

THE POWER OF MY VOICE

By

Audrey Gardener, Ph.D., Resident

Ridgecrest Senior Living and Memory Care

and

Donna Canovali, Life Enrichment Coordinator

Ridgecrest Senior Living and Memory Care

We are not here to accept that aging places us in the bleachers of life. Nor do we accept that we are being put out to pasture. We have come together to create a community where we can redefine, recreate and regenerate ourselves.

It is through our vibrant community that we are encouraged and given the opportunities to learn a new skill, discover a new interest, overcome prior inhibitions and identify new connections.

And, it is because of *this – our vibrant community* – that we are encouraged to acknowledge and utilize the power of our voices.