

MRC



SPRING 2026

Life



A Message from MRC's CEO

The Spring issue of MRC Life is my favorite as we recognize some special people...our employee award recipients and donors who support the mission of MRC. As I have stated before, it is our people that make MRC a remarkable organization.

As you read about our ICARE Champions, it is easy to see why they were recognized by their peers as examples of Integrity, Compassion, Accountability, Respect, and Excellence. These team members "get it." Every day they go above and beyond to make life good for our residents and those around them; it is more than a job for them, it is purpose-driven work. Congratulations to our ICARE Champions!

Another special group is our Service Award recipients. These team members have given 20-35 years of their work careers to MRC. I am humbled by their commitment to service and am honored that they choose to work for MRC.

Finally, I want to thank our 2025 donors who chose to support MRC in fulfilling our mission to honor and serve older adults as an expression of Christ's love. Through your generosity, we were able to:

- Grant financial support to 119 residents who could not afford their care through our Covenant Fund.
- Assist 22 employees facing unforeseen hardships through our Employee Emergency Fund.
- Provide day respite services at The Gathering Place in Huntsville, TX.
- Provide 65 educational scholarships to employees through resident-led programs.
- Complete a major remodel of Bunch Woodview Memory Care Center.
- Add additional emergency generator capacity on a campus
- Purchase new buses for resident transportation.
- Fund countless initiatives that make life better on MRC campuses.

Thank you, donors for making MRC a part of your charitable giving!



A handwritten signature in dark ink, appearing to read 'Alan Brown', written in a cursive style.

Alan Brown
President and CEO

Our people are what make MRC special...residents and staff coming together to form bonds that bring out the best in life. This is the time of year when we celebrate some very special staff members. On their very first day of employment, our employees learn about our ICARE values(Integrity, Compassion, Accountability, Respect and Excellence) and what that looks like as they serve and make life good for our residents.

Every year employees nominate their peers who have been observed exhibiting these values consistently as they carry out the duties of their jobs.

After nominations are made, to keep the competition fair, the names are redacted to then be reviewed by a committee as anonymous submissions. This committee reviews all nominations and selects the most outstanding to be named ICARE Champion for that campus.

When members of the management team are nominated, their submission goes into a state-wide group to select the winner from the management group from all communities.

ICARE



CHAMPIONS



Gabe Montez
CHAPLAIN

Gabe is the recipient of the 2025 MRC Leadership ICARE Champion award. He is a trusted spiritual leader at The Langford whose presence brings comfort, encouragement, and joy to residents, families, and staff alike. From his earliest days on the job, he has shown up fully—offering prayer, support, and compassion during moments of crisis, loss, and celebration. Known for his integrity, dependability, and deep respect for others, Gabe meets people where they are and creates a safe, welcoming space for honest conversation and healing. Whether leading Bible study, mentoring staff, collaborating with leadership, or simply sharing a laugh, Gabe balances professionalism with warmth and humor. His unwavering commitment to serving others and living out the mission makes him an essential part of the MRC family.



THE CROSSINGS

METHODIST RETIREMENT COMMUNITIES

Marquita exemplifies integrity, compassion, and excellence in her work. With more than nine years in the community, she leads with a residents-first mindset, earning trust through honesty, reliability, and genuine care. In her role overseeing Rehab, Long Term Care, and Memory Support, Marquita brings strong accountability, attention to detail, and a commitment to quality that elevates both her team and the resident experience. This is the second time Marquita has been awarded the ICARE Champion award.



**Marquita
Briscoe**

**LIFE ENRICHMENT
COORDINATOR**



THE LANGFORD

METHODIST RETIREMENT COMMUNITIES

Christina is known for her integrity, reliability, and deep pride in her work. She goes above and beyond to create a clean, welcoming environment and treats every resident and coworker with dignity and respect. Soft-spoken yet deeply compassionate, Christina notices when others need support and steps in without hesitation. Her strong work ethic, accountability, and genuine care for others reflect MRC's ICARE values and help create a community that feels warm, safe, and like home.



**Christina
Ayala**

**HOUSEKEEPING
SUPERVISOR**



CORNERSTONE

METHODIST RETIREMENT COMMUNITIES

Daniel consistently demonstrates integrity, accountability, and compassion in his work. He ensures all tasks are completed correctly, seeks guidance when needed, and prioritizes resident safety—especially in the memory care unit. During a recent remodel, he helped prevent safety risks by implementing safeguards and identifying a door issue that could have led to elopement. Daniel takes responsibility for his work, accepts instruction with professionalism, and treats residents with patience, respect, and kindness. He is a dependable, high-performing team member who consistently takes initiative and exceeds expectations.



**Daniel
Webster**
**MAINTENANCE
TECHNICIAN**



Creekside

METHODIST RETIREMENT COMMUNITIES

Bridget brings warmth, expertise, and dedication to everyone at MRC Creekside. Known for her compassionate approach and keen attention to detail, she plays a vital role in ensuring residents feel supported, safe, and engaged. Whether coordinating care, mentoring colleagues, or connecting with families, Bridget exemplifies the values of MRC through her daily interactions. Her commitment to creating a welcoming and positive environment makes her an invaluable part of the Creekside community, and her contributions help set the standard for excellence in resident care and team collaboration.



**Bridget
Brennan**
**UNIT CHARGE
NURSE, LVN**



METHODIST RETIREMENT COMMUNITIES

Mona is a trusted expert and essential resource across all campuses, known for her deep knowledge of OJIs, benefits, and FMLA/leave administration. She works tirelessly behind the scenes to ensure accurate reporting, timely guidance, and clear communication, always supporting HR teams with patience, positivity, and grace. Mona is highly responsive, transparent, and genuinely caring—especially evident in how she supports employees through complex situations like maternity leave. She presents information clearly, keeps employees well informed year-round, and is always approachable. Her dedication, kindness, and excellence help keep MRC running smoothly every day.



**Mona
Miller**

**CORPORATE
BENEFITS SPECIALIST**



Affordable Housing

METHODIST RETIREMENT COMMUNITIES

Erica demonstrates compassion, integrity, and dedication in her work with MRC Affordable Housing. She approaches every interaction with empathy and respect, ensuring residents feel heard, supported, and valued. Reliable and thoughtful, Erica takes ownership of her responsibilities and works to create stability, trust, and a strong sense of community. Her calm presence, problem-solving mindset, and commitment to excellence make her a valued member of the MRC team and a meaningful support to those she serves.



**Erica
Ysaguirre**
HOUSEKEEPER



STEVENSON OAKS

METHODIST RETIREMENT COMMUNITIES

Jam is known for his strong work ethic, kindness, and steady dedication to serving residents. Even at a young age, he consistently demonstrates maturity beyond his years—showing up reliably, staying focused on his work, and stepping in to help whenever needed without being asked. He treats every resident with patience, respect, and compassion, even in challenging moments, and always responds with a calm, positive spirit. Jam takes time to truly connect with residents, making them feel comfortable, valued, and cared for. His genuine warmth, accountability, and love for others reflect the heart of MRC and represent the next generation of caregivers we are grateful to have on our team.



**Jamarion
“Jam” Hicks**

SERVER



PINECREST

METHODIST RETIREMENT COMMUNITIES

Crystal consistently demonstrates integrity, accountability, and compassion in her work. She communicates transparently, follows through on commitments, and takes responsibility when something needs to be addressed. Crystal supports both residents and coworkers with thoughtfulness and respect, taking time to listen and respond with care. Known for her high standards and attention to detail, she approaches challenges with a problem-solving mindset and a willingness to go above and beyond. Crystal's reliability, kindness, and commitment to excellence make her a trusted and valued member of the team.



**Crystal
Datzell**

**MAINTENANCE
TECHNICIAN**



**Denise
Clark**

**UNIT CHARGE
NURSE, LVN**



CRESTVIEW

METHODIST RETIREMENT COMMUNITIES

Denise consistently demonstrates integrity, compassion, and accountability in her work. She advocates for both residents and staff, treats everyone with dignity and respect, and takes initiative to do what's right. Known for her reliability, attention to detail, and caring spirit, Denise goes above and beyond each day, making her a true example the excellence found in an iCare Champion.



MIRADOR

METHODIST RETIREMENT COMMUNITIES

Ray is known for his work ethic, attention to detail, and genuine care for others. He consistently goes above and beyond—whether preparing spaces for events without being asked, offering encouragement to teammates, or adding thoughtful finishing touches that make the community shine. Ray takes time to connect, making people feel seen, valued, and cared for. Dependable, kind, and always respectful, Ray brings positivity to every interaction. His dedication and quiet consistency make a meaningful difference each day making Mirador a place that feels like home.



**Ray
Dominguez**
HOUSEKEEPER

Service

MRC employees who hit a major milestone in their employment are celebrated with a special spa day, along with a gift of their choosing.

AWARDS



Rosie Walker has faithfully served as a Certified Medication Aide for over 35 years at Crestview in Bryan.



Rosie Walker
35 years



Amy Horton began her career with MRC as a Unit Charge Nurse at PineCrest in Lufkin. Now, Horton serves MRC as Vice President of Culture and Experience.



Amy Horton
30 years



James Logan began his MRC career at Crestview, serving as the Director of Dining Services. Today he is the Regional Executive Director of Creekside in Huntsville.



James Logan
25 years



Sarah Reggie has faithfully served as a Certified Medication Aide at PineCrest in Lufkin for over 20 years.



Sarah Reggie
20 years



Tammy LeBlanc has faithfully served PineCrest in Lufkin as a Unit Charge Nurse for over twenty years.



Tammy LeBlanc
20 years



Tammy Fuller has faithfully served as an accountant for MRC for over twenty years, first at Creekside, and now supporting multiple communities.



Tammy Fuller
20 years

Shaun Randell has been a dedicated member of the dining services team at Cornerstone in Texarkana for over 20 years.



Shaun Randell
20 years



Jessie Walker has served the elders of Crestview for over 20 years, first as an Attendant, and now as a Nursing Assistant.



Jessie Walker
20 years

PRAYER HOLDS



THROUGH ALL SEASONS

Love stories unfold every day, but few are as timeless as the 61-year marriage of Peter and Ingeborg (“Inge”) Schmiediche — a journey that began with a chance meeting, a handwritten letter, and a courageous leap of faith.

They first met at a Christian conference in Germany, where Peter noticed Inge immediately — her smile, her style, the little details that stayed with him. Inge, focused on her career, had no thoughts of marriage. Before leaving for England to prepare for missionary work, Peter asked if he could write to her. She agreed, and soon letters crossed borders, quietly deepening their connection.

When Peter returned, he went straight to Inge’s home and asked her to marry him. She took time to pray and reflect before feeling God gently guide her toward a future with him. “I could not have chosen a better husband,” Inge says. “When I was 12, I prayed that if I ever married, it would be to an intelligent man who could answer my questions — and God answered that prayer.”

Their marriage carried them far from home, making them the first European couple married in Nepal, with three ambassadors in attendance. Years of missionary work followed — marked by faith, resilience, and shared purpose.

Through every season — shared kitchens, illness, and raising children across continents — their love only deepened. “She cooks and I clean up,” Peter says with a smile. “We’ve always been there for each other,” Inge adds.

Now married 61 years, they say the secret to lasting love is simple: “Couples who pray together stay together.” Their greatest joy is the family they built and the life they share today at The Langford, where their devotion continues to inspire.

This Valentine’s Day, their story reminds us that love often begins quietly — with a letter, a prayer, and the courage to say yes.

“
COUPLES
WHO PRAY
TOGETHER
STAY
TOGETHER.
”





WHY RETIRING IN CORPUS CHRISTI COULD STRETCH YOUR SAVINGS

Retirement often means asking one big question: How can I make my savings last while still enjoying a full, healthy, and connected life?

For many older adults, Corpus Christi, Texas, provides an appealing answer. This coastal city combines lower living costs with a slower pace of life, access to natural beauty, and a welcoming community. Let's explore why Corpus Christi may be an excellent choice for retirees.

Lower Costs, Bigger Savings in Corpus Christi

Older adults often live on fixed incomes, so stretching each dollar matters. Corpus Christi offers significant savings compared to many other U.S. cities:

- **No State Income Tax:** Texas does not tax retirement income, Social Security benefits, or pensions—helping older adults keep more of what they've earned.
- **Everyday Expenses:** Groceries, dining out, and healthcare services are generally cheaper than the national average, easing day-to-day living.
- **Transportation:** Gas and auto expenses are below average, which helps retirees who drive regularly to appointments, family visits, or social outings.
- **While utilities can be higher** due to the hot, humid climate, the overall savings often outweigh this cost.

But the best thing about Corpus Christi? That's easy, Mirador! An impressive community with an even more impressive financial model.

Lower Costs, Bigger Savings at Mirador

Mirador offers the full continuum of services: Independent Living, Assisted Living, Memory Support, and Skilled Nursing, both long-term and short-term. Those who enter the community through Independent Living have the opportunity to lock in a Life Care Benefit which provides an equalized, predictable rate for future care, all initiated by a largely refundable entrance fee.

Understanding the Entrance Fee

Entrance Fees at Mirador are lower than the average home value in Corpus Christi, starting at roughly \$190,000, going up from there, based on the floorplan chosen. At present, Zillow reports the median sale price of homes in the area is approximately \$266,000. Typically, in most markets, Entrance Fees mirror the price of homes in the area, however, it is notable that Mirador's Entrance Fee pricing falls below that threshold. When compared to other senior living options, Mirador is among the most affordable Entrance Fee pricing in the country when paired with a LifeCare Benefit.

Understanding the LifeCare Benefit

While it may feel like a large amount of money to part with, the Entrance Fees are largely refundable, either 70% for couples, or 80% for a single person. The reason why an elder may wish to pay this up-front fee has very little to do with the apartment and more to do with the LifeCare Benefit that comes along with their residency. With the cost of Skilled Nursing Care tipping the scales at over \$10,000 per month, specialized Memory Support costing \$7,500+ per month and Assisted Living ballooning to over \$5,000+ per month, future care is arguably the most common way for seniors to outlive their resources. This is why Mirador's LifeCare Benefit could be life changing.

Mirador residents not only have guaranteed access to any level of care they need, but they will not be susceptible to the full price of this care. Instead, they have what's called an 'Equalized Rate.' This means they will pay a predictable fee for whatever care they need down the road. Today, that rate is \$4810 per month (plus additional meals). It's that simple, and that's why Mirador's LifeCare Benefit is likened to an insurance plan that is paired with residency. Seniors who are interested in estate preservation are investing in the LifeCare Benefit as a way to accomplish just that. Rates in Independent Living start at \$3,433 per month and up, depending on the floorplan selected. The Equalized Rate only begins when care is needed.

When you consider the expense of future care, the largely refundable Entrance Fee comes into crystal clear focus. The value of having a predictable Equalized Rate, no matter what the future may hold brings the highest value there is...peace-of-mind. If you are looking to stretch your savings while also enjoying the charm of the Coastal Bend, Mirador might be the retirement gem you've been looking for.

MEET THE SCHMIDTS WHO MOVED FROM KERRVILLE TO CORPUS CHRISTI



Dorothy and her husband, Will, moved to Kerrville in 2001, believing it would be the place where they would settle for good. Over the years, they built deep roots there—close friendships, trusted doctors, a beloved church, and a strong sense of belonging. With a lifetime of experience around retirement living, including Dorothy's ten years of service on the board of John Knox Village in Weslaco, they knew early on that choosing a nonprofit life care community would matter.

When they began to explore their next chapter, Will was certain that large cities were not for them. While vacationing in Rockport, they discovered Mirador and toured the community the very next day. From that first visit, something felt right, and within weeks they returned to sign a contract.

The perks found in Corpus Christi confirmed the decision. Wanting to remain in Texas while keeping flexibility for their three daughters, the coastal lifestyle felt familiar and comforting. With open skies, a relaxed pace, and easy access to the water—especially meaningful to Will as an avid fisherman—the move felt natural.

Leaving Kerrville was difficult, but Dorothy and Will understood that later years call for peace-of-mind and connection. Today, they are healthy, active, and fully engaged, enjoying meaningful friendships and the comfort of knowing they are exactly where they are meant to be—at Mirador.

DID YOU KNOW?

A FEW FUN FACTS ABOUT CORPUS CHRISTI



Padre Island National Seashore stretches about 70 miles along the Texas Gulf Coast, making it the longest undeveloped barrier island in the world. It is home to the endangered Kemp's ridley sea turtle, rarest and smallest sea turtle in the world.



With average winter highs in the mid-60s to low-70s, and over 220 sunny days a year, Corpus Christi offers beach-friendly weather year-round—one of the reasons it's consistently ranked among the top beach destinations in Texas.



The USS Lexington earned the nickname "The Blue Ghost" in WWII because the Japanese repeatedly reported it sunk—yet it kept returning to battle. Today, it's permanently docked in Corpus Christi and still impossible to miss.



Bottlenose dolphins are commonly spotted year-round in the bay, often traveling in small pods and using the shallow waters to hunt fish and communicate with whistles and clicks.



The city sits on a major migratory bird path, attracting birders from all over the world—especially during spring and fall migrations. Birdwatchers spot pelicans, herons, egrets, roseate spoonbills, hawks, and more.



In Corpus Christi, you can catch redfish, speckled trout, and flounder—sometimes without ever leaving the bay. Thanks to the warm Gulf waters and extensive seagrass flats, fishing stays productive nearly all year.

Seeing History from the Inside:

A childhood shaped by Wartime America



Marjorie Summers was still a child when World War II quietly rearranged her life—and, unknowingly, placed her inside one of the most consequential chapters of American history.

In 1940, her family left Manitowoc, Wisconsin, after her father accepted a civil service position at Scott Air Force Base in Belleville, Illinois. War had not yet reached American soil, but it was close enough to feel. By 1941, as the nation edged toward conflict, the Summers family began renting rooms to military personnel—and to a Japanese civilian. In 1942, that man was taken away by the FBI following President Franklin D. Roosevelt's orders targeting Japanese individuals, a moment that stayed with Marjorie as an early, unsettling lesson in fear-driven policy.

That same year, Marjorie's father accepted a new assignment at what the family always called a relocation center in Arkansas. The term was matter-of-fact then, stripped of the weight it would later carry. Marjorie remembered the conditions vividly: long barracks wrapped in black tar paper, open ditches instead of plumbing, wooden boardwalks connecting buildings. The

environment was stark, yet the teachers—serving both Japanese American children and the children of local sharecroppers—were, in her words, excellent. Even amid upheaval, education and dignity mattered.

In the summer of 1943, the Arkansas camp was dismantled, and the Summers family relocated again—this time to Idaho. Compared to Arkansas, the Idaho center felt almost beautiful to Marjorie. Set along the Snake River, it featured white clapboard housing for personnel. She remembered making autograph books in fifth grade, a small but telling detail that underscored how childhood persisted, even in extraordinary circumstances.

What stood out most to Marjorie, then and now, was her parents' unwavering belief in equality. Born around the turn of the century, they held no tolerance for prejudice. People were people—no matter their race, language, or background.

That value system shaped how Marjorie viewed the Japanese American families around her, many of whom lived with far fewer comforts: no private kitchens or bathrooms, only shared mess halls and bathhouses.

Marjorie recalled a deeply personal wartime moment: an emergency appendectomy performed by a Japanese



surgeon from Los Angeles, assisted by his wife, a dermatologist. The procedure used a spinal block—new at the time—and was successful. In an era defined by rationing and restriction, moments like these highlighted a painful contradiction: Japanese professionals were trusted to save lives, yet their communities were incarcerated.

By the summer of 1944, the Summers family arrived at the Topaz War Relocation Center in Utah, a remote desert camp that confined thousands of Japanese Americans during the war. For Marjorie, Topaz was not an abstraction or a political symbol—it was where she went to school, where she sat at a shared desk, where friendships formed.



Topaz Relocation Center in Utah

One of those friendships was with a girl named Costco Yasua. They studied together, shared a desk, and sometimes played the piano side by side. Years later, with the help of fellow Stevenson Oaks resident, Sammy Williams, Marjorie reconnected with Costco. A reunion Marjorie had never dreamed possible. While Costco's memories of Topaz had slipped away due to dementia, the bond

between the two school mates is one that will never fade. The Japanese influence on Marjorie's family life extended beyond friendships. While at Topaz, Marjorie's sister learned tailoring from a Japanese instructor, sewing a winter coat that Marjorie would later wear proudly in high school. It was an exchange of skill, trust, and humanity amid confinement.

As the war drew to a close in 1945, Marjorie's sister returned to Wisconsin for her senior year, and the family began traveling again. On one such trip, accompanied by a Japanese teacher, they were refused service at restaurants—an experience that shocked Marjorie. Raised without prejudice, she had never imagined being turned away simply because of who someone was traveling with.

Marjorie Summers's early life was shaped by post-war America. For her, it was not a story in the headlines, nor a history lesson taught from a book, it was her very own lived experience with names and faces, imprinted onto each memory and etched into each story.

Today, Marjorie's memories offer something invaluable—a firsthand account that reminds us history is lived one family, one classroom, one friendship at a time. Her story does not center on bitterness, but on observation, compassion, and the quiet courage of treating others as equals, even when the world around her did not.



Joy Keels
Vice President of
Affordable Housing

Affordable Housing

Committed to Protecting Vulnerable Seniors

The Crisis at Our Doorstep

For millions of older Americans, housing is more than just a place to sleep—it's a daily struggle. HUD reports that 2.35 million older renter households face “worst case housing needs”, paying more than half their income on substandard or unsafe housing, with little to no assistance. For every 100 very low-income senior households, only 57 affordable units exist. “Housing isn't just about shelter—it's about dignity and peace-of-mind,” says Joy Keels, Vice President of Affordable Housing. With the senior population booming—from 43 million in 2012 to nearly 58 million today—the pressure on affordable housing has never been greater. By 2040, the number of senior renter households is projected to reach 12.9 million, leaving millions more struggling to make ends meet.

MRC's Commitment to Caring for the Vulnerable

MRC Affordable Housing has an incredible team providing housing and support in five communities, three in Bryan and two in La Porte. “Our approach is more than bricks and mortar; it's about building communities where seniors can thrive,” says Keels. “We ensure seniors not only have a place to live, but a place to call home.”



Alice



Karen



David



Cassidy



Justin

The team works tirelessly to remove barriers that may have limited residents' opportunities in the past, from securing grants and fundraising to partnering with local organizations and church groups.

Stories Within the Walls

"This building is like a living library," says Liz Hernandez, Property Manager at Crestview Terrace in Bryan. "If these walls could talk, you'd hear stories of people who were formerly homeless finally feeling safe again. You'd hear about the power of friendship and community, neighborly care and compassion. Each unit tells a story of security, stability, and hope."

Supporting Residents Beyond Housing

Every MRC property is designed to support seniors beyond providing an apartment. Each of the five MRC Affordable Housing properties has an in-house food bank, ensuring residents have access to healthy meals. Local organizations also regularly visit to prepare and serve warm meals, turning mealtime into an opportunity for social connection.

In Bryan, residents themselves launched the Love Closet, a donation program collecting furniture, clothing, and other essential household items. This initiative helps neighbors furnish their homes and maintain comfortable, independent lives, demonstrating how small acts of care create meaningful community impact.

"It's not just about apartments," Hernandez emphasizes. "It's about creating communities where residents feel supported, engaged, and valued every single day."

MRC's holistic approach includes:

- Food security through on-site food banks and meal programs
- Essential household support via resident-run donation initiatives
- Community partnerships with local organizations, churches, and volunteers
- Financial advocacy to secure grants and resources for residents

These photos only represent a portion of the dedicated employees who serve on the MRC Affordable Housing team.



Looking Ahead

The affordable housing crisis for seniors is daunting, but MRC's dedicated team proves that compassion, innovation, and expertise make a difference. As the older population continues to grow, their work ensures that seniors not only have a roof over their heads but the support, resources, and community they need to truly thrive. "Every effort counts," says Keels. "From housing to essentials and meals, we are committed to helping seniors age with dignity and security."

“

Every effort counts! From housing to essentials and meals, we are committed to helping seniors age with dignity and security.

-Joy Keels, Vice President of Affordable Housing

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At the heart of MRC Affordable Housing's work is a simple but powerful mission: to ensure that every senior has not just a place to live, but a place to belong. Through safe, affordable housing, nutritious meals, essential household support, and vibrant community connections, MRC is redefining what it means to age with dignity. In a world where the senior housing crisis grows more urgent by the day, the team's dedication proves that compassion, innovation, and action can transform lives—one home, one meal, and one neighbor at a time.

*Not all Affordable Housing staff are pictured, however, we are incredibly thankful for every last one of them and their tireless dedication to the MRC Mission to honor and serve older adults as an expression of Christ's love.



Amanda



Detra



Chris



Irene



Bobby

INTERESTED IN BECOMING AN AFFORDABLE HOUSING RESIDENT?

HERE IS WHAT YOU NEED TO KNOW!

- An eligible resident is a person 62 years or older or a person 18 years or older who has a qualifying disability.
- Your gross annual income must not exceed the HUD income limits. One person cannot make more than \$23,000(Bryan) or \$27,600 (La Porte) per year in their gross annual income and two persons cannot earn more than \$26,250 (Bryan) or \$31,550 (La Porte) in their gross annual income.
- You must meet the terms of the lease.
- If you wish to apply for residency at multiple MRC Affordable Housing Communities, a separate application is required at each campus.

WWW.MRCAFF.ORG/AFFORDABLE-HOUSING



Affordable Housing

METHODIST RETIREMENT COMMUNITIES



A BUNCH OF BLESSINGS: THE LEGACY OF BOB AND BETTY BUNCH

Honoring a lifetime of generosity and compassion for the older adults of Texarkana



The reopening and ribbon cutting of The Bunch-Woodview Center at Cornerstone Retirement Community was more than a celebration of a beautifully renewed space—it was a heartfelt tribute to the enduring legacy of Bob and Betty Bunch. Through their generous support of Methodist Retirement Communities, the Bunches helped make possible the original creation of The Bunch-Woodview Memory Support neighborhood, as well as the recent renovations, ensuring older adults in Texarkana could receive compassionate, dignified care.

Guided by faith and a deep sense of service, Bob and Betty believed strongly in caring for the most vulnerable among us. Their philanthropic commitment reflected a desire not only to give, but to create lasting impact—supporting specialized memory care that honors each individual's life, story, and worth. For decades, their generosity has touched countless residents, families, and caregivers, strengthening the fabric of the Texarkana community.





In a powerful reflection of their trust in the mission they supported, Bob and Betty chose to make Cornerstone Retirement Community their home. As residents, they experienced firsthand the community, care, and compassion they had long championed, forming meaningful relationships with neighbors and staff. Their presence at Cornerstone embodied their belief in shared life, fellowship, and the importance of aging with dignity in a supportive environment.

That spirit of service continues through their son, Jim Bunch, who carries forward his parents' legacy as a volunteer member of the Methodist Retirement Communities Board. Through his leadership and dedication, Jim extends the Bunch family's ministry of care, stewardship, and advocacy for older adults, ensuring that the values Bob and Betty lived by remain active and impactful today.



The recent ribbon-cutting ceremony was especially meaningful, as Betty Bunch was able to attend and witness the renewed center before her passing. Surrounded by family, staff, and community members, the moment served as a living testament to a life well lived and a legacy firmly rooted in love, compassion, and service. The Bunch-Woodview Center stands today as a reflection of their vision—a true bunch of blessings that will continue to care for and uplift older adults for generations to come.

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I believe that older people deserve to maintain their dignity and live independently for as long as possible. I know that older people deserve the best we can offer them.

— Betty Bunch, written in 1995

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HERE, LIFE MEANS MORE.



CORNERSTONE
METHODIST RETIREMENT COMMUNITIES

“Placing my wife at Bunch-Woodview Center was one of the hardest things I’ve ever done - but it’s turned out to be one of the greatest blessings for our family. I’ve been familiar with Cornerstone for many years, and I can honestly say the care and compassion here are exceptional. The staff are attentive, communicative, and truly treat residents with respect and dignity. Anytime I’ve had a concern, it’s been addressed quickly and with genuine care.

Knowing she is well cared for, and surrounded by people who see her as more than a resident, brings me such peace-of-mind. When I visit I always see her comfortable and content. If you’re considering where to place your loved one, look around - and then come see The Bunch-Woodview Center at Cornerstone. I think you’ll feel what we felt, peace, trust, and gratitude.”

-Terry Rehkopf, Husband of Lana Rehkopf,
Resident at The Bunch Woodview Center



FINDING THE RHYTHM

How one woman learned to trust the tempo of change

The life of Naomi Smith is one defined by rhythm- the concept of a strong, regular, repeated pattern of movement. She is an avid walker, an accomplished musician, and somehow remains in a constant state of motion - literally! From the rhythmic steps she takes each morning as she walks around The Crossings campus, to the music she creates at the piano, she lives as though there is an internal metronome inside her, ticking to the tempo of life filled with purpose and connection.

Perhaps the most literal example of a life in constant motion is the adventurous life she has lived alongside her late husband, Richard. Shortly after the pair of Yankees married in Schenectady, New York, they made a habit of moving every two years or so. First Texas, then to Virginia, back to Texas, on through the Midwest, and back to New York before eventually landing in San Antonio.

It was Richard's Ph.D. in Electrical Engineering and University level teaching that led them to the somewhat nomadic lifestyle.

Clearly, Naomi was not the kind of girl that shied away from a challenge. Each new home required her to develop new friendships, make new local connections, and help their two daughters in tow get acclimated.

Perhaps it was her natural grit that prompted Richard to have her 31st birthday gift shipped to the home, an Allen organ, with a simple note saying, "now learn how to play it," a challenge he knew his spitfire wife would gladly take on.

While she had briefly studied piano and organ as a teen, Naomi quickly mastered the instrument and was swiftly recruited by the local Pastor to play for the Lutheran Church, which launched a 45 year career as

a church organist. “Almost every place we lived had a need for a small church organist,” she recalled.

Retirement was good to Richard and Naomi, between musical volunteerism and their growing family filled with new grandchildren (all musicians as well), their life was overflowing with blessings. The pair were living together in a senior living community in San Antonio for eight years before Richard passed at 97 years old. This loss would mark a new and unfamiliar season for Naomi, now walking a difficult road without the strength of her life partner by her side.

There is a common saying among musicians, “if you get lost, listen for the rhythm.” The rhythm of every song is like the anchor that helps guide the musician should they miss a note or lose their place, the rhythm holds steady to help remind them how to reengage with the song and keep going.

This is where Naomi’s inner metronome began ticking, reminding her that she has always leaned in to change with open arms and embraced every challenge with resolve, making what came next seem especially natural. In a tremendous act of faith that would have sent most into a panic, Naomi, calmly

and decisively signed up to live at The Crossings in League City, sight unseen.

“I sat down to think about how I wanted to spend the rest of my life and where I wanted to spend it,” she explained. It was around the same time that her daughter, Carol, met a woman who talked about an incredible senior living community where she lives called The Crossings.

Naomi went online to explore and quickly found a floorplan she liked and sent Carol on a discovery mission to see if this place was all it was promised to be by the enthusiastic resident who initially planted the idea. It wasn’t long before Carol reported back that she was favorably impressed and delighted with the idea of living only a few miles away from her mother. From there, there paperwork was managed through the computer and the apartment was made ready for her arrival. Today, The Crossings has become a place she proudly calls home.

Even now, Naomi’s inner metronome keeps steady time. It’s there in the rhythm of her morning walks, in the music that has followed her through decades of moves, and in the quiet confidence that led her to step into a new home sight unseen. After a lifetime of learning to trust the beat beneath uncertainty, Naomi knows exactly how to find her place — listen for the rhythm, and step in.





PROUD TO HAVE SERVED

Among the many veterans who live at The Langford, Patricia Bentz is unique—she's the community's only female veteran. A U.S. Air Force nurse during the Vietnam War era, Bentz served from 1970 to 1972 at a 252-bed regional Air Force hospital in Fort Worth, caring for service members returning from Vietnam.

Although she never deployed overseas, Bentz witnessed the war's impact every day—both the visible injuries and the invisible emotional scars. “I saw a lot of young men coming home, some hurt and others just trying to find their way,” she remembered. “One young man who gave us plenty of trouble ended up joining the Marines. Years later, I saw him again—they'd straightened him out. The military has a way of doing that.”

Bentz joined the Air Force as a second lieutenant and was quickly promoted to first lieutenant. She says she originally enlisted because nurses received “pretty good perks,” but what she found instead was a deep sense of purpose, pride, and lasting respect for her fellow service members.

After two years, Bentz left the Air Force, married a fellow Airman, and moved to Houston, where she continued her nursing career, including 15 years as a middle school nurse. Now retired at The Langford, Bentz takes pride in her service and in representing the women who served during a time when female veterans were often overlooked. Her story is a testament to courage, care, and the quiet strength of women in uniform.

Chef LEO

Some artists work with paint, charcoal, or pencil. Others sculpt with clay, wood, or carefully bend and shape metal. Then there are artists like Chef Leo Lozano—an artist who works with an edible palette, creating sweet and savory dishes that are as visually striking as they are pleasing to the palate.

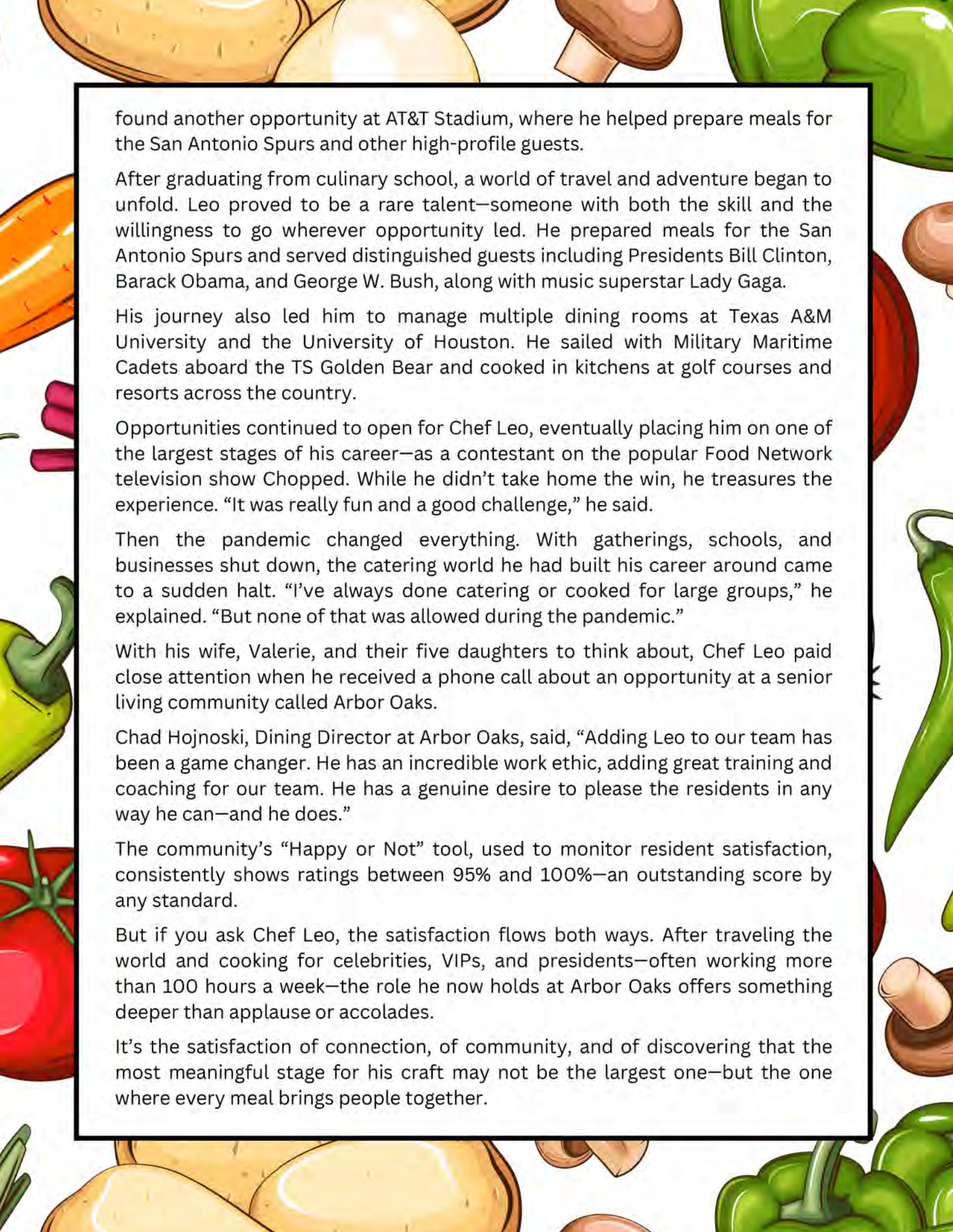
Before he was known as Chef Leo, he was simply known as “Big Brother” to his four younger sisters.

“We were pretty poor growing up in San Antonio,” he recalled. “So I started working when I was thirteen. I worked with my dad doing foundation work.”

At seventeen, however, an opportunity came along that he couldn’t pass up—an indoor job with air conditioning at a local catering company called Sunset Station. He started by washing dishes, but it wasn’t long before he was pulled into dicing vegetables, prepping ingredients, and tackling whatever task needed doing. It quickly became clear to anyone who worked alongside him that Leo had discovered something more than just a job—he had found something he was meant to do.

Determined to refine his craft, he enrolled in culinary school while juggling multiple jobs. When catering work slowed down, he





found another opportunity at AT&T Stadium, where he helped prepare meals for the San Antonio Spurs and other high-profile guests.

After graduating from culinary school, a world of travel and adventure began to unfold. Leo proved to be a rare talent—someone with both the skill and the willingness to go wherever opportunity led. He prepared meals for the San Antonio Spurs and served distinguished guests including Presidents Bill Clinton, Barack Obama, and George W. Bush, along with music superstar Lady Gaga.

His journey also led him to manage multiple dining rooms at Texas A&M University and the University of Houston. He sailed with Military Maritime Cadets aboard the TS Golden Bear and cooked in kitchens at golf courses and resorts across the country.

Opportunities continued to open for Chef Leo, eventually placing him on one of the largest stages of his career—as a contestant on the popular Food Network television show *Chopped*. While he didn't take home the win, he treasures the experience. "It was really fun and a good challenge," he said.

Then the pandemic changed everything. With gatherings, schools, and businesses shut down, the catering world he had built his career around came to a sudden halt. "I've always done catering or cooked for large groups," he explained. "But none of that was allowed during the pandemic."

With his wife, Valerie, and their five daughters to think about, Chef Leo paid close attention when he received a phone call about an opportunity at a senior living community called Arbor Oaks.

Chad Hojnoski, Dining Director at Arbor Oaks, said, "Adding Leo to our team has been a game changer. He has an incredible work ethic, adding great training and coaching for our team. He has a genuine desire to please the residents in any way he can—and he does."

The community's "Happy or Not" tool, used to monitor resident satisfaction, consistently shows ratings between 95% and 100%—an outstanding score by any standard.

But if you ask Chef Leo, the satisfaction flows both ways. After traveling the world and cooking for celebrities, VIPs, and presidents—often working more than 100 hours a week—the role he now holds at Arbor Oaks offers something deeper than applause or accolades.

It's the satisfaction of connection, of community, and of discovering that the most meaningful stage for his craft may not be the largest one—but the one where every meal brings people together.



Celebrating Excellence Across MRC Communities

Methodist Retirement Communities is proud to share that four MRC communities—**Mirador**, **PineCrest**, **Creekside**, and **The Crossings**—were recognized by U.S. News & World Report as 2025 Best Nursing Homes for Short-Term Rehabilitation.

This national distinction reflects strong performance in clinical outcomes, staffing, safety, and overall quality of care, as evaluated using data from the Centers for Medicare & Medicaid Services (CMS). In addition to its short-term rehabilitation honor, **The Crossings** also earned a 2025 U.S. News & World Report recognition for Long-Term Care, underscoring the consistency and strength of its care model.

At MRC, rehabilitation is about more than recovery—it's about restoring confidence, supporting independence, and providing compassionate care at every step. These honors reflect the dedication of MRC team members whose expertise and commitment make a meaningful difference every day.



Mirador in Corpus Christi



PineCrest in Lufkin



Creekside in Huntsville



The Crossings in League City

Two MRC Towns Named in World Atlas' list:

11 Best Towns in Texas For Retirees



Seguin

Sherman

Nacogdoches

Huntsville

Lufkin

Greenville

Sulphur Springs

Athens

Weslaco

Corsicana

Belton

A recent World Atlas ranking of the 11 best towns in Texas for retirees highlights Huntsville and Lufkin among destinations ideal for those enjoying their golden years. The list emphasizes housing, access to quality healthcare, and community amenities that make retirement both comfortable and engaging.

Methodist Retirement Communities is thrilled to see two of our own communities recognized in this prestigious list. Both **Creekside in Huntsville** and **PineCrest in Lufkin** were called out by name as reasons why these Texas towns were ideal for retirees.

We couldn't agree more with World Atlas—Huntsville and Lufkin truly are special places to retire.

We invite you to come see what all the fuss is about—visit **Creekside or PineCrest** and experience firsthand the warm, welcoming communities that make these Texas towns some of the best places to call home.

HOG HUNTERS



The Langford in College Station recently found itself facing an unexpected Texas-sized challenge: a wild hog infestation in their courtyard. Feral hogs in Texas are known for causing significant damage, as they root through lawns and landscaped areas in search of food, destroying turf, irrigation systems, and flowerbeds in the process.

While the situation required practical solutions behind the scenes, the team also saw an opportunity to bring levity and connection to an otherwise frustrating experience. Rather than letting the issue dampen morale, staff chose to acknowledge it with humor and creativity.

For Halloween, the team embraced the moment by dressing up in full camouflage as hog hunters, complete with playful props and big smiles. The lighthearted costumes sparked laughter among residents, families, and staff, turning a shared inconvenience into a moment of unity and fun. By choosing to make the most of the situation, The Langford team demonstrated resilience, teamwork, and a culture that knows how to find joy—even when facing a little wild Texas wildlife.

DID YOU KNOW?

Wild hogs are highly intelligent and learn quickly. They can recognize traps and avoid them after just one encounter, often teaching other hogs to do the same.



Overwhelmed by Downsizing?

Try the Minimal Touch Method

If the thought of downsizing makes your chest tighten, you're not alone. Sorting through a lifetime of belongings can feel emotionally and physically exhausting before you even begin. The idea of touching everything you own—deciding what stays, what goes, and what it all means—can quickly send anyone into a spiral.

Take a breath. There's a better way.

Before you start opening every drawer and box, let us introduce the minimal touch method—a simpler, less emotional approach to downsizing that saves time, energy, and stress.

The key idea is this: you don't need to touch everything you own. Not even close.

1. Identify only what you want to take

You already know which items are non-negotiable. These are your sentimental must-haves—your grandmother's tea kettle, your wedding quilt, family photo albums, or other irreplaceable pieces tied to memory and meaning. Set those aside first.

Next, think through your practical must-haves—the everyday items you use and need: your coffee maker, bed linens, favorite cookware, clothing essentials, and basic household staples.

Here's the rule that makes this method so powerful: Only touch what you know you are taking. If an item doesn't clearly fall into either the sentimental or practical must-have category, leave it where it is. Don't pick it up. Don't evaluate it. Don't decide its fate—yet.

By focusing only on what you're keeping, you dramatically reduce decision fatigue and emotional exhaustion. You're no longer making hundreds of "keep or toss" choices—you're simply choosing what matters most.

2. Identify family gifts

For many people, downsizing is also an opportunity to pass meaningful items on to family. Depending on family dynamics, this can happen in different ways. Some families welcome an open invitation to choose items that matter to them. Others prefer a more thoughtful, guided approach.

Either way, take time to identify the items you would like to gift—pieces with history, stories, or sentimental value. Set these aside with intention, knowing they'll continue to be cherished.



3. Call in the professionals

Once you've removed the items you're taking, and the items you're gifting to family; the rest can be handled efficiently by professionals. A reputable estate sale or senior certified downsizing company can come in and manage everything you've chosen not to bring with you. There's no need to empty cabinets, closets, or drawers—that's their job. Leave things as they are and let them do what they do best. They'll organize the sale, manage the process, and provide you with a check once it's complete. Simple, streamlined, and far less stressful.

If possible, move into your new home first and spend a week or two settling in. You may find you have room for a small stool, piece of art, or favorite lamp you initially left behind—and you can always retrieve it before these items are rehomed.

4. Donate the rest

Whatever doesn't sell can be donated to a local charity. In many cases, the estate sale company will coordinate this step as well—saving you time and additional logistics.

Downsizing doesn't have to be overwhelming or emotionally draining. The minimal touch method allows you to move forward with clarity, intention, and far less stress—by focusing only on what you're keeping and letting professionals handle the rest.

You don't have to do this the hard way. Sometimes, touching less is the smartest move of all.

Where were you? **REMEMBERING JFK**

Texas School Book Depository

I was a student at Texas Tech – young, curious, caught up in the rhythm of campus life. I was a student from Wichita Falls, the “east” unlike many of Tech’s west Texas students. A year earlier I had assimilated and fit into the Texas Tech culture.

It was November 1963. The semester was well under way. Cooler air reminded us of the season change. My roommate and I were listening to a radio station that played only music. A friend banged hard on our door. We opened it to find her almost uncontrollable as she announced that President Kennedy had been shot. I changed the station to news and listened as the announcer tried to make sense of what had happened. We scrambled to the dorm living room to watch the only TV in the building.

One of the girls was distraught because her family owned the Texas School Book Depository Building. While most of us thought of JFK’s death as a national crisis, the distraught girl was thinking of her family. They were trying to accept something so terrible happening from a place they owned.



**Christi
Dotter
Stevenson
Oaks**

A Veil And A Vigil

I was nineteen, a Nun residing in Philadelphia in my Canonical year of becoming a professed Sister Servant of the Immaculate Heart of Mary. That morning, sixteen of us had been sent to an elderly sisters’ convent to clean their quarters. We moved in silence, as was our custom—no chatter, no distraction, only quiet service. Then, unexpectedly, one of the elderly sisters summoned us to the chapel.



We gathered, unsure of the reason. Mother Superior stood before us and spoke plainly: "The president has been shot and killed."

We didn't speak. We didn't cry. But I remember the feeling—a deep, wordless sorrow settling over us like a veil. We were ushered back to the Novitiate and into our large chapel, where we spent the next hours in prayer and solitude. The outside world felt distant, almost unreachable. We knew little of politics, even less of the man himself. But we knew he was Catholic—the first Roman Catholic president—and that meant something.

In a rare gesture, on November 25th, we were permitted to watch his Pontifical Low Requiem Mass at the Cathedral of St. Matthew the Apostle presided over by Cardinal Richard Cushing and the funeral procession on the convent's only television.

I remember the solemn procession of muffled drums and the clacking of horses' hooves as his casket, drawn by a six-horse caisson, marched slowly past an estimated one million people who had lined the streets leading to Arlington National Cemetery. We watched in reverent silence. For days afterward, there were no discussions, no reflections—only prayer.



**Kathy Bower
(Sister Maria
Kateri)
Stevenson
Oaks**

A Salute That Broke America's Heart

I was just 14 years old, sitting in Study Hall, when the announcement came over the loudspeaker: President Kennedy had been shot in Dallas, Texas. Though I was in Illinois, far from the scene, I felt intimately close to the sorrow that swept across the nation. Disbelief quickly turned to grief. How could something so tragic happen to such a young, charismatic leader?

Over the next few days, I watched countless news reports, but one image remains etched in my memory: young John-John Kennedy, saluting his father's flag-draped casket as it passed by. I couldn't hold back the tears.

He likely didn't understand the full weight of the moment, but perhaps—encouraged by his mother—he offered the only gesture he knew. A salute, just like the ones he'd seen his father give when the American flag passed during parades.



**Norma
Raymond
Stevenson
Oaks**



MRC Announces Skilled Nursing Expansion at Stevenson Oaks

The Lodge at Stevenson Oaks, will soon be a dedicated place for elders who require Long Term Care, otherwise known as Skilled Nursing. This nursing center will be unlike other options available in the region as it is a substantial departure from the institutional approach that dominates the DFW area. The residents at Stevenson Oaks will benefit greatly by adding this level of care to the campus, bringing them additional peace-of-mind for the future. This transformative addition will serve 24 elders and will cost approximately five million dollars in development costs. MRC is committing the majority of funds for the construction project and we hope to partner with local supporters to raise additional fund to make this project a reality.

The Lodge will feature:

- Two 12-resident households
- 24-hour comprehensive skilled nursing services from specially trained healthcare professionals and support staff
- Hearth and home atmosphere with a gathering place built around a central fireplace



THE LODGE
AT STEVENSON OAKS

Are you interested in making a donation to The Lodge's Building Fund?

**Contact Todd Partin at
tpartin@mrcaff.org or
call 888-888-8888**

Institutional Model of Care

- **Staff Directed Care**
- **Institutional Environment**
- **Food is prepared away from the elder in a centralized, industrial kitchen**
- **Mix of private and semi-private rooms**
- **Less Direct Care Time**

• The small household model elevates the individual's preferences as the primary guide for the staff to follow, a structure that supports the elder's autonomy.



THE LODGE AT STEVENSON OAKS

- **Resident Directed Care**
- **Homelike Environment**
- **Food is prepared where the elders can enjoy the sights, sounds, and smells of a busy kitchen**
- **All private suites with private bathrooms**
- **More Direct Care Time**

• The Institutional model requires the staff's needs be the top consideration, causing the individual's preferences to become secondary.



Certified Care

Creekside and The Crossings partner with American Heart Association to obtain Heart Failure Certification

Creekside and The Crossings have earned the Skilled Nursing Facility Heart Failure Certification offered by the American Heart Association®, the world's leading voluntary organization focused on heart and brain health. The certification provides an evidence-based framework for evaluating skilled nursing facilities against the American Heart Association's rigorous science-based requirements for heart failure (HF) patients, including program management, patient and caregiver education and support, care coordination, clinical management and quality improvement.

"Participation in this certification benefits the patient and the facility by standardizing care practices," said Cory Woods, DNP, MHA, MSN, RN, volunteer chair of the American Heart Association's Quality Certification Business Management Committee and assistant chief clinical officer at Rockport Healthcare Services in Los Angeles. "When there are clear processes during every phase of care, patients have the best opportunity for positive outcomes."

Nearly 1 in 4 HF patients are readmitted within 30 days of discharge and approximately half are readmitted within 6 months; about one quarter of readmissions may be preventable. This certification can support facilities' efforts to stop preventable readmissions.

"Heart failure patients need high-quality care after leaving the hospital that follows evidence-based guidelines, giving them the best chance to improve their health," said Natalie Schutz, Director of Nursing at The Crossings.

"At MRC, we want to be trailblazers and continue to use innovative methods to give our heart failure patients the best care. The American Heart Association has armed us with additional tools and recognized our success. It is an honor to have our processes and efforts recognized in this way," said Varion Walton, Vice President of Clinical Services.

To be eligible for this certification, the facility must be in the U.S. or a U.S. territory and implement an HF program that uses a standardized method of delivering clinical care based on current evidence-based guidelines.



American Heart Association
Certified Care™
**Skilled Nursing Facility
Heart Failure**



Benefits of Cardiac Rehab

- **Improves cardiovascular strength and endurance** – Rebuilds heart and lung function after cardiac events.
- **Enhances mobility and functional independence** – Supports walking, balance, and daily activities.
- **Reduces risk of rehospitalization** – Stabilizes heart conditions and prevents complications.
- **Supports safer recovery through close clinical monitoring** – Staff monitor vitals and adjust activity as needed.
- **Improves confidence and reduces fear of activity** – Encourages safe participation in movement and therapy.
- **Addresses co-morbidities common in older adults** – Rehab adapts to other health conditions for safe recovery.
- **Promotes education and long-term heart health** – Provides practical guidance on diet, medications, and symptoms.



Global Quality Showcase Winner

Varion Walton, recently promoted to Vice President of Clinical Services, traveled to New Orleans to speak at the American Heart Association's Scientific Sessions 2025.

His presentation was titled, *Implementing the American Heart Association Heart Failure Program within a Skilled Nursing Facility- an Evidence-based Approach.*

Following his presentation, Varion was selected as the Global Quality Showcase Winner.

A New Milestone of Longevity: Americans Living to 100 Are on the Rise

Living to 100 is no longer a once-in-a-generation rarity—it's becoming a powerful symbol of progress. New projections show that the number of Americans aged 100 and older is expected to quadruple by the mid-2050s, reflecting remarkable gains in health, medicine, and quality of life.

Today, just over 100,000 Americans have reached the century mark. In the decades ahead, that number is projected to grow to more than 400,000. Behind this surge is a simple but inspiring truth: people are living longer, healthier lives than ever before. Advances in medical care, better management of chronic conditions, and greater awareness of healthy lifestyles are helping more people thrive well into their later years.

This longevity boom also reflects a shift in how we age. Older adults today are staying

engaged, active, and connected—factors that research consistently links to longer and more fulfilling lives. Many centenarians share common traits such as strong social ties, a sense of purpose, and routines that emphasize movement, moderation, and meaning.

The rise in centenarians is more than a statistic—it's a celebration of possibility. It challenges outdated ideas about aging and highlights the opportunity to plan not just for a longer life, but for a better one. As more people approach and surpass 100, the focus increasingly turns to living well at every stage, embracing each decade with vitality, curiosity, and connection.

Reaching 100 may still be extraordinary—but it's also a hopeful sign of how far we've come, and how bright the future of aging can be.

Happy 100th Birthday to Marjorie Rasche

Marjorie Jackson Rasche, beloved figure in the Galveston music community celebrates a remarkable milestone. For more than five decades, Marjorie has been a cherished organist, violist, teacher, and mentor. She served for many years as a principal church musician at Moody Memorial First United Methodist Church in Galveston and was also a founding member of the Galveston Symphony, contributing to the growth of classical music on the island and inspiring generations of students through her piano and organ teaching.



Happy 104th Birthday to Virginia Quiring

Virginia Quiring, recently reached the remarkable milestone of 104 years. Originally from Kansas, Virginia's life story reflects both a changing world and a steadfast love of learning. She often shares a favorite childhood memory of riding a pony to school, a small but vivid reminder of a bygone era and a life that has spanned generations. Virginia went on to build a distinguished career in higher education, serving in leadership roles within the Kansas State University Libraries, including assistant to the director and associate dean.



What Are the Chances of Living to 100?



Reaching 100 is becoming more common, but the odds are still slim...

The Odds



1 in 5,000

Americans reach age 100



Key Factors

GENETICS

Family History



Family History

LIFESTYLE

Healthy Habits



Healthy Habits

SOCIAL CONNECTIONS

Strong Community



Secrets of Centenarians



Don't Smoke



Stay Active



Manage Stress



Find Purpose

Live Well at Every Age

Healthy habits not only increase longevity, they also improve quality of life!

Ninety or Better Group Celebrated at Stevenson Oaks in Fort Worth

A 90-year-old today has lived through immense change, from the aftermath of the Great Depression and World War II to the Cold War, civil rights movement, and the moon landing. They witnessed the rise of television, suburban life, and major social shifts in the 1950s–1970s, followed by the end of the Cold War, the spread of personal computers, and events like 9/11 and the Great Recession. In recent years, they have experienced the COVID-19 pandemic and the rapid expansion of digital technology and artificial intelligence—having adapted across a lifetime of extraordinary historical, social, and technological transformation. The group of Stevenson Oaks residents who are 90+ years old recently gathered for a time of celebration.



Bottom row (left to right): Margery Summers, Sarita Beavers, Betty Peveler, Waveney Midgley, Barbara Cosgrove, Eldon Irving, Nova Howard, Gene Howard, Robert Fuqua
Top row (left to right): Charles McDonald, Earl Beavers, Louis Pisz, Shelby Whiteley, Mary Mayer, Sharon Browning, Annette Roberts, Joye Evetts, Eleanor Tuck, Sandy DeCet, Shirley Thedford, Mary Lyles, Jamie Barnes, John Will, Ed Roberts

Myth Busting

According to 2025 data



Studies consistently show that older adults report less stress, fewer regrets, and better emotional regulation than younger adults. Many seniors say they feel more at peace and more confident in who they are than ever before.



Adults 65+ are one of the fastest-growing groups on social media, smartphones, telehealth, and online learning platforms. Technology adoption skyrocketed in the last decade—and especially after 2020.



Contrary to the old myth, the brain continues forming new neural connections well into later life. Learning a new language, instrument, or skill can physically change the brain—many seniors are cognitively sharper now than they were in midlife.

Cognitive RESERVE



ARE YOU BUILDING IT - OR SPENDING IT?

In the late 1980s, researchers began using the term cognitive reserve to explain a puzzling phenomenon: some individuals showed no signs of dementia during life, yet postmortem examinations revealed brain changes consistent with Alzheimer's disease. How could this be?



According to experts, the answer lies in cognitive reserve. These individuals never experienced noticeable symptoms because their brains had enough reserve to compensate for the underlying disease. In essence, their brains were able to work around the damage.

Harvard Medical School has identified six core behaviors that help build and maintain cognitive reserve, significantly improving cognitive fitness both now and in the future:

**Eat a plant
based diet**



**Exercise
regularly**



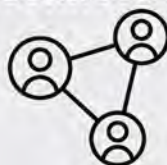
**Get plenty
of sleep**



**Manage
stress**



**Nurture social
connections**



**Challenge your
brain**



While none of these recommendations may be surprising, together they form the foundation of a healthy lifestyle—physically, emotionally, and cognitively. Building cognitive reserve requires daily habits and attitudes that support learning and mental flexibility. Some people assume this means enrolling in formal classes, but meaningful learning can be easily woven into everyday life. Taking a different route home, researching a topic of interest, reading a book, learning a new language, playing an instrument, or watching a documentary all stimulate planning and problem-solving. Volunteer work is especially powerful, as it combines cognitive engagement with purpose and social interaction—making it particularly valuable for older adults.

Further reinforcing this hopeful message, The Lancet published a landmark article in 2024 titled Dementia prevention, intervention, and care, estimating that up to 45% of dementia cases could be prevented or delayed. The article highlights key modifiable risk factors, including physical inactivity, depression, and social isolation. Advocates for community living note that senior living environments naturally reduce many of these risks by offering built-in opportunities for movement, social connection, and mental stimulation—advantages that can be harder to sustain when living alone.

Ultimately, understanding cognitive reserve offers hope to those who may have believed family history to be the primary determining factor.



Brain GAMES

WORD SCRAMBLE

ZUPLZE

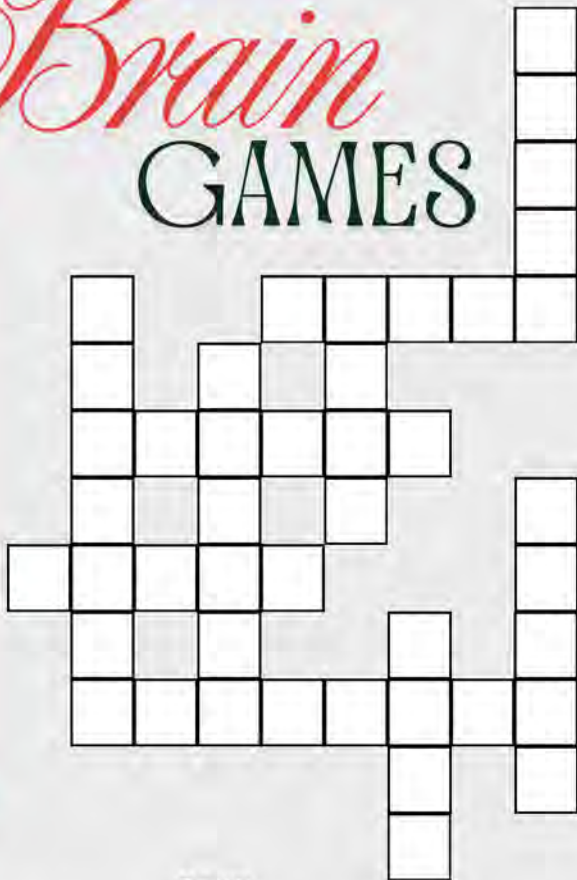
GNWILAK

RNELAGNI

RABINOSTRM

IMATINSV

DRAGEN



Across

1. The organ responsible for thinking and memory.
2. A daily habit that strengthens comprehension and keeps the mind active.
3. Staying physically and mentally _____ helps brain health.
4. Good _____ helps the brain repair and store memories.
5. A single nerve cell in the brain.

Down

6. Your thinking center.
7. Spending time with others helps protect cognitive health.
8. Challenging your brain helps _____ it.
9. Cognitive _____ refers to the brain's resilience to aging.
10. Physical activity that increases blood flow to the brain.

NOSTALGIC TRIVA

1. What was the price for the first Barbie Doll in 1959?

- a) \$1
- b) \$3
- c) \$10

2. What popular household item debuted in 1952 and promised "no more bending over"?

- a) Swiffer Mop
- b) Hoover Upright Vacuum
- c) Spin Mop

3. Which soft drink introduced the slogan, "It's the Real Thing," in the late 1960's?

- a) Pepsi
- b) Coca-Cola
- c) Dr. Pepper

4. What song by The Beatles became their first No. 1 hit in the United States?

- a) Hey Jude
- b) I want to hold you hand
- c) Yesterday

Bonus: What was the price of a first-class postage stamp in 1965?

Crossword Answer Key: 1. BRAIN, 2. READ, 3. ACTIVE, 4. SLEEP, 5. NEURON, 6. MIND, 7. SOCIAL, 8. TRAIN, 9. RESERVE, and 10. EXERCISE
Word Scramble Answer Key: PUZZLE, WALKING, LEARNING, BRAINSTORM, VITAMINS, GARDEN

ANSWERS: 1. B, 2. B, 3. B, AND 4. B. BONUS: 5 CENTS.



Why Do They Do That? UNDERSTANDING SYMPTOMS AND SITUATIONS OF DEMENTIA

This webinar, hosted by occupational therapist and dementia care specialist, Teepa Snow, is designed to help attendees better understand why people living with dementia may sometimes say or do things that are unexpected and/or challenging. It will focus on understanding the many changes that occur in the brain during the progression of the condition and will emphasize the role that care partners' reactions and responses play in interactions with those living with dementia. The session will then introduce attendees to practical techniques and approaches to improve care interactions.



Join us for an
Informative
Webinar with
Teepa Snow:

**TUESDAY,
APRIL 21 AT
2PM**



Scan the QR code to
register, or ask your
local team if a watch
party is scheduled.

TEEPA SNOW, MS, OTR/L, FAOTA, is an occupational therapist with more than forty years of clinical and academic experience. She developed the GEMS® States of Brain Change and Positive Approach™ training strategies, and her company, Positive Approach to Care® (PAC), provides online and in-person education and products to support those living with brain change. Teepa presents with extraordinary expertise and humor to audiences worldwide.

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Mike Higuera
Union Chapel Methodist
Church
Jerry Neff
First United Methodist
Women of Huntsville
Kathryn Utter
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Kaye Walters
Varion Walton
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Tina Warren
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Sharon Watt
Julia Wattenbarger
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Emily Weaver
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Natanya Whitaker
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Donna White
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On the Cover:



Yanping Gong, known affectionately as Ping, has been a cherished part of the Oakview community since 2018, where she lives with her husband, Guangyao Chen. Active and energetic, Ping loves walking and exercising, and she brings that same enthusiasm to community life.

Always eager to learn, Ping taught herself English in her spare time—a testament to her determination and curiosity. She is deeply involved at Oakview, participating in activities, crafts, and volunteering at community events. Friendly, outgoing, and well-liked by all, Ping's positive spirit and willingness to help make Oakview an even more welcoming place to call home.



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