



**Pictured above is my cousin, Dean Anderson, who lives in Pearland, Texas.**

He's holding up his scorecard and a celebratory glass of wine to toast shooting an 83 at Pearland Golf Club. Dean is 86, and in the world of amateur golf, shooting a score that is less than your age is a rare feat. The average golfer, of any age, shoots a 92. You might notice the forced smiles of Dean's buddies, who undoubtedly lost a few dollars on the match. They are also much younger than he.

Why am I telling you about Dean? First, it's an excellent way to embarrass him. More importantly, however, is to point out that he has one key ingredient for successful aging: attitude. Dean and his wife, Barb, who have been married for 60 years, think positively and have an active, engaged lifestyle. They travel, visit grandchildren and children, and do everything we all hope to do when we're in our 80s. Their attitude about life sets them apart.

It's not unusual for the Andersons to travel far and wide to play golf and visit friends. Similarly, residents in our communities stay active both mentally and physically, even if they can't travel as long and as far as they once did.

In our communities, team members provide stimulating surroundings so that residents can make the most of their abilities and strive to remain as active as possible. We



*Joe Anderson  
President, Seniority, Inc.*

want our residents to possess a vision of themselves as active and able individuals.

I learned in the advertising business that most people picture themselves to be 15 years younger than their chronological ages. As a result, residents who are 85 see themselves as being about 70. Hopefully that vision reminds them of a time when they were still traveling and enjoying experiences.

We all know the old saying, "you're only as young as you feel." Dean Anderson and many others give us a great vision of how well we can feel at any age.

*Joe Anderson*



**TEAM MEMBERS, FAMILIES PREPARE FOR PAINTBRUSH OPENING**

**Paintbrush Assisted Living and Memory Care was still under construction when they visited this spring, but for Diane Breuer and her mother, Cornelia Sauble, the community already felt like home.**

"We first noticed the open atmosphere and local photography when we toured the community," Breuer says. "Then some of the team members began

discussing ways my mother, who is in the beginning stages of memory loss, could get involved."

Dozens of other seniors in the Fresno, California, area and their families will experience this inviting culture when the 74,000-square-foot community opens in August.

With architecture and decor inspired by Yosemite National Park, the 100-apartment community features an outdoor pizza oven, dog park and artwork from local and international photographers, including Galen Rowell and Ansel Adams.

In preparation for the grand opening, team members have been

discovering how to create one-of-a-kind experiences for residents, families and guests. Their training is guided by Seniority Spirit: the attitude, behaviors and standards leading to exceptional service.

"Everything starts with a smile, flexibility and a warm personality," says Ambrosia Harris, concierge. She understands the importance of customer service, adding, "I'm probably the first person that residents and guests will meet."

Gino Martinez agrees that flexibility and teamwork are vital. Although he is officially the environmental service coordinator, he'll assist with anything from housekeeping and laundry to safety and meal preparation.

"The culture here is more than just a title or a job description," Martinez says. "We all are responsible for every aspect of the Paintbrush experience."

Because her mother is a retired Air Force nurse who enjoys staying active, Breuer appreciates the variety of amenities at Paintbrush. She's also grateful that the community offers both assisted living and memory care, which will help during future transitions.

"My mother will also be closer to us," she says. "I think she'll be happy here."





## TRAVELER HAS PASSION FOR EXPERIENCES

### Dr. Bob Yonemoto loves to travel. Most recently, he saw the 2015 U.S. Open Championship at Chambers Bay in University Place, Washington.

"I am a golf fan from way back, I used to play golf and I enjoy seeing the professionals play in different tournaments," says Yonemoto, a resident at Nikkei Senior Gardens in Arleta, California, who has been to four U.S. Open Championships. "When the U.S. Open announced that they were going to have an open at Chambers Bay right outside of Washington it put a big spark in my mind because I have two daughters there." But the 2015 championship is just the latest journey in Yonemoto's

quest to experience the world. A passionate traveler, Yonemoto has been to more than 30 countries, including two trips to China and five trips to Japan.

While he caught the travel bug while attending international meetings as a surgical oncologist, most of his journeys have been after retirement, he explains.

According to Yonemoto, his favorite traveling partner is his wife of 61

*"One of my favorite places I've been was Israel because I am a Christian..."*

— Bob Yonemoto

years, and his favorite aspect of traveling is experiencing new cultures.

"One of my favorite places I've been was Israel because I am a Christian," says Yonemoto. "It was special



Dr. Bob Yonemoto

because I was able to walk the same streets that Jesus walked."

Another favorite trip? Visiting a patient he once operated on in Sibul, Malaysia.

"We had a great reunion and they prepared a great meal," he says.

At 93, Yonemoto doesn't let anything hinder his enthusiasm for travel and self-improvement.

"I had six months to get in better shape because there is a lot of walking at the Open," he says. "My goal was to walk three miles a day and though I never got to that point, I could do two miles per day."

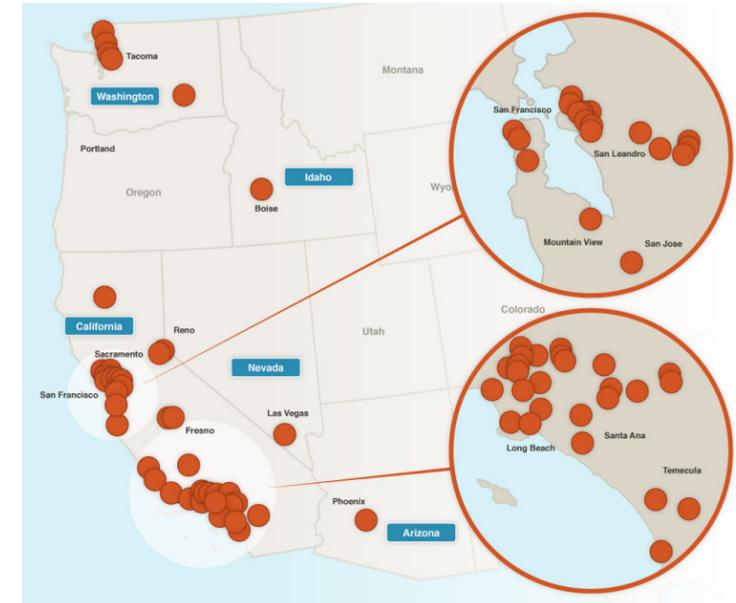
## Seniority Parent Plans Merger With Southern California Nonprofit

Seniority's parent organization, ABHOW, announced a planned merger with be.group of Southern California in 2016. The merger will create one of the half-dozen largest nonprofit senior living providers in the nation.

"We are merging to better serve older adults," said David Ferguson, CEO of ABHOW. "We believe a combined organization will have greater strength, stability, scale and resources to meet the changing needs of a growing senior living market."

For more information visit [www.abhow.com/onemission](http://www.abhow.com/onemission) or [www.thebegroup.org/onemission](http://www.thebegroup.org/onemission).

*The unified organization will serve residents in 83 communities across California, Arizona, Nevada, Washington and Oklahoma.*



### SENIORS VOLUNTEER ABROAD

#### Older adults are increasingly traveling and volunteering overseas.

Nearly 290,000 adults age 55 and older traveled abroad in 2012, according to the University of Illinois.

A growing number of international service organizations, such as the U.S. Peace Corps, are also recruiting older adults for service, especially if they have professional and specialized skills.

About 8 percent of Peace Corps applicants were over age 50 in 2012.

"Growing numbers of adults age 65-plus are going abroad to volunteer, partly because baby boomers have more free time with retirement and are interested in active engagement," said Benjamin Lough, a professor of social work at Illinois. "They spent their lives working and raising children, and now that they're retired, they want leisure, but they also want to give back while satisfying their thirst for adventure."