

# Fall Newsletter

Nov 2023

## The creativity in us all

This fall we celebrate creativity – the fuel that powers ECS’s mission. Creativity is about finding meaning and fulfillment in our lives. A desirable place to live, a social network, engaging occupational and pleasurable activities, wellness, and nutrition are the creative fabric woven together to enrich the lives of those who have chosen to live at an ECS community.

Our communities and programs are designed to inspire creativity. The ECS Creative Living program is a resident-led, staff-supported program that provides residents with an opportunity to explore their passions or discover new ones with our robust array of events and outings, educational and artistic pursuits, and cultural and social activities.

In October we recognized 100 years of creativity at ECS legacy celebrations. About 500 guests attended ECS’s three centennial anniversary celebrations. Among the guests were past and present board members, Bishop Taylor, city and county officials, development partners, and ECS’s past two CEOs. It was a wonderful surprise to receive achievement certificates from supervisors Kathryn Barger and Janice Hahn.

Creativity inspires us every day, and as we begin our second century, we look forward to even more opportunities to celebrate the creative spirit in us all.

James Rothrock  
President and CEO



## Highlights

This newsletter features stories of creativity throughout our communities.

### The Covington

The fun of the Follies

### Twelve Oaks

Oktoberfest celebration

### The Canterbury

New art studio

### MonteCedro

The art of community

### The ECS Gallery

Images from around the communities



## The Covington

### The fun of The Covington Follies Skits and songs on stage

Every year, a creative group of people get together to plan, rehearse and perform The Covington Follies — an eclectic series of songs, skits and more. It's a favorite evening for those on stage, behind stage and in the audience.

The Covington Follies is created by Ginnie Somerville, who became a resident of The Covington 15 years ago, and Elaine Ockner, who has called The Covington home since 2017.

The Follies begins with a sign-up sheet that is posted about three months before the show. "Then we meet and let people know their time commitment and hear what they want to perform," Elaine says. Some people sign up with just a germ of an idea, and Ginnie and Elaine flush out the idea into a piece.

"We have a lot of different acts. Some do soliloquies. The ukulele group performs. We even have two professional actresses," Ginnie says. About 25 people participate and for some, it's their first time on stage.

Schumacher Concert Hall holds about 125 audience members, and on the night of The Follies, it's standing room only. This coming year, The Follies will take place in April. Sign-up sheets will go up in January. Be sure to join.



## Twelve Oaks

### Oktoberfest at Twelve Oaks Raising a glass to the season

Each month is a new reason to celebrate at Twelve Oaks. Erika Rivera, Life Enrichment Director, has been with the community for six years. One of the favorite parts of her role is weaving crafts and activities with food and drink to bring seasonal celebrations to life.

Recently, Erika hosted Oktoberfest for the residents. "I like providing an opportunity for our residents to socialize, have fun and maybe try something new," she says.

Creativity was at the heart of the event, which began with a morning of arts and crafts. Residents came together to make welcoming wreaths for their front doors, reflecting the season. They wove blue gingham ribbon with red hearts and actual pretzels to create distinctive entries to their homes.

Lunch extended the theme of Oktoberfest, with a menu of German potato soup, German sausages and cabbage. Supporting the theme, the afternoon included beer tasting. "We had German beers for the residents to try," Erika says. And like Oktoberfest in Munich, there were pretzels to accompany the beer.

The residents love these celebrations. In addition to a new appreciation for the nuances of one of Germany's most celebrated exports, there are distinct and creative wreaths now adorning doors throughout Twelve Oaks. That's a reason to say "Prost!"



## The Canterbury

### Refreshed art studio A place for connection

Sometimes it takes a creative space to inspire the creativity within. Residents of The Canterbury are now experiencing this inspiration first-hand with their newly refreshed art studio.

The space was recently refurbished with multiple tables for collaboration, a great "bean to cup" coffee machine to fuel the creativity, and newly added wall space to feature residents' artwork.

"The art studio now has the feel of a café where you want to spend time," says Diana Ernandes, Director of Creative Living. A range of classes take place in the studio. One of the most popular is Fun to Create with Susan, a monthly class where residents learn new crafting skills including blanket making. There is a printmaking class where participants working with paper media recently created their own handmade cards. In addition, talented resident artist Diane Atkatz has started leading a painting workshop.

"More residents find the new space a great place to congregate and socialize," Diana says.

The studio is also set up to welcome residents' grandchildren after school. "We have games and puzzles available as well as art supplies for painting," she says.

"Having a room that's uplifting and welcoming helps people be creative," Diana says.

## MonteCedro

### The art of community Inspiration behind the creativity

MonteCedro's commitment to creativity is on display for all to see. The community has an impressive collection of about 500 works of art. "We have paintings, textile, photography and ceramics," says resident Kathy Brunkow.

One of the artists with the greatest amount of work on display is resident Pat Tom, who moved into MonteCedro in 2016. Her Chinese fine line brush paintings are exquisite and capture the beauty of nature. Pat took up Chinese brush painting about 35 years ago. "I learned the importance of understanding the difference of the trees and the leaves and the plants," Pat says. She has donated about 50 pieces to the MonteCedro collection. Now Pat creates art from elements of nature she finds in the community. "I appreciate nature and all it has to offer."

Kathy, who moved into MonteCedro with her husband Tom in 2017, is an artist herself. She has drawn and painted her entire adult life, capturing images from her time in the Peace Corps and beyond. She recognized that while residents were surrounded by art each day, they may not know its story, or understand the work, so she started Art Speaks, a resident-led art enrichment program. Every month a guest speaker such as an artist or curator discusses works and provides their perspective on art. "Art opens us up to seeing the world differently," Kathy says.



# Celebrations of a century

In the fall, ECS celebrated 100 years of providing exceptional communities and services to seniors in Southern California.

The celebrations were hosted in three communities, where displays took attendees through exhibits showcasing three chapters of ECS's legacy, starting with its origins, then its progress over the past century, and culminating with an exciting look toward the future.

"They were wonderful events," says James Rothrock. "I am thrilled that we had this opportunity to create and enjoy such a worthy tribute to the numerous lives touched by the Mission and Values of our organization over the past 100 years."

We thank all who attended the events and look forward to more milestones to celebrate.



MonteCedro



The Canterbury



# The Faces of Community

The Covington



Twelve Oaks



MonteCedro — Art and events, The Canterbury — Art Studio, The Covington — Follies, Twelve Oaks — Oktoberfest

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