



VIEWPOINTS

A LOOK AT LIFE AT THE PENINSULA REGENT

summer/fall 2006



Growing More Vital Every Day

The Peninsula Regent completes \$4 million facelift.

THE PENINSULA REGENT HAS OFTEN BEEN CALLED “THE BEST OF ALL WORLDS”. But that doesn’t mean there isn’t room for improvement. We’re always striving to make our one of a kind community the best it can be. Recently, we completed a number of significant improvements and renovations. The renovation project was guided by the Regent’s original Interior Designer, Glenn Texeira, along with Co-Designer, Kacey Callinan.

“The goal,” says Callinan, “was to create a rich, sophisticated, yet comfortable look.” The first step was updating the color scheme in the Library, Dining Room, and other common areas from peach to rich greens and golds. New upholstery, drapery and carpeting were also added and hallways were repainted and re-carpeted. Plus, guest rooms in the Assisted Living wing and Penthouse were completely refurbished. The design team also installed new marble entryways to all the elevators, repainted the exterior of the building and added new outdoor lighting, furniture and plants. We think you’ll agree these improvements have made “the best of all worlds” even better. 

Glenn Texeira, award-winning designer of The Beverly Hills Hotel and other distinguished properties, spearheaded The Peninsula Regent renovation.

“We wanted to create an environment as warm and distinctive as the people who live here.”

GLENN TEXEIRA, DESIGNER

INSIDE

MEMBER PROFILE: Fanita English
Discovering the New de Young
HEALTH MATTERS:
Walk Your Way to Better Health
PLUS: “Great Decisions”

In addition to the primary renovation, a number of our residences were also redecorated as a part of the Regent’s Remodel Program. Kitchens were redone with granite countertops, new cabinets and tiles, plus energy-efficient appliances. The main rooms were painted in a warm, linen color and accented with crown molding. And bathrooms were outfitted with marble floors and countertops, as well as sleek new fixtures. Prospective owners, as well as sellers, who participate in the Regent’s Remodel Program not only enjoy improvements to their living spaces, they can also enhance the value of their condominiums. To learn more about the program, please contact our Membership Director at (650) 579-5500.



Kitchens and baths were completely refurbished as part of the Regent’s Remodel Program.



MEMBER PROFILE



A Closer View

Fanita English

IT IS OFTEN SAID THAT THE BEST THING ABOUT LIVING at The Peninsula Regent is the people. No doubt about it, The Regent is home to some of the most accomplished, diverse, interesting individuals you'll meet anywhere.

One of those interesting individuals is Fanita English. A licensed psychologist and social worker, Fanita has been recognized internationally for her pioneering work in transactional therapy. She has written extensively, including three books in German. Fanita is still active in her field and leads annual workshops in Europe and Latin America.

A native of Romania, Fanita was raised in Turkey and educated in France. She relocated to the United States in 1941. She moved to the Peninsula Regent in 2000 and appreciates the peace of mind, as well as the many amenities. An avid swimmer, you'll often find Fanita doing laps in The Regent pool – she says she “hasn't missed a day of swimming in over fifty years!”

Above all, Fanita enjoys the freedom that The Regent affords her. “I travel several months out of the year, and it's so easy...I just pack my bags and go. The staff takes care of everything...they water my plants...take in the mail...I don't have to worry about a thing.” In fact, she says, “I actually have more freedom here at The Regent than when I was living at home.” 

“THE STAFF TAKES CARE OF EVERYTHING...THEY WATER MY PLANTS...TAKE IN THE MAIL...I DON'T HAVE TO WORRY ABOUT A THING.”

Fanita English



One of the pleasures of living at The Peninsula Regent is our proximity to the countless cultural offerings in San Francisco.

Discovering the New de Young Museum

WE BEGAN THE YEAR WITH A VISIT to the newly renovated de Young Museum in San Francisco's Golden Gate Park. This storied museum, founded in 1895, has just undergone a major \$190 million facelift, with a dramatic new design by the renowned Swiss architecture firm, Herzog & de Meuron. The sleek exterior was designed to seamlessly integrate with the surrounding park environment. The landscape design, created by Bay Area landscape architect Walter Hood, features a public sculpture garden, terrace and a children's garden. In addition, the de Young commissioned five of the world's leading contemporary artists, including Gerhard Richter and Andy Goldsworthy, to create new site-specific works for the museum.

The new building houses the de Young's diverse collections, including American painting and decorative arts, modern and contemporary art, textiles, photography, and arts of the Americas. The museum has also bolstered its collections of 17th–20th Century American Art, as well as the art of the Native Americans, Africa and the Pacific. Upcoming special exhibits include “Personal Perspectives: Aspects of European Photography,” “Ruth Asawa: Knit Together” and “Chicano Visions.” For more information, visit www.thinker.org/deyoung. 



“Great Decisions” Inspire Great Discussions

REGARDLESS OF YOUR AGE, YOU NEVER STOP LEARNING. At The Peninsula Regent, our Continuing Education Committee is always looking for new ways to keep our members informed about what’s going on the world. One of the best examples is our popular “Great Decisions” discussion series. The program, created by The Foreign Policy Association, a Washington, D.C. think tank, sponsors forums on a number of current events topics. For eight consecutive weeks every Spring, the Regent organizes a series of resident-led discussion groups. Recent topics have included “China and India: Partners or Competitors”, moderated by Judith Hirsch, “Global Health Pandemics and Security”, moderated by Dr. Jean Kohn and “The U.S. and Iran”, moderated by Ed Shea.

Topics for the 2007 “Great Decisions” series will be announced in January. 



“THE DISCUSSIONS ARE ALWAYS
TIMELY, STIMULATING
AND QUITE EYE-OPENING.”

Judith Hirsch

THE PENINSULA SPEAKERS LECTURE SERIES

SOME OF THE MOST INTERESTING SPEAKERS IN THE WORLD can be heard right in our own backyard. Every year, “The Peninsula Speakers” lecture series brings eight nationally recognized speakers to The San Mateo Performing Arts Center in downtown San Mateo. The award-winning series began in 1990, and has become so successful, it’s been expanded to Marin County, Berkeley and San Francisco. Past speakers have included President Jimmy Carter, Margaret Thatcher, Colin Powell and Bill Moyers. The upcoming series features an exciting line-up of speakers including Academy Award winning actor and director, Robert Redford, historian Doris Kearns Goodwin and popular humorist, Dave Barry.

Tickets are available by series subscription only. The Peninsula Regent provides transportation to the venue. For more information, please call (650) 348-0820 or visit www.speakerseries.net. 

THE PENINSULA SPEAKERS

2006 / 2007 SCHEDULE

SEPTEMBER 6, 2006

Robert Redford

OCTOBER 18, 2006

General Richard Meyers

NOVEMBER 15, 2006

Jim Lehrer

NOVEMBER 29, 2006

Jared Diamond

JANUARY 10, 2006

Stuart Varney

FEBRUARY 14, 2007

Maya Angelou

MARCH 7, 2007

Doris Kearns Goodwin

APRIL 4, 2007

Dave Barry



HEALTH MATTERS



WOULD YOU LIKE TO TALK A WALK?

We asked some of our members to tell us some of their favorite places in the neighborhood to walk.

“My husband and I love to walk around the lake at Crystal Springs...it’s so scenic. Sometimes, we bring our kids along, too.”

MARY ALICE BIGHAM-HUGHES

“I take the train to work at my job at the Lucille Packard Children’s Hospital at Stanford. I enjoy walking to and from the train station whenever the weather’s nice.”

DR. JEAN KOHN

Walk Your Way to Better Health

“My favorite walk is to Peet’s Coffee Shop in downtown San Mateo. After a strong cup of cappuccino, I’m ready for the walk back.”

– ERIC HAUETER

MANY MEMBERS TELL US THAT ONE OF THE KEY ADVANTAGES of living at The Peninsula Regent is our proximity to downtown San Mateo. Not only do you not need a car here, you can walk to your favorite shops, the library, the movie theater, train station, grocery store and more. And what could be nicer than strolling along lovely, tree-lined streets, or meandering through the enchanting Japanese garden in Central Park? But walking around the neighborhood isn’t just fun and convenient – it’s also a great way to stay fit. In fact, it’s one of the best forms of exercise you can do.

So, how much benefit can you get from even a leisurely stroll? A lot, as it turns out. Just 30 minutes a day of walking brings as much risk reduction for heart attack as a high-intensity exercise program, according to a study published in the Archives of Internal Medicine, 1999. Studies show that people who walk regularly have less incidence of cancer, heart disease, stroke, diabetes and even glaucoma. Walking may also strengthen your immune system and reduce your risk of catching a cold. In fact, experts say a daily 15-minute walk can improve your memory and help prevent Alzheimers.

Walking can provide emotional benefits, as well. It has been shown to reduce stress and fatigue. A brisk walk can even improve your mood! Of course, before you embark on any walking routine, make sure you have a pair very comfortable walking shoes. Wearing a few layers is also a good idea, so you can warm up gradually and cool down the same way. And if you find it difficult to get into a routine of walking every day or every other day, see if you can find a friend to walk with you. No doubt about it, the simple act of walking can provide all kinds of benefits. As Richard Cardoma, Surgeon General of the United States said recently, “We’ve got plenty of science to tell us what we need to do – get moving!” 



THE PENINSULA REGENT
THE FUTURE BELONGS TO YOU

One Baldwin Avenue
San Mateo, California 94401
(650) 579-5500
www.peninsularegent.com





THE PENINSULA REGENT

ONE BALDWIN AVENUE, SAN MATEO

Welcome.
To a community as individual as you are.



The groundbreaking ceremony, 1986.

From the beginning, the Founding Members of The Peninsula Regent wanted to create a retirement community unlike any that had been built before. A locally managed community, designed by and for the people who would live there. The Founding Members envisioned a community where they could lead active, worry-free lives in a gracious and elegant environment. They desired the peace of mind that comes with home ownership and comprehensive health care. Above all, they

envisioned a place that nurtured their vitality, honored their individuality and gave them the freedom to live their optimum lives. Today, The Peninsula Regent stands alone as a one of a kind community. It started with a groundbreaking idea. And it grows more vital every day.

An Ideal Location

You're a part of the community. And so are we. The Peninsula Regent is ideally situated in the heart of downtown San Mateo. Your favorite shops, restaurants and parks are just a short walk from your front door. Just beyond that, lie the wonders of San Francisco, Monterey and Napa Valley. And the real beauty is that you have the time and freedom to explore it all.

“I love the convenience...you can walk to everything...restaurants, the doctor, shops.”

Carol Richardson, MEMBER SINCE 1989



- * The Peninsula Regent
- 1 Post Office
- 2 Train Station
- 3 Bus Stop
- 4 Mills Health Center
- 5 San Mateo Central Park and Japanese Garden
- 6 Library

A Gracious Environment

You'll find a sense of understated elegance throughout The Peninsula Regent. From the richly designed interiors to the exquisitely landscaped gardens, you're sure to appreciate the attention to detail and warm, gracious atmosphere.

Your home at The Peninsula Regent sits above a two-acre estate. Every aspect has been specially designed for your comfort and convenience. Our unique, cross-shaped layout ensures that everything is always within easy reach. You can relax in our cozy library, entertain guests in the dining room, or take a swim in our indoor pool. Which means in addition to your beautifully appointed residence, you can enjoy over 50,000 square feet of common area. Plus, our luxurious Penthouse suites are available for visits from family and friends.

Our dedicated staff takes care of virtually everything, providing weekly housekeeping and fresh linens and maintaining your home. So you have the time and freedom to do the things you enjoy.



“The Peninsula Regent is more than an address; it’s a lifestyle, complete with friends and neighbors with whom you can share the pleasures and luxuries of gracious living.”

Judith Hirsch, MEMBER SINCE 2000



A Vibrant Community

Regardless of your age, you never stop growing. At The Peninsula Regent, you’ll find a community of people with a passion for living and learning. They’re eager to share their talents and interests. And just as eager to embrace new experiences.

Every day at the Peninsula Regent presents endless opportunities. To nurture mind, body and spirit. Savor good food and good friends. Learn new things. And share the many pleasures and luxuries of gracious living. It’s a special place. Inhabited by people who have a passion for life. And who make the most of every moment.

Your Health is a Priority

At The Peninsula Regent, our goal is to help members maintain their health and ability to live independently. We offer a full range of wellness and preventive health programs. Our staff, which consists of registered and licensed vocational nurses and certified nursing assistants, is available 24 hours a day to assist residents in assessing what medical care may be needed and offering care for minor medical conditions.

In addition, our Assisted Living wing is available for members who need temporary care and observation. It is fully equipped for routine care. All other health services are conveniently provided by local physicians and hospitals of your choice.

“The goal here is to stay healthy. But there’s nothing more reassuring than knowing if I need help, it’s close at hand.”

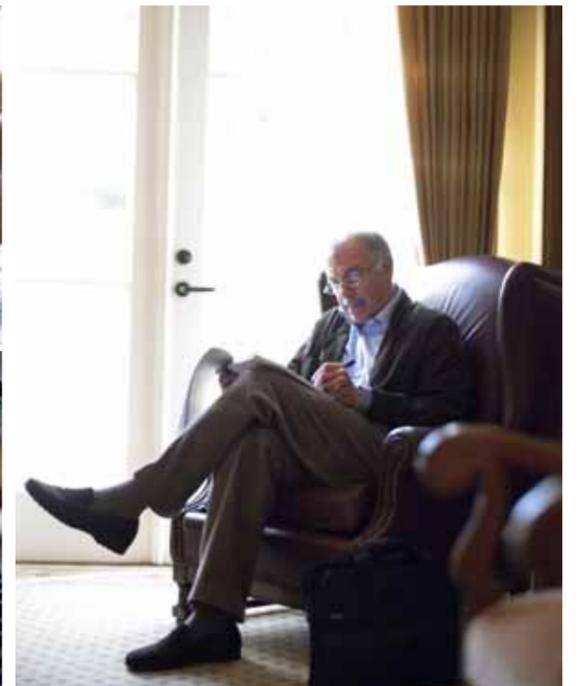
Fanita English, MEMBER SINCE 2000

The Benefits of Ownership

One of the greatest advantages of living at The Peninsula Regent is that you own your own home. It’s not like the traditional entrance-fee life care facility. It’s not an apartment where you pay rent. You get the best of all worlds – the elegance, service and amenities of a fine hotel, the convenience of on-site health care and the chance to enjoy the tax benefits, equity preservation and other rights of home ownership. Which means you are buying much more than a home; you are investing in security and peace of mind.

“My husband and I moved here for the security...it’s the greatest gift we could have given our children.”

“Bee” Meyer, MEMBER SINCE 1995



To learn more about The Peninsula Regent or arrange for a personal appointment, simply call us at (650) 579-5500 or visit www.peninsularegent.com.

“You should come here before you think you’re ready. You get younger here.”

James Allen, MEMBER SINCE 1996



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