

Sel and Tom Behm Happy to Find Casa When they Did *Continued from page 1*

never realized there was so much to do. I could hardly wait to move in."

Soon after, a two-bedroom became available and the Behms moved in and were welcomed in a unique way.

"Sel is not a big breakfast eater, but I enjoy breakfast so I would come down to the dining room alone in the morning. We had only been at Casa a few days and a gentleman, who noticed I was alone, asked me to join him and his friends at the 'bachelors' table. I soon discovered there were other men in my position not just bachelors sitting there. I love sitting at that table every

morning. We have so much fun. It was wonderful how they approached me, a stranger at the time, and invited me to be part of their group. These are the kind of people who live at Casa."

And while Sel knew the time was right to live at a retirement community, she too was surprised by what she found at Casa. "Moving here was a healthful experience," Sel said. "It's been rejuvenating. We lived in a condo and found ourselves quite often just sitting around watching TV. Now, I attend exercise classes, current events classes and other activities. I think my favorite thing to do here is attend the concerts. And let me tell you

about that ... I knew there would be musical performances here but never imagined concert pianists who have performed around the world."

Life at Casa de Mañana is so inspiring, that Sel is looking into teaching dance to fellow residents.

"If I could tell people who are frightened about moving to a retirement community, one thing I would say ... you come here to *live* and associate with active people. We couldn't be happier."

"It's certainly made me younger," Tom added.

Casa de Mañana Named Best Retirement Community in La Jolla

Casa de Mañana's web site, www.casademana.org, recently received a Bronze award from the Mature Market Resource Center. The Center recognized Casa's web site as an Innovative Product or Service for Older Adults and their Families.

Entries from throughout the nation were evaluated by a

distinguished panel of judges. Using a rating scale of 1 to 100, each judge evaluated entries for content, creativity, and an overall assessment. The scores were then totaled and averaged. Silver, Bronze, and Merit certificates were awarded on the basis of these averaged scores. The Center is a national clearinghouse for media targeting the mature market.

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Casa's web site features resident stories about what they enjoy at the award-winning community. It also describes social opportunities available to residents, a history of the community including its early beginnings as a luxury hotel, a virtual tour of the community and a listing of events to which prospective residents are invited.

www.casademana.org

La Jolla, California 92037
849 Coast Boulevard

a front porch community

RETIREMENT COMMUNITY

Casa de Mañana



Tidings

Sel and Tom Behm Happy to Find Casa When they Did
Fellow residents immediately welcomed active couple

Like many active couples, Sel and Tom Behm were not convinced they were ready for retirement community living. But that changed once they discovered Casa de Mañana.



Tom and Sel Behm enjoy much about Casa de Mañana including the spectacular ocean views.

"It's hard *not* to like Casa," Tom said, "particularly the charm the old hotel brings to the community. The grand staircase, ballroom and the great views out to the cove were all part of Hotel Casa de Mañana in the old days and are still part of the community today. What a place to live!"

When the San Diego residents first inquired about living at Casa de Mañana there was a two-year waiting list. That was fine with Tom, who felt he was not ready to move in although Sel was all for it.

"While on the waiting list we became Casa de Mañana 'associates' which meant we were invited to attend events and got to meet residents while we waited to move in," Tom said. "That's what sold me. Everyone was so friendly and welcoming and I

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Casa de Mañana Named Best Retirement Community in La Jolla

Web site also receives honors from the Mature Market Resource Center

For an unprecedented tenth time, Casa de Mañana was named 'Best Retirement Community in La Jolla' by *La Jolla Light* newspaper.

La Jolla Light asked its readers to vote by paper ballot and online for their La Jolla favorites, such as, 'best place for live music,' 'best place to watch people,' 'best art gallery,'



'best restaurant' and ... 'best retirement community.'

Casa de Mañana beat out nearby competition White Sands and Seasons at La Jolla Senior Living. Awards are not new to Casa, which has also been recognized by the *San Diego Union Tribune*, *Ranch & Coast* magazine and the *La Jolla News*.

Union Tribune, Ranch & Coast magazine and the *La Jolla News*.

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Residents Enjoy New Service Bar in Upper Lounge

Casa de Mañana, La Jolla's award-winning retirement community located on the world famous Coast Walk recently debuted its service bar located within its popular Upper Lounge.

"We serve everything from coffee, cocktails and hors d'oeuvres to ice cream sundaes and rootbeer floats," said James Hoevertsz, director of dining services.

A popular resident gathering spot in the afternoon and evening before lunch and dinner, the lounge was remodeled in two phases. The first phase included new flooring, window treatments and lighting. Phase two was completed this summer when the service bar debuted. In addition to serving residents their



Casa de Mañana's Director of Dining Services James Hoevertsz, center, inaugurates the community's new service bar by treating residents with a fresh fruit plate and coffee. From left, Casa de Mañana residents include Jack Pugh, Dr. Ingeborg Dorostkar, Lucille Spitz and Lelia Kelly.

favorite refreshments, the service bar doubles as a service center for the adjacent Casa Madre Patio, where residents enjoy outside dining and special events.

Take Advantage of Casa de Mañana's 85th Anniversary Move-in Special

In honor of Casa de Mañana's 85th anniversary this year, the community is offering new residents a move-in special.

The world-class location coupled with an award-winning community offers residents the ideal retirement location.

"If they act now, new residents can begin fall surrounded by a community of friends enjoying a carefree lifestyle on the beautiful La Jolla coast," said Casa de Mañana Sales and Marketing Director Leigh Siso. "We have some incredible move-in specials right now but they will not last long."

To make the decision easier, the sales and marketing staff is available by appointment to give prospective residents tours of the community and answer any questions they may have about the award winning retirement community.

"Our experience tells us that accommodations do not last long, so it's important that those interested call as soon as possible," Leigh said. For more information or to arrange a tour, contact Leigh Siso at 858-456-4256 or 800-959-7010. You may also visit us online at www.casademana.org.



Casa Residents Stay Fit with Regular Exercise

Spa services including Swedish Massage also available

After having two hips replaced, Casa de Mañana resident Sue Meader was unsure how the surgeries were going to affect her mobility, balance and active lifestyle. But thanks to Casa's regular massage and fitness services, Sue and other residents with similar circumstances are thriving.

"I attend Pilates class two times a week and massage regularly," Sue said. "Exercise keeps me fit and it tones. It also gives me confidence. I'm not afraid of falling."

According to some studies, less than 30 percent of American seniors exercise on a regular basis. But maintaining proper fitness during the senior years is vital to maintaining strength, flexibility, and overall health and it can be lots of fun too!

"As we age, the body begins to slow down a little bit, affecting various aspects of our health," said Sheri Guzman, owner of Guzman Fitness and Massage, a consultant who offers Casa residents massage and fitness classes at the community. "My staff can create an individual program for each resident."

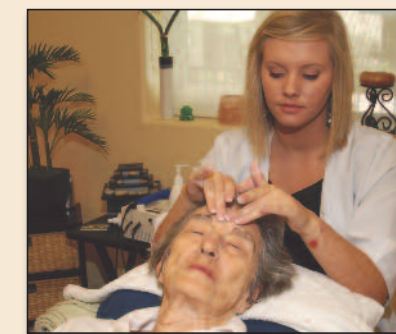
In particular, muscle strength, endurance, and flexibility begin to suffer. In fact, after the age of 25, total body strength decreases by 4 percent every decade, some studies state. This can make it more and more difficult to participate in daily activities. Regular physical exer-

cise can help to combat the loss of this muscle strength, and bring back much needed flexibility and endurance.



Resident Marilyn Stewart works out with a trainer in Casa de Mañana's gym.

Sheri's team of trained professionals combines fitness classes like balance training, Pilates, strength training with weights and Tai Chi with various spa services like facials, manicures, pedicures and various forms of massage developed specifically for the older body.



Resident Aurelia Brown receives a facial. Casa offers a full menu of spa-like services.

"It keeps me limber and balanced," said resident Aurelia Brown, who attends Pilates classes two times a week with Sue. "Regular massage takes the knots out and relieves stress and tension. And it's so convenient ... right here at Casa. All I have to do is put my robe on and come on down."

Casa de Mañana offers residents free fitness classes

seven days a week by appointment. Residents pay a small fee for massage therapy.

"Casa staff is really in tune with residents' needs when it comes to exercise," Sheri said. "They have made a commitment to improving their residents' health by having regular classes, dedicated fitness and massage rooms with all of the latest senior-friendly fitness equipment."

"Yes, regular exercise has kept me fit, but it also increases production of endorphins which also keeps me happy," Sue said.

