

# the art of living

SPRING 2017



## Gerontology Students Get First-Hand Experience as Residents at Kingsley Manor

About a year and half ago, Sairaj Kappari moved into an apartment at Kingsley Manor. But Sairaj was not an ordinary new resident at the Hollywood retirement community, he was a little younger than the rest — only 28 years old.

Sairaj is a second-year USC graduate student working toward his master's degree in gerontology and has chosen to live at Kingsley Manor in order to get practical experience working with older adults. "I really couldn't pass it up," Sairaj said, who teaches yoga, reflexology, meditation, positive psychology and

various exercise classes to residents. "I love living here. The life knowledge I have received from residents is invaluable. It's a wonderful feeling to have this great wisdom available to me."

The Kingsley Manor Students as Residents program began in 1984. Students live rent free at Kingsley in exchange for volunteer hours mostly with residents.

Natalie Waldon has been living at Kingsley for about a year and a half. "I could not have imagined

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# Hollywood Comes Calling to Kingsley Manor

In the 2010 film *The Back Up Plan*, starring Jennifer Lopez, Lopez's character, Zoe, visits her mother at a retirement community. They reminisce in front of a stately brick building and later take a walk around a covered walkway, passing a green lawn and gazebo. The

community is supposed to be somewhere in New York City but in actuality it's Hollywood's own Kingsley Manor.

Kingsley first opened its doors in 1912, long before Hollywood would become the movie Mecca it is today. As Hollywood began growing into the film and entertainment capital of the world, Kingsley Manor soaked up the town's vibrant personality and cultivated a rich tradition and history of its very own.

Starting around the 1970s, Hollywood began to come calling, tapping Kingsley to stand in for not only a retirement community but for a college campus, a park,



*A production crew shoots a scene inside the Kingsley Manor chapel. Residents are often asked to be extras.*

mansion and many other locations far and near that movies and TV shows needed to portray. Its bricks, adorned with frescos, rose garden and mountain and skyline views and proximity to major movie studios makes it an ideal place to shoot.

"We have a variety of buildings, some more modern than others plus a very diverse group of residents who work great as extras," said Kingsley Manor Executive Director Shaun Rushforth. "Location scouts like our community because it can stand in for many places across the country."

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amount of knowledge I have gained by living here," Natalie said, who teaches Zumba, and classes in fashion and current events among others. "I thought I was going to come here and impart my knowledge to residents but it's been a two-way street. I've learned just as much from residents as I have taught them."

The Kingsley residents have been very happy with the interns. "I love all of them," said resident Patrick

Stiven, who often attends educational lectures conducted by the students. "They are young and energetic and it rubs off on me."

"The residents have a great appreciation for young faces who are interested in their lives," said Kingsley Manor Executive Director Shaun Rushforth, himself a former student in residence. "The students become part of the Kingsley family and the age factor just disappears."



## ‘Living at Kingsley Manor Has Changed My Life,’ Says Resident Artist

### Love of art brings Sheldon Edelstein new friends and time for reflection

Boredom. It’s a feeling that Sheldon Edelstein does not like. So when the retired interior designer decided to move out of his house to a senior apartment complex he thought he would have a more active life.

“Was I wrong,” Sheldon said. “Although I had neighbors, we were all isolated. There were no organized activities and I didn’t interact with my neighbors much. Everyone did their own thing. Then my son, who lives in the Los Angeles area, suggested Kingsley Manor. Living here changed my life. I’m a different person!”

An amateur artist for more than 20 years, Sheldon quickly took advantage of his new home. “I love being around people,” he said. “Here, there are concerts, lectures, classes and nice people that I have a lot in common with. The atmosphere is so charming. The surroundings inspire me to paint.”

## Make the Move to Kingsley Manor Today and Save

Spring is on its way and our rose garden will soon be in full bloom! It’s the perfect time to make the move to Kingsley Manor an oasis in the heart of the city. We have a limited number of accommodations available and if you reserve one when you visit we will waive your application fee upon move-in, a savings of \$300. Call 323-661-1128 for details. Or you can join our VIP wait list for the specific accommodation you desire. Don’t wait. This offer expires April 30, 2017.



Sheldon began painting at age 60 after seeing some fine art work that his uncle painted. “I was inspired,” Sheldon said. “I thought if my uncle could do it, so could I. It was that simple.”

Sheldon became friends with a local artist who mentored him for more than 20 years. Sheldon’s media are watercolor, oil, acrylic and tempera. His subjects range from still life, landscapes, nature, portraits and everything in between. He is MY LIFE continues on page 4

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currently painting a portrait of his late wife.

"Painting is the only time I like to be alone," Sheldon said.

"I like to be enveloped in my work. Painting time is a time of meditation and reflection for me. But, I also like interacting with people. That's what makes teaching fun. Living at Kingsley has given me the opportunity to do that. I teach a painting class a couple of times a week and love it!"

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In the past few years alone, Kingsley was used as a set for the Netflix series *Grace and Frankie*, TV shows *Transparent*, *Mad Men* and a *Twin Peaks* sequel scheduled to air in 2017. The film *Stanley's Gig* starring Oscar winner Faye Dunaway was shot at Kingsley as well as a 2016 Super Bowl commercial featuring Kingsley residents and a *Gentlemen's Quarterly* magazine photo shoot with actor Will Farrell.

"It was a lot of fun," said Lois Raab, who served as an "extra" on *Grace and Frankie*. "My grandnephew and his wife live in Philadelphia and they saw me on the show. They called me very excited. When a movie or TV show films here, many of us are asked to be in the background."

"Usually the crews are very friendly and they appreciate that we help them out," said resident Patrick Stevin. "Our community is a classic. I can see why Hollywood comes calling."

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