



# the lily pad

SUMMER 2017



*Instructor Mary Beth Hughes leads residents in dance. L - R Mary Clement, Mac Fry, Charles Bradley, instructor Mary Beth Hughes, Nancy Cooper, Etta Bell Rose, Marchia Trueblood and Judith Malear*

## Shall We Dance ... Sing ... Play?

It's Tuesday afternoon at Fredericka Manor. That means toes are tapping, hands are strumming and voices are lifted in song.

If you play an instrument, great! If not, that's okay too. If you sing, we welcome you. If not, we will encourage you. And if you want to learn the fox trot, rumba, Charleston, merengue or waltz we will teach you.

"Everyone is welcome," said Fredericka Manor resident Jerry Sokol, one of the founding members of the Fredericka Manor ukulele ensemble. "Anyone who has an interest in music or dance will find something they like here. We have a ukulele group, choir, guitarist group, and ballroom dancing just to name a few of the many

*DANCE continues on backside >*

Move into  
Fredericka  
Manor and  
Receive up  
to \$5,000  
in Savings!

You will receive these savings when you move into a one-bedroom cottage by October 31, 2017. Call today for more details at **619-205-4115**.

Tours are available seven days a week!

Monthly fees include flexible dining plans, scheduled transportation, housekeeping, SAVINGS *continues on page 2 >*



# Benefits of Retirement Community Living are Engagement and Peace of Mind, Radio Host Says

*'Money in the Morning' Star George Chamberlin entertains Fredericka Manor residents and guests*

Residents and guests recently received savvy financial advice on how to plan for the future plus insights into retirement community living from local radio personality George Chamberlin.

George, a financial writer, business editor and host of "Money in the Morning" on KOGO radio in San Diego, told a group gathered at Fredericka Manor that having a solid financial plan for the future is the best route to peace of mind for living well after retirement.

"People are living a lot longer, so it's important that you have a solid financial plan to keep you comfortable," George told his enthusiastic audience. "The best way to keep that nest egg growing is to diversify. With a solid base, retirement community living is a good option."

George added that older adults are the number one target in America today for financial fraud. "It's important that whomever you go to for financial advice that you make sure they are reputable and can be trusted," he said. "As a senior myself, I'm particularly sensitive and aware of this."

In addition to financial advice, George related some personal stories about his mother and how he wished she had moved to a retirement community like Fredericka Manor earlier. "I was always worried my mom was too isolated living on her own," he said. "Even though she had two sons nearby to look after her, I think living at a community like Fredericka Manor would have made a great difference in her life."

George said he would advise anyone to consider retirement community living because of the opportunity for engagement.

"Every time I come to Fredericka I'm impressed with how involved residents are," George said. "It gives family members peace of mind knowing their mom or dad are socializing and doing things they love. Many residents have told me that they live well at Fredericka Manor, benefitting from all that community life has to offer while living independently."



*SAVINGS continued from page 1*  
maintenance, basic utilities, linen service, plenty of creative, social and educational opportunities and more! Fredericka Manor requires no entrance fees. Call **619-205-4115** or look for us at [frederickamanor.org](http://frederickamanor.org).

# Salutes Not Necessary at Fredericka Manor for Former Marine and his Wife

After 35 years in the Marine Corps and working in private industry in San Diego, Robert and Sandra Schussler knew they did not want to leave the area following retirement.

"We love it here, especially the climate. It really is ideal. Although I was a Marine I knew I did not want to live at a military retirement community. Too much saluting," Robert said with a laugh.

So after visiting several San Diego retirement communities, they chose Fredericka. "We just love the cottages here," Sandra said. "That was a major factor. We are not apartment people."

"It's the best of both worlds," Robert said. "Fredericka is very informal and an easy place to make friends. There are many former military here. It's nice to have access to all of the military amenities close by, like the Naval Post Exchange, Naval hospital and the Marine Corps Museum."



*Robert and Sandra Schussler enjoy their cottage patio.*

On any given day, you will find Robert and Sandra enjoying a game of dart baseball (a favorite at Fredericka), attending a concert, socializing at daily happy hour, or volunteering at the nearby Pacific Southwest Railroad Museum.

As a good planner, Sandra says she has peace of mind knowing the Fredericka Manor Care Center is next door if ever needed. Sandra is also

impressed with the community's Truly Yours personal services program that offers assisted living and personal care services delivered to the privacy of your home at Fredericka Manor.

"That was something we found unique," Sandra said. "Truly Yours lets us stay in our cottage if we need a little extra help. Assistance comes to us."

"It's a good feeling knowing everyone looks out for each other here," Robert adds. "I notice that most people want to be here rather than need to be here. That makes a difference."



*Residents, from left, Ed Neuberger, Kent Curl, Vic Lehenbauer, Bob Mauricio and Dr. David Corbin attend choir practice, one of the many activities residents enjoy at Fredericka Manor (see article on front page).*

DANCE continued from front ›

musical opportunities.”

Jerry and fellow residents Charlie Bradley and Ed Neuberger stroll the campus with guitars and ukulele in hand serenading friends and visitors. Meanwhile, ballroom dance instructor Mary Beth Hughes teaches the latest dance techniques for all levels of ability and leads the Fredericka choir. Other residents like John Grover play the trombone and Lenny Goulis, who played jazz keyboard with Chic Corea and Fats Domino, delight residents with a few piano licks. Many just come to watch and listen.

“One of these days we’re going to combine all of our groups and get a little gig going,” said resident Etta Bell Rose, who plays piano for the choir. According to research, playing or enjoying music and dancing reduces stress, increases mental acuity, reduces pain, and generally lifts spirits



From left, Ed Neuberger, Jerry Sokol and Charlie Bradley stroll the Fredericka campus entertaining fellow residents.

among other benefits, But according to the participants, that’s not the reason to join in. -

“The most important thing to remember about all of our groups here is that our number one goal is to have fun,” Charlie said. “Whether you are a pro, a beginner, or have no experience at all, come join your friends. You’ll be tapping your toes before you know it.”

CA License # 374603402

We're an equal opportunity housing provider.



frederickam Manor.org

619-205-4115

Chula Vista, CA 91910

183 Third Avenue

a front porch community

Fredericka Manor  
RETIREMENT COMMUNITY



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
SAN DIEGO, CA  
PERMIT NO. 1415