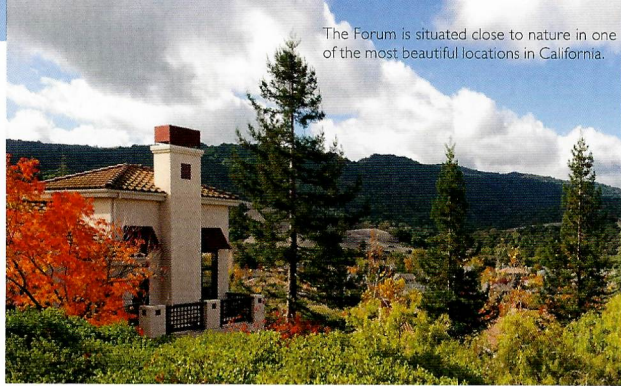


The Forum is situated close to nature in one of the most beautiful locations in California.



The Forum:

Resort-Style Senior Living in Cupertino

By Abbie Burgess | Image provided by The Forum at Rancho San Antonio

Nancy Kao,
Executive Director at The Forum



Changing lifestyles from a home or apartment to senior living doesn't have to be a downgrade. Actually, residents at this Cupertino senior living community express they've often found it to be a major upgrade.

The Forum at Rancho San Antonio ("The Forum") opened in 1991 and is proudly resident-owned and governed. In fact, The Forum is the only Life Plan Community in the greater San Francisco area that offers equity ownership. The membership share offers tax benefits and the ability to sell—an investment that historically has gained value over time and helps to preserve one's estate.

An Ideal Location

Residents enjoy magnificent mountain views and a location situated in the foothills of Rancho San Antonio Open Space Preserve. Living close to nature in one of the most beautiful locations in California is a huge part of the appeal for many residents, including Walt and Peggy D'Ardenne who say, "We enjoy the beautiful scenery and all the wildlife—deer, turkeys, rabbits, and lots of birds. Walking [in the Preserve] almost every day is a great pleasure." Surrounded by the beauty of nature, yet only minutes from Bay Area attractions, The Forum is nearby many activities residents can enjoy.

Resort-Style Senior Living

The Forum is akin to a 5-star resort, with its full-service amenities and maintenance-free lifestyle. Residents may enjoy a mani-pedi or have their hair styled in the newly renovated salon, pick up a greeting card from the boutique-style Country Store, or enjoy a delicious meal in one of the many new dining venues. The culinary team orchestrates a dining experience that embraces a farm-to-table philosophy, with special accommodations made for a wide variety of culinary preferences.

On-site lectures, art exhibits, concerts, computer and language classes are available. Also on site is a fitness center, pool and spa, woodshop, arts & crafts room, library, and game room. Meditation, yoga, and Tai Chi classes are offered, as



Residents enjoy a plethora of social activities on and off campus.

well as access to worship services both on-site and off-campus. Excursions to musicals, plays, ballet, and concerts are made easy by door-to-door transportation service. A plethora of volunteer opportunities is available as well as resident-run committees to join. It's a pet-friendly community, accommodating four-legged family members as well.

The Forum's Health Care Center offers a compassionate continuum of care that consists of assisted living, memory care, rehabilitation, respite options, and a prestigious 5-star Medicare rating. "One thing for certain is that staying active is the best way to maintain good health and independence. Our residents believe that any amount of exercise (physical, intellectual, and spiritual) helps them live longer and enhances their quality of life," says Nancy Kao, Executive Director at The Forum. Nancy has worked in the Senior Living sector for over 27 years and has been at The Forum for over 21 years. She received her Bachelor of Arts degree in Social Work, her MBA in Healthcare Management, and was recently featured on the LCS Careers Facebook page celebrating careers in aging. Her tireless dedication, positive spirit, and inspiring leadership have won the hearts of both residents and colleagues alike.

2020 was a tough year for everyone, but under Nancy's exceptional leadership The Forum welcomed 37 new residents, 74 new team members, completed the first phase of a Master Plan expansion project, and had no cases of Covid-19 amongst independent living, assisted living and memory care residents. Edie Maples, Marketing Coordinator, wrote, "Tough times call for strong leaders...and the greatest leaders combine the strength of wisdom with the power of the heart! We know firsthand what a great leader and mentor Nancy is to us all."

Connecting with Amazing People

Being the Executive Director, Nancy arrives on campus at the break of dawn and sometimes doesn't leave until dusk. However, no matter how busy she is, she will always find the time to meet with residents and team members alike. She continuously finds fun ways to inspire and motivate, such as her signature "Quarantini," a fun martini spin-off made with Emergen-C which the residents adored.

Nancy says the most exciting part of her job is listening to her residents talk about the lessons that made a lasting impression on their own lives. "Our residents have a wealth of knowledge as well as a unique perspective, and most of them love having someone to share stories about their broad and varied life experiences. I feel so fortunate to have a job that fulfills me, that I am passionate about, and that brings me joy. I truly believe that the more you love your job, the harder you'll work." She continues, "My life has been touched deeply by the residents I have met, and my soul has been enriched by their stories."

She adds that what truly sets The Forum apart is the people—both residents and staff alike. "My colleagues are amazing, and I truly have the senior living Dream Team. Thank you, Mike, Brian, Patrick, Jessie, Maria, Dana, Stephen and Denia, who I fondly call my Direct Reports and who have become my family."

For more information about The Forum at Rancho San Antonio call 650-944-0100 for a private tour or visit the website at theforum-seniorliving.com.