



Photo by Pamela Dronak

The Gold Standard of Stewardship

Interim CEO and CFO appointed:

The Executive Committee of the Board of Directors is pleased to name **Patricia Williams** as the Interim President and Chief Executive Officer (CEO) and **Jennifer Osborne** as the Interim Chief Financial Officer (CFO) of Mt. San Antonio Gardens.

For the past eight years, Patricia served as Chief Financial Officer (CFO) and Vice President of Administration of Mt. San Antonio Gardens. She has intimate knowledge of the Gardens' inner workings and is well versed in risk management, strategic planning, corporate compliance, marketing, and information technology development.

"In my time here, I have been able to gain a keen understanding of the operations and have learned so much from the insights of residents and staff," shared Patricia. "I feel confident stepping into the Interim CEO role knowing that we have such a collaborative culture and an experienced and capable leadership team."

Patricia earned her Bachelor of Science degree in Business Administration with a concentration in accounting and a minor in marketing from Cal Poly Pomona. She obtained her MBA with a concentration in Health Service Management from the University of La Verne. A passion for non-profit organizations and a particular interest in the healthcare industry has persisted throughout the 18 years of experience Patricia has garnered as a Certified Public Accountant.

Extending the Gardens' motto "Service Beyond Excellence" past our community boundaries, Patricia further supports our industry through her appointment to the LeadingAge California Finance Committee, Audit Committee, and Equity Cabinet. She is also a long-standing member of the California Society of Certified Public Accountants, having served in many capacities on the Board, and currently serves on the statewide Diversity, Equity and Inclusion Commission.

The Interim Chief Financial Officer (CFO) position has been appointed to **Jennifer Osborne**. Jenny has extensive expertise in the complexity of the financial workings of the Gardens having served as Controller at the Gardens for seven years. Jenny obtained her Bachelor's degree in Business Administration with a concentration in accounting from Cal Poly Pomona. She received her Certified Public Accountant license in 2006, became a Certified Valuation Analyst in 2011, and practiced public accounting for 13 years before joining the Gardens team. "I appreciate the opportunities I have at the Gardens' to utilize the knowledge and skill set I have acquired throughout my career," shared Jenny. "It is a pleasure working with an incredible team who has the best interest of our community at heart with every decision."

Patricia and Jenny step into these roles with supportive leadership

With over 23 years of experience in healthcare management and administration specializing in community relations, customer service, marketing and census building, team building, care enhancement, budgeting, and human resources, **Lisa Atilano**, Vice

President of Healthcare Services, leads a skilled team that is highly capable, compassionate, and dedicated to providing person-centered and holistic care. "My greatest accomplishment is helping residents achieve and maintain their highest level of independence and well-being," shared Lisa. "I am also grateful to be part of the healthcare team that has continuously maintained a 5-star rating from CMS (Centers for Medicare & Medicaid Services) in our skilled nursing area."

Will Levitt began his Gardens career in 1986 when he was hired as a Maintenance Mechanic. Having worked his way up to his current position as Vice President of Facilities and Project Management, Will's tenure at the Gardens spans across the addition of the Terraces neighborhood, Taylor Villa Memory Care and Harrison Villa High Acuity Assisted Living Green House Homes, the Evergreen Commons, and the Cedars neighborhood of 53 Craftsman-inspired apartment homes. His dedication and commitment to the Gardens are palpable in the quality and care he pours into all of the construction and maintenance projects that span our 31.5-acre campus. "Caring for our community is an honor and privilege," shared Will. "I am grateful to be part of the Gardens family and to have such meaningful work."

Linnette Guidera has been a member of the Gardens' team for 28 years. Hired initially to work in Human Resources after earning her MBA, she is currently the Vice President of Engagement. Linnette's principal objective is promoting a diverse and inclusive work culture that ensures the Gardens is the employer of choice for people drawn to work in healthcare or the service industry. "I was drawn to the Gardens because of its mission. Having the opportunity to work with residents daily is fulfilling, rewarding, and inspiring to me."

With resident well-being top-of-mind at each step forward, Mt. San Antonio Gardens welcomes the 2023 New Year with a committed team of exceptional and dedicated leaders and staff.



Members of the Gardens leadership team (left to right), Lisa Atilano, Will Levitt and Linnette Guidera, will be supporting Patricia and Jenny throughout the transitional period and beyond.



At the Health Fair event held in the Richards Community Room, Therapy Specialists examined residents with a new system that uses artificial intelligence and machine vision to identify balance and gait issues. This information was then used as a platform to customize individual wellness programs.

Moving into a new year of: Whole-Person Wellness

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of the body," shared Bonnie. "It helps with timing, coordination, cognitive health, balance, and stabilization." A beacon of whole-person wellness herself, Bonnie reminds us that "Life is dynamic, you are not static and a day without movement is a miserable day."

Moving into the New Year, together

With passion, knowledge, support, expertise, and so much more to offer, a sense of community pulses as the heartbeat of the Evergreen Commons Center for Wellness & Community Life. A collection of services selected to help promote you moving forward on your wellness journey are now available to local community members as well. Next time you are in the area, stop by and take a few moments to talk to a member of our team or call us to schedule a tour. Regardless of where you are in your pursuit or prioritization of whole-person wellness, the Evergreen Commons is available to help you find the path of least resistance.



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The New Leaf February 2023

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Moving into a new year of: Whole-Person Wellness



The New Leaf February 2023



Yoga Classes are available regularly in the new Evergreen Commons Center for Wellness & Community Life. The special room is flooded with natural light and opens up over our beautiful pathways lined with cottage homes and majestic trees.



Moving into a new year of: Whole-Person Wellness

We can thank Julius Caesar and ancient Rome for the ritual of spending the new year reflecting on the past and looking ahead into the future. The transformation and modernization of New Year's resolution practices have shifted over time replacing the emphasis on making promises to others with a more inward focus on self-improvement. We often find ourselves reflecting on our health as it is defined by diet, fitness, and weight loss. If we have learned anything over the past few years, it is that health is more deeply defined than by these characteristics alone. A more accurate approach may be viewing it as the integration of emotional, occupational, physical, social, intellectual, and spiritual wellbeing. Ask yourself: Do you have supportive relationships in your life? Are you able to manage your economic life to reduce stress and increase security? Do you like where you live, do you feel safe, and are you proud of your community? Do you like what you do each day and are you motivated to achieve your goals? Do you have the energy required to do the things you want to get done? A goal made with a focus on whole-person wellness seeks to achieve success in these aspects while also boosting happiness.

EVERGREEN COMMONS Center for Wellness & Community Life

The Evergreen Commons Center for Wellness & Community Life has quickly become a center of activities that promote, in multiple ways, moving forward on a journey toward whole-person wellness. Its namesake comes with important symbolism. "Evergreen" infers resilience through all seasons, which is what is fostered as we pursue the various aspects of wellness. "Commons" speaks to the central location on campus, a place for gathering together and experiencing the value of living in wellness and community. Since its grand opening this past June 2022, this striking 11,000 sq. ft. building has offered outstanding facilities to help us expand and nurture our minds, bodies, and spirits.

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Resident Norma Wilson found her serenity through yoga practice.

The New Leaf

Mostly Unvirtual Events Meet with real people and explore our community first-hand.

Mt. San Antonio Gardens is an accredited Life Care senior community in Claremont and Pomona, California.

The New Leaf is a newsletter for friends and family of residents, board and staff, as well as individuals who have inquired about life at the Gardens.

Art Direction and Photography: Sioux Bally-Malooof, Heartstone Arts



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www.msagardens.org



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Resident Panel Discussion (in-person)

"Focus on Wellness" Wed., March 8, 4 PM
Discover the bountiful benefits of Evergreen Commons Center for Wellness and Community Life.

Road Ahead (Zoom) Tues., March 21, 1 PM

Join us as we look ahead at the paths available to us as we age. Gain a better understanding of the needs that may arise, the likelihood one will need long-term care, the costs of care, and options for funding.

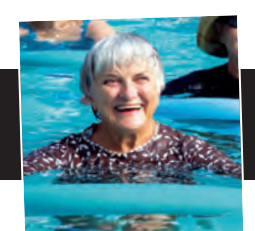
Resident Panel Discussion (in-person)

"The Decision Process" Thurs., April 27, 10 AM
Hear from residents on how they approached the decision process to move to the Gardens.

The Ups of Downsizing (in-person) Thurs., May 4, 1 PM

Learn helpful tips and strategies on downsizing and be inspired as to what to do with all that "stuff."

RSVP for all events by calling 1-909-399-1279 or emailing dstevenson@the-gardens.org. Please provide your phone number and email address.



Mostly Unvirtual Events Meet with real people and explore our community first-hand. See our upcoming events calendar on back page.



The Gardens Evergreen Commons Center for Wellness and Community Life is set in the heart of the Gardens campus and is easily accessible to all of our residents.

Moving into a new year of: Whole-Person Wellness

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A variety of classes ranging from Personal Training, Resistance Training, and TaijiFit to Yoga, Barre and Balance, Pilates, Line Dancing, and AquaFitness are taught by top-notch instructors in both individual and group settings to help everyone achieve their aspirations.

Personnel with a passion for people

Resident **Ginger Elliott** moved to the Gardens in March 2022, just before the Evergreen Commons opened its doors. In preparation for plans to travel abroad with her daughter, Ginger set her sights on taking advantage of all the Evergreen Commons had to offer. "The team met with me to find out my goals and needs and developed a personalized plan from there," shared Ginger. "I wanted to make sure I could enjoy my trip to the fullest extent and that the physicality of exploration didn't prevent that." Ginger met with Instructor, **Mandy Rodriguez**, who works one-on-one with residents to create well-balanced, individual, and attainable fitness plans. "Whole person wellness comes from within," said Mandy. "If someone feels comfortable with who they are, physically, spiritually, and mentally, then the joy they radiate is one of the healthiest lifestyles to share and I am happy to help them achieve that." Working together, Mandy and Ginger developed an effective program. "Mandy designed a rigorous, customized action plan that worked for me. I am happy to share that my daughter was running to keep up with me on our travels," said Ginger.

The passion for giving joy by supporting healthy lifestyles runs seamlessly through our dedicated team at the Evergreen Commons. Under the guidance of **Andrea Tyck**, Director of Wellness and Community Life, the team works to empower visitors and help alleviate the fear of the unknown when it comes to wellness. Senior



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Fitness Aide, **LaVonne Colston**, takes the intimidation factor out of the wellness journey through clear instruction and guidance on all of the new equipment in the Evergreen Commons gym. **Victoria Portillo**, Administrative Assistant, keeps social events and class schedules on track. In collaboration with our dining services team, our Clinical Nutrition Manager provides the support and knowledge we need to make better decisions and live brighter lives.

High-quality, attentive outpatient physical, occupational, and speech therapy is a passion for the dedicated **Therapy Specialists** team. Experts at developing a rehabilitation plan to help you regain and improve your well-being, this dynamic ensemble is invested in seeing you recover and thrive after a need for rehabilitative care from a fall or surgery, balance challenges, or a change in physical function.

Experienced residents shape the resident experience

We would not be Mt. San Antonio Gardens without the valuable resident insight that continues to play pivotal roles in the success of the Evergreen Commons.

Resident **Paula Ray** has been a driving force for a successful wellness program and dedicated space since 1992. In March 1999, she was hired as the Wellness Center Director, about six months before the original wellness center opened in September 1999. "I'm so proud to have been involved from the start," said Paula. "The wellness center was founded on the six components of wellness: emotional, occupational, physical, social, intellectual, and spiritual. To this day, those six components are what we've focused on at the Gardens."

Paula's role in launching the original wellness center also extended to building its initial varied and distinctive programs. She was highly involved in listening to



Pool Classes meet several times per week in our competition-sized pool, an integral part of the Wellness Center. Complete with colorful pool noodles, fitness trainer Mandy Rodriguez leads a class of residents in water aerobics.



Helping to make it happen are residents and staff (left to right): Ginger Elliott, Mandy Rodriguez, Andrea Tyck, LaVonne Colston, Paula Ray, Pat and Gary Dibble and Bonnie Busenberg.

residents and learning what they wanted and desired. "The wellness center has always been based on the needs of the residents," said Paula. "When we were first creating programming, we regularly sent questionnaires to residents to get their insights."

The tradition of the incorporation of resident insight followed suit for Evergreen Commons and was pivotal in its sustainable design, construction, and collaborative programming. At the onset of the project, the **Wellness Advisory Council**, a dynamic group of exceptional residents, was established and included: **Pat Dibble, Pat Bortscheller, Diane Stielstra, Diane Schuster, Ed Babcock, and Allen Webb**. By helping guide the decision-making process throughout the launch of the Evergreen Commons, the Wellness Advisory Council ensured that essential principles of whole-person wellness were the foundations upon which all programs were designed and implemented.

With a community of residents so willing to share information and skillsets, Paula knew there was an opportunity for partnership. "I believe a big reason for the success of the Evergreen Commons has been partnering with residents for classes," shared Paula. "Residents move in and they have these wonderful gifts and talents and feel encouraged and welcomed to share their areas of expertise with others. Now, they have a beautiful space where they can share with one another."

Pat and Gary Dibble welcomed the opportunity to share their personal experience with diabetes when they moved to Mt. San Antonio Gardens. Gary is a retired general internist who has lived with Type 1 diabetes for 60 years. Pat is a retired diabetes educator and registered dietician who has developed and implemented diabetes training programs. "It is



Instructor Selina Chi works with residents utilizing the dance barre. The class focuses on improving posture, lower body strength, and balance.



Our spacious gym is equipped with state-of-the-art equipment and trainers to assist you.

predicted that, based on national statistics, half of people retirement aged have diabetes or are pre-diabetic," said Gary. "And unless you have it," added Pat, "it's hard to understand the problems and frustrations that come along with it."

After seeing the success of a speaker panel at the Gardens featuring residents with different types of diabetes sharing tips and tricks they have learned throughout their journeys, Pat and Gary decided to start a support group that meets in the **Richards Community Room** of the Evergreen Commons for impacted individuals. "It's such a relief to talk to other people who understand the challenges, share resources and personal experiences, and give affirmation," said Pat. "Some people are reluctant to talk about their diagnosis," shared Gary, "because, aside from the day-to-day issues of dealing with the practical aspects, there are also emotional and social issues with chronic disease. This is space where people can appreciate what you are going through. Hopefully, there will be positive takeaways that impact your philosophy of life and help you as you seek whole-person wellness."

Bonnie Busenberg, a long-time mat Pilates instructor and self-professed eclectic athlete, is delighted about the **Tom and Kate Stoever Pilates Studio** where you can focus on the complete coordination of



Resident, Jane Park Wells on the right, discusses her culinary options with a dietitian at a recent Health Fair held in the Richards Community Room, a part of the Wellness Center.

body, mind, and spirit. "Pilates is not just well-body exercise, but exercise as medicine to help you recover," said Bonnie. The studio's fundamental machine reformers, Pilates chairs, spring walls, and mat-based classes provide for a variation of exercises accommodating a need to stand, sit, or lay down to achieve results. "Pilates is great for all levels of fitness. It allows you to focus on a wide range of motion to mobilize multiple parts

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Our Pilates trainer, Maura Riley, works with individuals and groups on strengthening their bodies and minds by using our top-quality reformers and top-notch instruction.