



# A BRIDGE TO COMMUNITY

## PASADENA VILLAGE

### Member Connections: The Morrisons Plan Ahead

by Ann Riordan

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Pasadena Village members **Larry and Petite Morrison** hosted 26 Villagers as part of our very popular *Member Connection* series. Larry has been the principal of his own architectural firm for over 35 years. He co-founded the Arroyo Group with Jim Goodell, one of the Village's founders. The firm specializes in urban design and planning, which means Larry is the perfect person to redesign a home to maximize energy efficiency and eco-friendliness.



*Petite and Larry Morrison.*

Larry and Petite have recently finished a remodel of their vintage home with special care taken to enhance aging in place. The Morrisons' 1886 house began as a stately Victorian, but in a 1907 remodel the exterior was given a distinctly Craftsman look. The Morrisons bought the house in 1972 and

decided to complete the transformation to Craftsman. They opened up the small, box-like rooms to increase the flow of space. The rooms are pastel-colored to increase the illumination from a variety of Craftsman-style lighting fixtures.

Larry and Petite have also moved the home into the 21st Century. There are 11 video monitors in the house from which the Morrisons can control speakers, lights, air-conditioning and heat, computers, music, and other functions. The house has 39 solar panels, "which necessitate a good amount of tree trimming," reported Larry. "We can use ramps or stairs to get to different parts of the house. The landscape is sustainable, which means it doesn't use a great deal of sprinkler water." There is also an elevator that provides access to all floors. One bedroom is wheelchair accessible with a walk-in tub. All bathrooms have grab bars. "This is a house where we and our family members can age in place," concluded Larry.

### Member Artist Kay Snodgrass, Printmaker Extraordinaire

The Pasadena Village saluted member Kay Snodgrass at the opening of the third Members' Art Exhibit in late August. Kay's art will be on display at the office. It is remarkable, so drop by to see it. Kay was born in Bogota, Colombia and spent her childhood in South America. She loved to draw as a child. "I began drawing before I could read, encouraged by my mother who allowed me to color and draw on some walls of our house. The act of drawing has always been very fulfilling for me. It is an experience both joyous and tormenting." After finishing high school in Toronto, Canada, she moved to Boston, got married, had children and then attended Massachusetts College

of Art in Boston, where she received a BFA with a major in Printmaking. Further studies took her to Boston Museum School, Pasadena City College and Cal State Los Angeles. Her work has been exhibited nationally and internationally.

"I do all my own printing, and my editions are small. The imagery is detailed and usually representational, with limited color and always printed on fine printing rag papers. I like tools and texture and often combine etching and embossing in my larger prints," explained Kay.



## Change and Inclusivity

Dear Villagers,

I have enjoyed my first two months with you and am very happy to be here. The warmth and caring amongst you is wonderful and I appreciate your welcoming spirit. I sincerely want to meet all of you and hope you will call me if I haven't called you yet — (626) 765-6037.

I'd like to share part of my vision for the Village: Inclusivity. It's an important subject to me, albeit sometimes tough. I'll begin with the definition of *change*:

n. something made different: adjustment, development, innovation, transformation

v. make or become different: adapt, reorganize, regenerate

Change is hard because it is unknown, inevitable, and often uncontrollable. The course of aging can include adjustments that are sorrowful and painful. However, change also suggests positive outcomes: transformation, regeneration and innovation, to name a few. One thing for

certain is that change is essential to evolution. To paraphrase Eleanor Roosevelt, you gain strength and courage by every experience in which you must stop and look change in the face. *You must do the thing you think you cannot do.*

The Village is evolving. Sue has retired, I am here, and Rachel is moving onward and upward. I feel energy growing around making our community larger and more inclusive. Inclusivity means growth, and growth in new directions. You may wince at the thought but I hope you will try to embrace it.

Approaching the process with openness, acceptance, and understanding will help us all move forward. Won't it be interesting to hear different stories, learn new ideas and have a wider base of like-aged people to help each other? I know when we make the effort, it will happen.

Yours,

Peggy



## We Had a Good Time . . .

On a pleasant Saturday evening in July, six members gathered at the home of **Judith Lovely** and **Sam Losh** for a potluck. The food was tasty and imaginative — ziti lasagna, roast salmon with herbs, crabmeat mousse. The group was small enough to enjoy a single conversation for most of the evening, and they delighted in discovering common threads. Two women found that they'd attended the same college in the Midwest; others realized that they had similar careers; and one woman, a former teacher, taught at a school attended by another woman's child.

In August, members:

**Victoria Bell, John and Ida Hitchcock, John and Thelma Orr and Billie Spinat** attended a Pasadena POPS concert that paid tribute to iconic American jazz artists Ella Fitzgerald and Nat King Cole. Everyone got "In a Sentimental Mood."

Intrepid Village hikers fled the 100 degree weather in Pasadena for "cooler" climes at 6500-7000 feet in the San Gabriel mountains: **David and Margie Mason, Betty Medearis, Sally Asmundson, Sue Kujawa, Margo Halsted and Peter LeSourd**. The group made special note of the fact that it was Sue's first hike as a Village member. Special thanks to Sally, who drove all seven up the winding mountain road in her big minivan.

Nine Village members met Travel Buddy leader **Bill Jennings** at the Del Mar Metro Gold Line station to go tour the San Antonio Winery. Bill helped everyone load up Senior TAP cards before boarding the Gold Line for Chinatown, where the Buddies disembarked and hopped on a Dash bus. The winery was founded in 1917 by Italian Santo Cambianica, who named the winery after Saint Anthony, and is still owned by the fourth generation of the original founders. Said **Sue Kujawa**, "Most of us had never been in this area of Los Angeles and probably wouldn't have gone on our own. However, as our group of Metro travelers demonstrated — there is safety in numbers, and you are never too old to go on an adventure."



*Enjoying the POPS concert.*



*John and Ida Hitchcock, Mimi Davis, Linda Stowitts, Victoria Bell, Bea and Bill Jennings, Sue Kujawa and Jo Yeargin.*



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## Meet the Village~ Annette Spence

**Annette Spence** was raised in Chicago and lured to Southern California by one of the oldest and best advertisements for the area ever: The Tournament of Roses Parade. That particular New Year's Day, the parade was on the television showing off Pasadena's great weather, blue skies, gorgeous flowers, and it was 25 degrees below zero on the Southside of Chicago. Annette looked at her son and said, "We're moving." Her first job in the area was for the American Red Cross, but after four years she took a job with Los Angeles County. She retired in 2008 after 36 years. "Part of my county years were spent in the Department of Public Social Services, and in Los Angeles County Superior Court, and at the end I worked in the Los Angeles County Probation Department." Her clients often included high-profile newsmakers and the stress level was high. When she retired, she had a moment's pause. She had heard the rumors that retired law enforcement officers didn't live long after they left work and she determined that she was not going to be statistic — even an imaginary one.

But what to do? Annette started working with a non-profit called BetterInvesting, an organization that supports investment clubs and individual investors. She helped arrange their regional events and realized she liked the work and she was good at it. Her 70th birthday was approaching and she wanted to do something fun, something she had never done before. Well, she had never ridden in a limousine, so she decided to rent limo and take seven or eight friends and champagne to a nearby casino as a gift to herself. That's all it took. She started getting calls from friends who were not happy they hadn't been invited. She wound up with 20 people and two limousines and when the

night was over, "That was fun! So, what are you going to do next year?" When she turned 71, she took 30 people to Santa Anita Race Track and light was dawning. "Maybe this is my new career." *Vibrant Seniors Events* launched in April, 2014 and Annette couldn't be happier. She has taken groups on an African American History tour of Los Angeles, a Temecula Valley Wine Country tour, and a Catalina Island Tour, and to events at the Robey and Pantages theaters, and she has a full slate upcoming. You will find her at Christmas at Hearst Castle, Mardi Gras in Las Vegas and the grand opening of the National Museum of African American History and Culture at the Smithsonian in Washington, DC. She also plans weddings, parties, and corporate events.

Annette came to the Village for a couple of reasons. She realized that her own world could use some new faces. She also saw an opportunity to give back and signed up to work on the Village's Inclusiveness Committee. Her outlook on life is surely one we can all learn from: "Vibrant Seniors such as myself have expectations of wonderful, exciting, and sensational days. We have worked hard and now it's time to play hard! As for me, I raised my children; worked 40 hours a week for 50 years; then babysat, loved, nurtured, and chauffeured grandchildren for 16 years. These days, I am always ready for an adventure! Aren't you?"

For more on Annette's travel adventures go to <http://www.vibrantseniorsevents.com>.



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## . . . Here's What We Learned!

**Rhoda Cocca, Lisa Davis, Kitty Hall, Linda and Tom Stowitts, Marguerite Cooper** (volunteer) and **Nick Horman** (non-member) participated in a six-week-long fitness class call *Click to Fitness* taught by local Senior Girl Scout Mary Rose. She developed a curriculum that included different physical exercises paired with technology.

### A NEW WOMEN'S GROUP HAS FORMED

Former intern Jen Tracy-Duplass helped organize a women's group at the Village and it was so successful that a second group was formed to discuss topics affecting our lives, such as: 1) Have your relationships changed within your family, with your friends? 2) What are you doing improve yourself? 3) Where are you now at this stage in your life? Leadership of the group rotates at each meeting.

After many years of living, we feel we have come to a place in our lives that needs examining. Most of us, though from different backgrounds and locations, are facing the same questions and problems and, yes, joys. We know each other well enough now that we feel comfortable opening up and sharing. There are nine members of the Women's Group with room for six more. We meet every other Monday from 1:30 - 3:00 PM. Those who are interested in joining this group should get in touch with the Village Office.



*Ann Riordan, Shizzie Akasaki, Ida Hitchcock, Thelma Orr, Anda Andersons, Rhoda Cocca, Winn Krafton, Bonnie Armstrong and Bea Jennings.*

A. Riordan

## THE PASADENA VILLAGE

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### NOTICES

Meet Me at the Village every third Friday at 10:00 AM. Find out how you can get involved at this informal gathering. You may even make a new friend!

Keep an eye on our [Facebook](#) page for details about upcoming Educational Programs.

Come visit our table and learn about other local resources at "Caregiver Resource Day" on October 18. Pasadena Jewish Temple & Center, 1434 N. Altadena Drive, Pasadena, CA.

Altadenan **Andrea Cabrera** is our new intern and a second year Master's student at the USC School of Social Work. Stop by to say "Hello!"

You can support the growth of our caring community by visiting [www.pasadenavillage.org/donate](http://www.pasadenavillage.org/donate).

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### Remembering Neal S. Bricker

**Neal S. Bricker, MD**, an internationally renowned physician, devoted husband and father, died of natural causes on May 4, 2015. Dr. Bricker was a pioneer in the field of renal pathophysiology, and was nominated for the Nobel Prize in 1974. His wife Ruth characterized him as "the most loving, kind, charming, compassionate, supportive, attentive, generous husband...and he could dance!"

Neal is survived by his wife Ruth; his daughters, Dusty (Dale) Bricker, Cary Alison Bricker, and Suzanne Lynn Bricker; his son, Dann Baker; his son-in-law, Jay Leach; and his grandson, Max Michael Bricker.

### *Please Welcome Our New Members!*

#### **AUGUST**

Bill Vincent

Judith Johnson

Linda Simmons

#### **SEPTEMBER**

Farina Chhabra

#### **THE PASADENA VILLAGE**

236 W. Mountain St., Suite 104

Pasadena, CA 91103

(626) 765-6037

[Peggy@pasadenavillage.org](mailto:Peggy@pasadenavillage.org)

[Rachel@pasadenavillage.org](mailto:Rachel@pasadenavillage.org)

[www.pasadenavillage.org](http://www.pasadenavillage.org)