

Village Living

Volume 7 Issue 5

Walnut Village Retirement Community

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Orange County's most award-winning continuing care retirement community.

Life Enrichment and Wellbeing Go Hand in Hand at Walnut Village

Whether it be the community's newest boxing class, Wii Bowling, an excursion to a local museum, yoga class or a lecture series about Anaheim's best local artists, Walnut Village Life Enrichment Director Judi Marsh and Wellbeing Director Ryan Fillingane work together to bring the best life enrichment experiences to residents.

"Life enrichment at Walnut Village is about offering opportunities to residents that are meaningful to him or her," Judi said. "Our residents are key to the



programs we create. We ask residents about their passions, needs and desires and create engaging Life Enrichment programming with them."

Judi and Ryan often work together sharing information about what residents would like to experience at Walnut Village. Ryan distributes surveys

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Enjoy Village Life Today!

Be our guest for a tour and lunch at Orange County's most award-winning continuing care retirement community. The weather is delightful and there is always something to enjoy at the Village. We have a limited number of accommodations available so schedule your tour today by calling **714-507-7005**. Let us show you how great village life can be!

Village Lifestyle:

See Some Old Friends or Make Some New Ones at The Nutshell

“The Nutshell” at Walnut Village is not only a store where residents can pick up sundries, snacks and small gifts, where they may run into an old friend or make a new one.

Before and after lunch is the busiest time at The Nutshell, because it’s located right next to Mosaics bistro in the heart of the village square.

“We have all kinds of shoppers,” said store volunteer Chris Caldwell. “Some residents come in every day and buy something. Others come in and look around and others come in just to visit. It’s a very social place. We’re open every day. Residents drop in for some candy, personal items, a last-minute gift and a lot of times just for some lively conversation.”



“Our store is not only nice but convenient,” said resident Terri Chun. “It has many beautiful items and friendly faces.”

“The most popular items here are the greeting cards,” Chris said. “We have some unique and funny ones that always put a smile on residents’ faces. Watches also seem to sell very well because they are so cute and unique. But my favorite thing about the store is when residents drop by just to talk.”

The Nutshell is entirely volunteer operated with all proceeds benefitting California Lutheran Homes *and Community Services*, Walnut Village’s philanthropic partner that serves residents and the community in a variety of ways.

Meet Nadine Roisman, Walnut Village Executive Director

Walnut Village Executive Director Nadine Roisman is a social person.

“That’s the best part about my job,” Nadine said. “The residents are very social too so I love talking with and serving them. Front Porch’s philosophy is that residents are at the center of all we do. That made Walnut Village the perfect fit for me.”

Born in Dublin, Ireland, Nadine moved to the United States when she was nine. Now a resident of Manhattan Beach with her husband and two children, Nadine

came to Walnut Village from a skilled nursing center in Southern California and before that, from Los Angeles Jewish Homes where she spent eight years.

“We have incredible residents here,” she said. “They feel fortunate to be here and so do I. There is an incredible connection between residents and staff that I love.”

Since arriving, Nadine has made many positive changes. She has increased the number of automatic doors at the Village for resident convenience, has implemented a



“Get to Know You” resident survey and has asked all of her directors to meet with residents regularly in their homes to get to know them better.

“My goal is to get to know every single resident here and for them to

DIRECTOR CONTINUED ON PAGE 4

Resident Profile

Walnut Village Busts Retirement Community Living Myths for McCaugheys

A little over a year ago, Bill and Jan McCaughey had a life changing moment that convinced them that retirement community living was the best choice for them.

“I had a nasty fall in my home,” Bill remembers. “Up until then I was convinced I would remain in my home for a long time, because I had a lot of misconceptions about retirement community living. I sure was wrong.”

After realizing their house was too large, too costly to maintain and potentially dangerous, the couple began their search for their new home. Living in Anaheim Hills for the past 29 years, they knew they wanted to stay local.

“We visited several communities in the area and they were all very large and beautiful but Walnut Village was smaller,” Bill said. “That’s what we liked. A place that felt like home. And the fact that Walnut Village is a continuing care retirement community made all the difference to us in case our health needs change.”

“We were overwhelmed by the friendliness here,” Jan said.

It was also fortuitous that old friends were already living at Walnut Village – Ed and Elizabeth Ogle. The Ogle’s gave the McCaughey’s an “insider’s” view of “Village life,” explaining that if they move in, they will be surprised by a lot of things.

“I remember Ed telling me ... ‘You won’t see a bunch of people sitting on porches in rocking chairs.’ He told me this was a place that he was sure I would enjoy and to get ready for the best years of my life,” Bill said.



And Ed was right. Since moving here in May, the retired businessman and teacher have enjoyed the welcoming environment. Bill spends his days with the Walking Club or doing pool exercises. Jan enjoys sculpting in Clay’s art studio or in flower arranging classes at the Lifelong Learning Center. Both enjoy traveling, so they are thrilled Walnut Village’s life enrichment team has plenty of excursions on the calendar including an Alaskan cruise, Steinbeck Country Tour and a trip to Catalina Island.

“But the best thing we enjoy is the food,” Jan said. “It was one of those pleasant surprises that Ed told us to expect.”

“I’ve never seen a better menu,” Bill said. “I was amazed. We have not eaten this well in our lives. The choices and variety are amazing.” Bill said his visiting friends are also impressed. “We hosted a dinner party

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to discover resident desires and has informal conversations with them about their favorite wellbeing programs. Judi holds monthly meetings for resident suggestions. They try to schedule activities so that residents can participate in as many or as few as desired.

“Recently we started a boxing program with a handful of residents,” Ryan said. “The goal of this program is to improve balance, improve hand-eye coordination, and decrease reaction time. Let’s just say it’s been a “hit” with the residents.”

Judi says residents love the excursions away from the Village such as recent trips to the Grand Canyon

and Monterey Bay. “We’re also planning an Alaskan cruise,” Judi said. “Residents are looking forward to that. All of our destinations are resident requests.”

Judi and Ryan make sure any programs they develop are either open to all levels of ability or they create alternate programming to make sure all residents are able to participate.

Walnut Village’s life enrichment and wellbeing programs are designed around six dimensions of whole-person wellbeing: physical, intellectual, emotional, social, spiritual and vocational. “Wellbeing is about connectedness,” Judi said. “It’s our job to make sure residents experience that and are inspired to pursue their passions at Walnut Village.”

know me and my staff,” she said.

If there is any doubt, just drop by the Red Chair lounge during Happy Hour where Nadine is a frequent visitor.

In her spare time, Nadine enjoys movies, reading and knitting.

here for a group of friends and they were shocked at how good the food was. The staff went all out for us and we appreciate that. Walnut Village has a customer service philosophy that we appreciate.”

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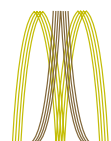
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