or small groups and a kitchenette provides space for pre-prepared food. Two 70-inch flat screen TVs can either mirror what is being shown in the adjacent theater or can be used independently to



Residents and staff enjoy the Theater Lounge.

watch the latest network, cable or streaming favorites.

“My husband, Harvey, and I like to watch the 49ers play,” said Eleanor Incerpi. “We grab a few snacks. It’s kind of like a mini tailgate party before the game.”

The Lounge is the perfect complement to the 21-seat theater that features a 145-inch HD big screen and a surround multi-speaker audio system. It is also used for special events, parties and social gatherings. Funding for the Lounge was made possible from a generous gift from former resident Bruce Watts.

# A New Lobby and Social Hub are Coming to Sunny View in 2020

The new year will bring with it Sunny View’s newly remodeled lobby, concierge service and social hub. A new reception area will welcome guests while a concierge desk will assist residents with transportation, guest stays for loved ones, restaurant reservations and more. The comfortable social hub will be the perfect place to catch up on the day’s events with friends or just relax with cup of coffee or tea.



Artists rendering of Sunny View’s new social hub.

# Innovative Equipment Helps Residents Stay Fit and Independent

Staying fit, independent and preventing falls are the goals of many residents.

That is why the community offers a customized fitness program designed to increase energy and vitality, improve muscular strength, balance, cardiovascular health, and confidence. One of the ways they do this is by using HUR, a specialized strength training solution specifically designed for older adults in senior living communities and skilled nursing rehabilitation centers. The equipment, developed from research by Helsinki University Research (HUR) in Finland, provides a safe, easy to use, and effective full-body workout for wellness, preventive, rehabilitative, and maintenance training.

“What makes the HUR equipment unique is its versatility and ease of use,” said Sunny View’s Wellness Coordinator Alicia Estrada. “It uses smart technology to remember the user, is designed for ease of getting on and off, and allows residents to work out on their own schedules. Making exercising fun and something residents can do on their own increases participation. We have seen that happen here at Sunny View.”

Using the equipment is simple. Residents first meet with Alicia and establish goals such as improving strength, stamina or a desire to work on a specific part of the body, like arms or legs. Alicia develops an individual program for each resident and enters that person’s information into a database. Residents are then given a wristband that they can scan into the HUR system.

The high-tech machines are linked to a computer,

which automatically determines a user’s workout based on a routine pre-programmed into the wristband. Alicia receives feedback from the system and can adjust routines as needed. Feedback also includes attendance and progress reports. This is particularly helpful for residents undergoing rehabilitation.

Fall prevention is key in senior communities because falls are so problematic. One in three Americans over the age of 65 falls every year, putting them at risk for debilitating fractures,

according to the U.S. Centers for Disease Control and Prevention.

Alicia said after reading several studies on fall prevention, she initiated her own study that found residents who exercised more were less likely to fall.

The HUR equipment uses

computerized air pressure that is gentler on aging joints, according to the company. The resistance is smoother and simulates muscle movement compared to weight stacking machines.

“I like the concept of working out on my own,” said resident Don Garabedian. “I just scan my wristband and I’m all set. Everything is set up automatically for me.”

“This equipment has made me more independent,” said resident Linda Smith. “I’ve been working out since September and I have noticed a difference.”

The HUR machines join a list of wellness amenities at Sunny View including the innovative anti-gravity treadmill and CyberCycle.



Wellness Coordinator Alicia Estrada assists residents with the HUR exercise equipment.



## Artist (Continues from page 1)

As a teacher with summers off, Rose had a passion for travel, visiting Europe, Russia, China, India and Tibet as well as many locations in the U.S. “While visiting all of those places I took a lot of photos of what I saw and liked,” Rose said. “When I began painting, I used those photos for inspiration.” Rose humbly says ... “I’m not a great artist but a good copier. I can copy what I take pictures of.”

“I’m amazed,” said Alex Fucile, Rose’s brother who has several of his sister’s paintings hanging in his home. “Growing up I never realized my big sister had this kind of talent. I was surprised as anyone when she started painting and I saw the results were so beautiful and detailed.”

The process is simple. Rose chooses a specific size piece of porcelain that fits the subject and using an oil-based paint specifically formulated for the medium paints directly on the blank “canvas.” She then takes the sub painted for finished product and fires it in a kiln, finishing the process. Her work has



*Rose enjoys painting animals.*

been on display at Sunny View several times for all to enjoy.

Now semi-retired from painting, Rose says her life at Sunny View allows her to explore other interests including reading, exercising in the gym and walking.

“I might start painting again,” Rose says with a grin. “They actually have a kiln here so I have everything I need.”



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