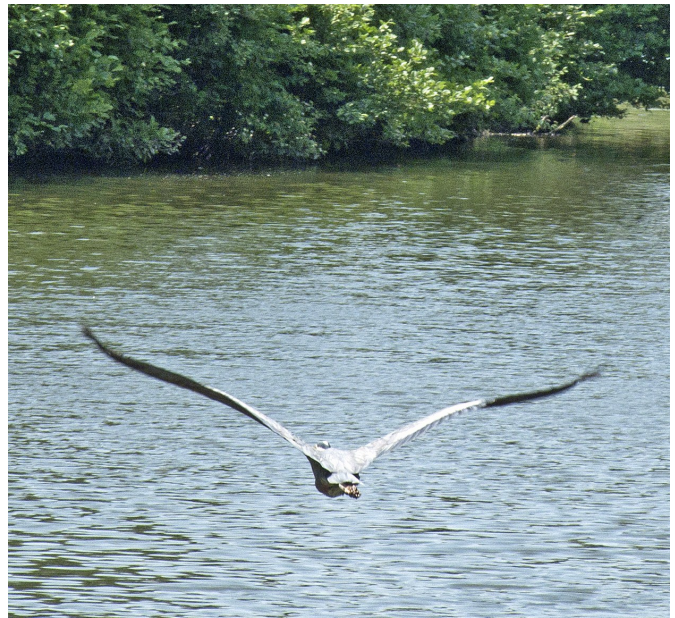


THE ACORN

SHERWOOD OAKS NEWSLETTER

April 2014 “For the residents, by the residents” Vol. XV No. 4

April Fool April Fowl



“And the candidates are...”



APRIL HAPPENINGS

- 1 - April Fool's Day
- 3 - 7:15 PM Program
- 4 - 1:30 PM, Resident Get Together
- 7 - World Health Day
- 8 - 1:00-3:00 PM CarFit/Yellow Dot Event
- 13 - Palm Sunday
- 14 - Sunset - Passover begins
- 15 - Fowl Election Day
- 17 - Holy Thursday/1:15 PM Bird Show
- 18 - Good Friday/ Patriots' Day
- 20 - Easter
- 22 - Night fall - Passover ends/Earth Day
- 24 - 7:15 PM, Focus on the World
- 25 - 1:30 PM, Get Together w/ Jeff Kelly, Cranberry Township EMS
- 27 - Holocaust Remembrance Day
- 29 - 7:15 PM, Drama Club

APRIL FOOL APRIL FOWL

Two weeks ago, photographer Joe Asin had a bright idea: THE ACORN should name an official bird (You know, like the official bird of Minnesota is...). He lit upon Sherman Drake, the Canada goose, and has traced his life from his parents' first coming to Sherwood Oaks, to their choosing a residence, etc. You will find some of his story on the back page of this issue, with a few more pictures on the bulletin board in the mail room.

However, other ACORN staff have suggested the Blue Heron (whose portrait has graced the ACORN cover in the past).

Then there is Ben Franklin's timeless suggestion (from the musical 1776) that the Turkey is an appropriate icon in this neck of the woods. Goodness knows, we see lots of them here (Photos prove their residency). *Sunday's March 23 Post Gazette scooped us on their photos. See page A-10.*

Perhaps you think you have a better idea. You might. And the woods are full of goldfinches, cardinals, etc. Remember, the bird must be a resident of Sherwood Oaks.

You are cordially invited to enter your suggestions. Vote, even. Just fill out the ballot below and put it in THE ACORN mailbox by April 15 so that the winner can be announced and crowned in the May issue...or will there be a run off election?

Remember, this is one time when left wing or right wing does not matter.

rbb

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ACORN Sherwood Bird Ballot

- Canada Goose...Sherman Drake
- Blue Heron
- Turkey
- Other _____

Suggested name of fowl

*Put in ballot box at the reception desk
by April 15*

WHAT'S NEW WITH SORA?

March SORA Board report:

Treasurers' Report – The Reserve Fund audit determined that about \$274,000.00 should be moved to the Subsidy Fund as those contributions were designated for that purpose. The remainder of the Reserve Fund will be moved to the Sherwood Oaks Fund within the next few months. Proceeds of \$1003.25 from the Auction Barn were divided between the SORA Contingency Fund and Sherwood Oaks.

Liaison Reports

Drama Club is rehearsing a play, "Dogsbreath Devereaux, the Dastardly Doctor," and plan to present it in the auditorium on Tuesday, April 29, at 7:15 PM.

Welcoming Committee - There was no dinner to welcome new residents in March because there were only two move-ins during the winter and neither person could attend. There will be a dinner on June 10, prior to the Annual SORA meeting at which new residents will be introduced and welcomed to the community.

Health Affairs Committee - It was noted that there is an "oxygen room" in the Sherwood Oaks Center with oxygen supplies that could be used in the event of a power outage in patio homes. The committee will sponsor an AAA Car-Fit program on April 8 that offers a 12-point check of your car. They will also have information about the PA Yellow Dot program.

Energy Conservation and Recycling Activity is working on publicity to encourage residents to conserve water. The Cranberry Waste Water Treatment Facility has to be expanded and this costly construction will result in a substantial increase in the treatment fee assessed on every water user in the township.

Maintenance Committee - Pillow speakers are being installed in patient rooms in Skilled Nursing where there are two patients in one room, each with his/her own television.

Management

- Mark Bondi reported that the Sherwood Oaks Skilled Nursing Unit was included on the 2014 US News and World Report's list of "Best Nursing Homes," published February 26, 2014.
- Beverly Puglia has assumed the position of Director of Dining Services and is "on the job."
- The new patio home construction is complete, except for landscaping. New residents will move in this spring.

Old Business - Hugh Downing reported that the signature drive for political candidates of the Republican and Democratic parties held at the Center was well received by residents and candidates. Petitions were received by nine Republican and two Democratic candidates, with some receiving nearly fifty signatures.

New Business - Resident Joe Widmer was appointed to serve on the Sherwood Oaks Fund Board, due to the resignation of Jim Theys who had served on the Board for many years. The following people were elected to serve on this year's Nominating Committee: SORA members Bill Paul (Chair) and Sonja DeGrey (Vice-Chair) and residents Ellie Castle, Linda Mamaux and Ken Mundell. They will nominate persons to serve as President, Vice-President, Secretary and Operating Treasurer, as well as six Directors for the SORA Board. Nominations will be presented and elections held at the Annual SORA meeting on June 10, 2014.

Betty Eichler
Reporter

AAA CARFIT COMES TO SHERWOOD OAKS

You pull your car up to position and three students in Pitt's Occupational Therapy program look at where you sit, where your feet are and how your mirrors are aligned. They check your lights, dashboard signal and more...a total of twelve points. Then they give you a report. Takes about 20 minutes altogether.

They might tell you about a new swivel seat or grab bar you could find helpful in getting in and out, a cushion to make you higher or a way to stay away from the front air bags. They employ the latest safety and comfort ideas from their graduate training.

The CarFit concept originated with the American Society on Aging and developed with the cooperation of the American Automobile Association, AARP and the American Occupational Therapy Association. It was first implemented in 2005. Follow-up evaluations proved its effectiveness.

Terri Rae Anthony, AAA's East Central safety advisor completed a CarFit evaluation in Mt. Lebanon last year. Griff Griffin of Sherwood Oaks asked her if we could do it here. They worked with Mark Bondi, CEO of Sherwood Oaks, and with Ted Fessides of Cranberry Twp. EMS.

Sherwood Oaks' Marketing Team agreed that the event could be open to the community and they would use their 1-800 number to schedule appointments. AAA will provide a little bag of information for each participant. Our AARP driver training notice will be included. Each off-campus participant will register by phone, then check in and out at the gate.

Griff Griffin combined the CarFit idea with the Yellow Dot program that has been on tap for more than year here at Sherwood Oaks. The Pennsylvania Department of Transportation announced the Yellow Dot program but was not prepared for the demand for folders and yellow dots. We have been working on this project for almost a year.

The Yellow Dot idea is simple and effective. A yellow dot in your car's rearview window alerts the first responder that there is medical information in your glove compartment. This is an approach we already use in our patio homes with our health information posted on our refrigerator.

Griff saw that CarFit and Yellow Dot accomplished similar goals and pulled the two programs together. Phone Phyllis Franks at 1-800-642-2217 to get you and your car on the list for **Tuesday, April 8 from 1:00-3:00 PM.**

John U. Davis

SPRING FLOWER SALE

The Landscape Committee will hold a Hanging Basket sale on Friday, May 16, from 1:00 to 3:00 PM. Baskets will be displayed on the patio area outside the scooter parking room if weather permits, or in the auditorium if necessary. Baskets will be provided by Deener's Farm Garden again this year.

We will offer Bacopa, Begonias (Dragon Wing and Tuberous), Bridal Veil, Fuchsias (Dark Eye and Swingtime), Geraniums (Red), New Guinea Impatiens in a variety of colors, Petunias (both large and small flowered varieties, assorted colors) Portulaca, Thunbergia and Torenia. We also expect to have a few small herb garden containers.

Proceeds from the sale will be used to purchase plants for various gardens and landscape beds throughout the campus. Your purchase will not only provide colorful beauty at your own home but in other areas as well.

Betty Eichler
Landscape Committee

SPRING

Beneath this weary winter weight
Of snow, slow graying in pale air,
Patched and bleached as drying bones on
arid beach,
Some ticking in the brown grass
Times greening buds to April sun,
And summer's bright and giving days,
Far down in dozing frozen mass,
Already have begun.

Eleanor Bauer
Parts & Pieces © 1989

COMING HOME: THE SHADOW OF PTSD

Thursday, April 24 is the new date for this program which was postponed in January due to the weather.

Dr. Rowan Flamm, a psychologist, will speak on her experiences with returning veterans suffering from PTSD. She works with veterans seeking treatment for a variety of military service illnesses. This is a concern we all share and the program will be very informative.

Join us at 7:15 PM in the auditorium.

Ellie Castle
Focus on the World

* * *

DRAMA CLUB PRESENTATION

Will the Dastadly Dr. Dogsbreath Devereaux be able to pull off his dastardly deeds? Or will he be foiled again by a nasty nurse, a kooky nurse or a lonely nurse?

Find out by coming to the Drama Club's production of "Dogsbreath Devereaux, the Dastardly Doctor" on Tuesday, April 29 at 7:15 PM in the auditorium.

There will be lots of laughs in this medical melodrama.

Dick Baker
Director

TWO GUYS NAMED MOE

Jimmy Spanieza's show FIVE GUYS NAMED MOE has played a vital part in the music scene around the Tri-State area. This year Jimmy has ventured on his own. With Keith Stebler at the keyboard, he will bring us an evening of wonderful music.

Jimmy's repertoire of songs include Swing and Pop Standards, Jazz, Big Bands and Rhythm and Blues. They handily cover the songs of the great super performers and much much "Moe".

Put on your dancin' boots for a swingin' good time. The date is Thursday, April 3 at 7:15 PM in the auditorium.

Thursday May 1, we will be entertained by the North Allegheny Strings. They have been here before and were enjoyed by all. This program will also be at 7:15 PM in the auditorium.

Helen Haberlein
Program Committee

CURIO CABINETS

Some interesting antiques, heirlooms and treasures are on display in the curio cabinets. Would you be surprised to learn that more than one woman considers her husband a treasure and was disappointed there was no room to display him? Be sure to check out the tiny coin purse containing a nickel and a dime that belonged to Harriet Burress' mother. George Mallory's family had quite a collection of ancient bronze pieces from China. One of Marilyn Brown's many items on display is a mush-milk item that was used by her grandfather every morning at breakfast. There is so much to see until April 15.

The next theme is "Isn't it Romantic?" We hope to fill both cabinets with flowers, love songs, candles, hearts, wedding pictures and memorabilia, or anything romantic. Start thinking about what you can contribute and we'll see you on Thursday, April 17.

Pick-up and Drop-off times:
10 AM to Noon
4:30 to 5:30 PM

Fran Borrebach



SPRING TIME IS HERE AND THE BIRDS ARE COMING!

John Lege otherwise known as "That Guy with The Birds" will be bringing his show here on Thursday, April 17.

The performance begins at 1:15 PM in the auditorium. Everyone is invited to enjoy!

Laura Childress
Director of Therapeutic Recreation

Bob the Builder, Episode VII
...the finishing touches...
March 18, 2014



A VERY MOVING EXPERIENCE

Amidst the crates, boxes, and bags
Chaos reigns and energy lags.
As we try to fit the years of accumulations
Into a future without tribulations.

Yes, we have moved to a new life-style
And are settling into our new domicile.
From Pittsburgh with its bustle of humanity
We have moved to a retirement community.

Sherwood Oaks is where you will find us
In a country setting without much fuss.
No leaves to clean or lawn to mow
Others do those chores, even shovel the
snow.

Our life it seems will be increasing its pace,
As new activities and friends find their place.
Our excitement and joy are running high.
We have truly found our place under the sky.

Ralph Peabody

This poem announced the Peabody's move to Sherwood Oaks in 1991. Marketing shared the poem with prospective residents. Then the poem made its way into VERSES BY SHERWOOD OAKS RHYMESTERS (which book is, alas, out of print).

rbb

SINCE IT'S APRIL 1, HOW ABOUT MOCK APPLE PIE?

Apple flavor without the apples.

Pie Filling

2 cups water
1 cup white sugar
2 tsp. cream of tartar
30 buttery round crackers
1/2 tsp. ground cinnamon
1 Tb. Lemon juice

1 recipe for a 9" single pie crust

Pie Topping

1 cup crushed buttery round crackers
1/2 cup packed brown sugar
1/2 tsp. ground cinnamon
1/3 cup butter, melted

-Preheat oven to 425 degrees
-In a pan over medium heat, combine water, sugar and cream of tartar; bring to a boil
-drop in whole crackers and boil for 5 min.
Pour mixture into a pie shell; sprinkle with cinnamon and lemon juice
-Mix together the crushed crackers, brown sugar, cinnamon and butter; sprinkle over pie filling.
-Bake for 15 min, reduce heat to 375 and continue to bake for 15 to 20 minutes longer. Serve warm.

SHERMAN DRAKE RESUMÉ KEY TO PHOTOS ON BACK COVER

1. Mom and Dad check out Sherwood Oaks
2. Dad stands his ground
3. "like a duck (goose?) to water"
4. Look left, right, left again
5. Meet the neighbors
6. Sherm and his frat brothers head out for Spring Break

See photos of all the candidates on the bulletin board in the mailroom.

rbb



Worth the Time *By Ed Vidt*

The Frackers

G. Zuckerman (665.7 Zuc)

Welcome to a story of confusion! No one knew how to persuade the rocks in the earth's mantle, miles deep, to give up the methane gas that permeated them. Sure, you could drill a hole into those rocks, and gas would come up, but not much, and not for very long. The story of futility goes on and on, until one mistake led to the answer. Now, with that answer, we need only to drill carefully and to "protect" the few hundreds of feet of surface rocks from contamination, in order to harvest a cornucopia of energy, both gas and oil. That word "protect" is the source of much dispute. Protect how, and at what cost? Read the book to find out.

The Signature of All Things

Elizabeth Gilbert (F Gil)

Alma, born in 1800, eventually becomes a botanist who specializes in mosses. Sounds dull, but it isn't! Alma is a warm, sexy and intelligent woman who develops a theory of evolution of mosses that in many ways parallels Darwin's theory. She works and lives an enjoyable life in many interesting parts of the world, from Amsterdam to Tahiti, and experiences both frustration and pleasure from the men with whom she shares her life.

ENERGY CONSERVATION AND RECYCLING

Do you know that plastic waste can take up to 700 years to decompose? This means that virtually every piece of petroleum-based plastic ever made is still in existence. In the U.S. alone, over 24 billion pounds of single-use plastic packaging is produced each year.

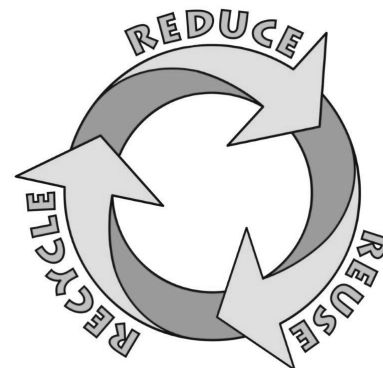
What can we do to reduce plastic waste? A few suggestions:

- 1) Buy less bottled water and recycle bottles you have. Of the 67 million water bottles thrown away daily, only 3-5% are recycled.
- 2) Buy reusable bottles and fill them with tap water. (Much bottled water comes from ordinary municipal water authorities.)
- 3) Use cloth bags to hold groceries and other purchases. Statistics show that each reusable bag use saves approximately 400 plastics from being used.

The need to reduce plastic waste is crucial. Let's do our part in making the world a better place in which to live.

Information source: Allegheny Aquatic Alliance.

Nancy Paul



BOOK REVIEW

STORMS OF MY GRANDCHILDREN

by James Hansen, Bloomsbury: 2009

Most of us read because of the joy it provides and/or the knowledge we gain. Be forewarned: **Storms of My Grandchildren** provides no joy. From beginning to end I found reading it painful, even frightening. So why promote a book that won't delight? Because it may motivate the reader to take steps to help humanity avoid a future global ecological disaster.

James Hansen's credentials are impeccable. He is a professor in the Department of Earth and Environmental Sciences at Columbia University. From 1981-2013 he was head of the NASA Goddard Institute of Space Studies. He is recognized around the world as a renowned climatologist. He has sat with Presidents Clinton, G.W. Bush and Obama. He has testified before the U.S. Congress.

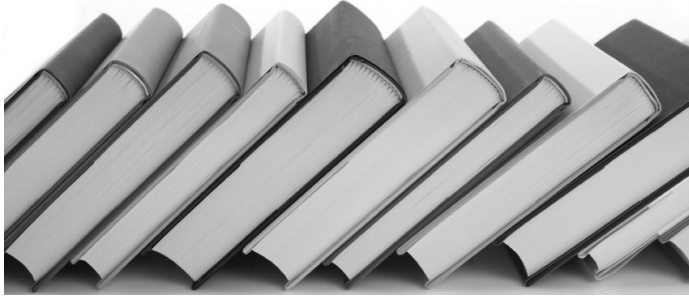
Hansen attributes the cause of a coming climate crisis to two major factors. First is our dependence on fossil fuels (oil, gas, coal) and the amount of carbon dioxide their use puts into the atmosphere. He cites the earth's previous history when natural forces raised the carbon dioxide to levels that melted all the accumulated ice sheets and raised the level of the oceans two hundred feet higher than they are now. He documents the carbon dioxide levels from the beginning of the industrial revolution (mid-19th century) till now and concludes that the tipping point, beyond which the global warming crisis is inevitable, to be 350 parts per million of atmosphere, a mark already surpassed. He points to the melting ice caps and the increasing ocean level as evidence. Since the 1970s the oceans have been rising at the rate of one foot per century, twice the rate of the previous 70 years and a rate that will accelerate if nothing is done.

The second cause of the climate crisis for Hansen is political. So far the governments of the world's industrial nations seem unwilling to adopt the costly measures necessary to avert a future climate cataclysm. He cites the reluctance of our own elected leaders to take appropriate action to the power and influence of the fossil fuel industry. Both major political parties are culpable. One largely denies the evidence. The other chooses not to do anything about it. Hansen concludes that because of their short-sighted self-interest, we are ignoring the ominous signs and mortgaging our grandchildren's and later generations' future. Nothing less than humanity's long-term existence is at stake.

Recognizing and documenting how complex climate issues are, the author cites the unusually cool summer of 2009 in the United States. The lower temperatures only encouraged climate change deniers to conclude that global warming is a hoax. Hansen reminds the reader that the continental United States (sans Alaska) occupies only 1.5% of the earth's surface and that taken as a whole, the earth's average temperature that summer continued the ominous warming pattern.

This is not an easy book to read. Bearers of disturbing truth are seldom welcomed nor easily heard. While most of what Hansen documents is written for the general public, the average reader may find some of his data and charts challenging to comprehend. Taken seriously, his book is an important essay on the urgency of actions needed to be taken if life, as we have known it, is to continue in the decades to come. Heeding Hansen's warning calls us to sacrificial acts of environmental justice as one of the ways we can love our grandchildren.

Bill Paul



**COLETTA MCKENRY LIBRARY
ACCESSIONS**

FICTION INCLUDING LARGE TYPE:

The Andy Griffith Show

© 2003.F/AND/DVD

**Legends of the Silver Screen: Charlie
Chaplin & Buster Keaton**

© 1928.F/LEG/DVD

Love of Danger

Max Brand © 2008.F/BRA

Letters from Skye

Jessica Brockmole © 2013.F/BRO/L.T.

The Aftermath

Rhidian Brook © 2013.F/BRO

The Final Cut

Catherine Coulter © 2013.F/COU/L.T.

The Heist

Janet Evanovich © 2013.F/EVA/L.T.

**Hotel on the Corner of Bitter and
Sweet**

Jamie Ford © 2009.F/FOR/L.T. PB

Savannah

John Jakes © 2004. F /JAK/L.T.

The Invention of Wings

Sue Monk Kidd © 2014.F/KID/L.T.

The Man Who Loved Dogs

Leonardo Padura © 2014.F/PAD

Loss of Innocence

Richard North Patterson © 2014.
F/PAT/L.T.

Still Life with Bread Crumbs

Anna Quindlen © 2014.F/QUI

Concealed In Death

J.D. Robb © 2014.F/ROB

A Star for Mrs. Blake

April Smith © 2014.F/SMI/L.T.

Murder in Foggy Bottom

Margaret Truman © 2000.F/TRU

NON-FICTION, INCLUDING BIOGRAPHIES:

Simply Handmade

Carol Dahlstrom, Editor ©1998.
745.5/DAH

**The North Light Artist's Guide to
Materials & Techniques**

Phil Metzger ©1996.702.8/MET

**The Self Publishing Manual: How to
Write, Print and Sell Your Own Book**

Dan Poynter ©1996. 070.5/POY

My Prison without Bars

Pete Rose ©2004. Bio/ROS

The Acorn

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Photographs -Joe Asin & Sally Donnell

May deadline is April 15.

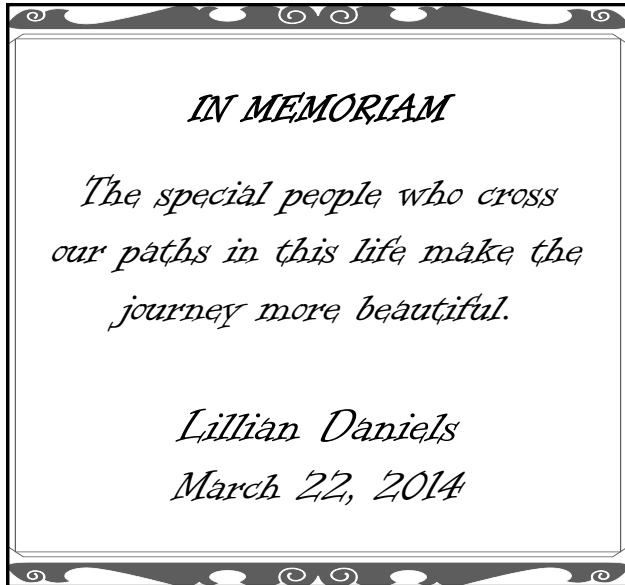
LOVE

By Bee Bercovitz

God Is Love

Love makes the world go around.
Lovely are the fragrant flowers all in
bloom.

Lovely trees that shade us.
Food that nourishes our bodies and soul.
God is peace throughout eternity.



ACTIVITIES IN THE CHAPEL

Women's Bible Study
First and third Mondays
10:45-11:45 AM

Men's Bible Study
Weekly, Wednesdays
10:00-11:00 AM

Holy Communion, Episcopal Rite
1st Tuesday of the month
11:00 AM

Quaker Meeting for Worship
Fourth Sunday of the month
10:30-11:30 AM



CHAPEL NOTES

After the winter, we anticipate the coming of spring. In the same way, during April we look forward to the culmination of Lent with the celebration of Easter. Leading us in worship during this month at the Sunday services at 2:00 in the auditorium are the following pastors:

April 6 - Pastor James Caraway,
Christ Bible Church, Cranberry Twp.

April 13 - Palm Sunday, The Rev. Sarah Heppenstall, Tidal Presbyterian Church, Armstrong County

April 20 - Easter, The Rev. Brenda Barnes, Sewickley Presbyterian Church

April 27 - The Rev. Jack Lolla,
Northmont Presbyterian Church,
Pittsburgh

**April 17, 4:00 PM - Maundy Thursday
Communion Service** in the auditorium.
The Rev. Dr. John Rodgers, Sherwood
Oaks resident.

**April 18, 4:00 PM - Good Friday
Service** - in the auditorium. The Rev.
Linda Miller-Pretz, retired, UCC.

The Chapel Committee welcomes you to join us for any and all of these services.

Agnes Peebles

CANDIDATE SHERMAN DRAKE'S RESUMÉ

