

THE ACORN

SHERWOOD OAKS NEWSLETTER
100 Norman Drive, Cranberry Twp., PA 16066
www.sherwood-oaks.com

October 2017 “For the residents, by the residents” Vol. XVIII No. 8

“My Favorite color is October”

Unknown author



Photo by Tabby Alford



CORRECTION AND APOLOGY

My apology for the unintentional omission of the “Rosary” which should have been listed under ACTIVITIES IN THE CHAPEL in the September Issue of *THE ACORN*.

“Editor”

THE ACORN invites you to submit documents for publication. We prefer that your document be in Microsoft Word, Arial font, size 14, and that it be sent to the editors as an email attachment. Email *articles* and *upcoming events* to the editor at dixonb1@verizon.net. *Monthly committee reports* should be emailed to rabemarsh@mac.com.

If you cannot do this, *THE ACORN* will still accept any document created by any word processor, or typewritten, or printed, or legibly handwritten, either as an email attachment or placed in *THE ACORN* mailbox located in the mailroom, no later than the 15th of the month.

THE ACORN

Editor

Barbara Dixon
dixonb1@verizon.net

Editorial Staff

Julie Eden
Dennis Lynch
Rabe Marsh
rabemarsh@mac.com

Poetry Editor

Mike Rose

Production Editor

Tabby Alford

Editor Emerita

Ruth Becker

Photographers

Joe Asin

Ed Borrebach

Profile Coordinator

Marianne Davis

Ex Officio

Annette McPeck

November issue copy
deadline is October 15!



WORDS OF THE MONTH

Psithurism
Feuillemort

JOHN KING

280

Interviewed by Ruth Becker

“Just tell them I am now Molly’s owner, and they’ll know who I am.”

John King moved to Sherwood Oaks on August 12. It was just a few weeks later than he got a dog. Not any old dog, but Molly who had been Liz Olson’s dog since Mr. Buttons had been put down. “I wanted to get a dog,” John said. Liz just up and asked him if he was looking for a dog and told him she was looking for a home for Molly (Molly is a bit too strong for Liz to manage.) John agreed to adopt Molly. In nice weather, John and Molly sit out in their backyard: John in his Adirondack chair, Molly tethered to a tree. Since unit 280 sits at the intersection of the sidewalks from parking lots G, H and I, Molly and John get lots of waves and “Hellos.” ... Liz has visiting and walking privileges.

John moved here from Wexford. He is a local kid from the start: Perrysville Grade School, Samuel Hamilton Junior High, WestView High School...then to Ohio for Dennison College and back to PA for Penn State.

He has worked in finance his entire career. John and his son have enjoyed ski trips to the Rockies and to New England. He knows a lot about the Greater Allegheny Passage. He went to South Carolina to view the Eclipse. He likes AARP tours because they are slightly off-beat and introduce travelers to out-of-the-way spots. Albania is on his bucket list.

John is still unpacking and hasn’t had time for exercise here, but tai chi and yoga classes are on his mind as is Men’s Bible Study. For over 20 years he had volunteered at several animal shelters. He enjoys walking. He would like to get back into bridge. He spends time at his computer. He likes to read. He is even considering buying a TV. “I believe I am the only guy in WPA who does not own a TV.” He might just be! Introduce yourselves to John; it is your turn to tell him your story.

CONSTRUCTION CONTINUES



Photo by Stuart Knoop

Although some exterior work continues and is visible from our patio, the work on the two new eastern most homes is mostly indoors. Workers in the other buildings are completing the kinds of work discussed in September’s *ACORN*. All that will remain for me to report is that the paving of driveways and walkways will be completed soon - weather permitting - followed by finished grading, topsoil, and landscaping. Now, we await the occupants - our new neighbors.

Stuart Knoop

JAN WENDT

344

Interviewed by Marianne Davis



A true Renaissance gal - Jan left upstate New York to study organ at Baldwin Wallace College but, instead, received a degree in Political Science and English, plus a husband. Her internship in President Nixon's Press Office kindled an interest in journalism leading to an MA in Broadcast Journalism from American University. She was hired at Channel 4 in Pittsburgh, but a change in her husband's employment took them to Cleveland. Jobs for female journalists were few and far between so Jan volunteered at the local community hospital kindling an interest in the health care profession.

After their return to Pittsburgh, she worked for a weekly newspaper until the arrival of their first child, followed by a second a few years later. While the children were young, Jan was drawn back to the hospital field and enrolled in a four-year nursing program at Shadyside Hospital. As an Oncology Nurse, she experienced many patients undergoing harsh treatments only to pass away shortly afterward. Hospice care was gaining strength. Knowing she wanted to be part of that movement, Jan readily received the necessary training. She has been involved with hospice care for 26 years, currently working half-time at Allegheny General Hospital.

Working on our campus some 15 years ago, Jan was impressed by the active, caring community and the fine health care she observed. "Back then I hoped that when it was my time, I might become part of that enthusiastic group of retirees." This dream finally came to fruition when her husband offered to buy her home. They are parents of a son and daughter who are employed as a jazz musician and counselor, respectively.

Jan sings in the choir at Sewickley Presbyterian Church and enjoys practicing the music on her Spinet piano. She is interested in becoming part of our musical groups and joining the group attending the Symphony. Right now she is content curling up with her feline friend, Eli, while planning her future garden and optimal locations for bird feeders.

WHAT'S NEW WITH SORA?

Reports and actions at the September 2017, SORA Board meeting included:

Treasurer's Report

Gary Brandenberger reported the current balance of the Memorial/Special Projects Fund is \$65,835. The balance in the Employee Appreciation Fund is \$22,859. Activity fees for SORA activities have been paid by 78% of residents.

Liaison Reports

Maintenance Committee: Penn Power is replacing underground cables. Dining Room noise levels are being assessed.

Trips and Tours: Upcoming trips include the Finger Lakes in NY, Lake Arthur boat ride, and Shakespeare's Boar's Head Festival.

Library: The Follett system is being considered to computerize our holdings.

Civic Affairs: Candidates' Night is planned for the fall.

Dining Committee: Special dinner parties in the Grille were well received.

Sherwood Gifts: The shop will close Tuesday and Thursday evenings.

Bake Sale: The sale will be November 15 with planning on October 13.

Management Report

Construction continues on the new patio homes. Union contract negotiations are in process. Bethany Martin, an Oak Grove nurse, received an ACE award. The lobby temperature box will be locked, and the temperature set at 74 degrees and monitored.

The SORA Mission Statement was revised and is posted on the bulletin board.

Next SORA Board meeting:
October 3, 2017.

Jean Henderson
Reporter

SIMCHAT TORAH

Begins the evening of Thursday, October 12 and ends the evening of Friday, October 13, 2017.

After Jewish New Year and Yom Kippur, there are a series of other holidays that follow close behind each year. I wrote about one, the harvest festival, Sukkot, last year. Immediately following Sukkot comes the festival of Simchat Torah.

Simchat Torah (Rejoicing in the Torah) is centered in the synagogue during services in the evening and the following morning. It celebrates and marks the conclusion of the annual cycle of Torah readings, and is the beginning of a new cycle.

The event is marked with great rejoicing, especially during the procession that makes seven circuits around the synagogue. When the scrolls are taken out of the ark, the congregation leaves their seats and all march, sing, and dance with the Torah scrolls; we become the Torah's dancing feet in a celebration that can last for several hours.

During the service, the final portion of the Book of Deuteronomy is read in the synagogue followed by the beginning of the Book of Genesis. In this manner, the annual cycle of Torah readings continues unbroken.

Julie Eden

TAKING A LOOK AT THE “FRAMEWORK” OF SHERWOOD OAKS AT 35 YEARS OLD

As we celebrate Sherwood Oaks at 35 years, the staff of *THE ACORN* thought it would be great to take a look at the administrative and supporting departments that create our framework. They help us maintain a fulfilling lifestyle and support us when life eventually slows for each of us. Over the next few months profiles of these departments will appear in *THE ACORN*.

As of August 2017, there were 291 residents in Independent Living, 36 in Personal Care, 37 in the Skilled Nursing Unit (SNU), and 30 in the Oak Grove Center. All of us use at least some of the supporting departments and they enhance our living at Sherwood Oaks.

Gathering the information from each of those who were asked to share their department’s responsibilities and vision of the future has been humbling. I had an idea of what many of the departments did, but I now have such admiration for the depth they all reach, the many tasks they handle daily, and the work they do. If I were younger, there are several jobs that I would love to do myself, but I am happy I can rely on the wonderful staff we have and take advantage of all they offer.

Julie Eden



SHERWOOD OAKS MARKETING DEPARTMENT



Photo by Annette McPeck

The primary function of the Sherwood Oaks Marketing Department is to achieve and sustain an acceptable number of signed Residency Agreements to meet census budget goals using an effective program of tours, appointments and telephone follow-ups. Other responsibilities include but are not limited to: maintaining professional relationships with residents, clients, and prospects; maintaining an accurate working lead file on our REPS System; 24 Marketing Events through-out the calendar year; being flexible to work evenings and weekends when needed. (More information on Marketing Events to follow). The three employees who comprise the Marketing Department (left to right above) include: John Sterling (in my 5th year), Phyllis Franks (in her 12th year) and Dave Capan (in his 5th year).

We schedule two Marketing Events each month. An event will fall into one of three categories: Sales Presentation, Educational, or Entertainment; tours being offered with each event.

“Sales Presentations” include a “Lunch and Learn” with our Executive Director/ CFO Annette McPeck and a “4 Course Conversation” which utilizes Sherwood Oaks residents to tell what life is like at Sherwood Oaks. At these events, you will typically find the more serious prospect, one who is considering retirement living at Sherwood Oaks. “Educational” programs can include lectures such as “Brain Health” and “Gettysburg” which we have had in 2017. It also includes the “AARP Safe-Driving class” which is given 2 times a year. “Entertainment Marketing” programs typically are musical in nature and include popular performers such as Cahal Dunne, Johnny Angel, and the Banjo Club. These are well attended and provide great word-of-mouth exposure for Sherwood Oaks.

For fiscal year 2016, the Sherwood Oaks Marketing Department did 354 tours of the community and received 744 new leads. In that year there were 21 move-ins. From April-June 2017, we had a total of 17 sales, which was the busiest quarter for sales dating back several years. There have been 12 move-ins through the end of July, 2017, with at least 18 additional move-ins scheduled by the end of this year (based on signed contracts.) We expect at least 30 move-ins total for calendar year 2017 but are aiming for a higher number.

Along with the Marketing Events, other sources of new leads include: direct mailers, referrals, Sherwood Oaks and UPMC website submissions, local (e.g., church bulletins) and specific (e.g., musical programs)

Advertisements in the local community. We have recently updated the Sherwood Oaks website with a newer video and testimonials. The Sherwood Oaks video on YouTube currently has 2,286 views. Expanding our presence in social media is something under current discussion.

Dave, Phyllis and I realize the importance of the residents to Marketing Department referrals: helping with events and tours, meeting with clients, or just stopping us on a tour to say how happy they are living here. That’s the best form of advertising we can have. We are always very grateful for your help.

John Sterling



Some of the Personal Care staff - Photo by Ed Borrebach

PERSONAL CARE

Sherwood Oaks Personal Care is licensed by the Bureau of Human Services in Pennsylvania. We are part of the western region based out of Pittsburgh and undergo an annual on-site inspection by state inspectors. Sherwood Oaks has always maintained our license in good standing.

Personal Care is located on the second floor of the Health Center and is licensed to accommodate a total of 47 residents in

rooms permitting double occupancy to accommodate couples. Single occupancy in these rooms is allowed at an increased cost. Personal Care is staffed 24 hours a day to assist residents with medication management and activities of daily living including bathing, dressing, laundry, etc.

Residents living in Personal Care can eat meals in any of three dining rooms: the Personal Care dining area, the main Dining Room, and the Cafe. They can also use the amenities throughout the campus, Fitness Center, Summer House, library, trips, and tours, etc.

The Personal Care pet has long been a bird. Currently, Merle, a parakeet, resides with us in Personal Care. He receives lots of attention from staff, residents, and visitors.

Over the past ten years, Personal Care has gone through numerous physical upgrades including new carpeting, new paint, new resident room doors and new wall hangings. Some office space has been reconfigured but has not taken away from any resident space.

Lori Greer
Personal Care Administrator

WHO KNEW?

Lurking in your past, we suspect, is a skill or activity that will surprise or amuse us. Please write a paragraph and share your story with *THE ACORN* readers. Let us get to know you better!

SKILLED NURSING UNIT



Some of the Skilled Nursing staff - Photo by Ed Borrebach

The Skilled Nursing Unit at Sherwood Oaks is a 43 bed licensed nursing facility that admits short and long stay residents for medical and custodial care. Presently, the daily average of residents is around 33. There are currently four nursing leadership roles, 15 registered nurses, and 24 certified nursing assistants on the nursing staff. There is also an ancillary staff of about 20 who assist with the daily operations.

Activities for residents include mall trips, sporting event trips, exercise, trivia games, sing-alongs, baking, and art related functions to name a few, according to Ronna L. Stewart, Nursing Home Administrator. In addition to activities on the unit, residents are encouraged to attend the general activities at Sherwood Oaks with the staff assisting the residents to the different functions of their choice.

How has our Skilled Nursing Unit changed over the past few years? Over the last three years, Ronna notes that the Skilled Nursing Unit has become more integrated with the other facilities within UPMC Senior Communities. She

notes that the nursing staff now has greater resources to help with operating the unit. The staff has also seen many changes within the last two years related to the integration of electronic health records. Currently, they are learning the new federal regulations that are being implemented over a four-year period of time through 2019.

—Thanks to Ronna Stewart for the information in this piece - Julie Eden

THE OAK GROVE CENTER (OGC)



Some of the OGC staff on floor 1 - Photo by Ed Borrebach



Some of the OGC staff on floor 2 - Photo by Ed Borrebach

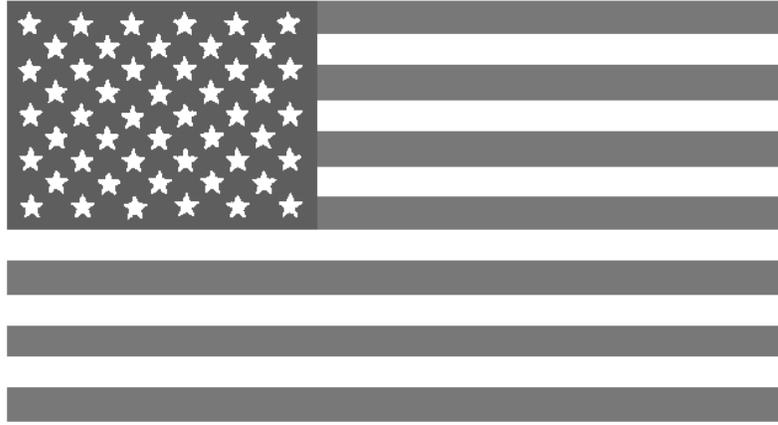
The Oak Grove Center (OGC) had its grand opening in October 2010. The first floor opened then with the second

floor following within a few months. There are a total of 30 private rooms, 15 on each floor. OGC is a secure building meaning it requires a code to enter and exit. The building is very spacious and has beautiful views of the Cranberry Lake. OGC is also licensed by the Bureau of Human Services in Pennsylvania and undergoes the same annual inspection as Personal Care.

The OGC is geared towards residents with a diagnosis of dementia and showing a progression of the disease. These residents make the transition to the Oak Grove Center when they display safety concerns such as wandering or difficulties completing their daily activities including dressing, bathing, and/or taking their medication. The Oak Grove Center is staffed with registered nurses, certified nursing assistants, and resident assistants. Therapeutic recreation provides a variety of stimulating activities on each floor. Residents can leave the building for activities and visitation if a member of the staff, family, or friend accompany them.

This facility is designed to maintain a calm and peaceful environment. Residents move into a room that they keep throughout their stay. It is important to maintain a routine and consistency throughout the day to reduce any undue confusion. Residents from the campus are welcome to visit the Oak Grove Center.

Lori Greer
Personal Care Administrator



SHERWOOD OAKS VETERANS DAY PROGRAM UPDATE

So many of our residents look forward to our annual Veterans Day Program. And no wonder, it's a truly moving event. This year marks our 5th year of providing a dignified ceremony honoring our veterans (both past & present). For those residents who have attended this program in the past, you know that Seneca Valley High School sends us their most talented singers, musicians, and dedicated ROTC Cadets to participate in the day's events.

We are pleased to announce that this year's speaker will be Sergeant Jack L. Ernest. His list of accomplishments is much too lengthy to list here, but some of the highlights include: served in Vietnam in the 1960s, Awarded: Purple Heart, Combat Action Ribbon, two Presidential Unit Citations, National Defense Medal, Vietnam Service Medal (two stars), ...and the list goes on.

Sergeant Ernest received an Honorary Doctor of Divinity Degree from Omega Bible Institute and Seminary. He has completed over 40 humanitarian trips! Jack was named Veteran of the Year (2007-08) and inducted into the Ohio "Veterans Hall of Fame" in 2012. Currently, Jack Ernest is the Founder & President of "We Believe Ministries, Intl." and an advocate for all veterans.

It will no doubt be an exciting program, with John Rodgers acting as the Master of Ceremonies! So, mark your calendars for the Veterans Day Program Friday, November 10 at 1:15 PM in the Auditorium.

Laura Childress

CANDIDATES NIGHT ALERT

Tuesday, October 17, 7:15 PM - is the date and time for Candidates Night, a program to which all candidates running for public office in the fall General Election are invited - and to which you also are invited. This is an opportunity to meet the candidates, hear their reasons for seeking office, and ask questions. Sponsored by the Civic Affairs Committee, this is a non-partisan event for residents only - no reporters, no photographers. A list of candidates who will be present and a prototype of the ballot, which will appear on the voting machines, will be available to you at the meeting. Put this date on your calendar now!

Sherwood Oaks residents have a reputation for being civic-minded, and a sizable percentage of our residents vote in each election. Let's keep up that reputation!

Agnes Peebles

BAKE SALE UPDATE

NOTE DATE CHANGE: The Bake Sale Planning Meeting will occur on Friday afternoon, October 13, in the auditorium immediately following the resident get-together.

Please bring any plastic food containers you wish to contribute to the sale. There will be a table available on which the containers will be set out.

If you need containers, you will be welcome to choose some from the

selection on the table. There will also be "Bake!" signs for you to take in preparation for the Pop-up Day. We will decide on the Pop-up date at the meeting

See you on FRIDAY, OCTOBER 13!

Kelly Noble, Chair
SORA Bake Sale Committee

PROGRAM COMMITTEE PRESENTS

DAVID SHREINER - KEYBOARD ARTIST

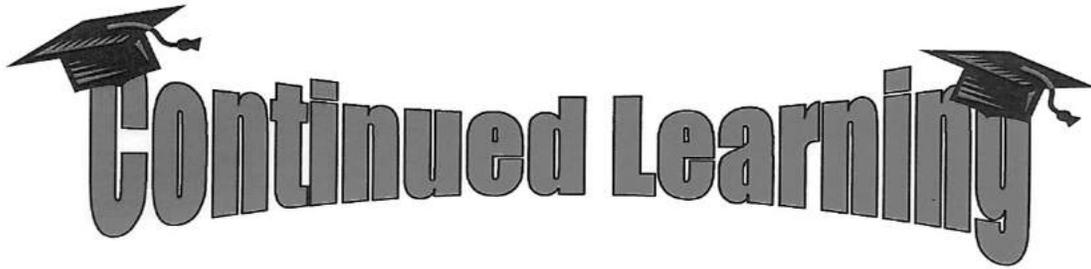
October 26
7:15 PM Auditorium

Mr. Shreiner has an extensive musical background, having performed throughout the North Hills for over thirty years. An honor graduate of Carnegie Mellon with a BFA in music, he is a past winner of both CMU's Concerto Composition and the Pittsburgh Concert Society Young Artists Award.

He has been the Keyboard Artist at the Heritage Presbyterian Church since 1983 and worked at Music Innovations from 1987 to 2015. He is currently at the Lydia Music Center and has given private piano lessons for many years. His performance venues include Oakland's Carnegie Music Hall, Synod Hall, Memorial Park Church, St. Paul's Methodist Church, and many retirement centers, including Sherwood Oaks.

Musical selections will include classical, contemporary, and rag.

Jim Miller



Continued Learning

Fall is in the air, and so it is that Continued Learning will be presenting programs beginning the second week of October. This year's format will include seven programs over four weeks beginning October 10. Look for the calendar of events in your mailbox.

The following descriptions are samples of the upcoming programs:

Tuesday, October 10 - Resident Stuart Knoop, an architect, retired after forty years of practice in Washington, DC. His firm specialized in institutional and government buildings. American government and businesses have attracted increasingly hostile attention, and Stuart will discuss building design that protects the occupants while maintaining architectural distinction and the image of accessibility appropriate for a democratic society.

Thursday, October 12 - Roger DeYoung, a chainsaw artist, will describe his art and provide some examples.

Thursday, October 19 - Laura DeYoung, a wildlife ecologist and the wife of Roger DeYoung, the chainsaw artist, will discuss wolves and the ecology.

Tuesday, October 24 - Residents Wallace and Barbara Christy will describe their recent tour of Cuba, providing an impression of Cuba today. In 2004, **resident Jean Henderson** visited an Evangelical Theological Seminary in Matanzas, Cuba. She will talk about the seminary, their mission, and students and provide her general impressions of Cuba at that time.

Thursday, October 26 - Mark Pittman, a financial advisor, will provide a talk titled, "Investing in a Low-Interest Environment."

Tuesday, October 31 - Resident Paul Wierman, in acknowledgment of the 500th anniversary of the posting of Martin Luther's 95 Theses, will give the historical context and some of the ramifications of that event.

Thursday, November 2 - James Gourley, Tuba player and Conductor of the River City Brass Band, will demonstrate tuba art and discuss the work of the band.

WHAT DOES IT MEAN TO BE WHITE?

THE EXPERIENCE OF WHITENESS

You can help researcher Tami Dixon explore an intense and delicate topic: perceptions of racial identity, especially by participating in a 20-minute, one-on-one interview with Ms. Dixon here at Sherwood Oaks on October 27. She is doing research “questioning color.” This is not her first venture into researching stories. Among many other awards and accomplishments, Ms. Dixon was the researcher, writer, and performer of the popular play *South Side Stories*, performed at City Theatre in 2012 and again, by demand, in 2014. For that work she spent two years interviewing long-time South Side residents. She set up a card table and two chairs and a sign, “Tell me a story about the South Side,” out on the sidewalk, and listened to passers-by.

Tami Dixon is in her 12th season as Producing Artistic Director of Bricolage Production Company, a professional theatre company based in downtown Pittsburgh. Their mission is to create theatre that stimulates a heightened sense of involvement in the audience.

Her interviews here are sponsored by Focus on the World.

To schedule a time slot on Friday, October 27, between 9:00 and 12:30, in the Resident Office/Music Room in the Center, call Dennis Lynch at 8335.

FALL FOOD COLLECTION October 15 – 21

If you're new to Sherwood Oaks, you may not know that you can help local people in need without leaving the grounds.

Our neighbor, the Gleaners' Food Bank at St. Ferdinand's R.C. Church, is a nondenominational, non-profit center which distributes food and other needed items monthly to 100 Cranberry Twp. families. (One-third of the people are 60 years old and over.)

Focus on the World, a Sherwood Oaks Activity, collects items for one week each quarter on the benches in the Gallery/Scooter Room at Sherwood Oaks Center. (Oct. 15-21 this quarter.)

Suggested donations: unopened and unexpired cereals, canned tuna and meats, peanut butter, pasta and pasta sauce. Soap, sanitary products, and paper goods are also needed as Food Stamps do not cover them. (Average size packaging is wanted since bags of food are distributed by weight. Plastic containers are preferred over cans.)

Let's count our blessings and be generous with those who have less.

Nancy Paul



CURIO CABINETS

The current display, Gifts from the Earth, highlights the many ways in which we utilize minerals in art and in our everyday lives. The next curio theme will be Halloween, a rich source for spooky, funny, and imaginative things. We haven't had a Halloween display for a long time. Let's make this a show to remember, starting on September 28.

Coming in November, two private collections. One is an amazing accumulation of antique buttons. The other answers the question; "what did we do before we had postage stamps?"

Gussie Dimmick

SEEN AROUND SHERWOOD

On a sunny July afternoon, nine of twelve Sherwood Oaks residents named "Jean, Jeanne, or Jean Ann" gathered at the Henderson's for a "Jeans Party." Tea (iced), tea sandwiches, scones, and crumpets were served on antique tea plates while guests shared origins of their names and personal stories. A good time was had by all ... with no white gloves or hats required! And Mr. Henderson, whose forte is not remembering names, was able to bid every woman adieu using her first name!

Guests included Bell, Brown, Davis, Gibson, host Henderson, Kennedy, McLaughlin, Pelusi, and Ross. Sending regrets were Lawrence, Parsons, and Wasniewski.

Jean Henderson

DRAMA CLUB SPECIAL GUEST

There will be a special guest at the regular October Drama Club meeting, Tuesday, October 17, from 1:30-3:00 in the Oak Lodge Great Room. Any interested person is welcome to attend.

Our guest will be Tami Dixon. Ms. Dixon is in her 12th season as Producing Artistic Director for Bricolage Production Company, which she runs alongside her husband, Jeffrey Carpenter. She is a recipient of a TCG/Fox Foundation Resident Actor Fellowship and was named 2012's "Performer of the Year" by The *Pittsburgh Post-Gazette*. Ms. Dixon received the 2013 Carol R. Brown Creative Achievement Emerging Artist Award from The Pittsburgh Foundation, and most recently was given a Tribute to Women Leadership Award from the YWCA.

"Tami Dixon was a triple threat in 2012, as the artistic director of Bricolage, where she starred in a riveting production of "Dutchman" and championed post-show discussions about the play's racial themes. She also culminated a project of more than two years as playwright and performer for "South Side Stories," a solo show that she developed from a grant proposal and brought to the Hamburg stage at City Theatre. All that, and she was part of the collaboration that produced the high-concept, multilayered "STRATA" experience." *Post-Gazette*

During the Drama Club meeting, Ms. Dixon will talk about her experiences in theatre in Pittsburgh and abroad, answer questions from the group, and give us hints about performance by rehearsing Club Volunteers in a short scene!

Dennis Lynch

SAFETY ALERT - FALLS

Your Health Affairs Committee recently reviewed the fall data provided to us by Sherwood Oaks Community Nursing. We share their recommendations below:

The importance of **immediately** reporting falls to Community Nursing cannot be stressed enough. "In an emergency (falls or other incidents/accidents), dial "0" (for the apartment building and new patio homes, dial 724-776-8100)." The elderly population is more at risk for injuries, fractures, and bleeds due to advanced age and/or medications. There have been some falls here at Sherwood Oaks that were not reported in a timely fashion, and the residents were indeed found to have suffered fractures.

Do you have an Arial Pendant? It is critically important to wear the Arial Pendant when using your cane, rollator, or walker on a regular basis. Most falls occur in the home, in your "comfort zone," and we are finding that the residents **are not** using their assistive devices consistently in their homes. If you need to hang onto furniture as you walk, then you need your cane, walker, or rollator. The Arial Pendant should **always** be on you, even during the night. If you fall and have your Pendant on, help is only a few minutes away. If you do not have it on and are not near a telephone, this will delay help from arriving in a timely fashion. Why risk what you can avoid? Having it on also makes it possible to call for help for someone else needing assistance.

It is also strongly suggested that you assess your environment for **potential fall risks** like scatter rugs, throw rugs, and the current placement of large and bulky furniture pieces that may impede your getting around.

The Health Affairs Committee thanks Community Nursing for sharing these suggestions, and we trust you will make good use of their information to protect yourself from unnecessary falls. Stay safe.

Catherine Wagner

TWO AM

Once upon a night so dreary
I awoke to something leery.
While I was about to ponder
Into the kitchen I did wander.
Sat myself down to a feast
Of milk and chocolate cake.

While in the kitchen I declare
A feeling seemed to linger there
As I stood up to watch TV
Glancing down I thought, woe is me.

My eyes fell upon something dark and slimy
It moved toward me looking more shiny
It began to pick up speed.
Heading toward my feet and knees
With its six legs crawling fast
I hoped that it would travel past.

I brushed it away; it staggered on the floor
I hoped I didn't see anymore.
It looked a little stunned at first
I reached over to retrieve my purse.

I slammed it down upon its head
I thought by then I had nothing to dread.
But then he came back for the battle
I lunged at him, my body rattled.

This time he did not move at all.
I knew my battle was won after all.
But it was me who took the fall.
Down I went, my walker and all.

Jean Wasniewski

REMOVAL

Travelling along a British motorway, you may notice a lorry passing you on the right. You glimpse the large bright letters on the side panels, "Removals" it says. American tourists might conclude that that lorry was hurrying to rid a home of bats or rats. Far from it. Our van would read, "Acme Moving and Storage." Yes, you engage a firm that does removals to move your furniture from one residence to another ... it's one of those nappy/diaper terminology differences.

However, removal is exactly what was happening at our house. We were leaving there at the end of the year to relocate into what is compassionately known as Senior Living. It is something you say to yourself, "that will never happen to me," right until you notice that you are well into your eighth decade and a new reality has dawned. A host of your peers has already made this move and wonders why you are dragging your feet. And perhaps that last phrase is more than a figure of speech.

Our current home was full of stuff collected over the last 36 years. It cramed every closet, cupboard, and drawer. Shelves too! But our home for so many years was for sale, and prospective buyers came by occasionally for a showing. When they called, the house must appear to be completely neat and orderly. That is the recommendation given to us by seasoned movers. Hide the clutter!

The result of that was car trunks and passenger seats filled with the overage. Laundry rooms also do well for hiding items. After a dozen showings, you're a

We have had the same address through working years and now in retirement. Thus, there has been plenty of time to collect things once prized, which now have somehow become detritus. Our new abode is approximately 70 percent smaller than our house; so ... remove, discard, sell, and pack boxes. Ponder the move day and night. Imagine yourself peddling personal possessions for piddling prices!

A 17th century Brit, Sir Edward Coke, set down this legality: "A man's house is his castle." Familiar as that is, it does raise further questions. Most summers Queen Elizabeth and her entire retinue depart from Buckingham for Scotland. It has been the custom since her youth to retreat to the Scottish Highlands and Balmoral Castle. It follows tradition. The Royals have moved from castle to castle for centuries. It became less frequent when flush toilets arrived.

How will the Queen's loyal subjects know of her change of address? They have but to look at the flagstaff atop the highest turret. There all will see the banner that has flown above her residence since 1982. When she crosses into Scotland and rolls into Balmoral, her colors will be hoisted on the flagstaff there. How fitting.

The question for us was how may we change our castles in some symbolic way? What would be our banner? Our castle has no flagstaff, and we have no royal coat of arms. I fear it will be the gargoyle that sat opposite our welcome mat.

Paul Wierman

ME, MYSELF, AND I



Photo by Ann Ferguson

Hi, my name is Lexi, and I am a 3-year-old Golden Retriever. I became a new Sherwood Oaks resident in May of 2016 along with Ann and Norm Ferguson. I discovered that this was a wonderful place where I could use my degree from Therapy Dog International. My degree says I am well behaved and have an interest in people. Here at Sherwood Oaks, I have found many people with whom to socialize. Some really think I'm special.

My first visit had me realize that even though I'm a big dog, 60 pounds and almost 22 inches at my withers (shoulders), I am still too short for many residents to pet me without bending over. I needed something to make me higher. I tried using my red bucket and then my red wagon. My handler and I ended up using an old dining room chair with wheels. I sit on this and get pushed down the halls into Personal Care, Skilled Nursing, and the Oak Grove. I feel like a queen, but really this makes me the right height to visit with the residents in wheelchairs and beds. I get pushed right up beside my friends; then I can nose them, and they can pet

me very easily. Sometimes I get off my chair and do tricks for my friends to make them laugh, and they give me treats for my performances. Imagine that; they pay me with treats! What a great job I have; I am the only resident dog with this degree and this job.

I have some very special friends at Sherwood Oaks who I visit by appointment once every other week. Truly there are too many to count. Two men love me to lick their ears (my handler says "yuck"); another lady likes me to give her my paw. Another wants to have me use my nose to find the treat in her hand. Still another lady with very strong hands wants me to snuggle with her in her bed. My handler only lets my front half do that. The rest of me must stay in my chair. One man walks me around the floor where he lives. Guess what; a lady keeps a dog bowl ready for me to get a drink. I usually see her last, and by then, I am very thirsty. Helping people smile is an easy job for me, but after an hour I am ready to go home.

On my way home, I visit a few more friends. One lady wants me to sit on her bench with her just so she can pet and hug me. Another lady wants me to help walk her dog. The lady down the street has a tiny dog, and we are becoming friends to share treats together. How special my dog's life is! It is a good thing I found this great place to live. God has blessed all of us. Other days of the week I travel to the Cranberry VA, Cranberry Library, Holy Family Manor in Bellevue, the Butler VA, and the Senior Living Community in Zelenople. I do all of this just to make people smile, and of course, treats.



With help from Ann Ferguson

MASTER OF ALL HE SURVEYS



Photo by Dennis Lynch

That dog there, above, is our elderly dog, Rex. Actually, he is Barbara's old dog, Little Rex. When I met her, she had three dogs: Little Rex, about 60 lbs. of Boxer; Big Rex, about 92 lbs. of shy Shepherd-Golden mix; and Kilo, aka "You Talkin' T' Me?", 115 lbs. of big black Bull Mastiff mix. Only Little Rex made the move to Sherwood Oaks.

Rex had already organized his life to get breakfast as early as possible (maybe 5 AM in the summer) and his supper around 2 PM. Now that he has retired he takes breakfast a bit later, thank goodness, but, come 2 PM he comes and stands looking at one or the other of us. "Staring" would be more accurate.

That starts a ritual. Fill Rex, then take him out and empty him. But then we have a problem: Rex wants to nap, and he does not want to nap alone. Some months ago, after the feeding ritual, I felt sleepy. I thought, "Heck, I'm retired, I'll lie down for a nap." Rex hopped up on the bed and joined my snooze.

The problem is, Rex liked napping *with* someone. Me or Barbara, it didn't matter, just so there was a warm body with him. If neither of us felt like napping, he would sit in front of one of us and stare. Then he would start talking. Boxers are great talkers and have a big vocabulary of snorts, squeaks, grunts, and whines. If those words are unsuccessful, yips and barks start. Solution A: somebody go nap. Solution B: ignore him long enough, and he will go to his "noddyblinkums" sofa out on the patio and lie down, looking put upon.

Now all this "stare and they will obey" began working in his brain. When it's our bedtime, he likes to get in bed with us and take his half out of the middle. He *really* likes that. Barbara is watching something edifying on TV, maybe "Botched," and I am reading, maybe "Finnegan's Wake," with one eye and watching with the other. Rex is sleeping between us as close to cross-wise as he can get. Happy as a pig.

But sometimes we stay in the living room past what Rex considers bedtime. "Stare, and they will go," he remembers. And he does. And we do, with a sigh and a laugh. So it seems we have ceded more of our life to the dog. This does not bode well. At least he still responds to the command, "Time to go noddyblinkums, Rex," when we are ready to turn out the lights. A gentle (assertive) push on the behind and he will get off the bed and head toward "his" sofa. (If our lights stay on, he does his MacArthur act and returns.)

Now I see him staring at the cat, Smokey ... I wonder what he wants Smokey to do!

Dennis Lynch



SATURDAY NIGHT AT THE MOVIES
7:00 PM Auditorium

OCT. 7th-THE BIG SICK
(2017) R 2hr

Based on a real-life courtship, *The Big Sick* tells the story of a Pakistan-born aspiring comedian who connects with a grad student. What they thought would be just a one-night stand blossoms into the real thing, which complicates the life that is expected of Kumail by his traditional Muslim parents. When Emily is beset with a mystery illness, it forces Kumail to navigate the medical crisis with her parents, who he's never met, while dealing with the emotional tug-of-war between his family and his heart. It is one of the most critically acclaimed films of 2017.

OCT. 14th - RAINMAKER
(1997) PG 13 2hr 15 min

Rudy Baylor is a jobless young attorney. However, he is also the only hope of an elderly couple whose insurance company will not pay for an operation that could save their son's life. In this judicial drama, based on John Gresham's novel, Rudy learns to hate corporate America as he falls in love with a battered young married woman. Will he be up to the task?

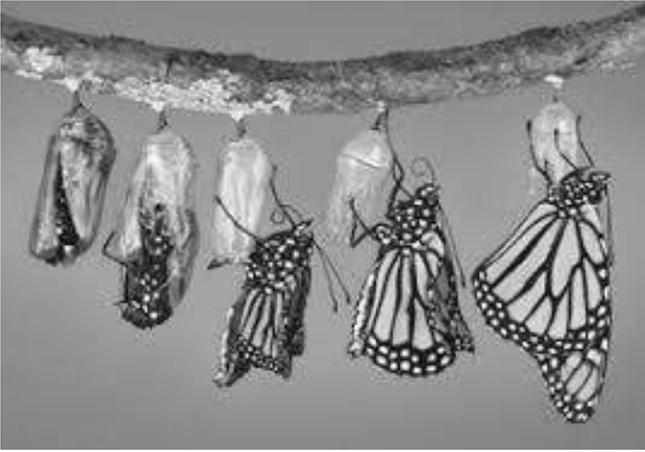
OCT. 21st - WEST SIDE STORY
(1961) PG 2hr 32min

Two youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy. Buoyed by Robert Wise's dazzling direction, Leonard Bernstein's score, and Stephen Sondheim's lyrics, *West Side Story* remains perhaps the most iconic of all the Shakespeare adaptations to visit the big screen.

OCT. 28th - STAGECOACH
(1939) NR 1hr 40 min

Stagecoach is a 1939 American Western film classic directed by John Ford and starring John Wayne in his breakthrough role. It tells the story of a group of people traveling on a stagecoach who find their journey complicated by the threat of Geronimo and learn something about each other in the process.





AUTUMN IN THE GARDENS

A Monarch butterfly has chosen a milkweed plant in the Butterfly Garden in the Summer House Gardens as the place to lay her eggs. There are now three Monarch caterpillars hungrily eating the leaves of the plant. Soon, they will each find a safe place to attach near the milkweed, and their skin will split, revealing a jade green chrysalis. In a few weeks, the innards of the caterpillars will have morphed into beautiful, emerging, Monarch butterflies. They will fly to Mexico or California to spend the winter, then return in the Spring to lay eggs and begin the cycle again.

As you may know, Monarch butterflies are in danger and decreasing in numbers due to loss of habitat. Milkweed is the only acceptable host for them. We are privileged to be able to provide the necessary host plants to help keep these beautiful creatures from dying out. If you see a caterpillar or chrysalis, look, but do not touch or disturb it or the plants.

At the Rock Garden, at the lower end of the Summer House Gardens, you may see the lovely orchid colored

blooms of some Autumn Crocuses (*Colchicum*). These plants produce clusters of leaves in the spring, but no flowers. They produce large flowers in the fall, but no leaves.

The other gardens are brilliant with many colors and varieties of flowers. There is also an herb garden where you are invited to snip some herbs to take home for cooking or fragrance. The garden path is level and easy to walk. It can be traversed with a walker or scooter, but be aware of some uneven areas along the path. It is not good for wheelchairs, but there are several benches where it is pleasant to sit to read or chat with a friend. Take advantage of this beautiful place before the cold of winter comes.

Betty Eichler



Summer House Gardens

Photo by Barbara Dixon

**COLETTA MCKENRY LIBRARY
ACCESSIONS**

FICTION, INCLUDING LARGE TYPE:

The Award

Danielle Steel © 2016.F/STE

The Black Book

James Patterson © 2017.F/PAT

Bryant & May and the Bleeding Heart

Christopher Fowler © 2014.F/FOW

The Circular Staircase

Mary Roberts Rinehart © 2013.F/RIN/L.

Code Name Verity

Elizabeth Wein © 2012.F/WEI/L.T.

Deadly Prospects

Elizabeth Penney © 2017.F/PEN

A Deadly Vineyard Holiday

Philip R. Craig © 1997.F/CRA/L.T.

***Defectors**

Joseph Kanon © 2017.F/KAN

Don't Go

Lisa Scottoline © 2013.F/SCO

***Eleanor Oliphant Is Completely
Fine**

Gail Honeyman © 2017.F/HON

***Fierce Kingdom**

Gin Phillips © 2017.F/PHI

***The Garden of Small Beginnings**

Abbi Waxman © 2017.F/WAX

Girl in Disguise

Greer Macallister © 2017.F/MAC/L.T.

Girl Waits With Gun

Amy Stewart © 2015.F/STE/L.T.

The Lifeboat

Charlotte Rogan © 2012.F/ROG/L.T.

Mrs. Lincoln's Rival

Jennifer Chiaverini © 2014.F/CHI/L.T.

Second Watch

J.A. Jance © 2013.F/JAN

The Secret Chord

Geraldine Brooks © 2015.F/BRO/L.T.

Still Life

Louise Penny © 2005.F/PEN

The Tea Will Tell

Elizabeth Ludwig © 2017.F/LUD

The Things We Cherished

Pam Jenoff © 2011.F/JEN/L.T.

***The Truth According to Us**

Annie Barrows © 2015.F/BAR

***Use of Force**

Brad Thor © 2017.F/THO

Watch Me Disappear

Janelle Brown © 2017.F/BRO

NON-FICTION, INCLUDING BIOGRAPHIES:

The Age of Wonder

Richard Holmes ©2008. 509.41/HOL

The American Spirit

David McCullough ©. 973.223/McC

The Call, the Life ... the Apostle Paul

Adam Hamilton ©2015. 225.9/HAM

Chautaugua's Heart

Mary Lee Talbot ©2017. 306.6/TAL/
Oversize

***Dirty Wars and Polished Silver**

Lynda Schuster ©2017. Bio/SCH

***Dying: A Memoir**

Cory Taylor ©2017. Bio/TAY

German Boy, A Child in War

Wolfgang W. E. Samuel ©2000. 940.54/
SAM

Hidden Figures

Margot Lee Shetterly ©2016. 510.92/
SHE

***Mozart, The Man Revealed**

John Suchet ©2017. Bio/MOZ

**The Silk Roads, A New History of the
World**

Peter Frankopan ©2015. 909/FRA

A Touch of Splendor: A Memoir

Lila Hopkins ©2016. Bio/HOP/L.T.

The Universe in the Rearview Mirror

Dave Goldberg ©2013. 539.7/GOL

**With the Old Breed at Peleliu &
Okinawa**

E. B. Sledge ©2010. 940.54/SLE

* See Spotlight on New Books

SPOTLIGHT ON NEW BOOKS THE BOOK SELECTION COMMITTEE

These recently purchased library books are on display on a shelf labeled "New Books." If a book you seek is not there, fill out a reserve slip.

The Garden of Small Beginnings by Abbi Waxman. Fiction. A widow with two young girls has seen her husband die in a car crash only feet from their home. But: "Far from sad and depressing, [the novel] is full of wry humor and a clear-eyed view of how life keeps offering good things" (*Kirkus Starred Review*).

The Truth According to Us by Annie Barrows. Fiction. It's 1938 in a fictional USA town. "An epic but intimate family novel with richly imagined characters, an intriguing plot and the social sensibilities you would expect of a story set in the South" (*Washington Post*). By the author of *The Guernsey Literary and Potato Peel Pie Society*.

Eleanor Oliphant is Completely Fine by Gail Honeyman. Fiction. "An endearing debut [that] is part comic novel, part emotional thriller, and part love story The overwhelming emotion is kindness" (*The Guardian*).

Dying: A Memoir by Cory Taylor. "There is an ever-expanding body of literature on coming to terms with mortality, and this entry ranks with the best" (*Kirkus Starred Review*).

Dirty Wars and Polished Silver by Lynda Schuster. Memoir. "A sharply observant and well rendered telling of the life of a courageous international journalist and diplomat's wife. Great story. Amusing prose. Do not miss it" (*Dan Simpson, Post-Gazette*).

Mozart: The Man Revealed by John Suchet. Nonfiction. "An ideal introduction to understanding the famous composer. ... Rich with wit and warmth, this compact biography is thoroughly enchanting" (*Kirkus Starred Review*).

Use of Force: A Thriller by Brad Thor. "Following last year's Foreign Agent, Brad Thor brings back Scot Harvath, the legendary counterterrorism operative, for his most action-packed novel to date" (*The Real Book Spy*).

Fierce Kingdom: A Novel by Gin Phillips. A mom and her 4-year old son are at the zoo when shots ring out. "The story is structured as a tick-tock ... titrating dosages of suspense ... any more tension would be unbearable" (*New York Times*).

Defectors by Joseph Kanan. Fiction. It's 1949. CIA vs. KGB. "With his remarkable emotional precision and mastery of tone, Kanan transcends the form ... even better than his terrific previous effort, *Leaving Berlin*" (*Kirkus Starred Review*).

Tom Fararo, Chair



CHAPEL NOTES

During October, the following ministers will serve at our 2 PM Chapel Services:

October 1 - Rev. Ron Hoellein (Ret.),
St Paul's United Methodist Church
This will be a communion service
(World Wide)

October 8 - Rev. James Moran, Cran-
berry Community United Presbyterian
Church

October 15 - Rev. Charlie Hamill,
Christ Episcopal Church

October 22 - Rev. Tom Parkinson,
Dutilh United Methodist Church

October 29 - Rev. Joe Toomey,
Lifepointe Alliance Church of Mars

Pearl Habashi has just announced her "retirement" from playing piano at our Sunday Chapel services. Pearl has served in this important role for many years. For all of us who enjoy these services, we realize how important music is to the worship experience, and we thank her.

If your Pastor is not now on our list and you would like us to invite her/him, please provide us the name and contact information to Agnes Peebles #324 or me #602.

Gary Brandenberger
Chapel Committee



IN MEMORIAM

*Memories are precious possessions
that time can never destroy. For
it is in happy remembrance that
the heart finds its greatest joy.*

*Kenneth Mundell
September 11, 2017*

*Gertrude Rose
September 12, 2017*

*Ward Trostle
September 22, 2017*

*Judith Stough
September 22, 2017*

*Linda Blum
September 24, 2017*

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
Second Monday of the month
11:00 AM

Rosary – Led by Chester Ludwicki
First, Second, and Third Fridays
9:30 AM

Quaker Meeting for Worship
Fourth Sunday
10:30 – 11:30 AM

"Coming to a courtyard near you!"



Power line replacement has begun...



Photos by Barbara Dixon