



Winter Newsletter

February 2023

We Are All Connected

In 2023, ECS is celebrating 100 years of providing exceptional communities and services for seniors in Southern California. A century's worth of experience has given us many insights into the ingredients that enable older adults to thrive, including the importance of connection.

Connection is a foundation of our nonprofit promise and all ECS communities provide daily social opportunities for discovery, learning, and fellowship. At ECS, "staying connected" means sharing our stories, enjoying new experiences together, and being there for each other – in good times and when facing challenges. Ultimately, connection helps us both collectively and as individuals.

Creating tailored housing and engaging programs for seniors is a cornerstone of the ECS mission and is integral to helping older adults stay connected – with friends, neighbors, and the greater community. This past quarter has seen many positive developments:

- The ECS and MonteCedro Boards authorized the merger of MonteCedro into ECS – effective June 30, 2023.
- MonteCedro is in the early stages of preview for 40 additional luxury apartment homes, including an additional restaurant, amphitheater and outdoor venues. Deposits have been secured on more than half the new homes, and groundbreaking will take place in Spring.
- Because of ECS's consulting services, St. Joseph's Church in Buena Park received funding for the construction of an affordable housing community.

As ECS embarks on the next century, our focus will continue to remain on the people we serve – residents, their families, and the greater community – and our connection to them.

James Rothrock
President and CEO



Highlights

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Staying 'connected'

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The Covington

Staying 'Connected'

In the neighborhood

Today's seniors are a savvy bunch. They understand the modern world, use email and chat on Zoom with friends and family. Many even spend time on social media. But experience tells them that as convenient as the online world is, to truly 'stay connected', one must get out into the world. This is why, at The Covington, there is always an adventure to be had.

Recently, a number of residents spent the afternoon at Laguna Art Museum. The highlight was viewing the exhibition of Robert Young and his famous painting, "The Big One", depicting the colorful underwater world of the California coastline. At an impressive 9 x 15 feet, it draws you in with inspiring detail.

Tracy Beam, Director of Creative Living at The Covington says residents are always coming up with new things to do. For Tracy, it is another example of

the benefits of an ECS Life Plan community. "So many first-time visitors tell me this is the most active group of seniors they have ever met. And I can tell you, it's true!"

TwelveOaks

A Neighborhood Icon

Generations of Community

Twelve Oaks, set on five gorgeous park-like acres, has been a part of the Glendale community for more than 80 years.

Known originally as the Twelve Oaks Lodge, the community began when James and Effie Fifield donated their 13-room home to the Verdugo Hills Sunshine Society for the purpose of providing exceptional accommodations for the elderly.

Over time, a charity was created. With funds donated by the City of Glendale, a new residence hall was built. Later saw the construction of additional apartments. Throughout the decades, Twelve Oaks has hosted many events and fundraisers



and played an active role in the greater Glendale community.

That connection to the community has continued in this century under the stewardship of Executive Director Denise Gotto. She says its success and longevity is due in part to the strong neighborhood ties. "When people move here, they still feel connected to the wider community. It feels like home."

The Canterbury

A Lifelong Connection

Friendship Inspires Community

Pat Wright and Kathleen Donlevy have been friends for more than 50 years. They met in the early 1960s in California when both were members of the PEO Sisterhood, the U.S.-based philanthropic organization dedicated to providing educational opportunities for women around the world. "Education is so important," Pat says.

Soon, both married and started a family and their husbands' work as aeronautical and metallurgical engineers took them around the country. "But we always stayed in touch," says Kathleen. Both families eventually settled back in California and the women became fast friends once again.

Decades later, with the help of her daughter she chose The Canterbury. "Now, everyone I know wants to move here too," Pat laughs.



In fact, Kathleen and her husband moved in two years later. “Having a friend like Pat here already made the move much easier,” Kathleen says, “but everyone is so friendly.”

“This is the place for me,” Kathleen says. Pat concurs, “I love it here.”

MonteCedro

Stories Around the Table

How Food Connects Us

Around the world, the kitchen represents warmth, love, and nourishment. It is the heart of the home, where family, friends, and neighbors come together to share food and each other’s company. The sustenance we gain comes from both what is on the table and those around it.

Food is something we all have in common and at MonteCedro, as with all ECS communities, the goal is to create memorable culinary experiences. James Shiue, Executive Chef at MonteCedro says it is something he takes to heart. “Meals should be one of the best parts our day.”

Variety is also important, and James and his Culinary Team are always adding new items to the menu.

ECS communities, including MonteCedro, take the quality of food seriously, sourcing local fresh ingredients as much as possible. “It has better nutrition, and it just tastes better,” Chef James says. MonteCedro residents Hugh and Marleen Scheffy say they can taste the difference it makes. “The menu changes daily and everything is fresh and absolutely delicious.”



Why Connection Matters

The idiom ‘no man is an Island’ is from a sermon given by John Donne while Dean of St. Paul’s Cathedral in the 17th Century. The sermon was about how deeply connected human beings are to each other and how important connection is to our personal wellbeing. Connection is the glue that both holds us together collectively and uplifts us as individuals.

At ECS, connection is fundamental to our nonprofit mission and values, and guides us in all that we do. Each of our communities offers a robust array of social events and outings, artistic pursuits, and daily opportunities for lifelong learning. At its essence, social connection is about our health, wellness, and wellbeing.

Connection comes in many forms. Whether it is taking a class, sharing a meal, traveling, or even time spent with a good book, when we make time to share the experiences of life, we enrich not only others, but ourselves as well.

Our Stories



The People We Serve

Terry Quigley has been the Senior Vice-President of Operations and COO for more than seven years. A licensed Nursing Home Administrator, Terry has decades of experience in senior healthcare, including her previous role as Executive

Director of The Covington, our Life Plan community in Aliso Viejo. Her background has given her insight and perspective on the needs of seniors and how the ECS nonprofit mission helps to fulfill them.

"First and foremost, our focus is on providing exceptional communities and services for seniors," Terry says. "Our residents enjoy a unique blend of lifestyle, care, and connection that extends beyond the normal parameters of other Life Plan communities."

The ECS nonprofit mission also serves the families and friends of ECS residents. "Our communities are designed to help older adults continue to thrive and live their best lives," Terry says. "For families, knowing their loved one is in a safe, vibrant community provides tremendous peace of mind."

Active participation in the greater community is another important aspect of connection at ECS and Terry believes it is an essential part of the ECS mission. "Our communities offer seniors so many ways to remain active and continue to contribute," she says. "Social connection is key to emotional wellness, at every age,"

MORE READING

The Power of Story - Our latest blog highlights the Resident Speaker Series at MonteCedro.

www.ecsforseniors.org/blog

Upcoming Events

Montecedro Phase II Preview

February 21, 2023 @ 10:30 & 1:30

Come learn about MonteCedro's new plans! Nestled in the foothills of the San Gabriel Mountains, our Senior Living Community is building 40 new luxury lifestyle residences, with amenities

including a restaurant, amphitheater and outdoor spaces.

Reserve your place today and discover all that awaits you. To register, visit:

ecsforseniors.org/events