

Pat Beery and Shirley Forden – 70 years of friendship.



## Sorority Sisters

### You've Got a Friend in Me

Friendship is special and precious. It feeds our soul, comforts our spirit, and inspires our intellect. As one of life's great joys, good friendships should be celebrated – especially ones that last a lifetime.

For Pat Beery and Shirley Forden, their friendship spans 70 years, and it all started on the campus of UCSB as members of Sigma Kappa, one of the oldest sororities in the country.

In the 1950s, UCSB was known as Santa Barbara College of the University of California. During the post-war years universities expanded access to education, especially for women. In those days, Pat says women had fewer choices. "An education gave us opportunity and independence." For Shirley, the sorority was a vital part of her experience, "We supported each other as we chased our dreams."

Sigma Kappa offered an important social network for members, many of whom were away from home for the first time. "We worked hard but we also had fun," laughs Shirley. They have fond memories of their time on campus and enjoyed going to dances together. Occasionally, Pat would invite her brother along as an escort. "Of course, he loved it. I introduced him to his future wife, another one of my sorority sisters."

Both women felt fortunate to be able to continue their education and were determined to make the most of the opportunity. Shirley graduated as an Art Major in 1955 and taught art in middle school. Pat graduated in 1956 with a degree in Early Childhood Education and became an elementary school teacher.

They are proud of their accomplishments and proud to know their example inspired future generations of women in their families. Pat's daughter had a lengthy career as a teacher in the California public school system and Shirley's granddaughter has recently taken up a teaching post in New York City.

Over the years, they stayed in touch socially and through the Sigma Kappa alumni association where they helped to raise money for charity. "We organized an annual Boutique Fair," says Shirley, "it was a going concern." The Fair offered handmade items from local artisans and craftspeople and Pat says that the focus on the community was a key to its success. "People loved it."

The bonds of sisterhood remained strong through the years and paid

Pat and Shirley say they love the lush garden settings at The Covington.



dividends again later in life. For each of them, the time came to plan their next move. Pat said once she stopped driving, she felt isolated in her own home. For Shirley, her family was anxious about her daily safety as she aged. "They we're constantly wanting to check on me."

The women had a mutual sorority sister who lived at The Covington in Aliso Viejo, and occasionally they would visit. "We would dine together in the on-property restaurant, and I was always so impressed by the delicious food," says Pat.

The quality of dining and accommodations, the vibrant lifestyle and continuum of care were all important factors in the eventual decision that each woman made to make their home at The Covington. Having friends already living on campus made the transition that much easier. "It almost feels like we are back at our sorority house," Shirley says, "but with more comfortable beds!"

Since moving in, the women say they now feel much more at ease and relish the active, social opportunities that The Covington provides. "There is so much to do here," says Pat. For Shirley, the variety of on-site facilities and The Covington's Creative Living

philosophy of life-long learning, were also important considerations. "I so appreciate being able to continue to paint and make pottery."

Pat, who moved in last year, has since met another old friend already living at The Covington. "I had not seen her in years. It has been so wonderful to reconnect and catch up. I know I am not the only person who has had this experience."

The Covington is a member of the ECS family of campuses for active seniors. Founded on four commitments – choice, creativity, confidence, and connection – ECS has been at the forefront of senior living in Southern California since 1923.

### CHOICE

At The Covington, your journey can be as adventurous or easy-going as you want. A maintenance-free lifestyle means freedom to create your future, pursue your passions and enjoy active independence. Our residences, villas, and cottages offer floor plans for all needs, freeing you from the worry of having to move again. With services to ensure your comfort and mobility, and amenities to keep you active and inspire learning, here, life is what you make it.

Like many ECS campuses, The Covington is a Life Plan Community. Choosing a community like ours ensures a plan for your care needs – now and in the future – with a focus on pro-active wellness and a continuum of care. Making your home here also provides peace of mind, knowing you do not have to move should your needs change.

### CREATIVITY

Our Creative Living philosophy drives life-long learning, growth, and social and cultural connections. Here, you will find the settings, services, and amenities that support fun, fresh opportunities for self-expression and discovery. Choose from fitness for all levels, theater and singing groups, and art and dance classes – all available on campus. If you need more inspiration, our communities are conveniently located near many of Southern California's celebrated cultural destinations.

Staying healthy and active is always better with friends.







*There are so many activities to enjoy and always something new to learn.*

## CONFIDENCE

Confidence is everything. As a non-profit organization, ECS is continually reinvesting to improve infrastructure, services, and programs. No matter which Life Plan community you choose, you will experience relaxed, maintenance-free, sophisticated retirement living. With one of the highest credit ratings in the industry, ECS offers the security, services, and peace-of-mind that allows you to enjoy all life has to offer.

## CONNECTION

The strength of a community is the strength of its people. Relax over morning coffee with friends, take a class, attend a lecture, and delight in live entertainment. Here, your social life is as vibrant as you are. Or contribute by serving on a resident club or leadership committee. Our "Resident Centered, Staff Supported" approach means you enjoy the full spectrum of quality-of-life benefits that comes from calling a Life Plan Community home. It is an environment that allows you to flourish and be your very best.

For Pat and Shirley, the choice, creativity, confidence, and connection they enjoy at The Covington has been life changing. "I eat better, sleep better, and live better," says

Pat. "And we're having more fun than ever," says Shirley.



## ABOUT US

The Covington offers exceptional continuing care, retirement community living in a secure, gated neighborhood in Aliso Viejo, Southern California. Our relaxed, maintenance-free, resort-style accommodations, and active campus environment offer the perfect place to continue your journey of a life well-lived, on your terms. Contact us today to learn more.



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*The culinary team at The Covington delivers inspired dining for the discerning palate.*