

THE ACORN

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

September 2018 “For the residents, by the residents” Vol. 19 No. 7

There's no place like home!



Photo by Tabby Alford

FROM THE EDITOR

September is upon us, and we Sherwood Oaks folks are getting busy. This issue of *THE ACORN* is loaded with September events that are fun, educational and thought provoking. Please mark your calendars after checking not only *THE ACORN* but also the 900 channel, the bulletin boards and the weekly calendar in your mailbox. You won't want to miss a thing!

Also, this month, look for the article congratulating our own Executive Chef, Fred Buchanan, for being chosen as the executive chef for the Annual CURA dinner in Hershey, PA. We are so fortunate to have Chef Fred in our kitchen!

Please note that the Book Accession list is absent from this issue. I hope it will return next month.

THE ACORN is pleased to welcome Jan Wendt as our new Profile Coordinator. Sherwood Oaks has welcomed a number of new residents over the summer and Jan and her group of biographers will introduce many of them to us over the coming months. Get to know your new neighbors and introduce them to the many activities that help make Sherwood Oaks such a special place to live.

Barbara Dixon



THE ACORN

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Submissions for the October ACORN must be sent to the Editor, or Mike Rose if poetry, no later than September 15, 2018.

NANCY BRUGGEMAN

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Interviewed by Harriet Burress



Photo by Mike Mills

April 23rd of 2018 was a special day for Nancy Bruggeman because that was when she moved into her home here in Sherwood Oaks.

Prior to relocating, Nancy lived for 15 years in Freedom Crossing after her husband, John, died. One of her sons lives nearby, and her other three children live in and around the North Hills. "We have always been North Hills people," she commented.

Nancy grew up on Thompson Run Rd. and went to West View High School where she met her husband. She trained to be a beautician, but only worked for one year. When she and her husband married, they soon began their family. She was thankful to be able to be at home with their children as they were very close in age. The family continued to live in that area until the last of their four children left home. With many high school friends still in the Ingomar area, her husband wanted to return to "his roots," so they relocated closer to his former neighborhood.

Currently, she has ten grandchildren and five great-grands. One of her grandsons and his wife were recently home on vacation from Burma where they work for the Foreign Service. Plans for a family reunion at the Summer House changed when the forecast predicted rain. "It was a wonderful get-together at St. John's Lutheran Church at Highland," where she and most of her family are members. "The little ones entertained us."

Nancy has volunteered at Passavant Main in the X-Ray department and with the expectant parents' classes. "I enjoy helping everyone out." Together, she and her husband enjoyed traveling, usually with his work as Vice President of a wholesale heating company. For about five years after retirement, they spent two months in the winter at Orange Beach, Alabama, where they were often joined by friends from Pittsburgh.

"My Aunt Libby was one of the first residents in Sherwood Oaks, probably 35 years ago," she said. Nancy, may you enjoy your years here as much as she did hers. Welcome!!!!



DOLLY O'TOOLE
195

Interviewed by Connie Brandenberger

The move to Sherwood Oaks has been an easy one for Dolly O'Toole. She had the full support of all her children, and she was ready. The only difficult part was leaving her home in Ross Township in which she lived for 56 years.

Dolly was born in Finleyville, PA, a small town near South Park. She moved from there to Ross Township after her marriage in 1960. At that time, she was employed with the IRS and her boss was kind enough to introduce her to one of his clients, her future husband, John. They married soon after that and lived in Ross township "happily even after" until his death in 2000. Dolly and her husband were blessed with three children: one daughter lives in Fenton, Michigan; a second daughter lives in Wexford, and their son lives in Ross Township. She enjoys time with her grown grandchildren—two girls and two boys.

Our new resident comes from a long line of twins. She has twin older sisters; one of which had a set of twins followed by one of them having twins! To continue this line of twins, Dolly's daughter and her husband in Michigan are now fostering twins. Dolly is receiving many phone calls from her daughter asking, "How did you handle the three of us?"

Dolly has been retired for two years after working as a paralegal for 29 years with Eckert Seamans Law firm. She embarked on this career once her children were in school. Starting

with day classes at La Roche College, she then took classes at the University of Pittsburgh and finished by receiving her paralegal license from Robert Morris University. Dolly is a member of Christ Church at Grove Farm and was a friend of our dear former resident, Rita Pinyot.

She has always been an active individual, playing tennis and running. You may often find her using the exercise equipment in the Fitness Center. She likes using the sidewalks for her walking exercise, while enjoying the beautiful grounds of Sherwood Oaks. She is glad her cooking days are behind her. She has not used her cooktop or oven since moving in. Dolly usually attends the SORA meetings and Resident Information Meetings. She is interested in all that's happening in her new community. She hopes to become a part of discussion groups and continued learning events. Joining the Book Club is on her list of interests. Dolly is not one to sit back and observe. She's a participant. (Maybe working with lawyers for 29 years has influenced her.)

Dolly finds our residents very friendly and inclusive, and now all of her new friends will discover she is the same. Welcome, Dolly.



WHAT'S NEW WITH SORA? (Sherwood Oaks Residents Association)

NOTE: Minutes are always available for review on the SORA bulletin board in the mailroom and in the SORA binder in the library.

Reports and actions at the June 12, 2018, SORA Annual Residents' meeting:

Treasurers' Reports:

Gary Brandenberger reported the current balance of the Memorial/Special Projects Fund remains at \$79,996. The Employee Appreciation Fund has a balance of \$27,798. Ray Friedel reported the SORA bank balance is \$23,404.21. Flower sale profit is \$750. Sherwood Oaks Fund balances are: unrestricted, \$30,445; Trillium, \$2,847; scholarship, \$731,064; special projects, \$754,794; garden bequest, \$5,500.

Nominating Committee:

Member Jane Lavender presented the slate. Officers elected for a 1-year term were President Betty Eichler, Vice-President Ron Ouellette, and Secretary Jean Henderson. The slate of directors was elected for a two-year term: Jane Paul, Frank Finley, Lee Wierman and Mary Lou Fox.

Scholarship Committee:

Chair Charles Cullen reported that 49 eligible employees will receive awards of \$2000 each toward tuition. Donations are still needed from residents.

Administration Report:

Annette McPeek reported that required state agency inspections are underway

and going well. Ronna Stewart, Nursing Home Administrator, will leave in July for another position.

PLCC Report:

Annette McPeek reported the next meeting is June 13. (PLCC = Pittsburgh Lifetime Care Community.)

President's Report:

Bill Paul thanked Ed Alo for 17 years as director of the Computer Room. Bill recognized outgoing directors for their service: Charles Cullen, Loretta Lippert, David Moon and Bob Fletcher. He also thanked those continuing on the board, all residents who serve on SORA committees and activities, and all the SO professional staff and employees. Betty Eichler led residents in commending Bill for his service as president for a two-year term.

New residents Carol Paul, Herbert Weiss, Perry and Joan Clay, Tom and Mary Mion, Dolly O'Toole, Mary Lee Jordan, and Nancy Bruggeman were introduced.

The next SORA Board meeting is Tuesday, September 4 at 1:30 PM

The next quarterly residents' meeting is Tuesday, September 11 at 7:15 PM

Jean Henderson, Secretary



WHAT'S NEW WITH SORA? (Sherwood Oaks Residents Association)

NOTE: Minutes are always available for review on the SORA bulletin board in the mailroom and in the SORA binder in the library.

Summary of reports and actions for the June, July, and August 2018, SORA Board meetings:

Treasurers' Reports:

Gary Brandenberger reported the current balance of the Memorial/Special Projects Fund remains at \$84,970. The Employee Appreciation Fund has a balance of \$27,014. Ray Friedel reported the SORA bank balance is \$30,513.35. All balances are as of July 31.

Liaison Reports:

Landscape:

North Woods, Summer House gardens, damaged shrubs, and pruning needs have all been addressed.

Library:

Barbara Batcheler and Betty Polley have been honored with plaques.

Greenhouse:

Chair Debby Jacoby has resigned and was commended for her faithful service. A new chair is needed.

Trips and Tours:

September 14 – Comtra Theatre to see “*Mamma Mia.*”

Program:

The Thomas Wendt Trio (classical jazz)
September 27, 7:15 PM.

Administration Report:

Annette McPeek reported that required state agency inspections have been completed and went well. Smoke detectors in #101-360 have been replaced.

New Business:

The following appointments by President Betty Eichler were approved by the Board: Nancy Paul to the Sherwood Oaks Fund Board; Betty Eichler (as SORA President) to PLCC Board; Bill Paul to PLCC Board. The President appointed the following committee chairs: Bill Paul, Memorial/Special Projects; Jean Henderson, By-Laws; Joe Schewe, Budget/Finance; and appointed Peter Broeren as Assistant Treasurer, and Jeannette Lawrence as Assistant Operating Treasurer. New lists of liaisons and committee membership with terms were distributed. “Living with Loss” was approved as a new SORA activity; liaison is Jane Lavender.

A discussion was held about Winterfest, held in January of 2017 and 2018. Ron Ouellette was appointed chair of the Winterfest Committee to plan an event for January 2019.

The next SORA Board meeting is Tuesday, September 4 at 1:30 PM.

The next quarterly residents' meeting is Tuesday, September 11 at 7:15PM.

Jean Henderson, Secretary



CONGRATULATIONS TO SHERWOOD OAKS EXECUTIVE CHEF FRED BUCHANAN!

On June 20, our own Fred Buchanan served as the executive chef for the CURA dinner at the LeadingAge PA 2018 Annual Conference and Exposition in Hershey, PA.

LeadingAge PA is an association of 340 not-for-profit senior services providers, which includes Sherwood Oaks. The conference is attended by all levels of professional staff.

It is quite an honor to be chosen as executive chef for the CURA dinner, and Fred used his thirty-five years of experience in the food service industry as well as his studies at the Culinary Institute of America at Hyde Park to impress the diners! He was told it was 'over the top!' In attendance was President Mark Bondi, who commented, "The sea bass was amazing!"

The SORA Board recognized Fred with a special commendation for his tasty work. It read, "We commend Fred for his creative cooking skills; his patience with our myriad of requests; his humor and understanding with older adults; and his ability to challenge us with new tastes. Thank you, Fred, for your faithful service." We are fortunate to have Fred Buchanan as our Executive Chef.

Jean Henderson



Executive Chef Fred Buchanan receives his commendation from Betty Eichler, SORA President, at the August Dining Services Committee Meeting. The presentation also included a round of applause!



COME PLAY WITH US!

The Drama Club will hold its first meeting of the 2018-2019 season on Tuesday, September 16, at 1:30 PM in the Card Room. We do more than you might think! At the regular meetings we routinely read aloud light one-act comedies. A sub-group, The Sherwood Oaks Players, puts on one performance a year for the community (a musical this year!), so we are looking for actor wannabes. We are also looking for Stage Managers as well as people to help with props, costumes and publicity. Perhaps you will find a place in our group! All residents are welcome.

Barbara Dixon

**FOCUS ON THE WORLD PROGRAM:
SEPTEMBER 20, 7:15 PM; “*Plastics
Pollution: Peril or Promise?*”**

“We live on a small blue planet in the midst of a mind-boggling huge universe. It is a fragile planet, and it’s the only one we have to call home. Our responsibility is to learn how to live in right relationship with the Creator, each other, and with the Earth itself.” (Dara Sterling)

The next Focus on the World program will be held in the auditorium, September 20 at 7:15 PM. The discussion, “***Plastics Pollution: Evil or Promise?***” is certainly a relevant subject and one that has received a lot of attention recently.

The speaker, Dara Sterling, was trained in October 2017 in Pittsburgh as a Climate Reality Leader, a training program offered by the Climate Reality Project, a non-profit environmental awareness education organization headed by former Vice President Al Gore. Dara’s passion for the care of the planet stems from her deep faith and conviction that we are called to be good caretakers of this beautiful planet we call home.

Dara has taught an 8-hour biblically-based Climate Justice study for two years at a summer mission education event of the Methodist Church here in western PA. She also offers shorter presentations at church-related and community-sponsored events.

Be sure to come and join us for an enlightening presentation and discussion.

Julie Eden

**DID YOU KNOW THIS ABOUT
PLASTICS?**

- 1) For the last 25 years, China took about 45% of the world’s plastics for recycling ... but they no longer do.
- 2) Where is our plastic going now? To landfills, being incinerated or sent to other countries (some of which have already reached the limit of what they can take).
- 3) Only about 9% of plastics are recycled worldwide.
- 4) 70% of the plastic we use ends up in landfills.
- 5) Plastic dumped in the ocean breaks down and ends up back in our water supply and food (in fish and salt for example). Think about that for a minute.
- 6) By 2050 our oceans will contain more plastic than fish.
- 7) Half the plastic we throw away is contaminated (and unable to be recycled); so please clean what you put in the recycle bins.
- 8) Some large recycle centers are now processing plastic into reusable pellets. A fantastic idea.
- 9) Polymers that are biodegradable are being used to make utensils for fast food chains. Another great idea.
- 10) Straws and other items traditionally plastic can be made with paper. Trees are a renewable resource.
- 11) Some feel that some plastics and packaging should be banned. Do you?

Julie Eden



Continued Learning

Next month Father Time will roll the calendar over to October, and we will welcome another outstanding group of speakers to our podium for CONTINUED LEARNING programs.

Kicking off the list of speakers presenting programs during October is a Sherwood Oaks favorite, William Markus, former Chairman of Duquesne University's Political Science Department. Bill's topics will be current affairs, and he will provide interesting insight into "What in the world is happening now?"

Our other outside speaker will be Ron Carter, Director of the Strand Theater, and son-in-law of residents Ernie and Nancy Jones. He will describe the effort to revive the Strand Theater and the benefits of the Theater to the community.

Our group of speakers will also include the following residents:

Stuart Knoop, co-founder of Odens & Knoop Architects, PC, Washington, DC, will illustrate the 20th-century revolution in architecture;

Don McBurney, Professor Emeritus, University of Pittsburgh (Psychology), will discuss how our senses change as we age and how to cope with the changes;

Barbara Rankin, former North Allegheny elementary music teacher and trained storyteller, will present, "Stories for the Seasons," and will tell stories of Halloween and Christmas;

Wallace Christy will describe growing up in the region of India which is now Pakistan;

Jason Lyle and Kate Donovan will include experiences in researching the country, building a home, and moving to the north coast of the Dominican Republic. They will use pictures and video to illustrate the land, the culture, the past and future of the Caribbean island nation.

In late September you will find the "Continued Learning" October calendar in your mailbox.

Jim Miller

HAIL TO PITT

After the program by the University of Pittsburgh Alumni Dance Band last month, interest developed to have a gathering of residents affiliated with Pitt. The idea would be to have a lunch or dinner here. We could get to know each other better, cheer together, moan and groan together, reminisce and generally discuss all things Pitt – past, present or future.

So, if you have a connection to Pitt and were an undergraduate, graduate or professional student, professor or employee and are interested in this, please contact Mary Lou Fox at 128 or Frank Weiss at 154, and we'll try to make it happen.

Frank Weiss

THOSE TRASH ROOMS

What goes on in the trash rooms is important. Recycling and the proper handling of trash help to maintain a healthy environment for all of us. Here are some thoughts about that.

- **Corrugated cardboard boxes** need to be flattened and placed on the bench at the back of the room.
- **Newsprint** should be stacked neatly on the same bench.
- Put **magazines** in the blue bin on the bench. Magazines and newsprint should not be mixed.
- **White paper** other than newsprint and magazines goes into the blue barrel, along with **non-corrugated boxes and craft paper**. **Old phone books** can be put in the same barrel.
- **Styrofoam** is not recyclable. Discard it in a trash barrel.
- The **hard lids** from plastic and glass bottles go into a trash barrel.
- **Foil** can be recycled, but make sure it's clean.
- Used **tissues and paper towels** go in the trash barrels.
- Anything marked "**compostable**" goes in the trash barrels [for example, cornstarch plates, and containers].
- **Plastic shopping bags** from supermarkets ideally go back to the stores from which they came. If that is not possible, try using them as wastebasket liners at home. They can't be recycled.
- Used **CFL and LED light bulbs** go in the small plastic box on the shelf above the recycling bins. Safely wrap **incandescent bulbs** and put them in the trash.

- Wrap **broken glass** in several layers of newsprint or heavy paper and put in the trash.
- Collection bins for **printer cartridges, batteries, and eye-glasses** are in the Scooter Room/Art Gallery.

Thank you for your help,

Deane Lavender
Energy and Conservation Committee



CHORUS AND HANDBELLS

It's time to RING THOSE BELLS AND DO OUR LA. LA, LAS. Lyn Marsh, our director, has our binders updated with new music to enjoy and challenge us.

Practices Begin: September 5

1:30 - 2:30 PM for Hand Bells

3:00 - 4:15 PM for Choir

These groups meet every Wednesday, and as usual, we encourage all of you to put some music in your life and join one of these fun groups.

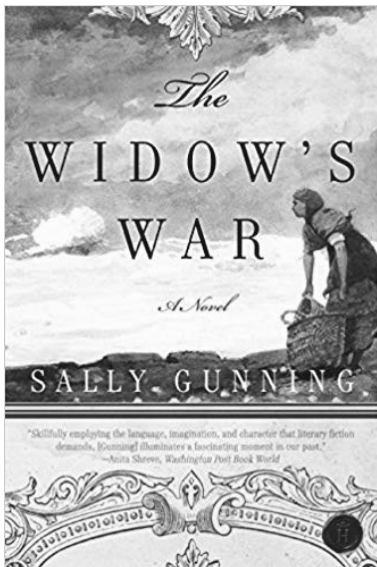
LaVonne McCandlish

GRAB AND GO BOOK CLUB, OUR SEPTEMBER SELECTION AND MEETING

The Grab and Go Book Club will meet on Tuesday, September 11 at 4 PM in the Chapel.

The book to be read for September is *The Widow's War* by Sally Cabot Gunning. Copies of the book will be distributed to those who belonged to the book club last year. IF YOU WANT TO JOIN THE BOOK CLUB, PLEASE CONTACT JULIE EDEN AT 8290. **All new members are welcome.**

The Widow's War is a tale based on historical events from the 18th-century. Married for twenty years to a whaler in the Cape Cod village of Satucket, Lyddie is used to running their household herself during her husband's long absences at sea. When her husband does not come home from one of his whaling trips, her worst fears are realized. Lyddie's property and rights are now in the hands of her nearest male relative, the abusive husband of her daughter. What will be the price paid for her bold war for personal freedom?



Julie Eden

NEW FACES AT GRANNY'S ATTIC ANNEX

Beth and Bob Brown, #619, have graciously volunteered to share some of the time in the Annex with Joanne & Frank Weiss. You can expect to see them one Wednesday of each month and every other first Saturday afternoon as their schedule permits. Also, in addition to long-time volunteers, Janet Gorman and Sonya DeGray, Jean McLaughlin, Linda Mamaux and new resident Dolly O'Toole have agreed to fill in as needed. Peggy Meister will still provide help and gems of wisdom. As always, donations to the Annex should be approved by Jane Paul, Kelley Noble or Carol Caum. Many thanks to everyone who helps to keep the Annex up and running, especially the Grounds Crew that totes everything around.

Frank Weiss

WANTED!

JEWELRY— Necklaces, pins, bracelets, rings, and earrings that you no longer want or wear.

Granny's Attic Jewelry is now being carried in the Gift Shop, and we would be very happy to add your jewelry to our collection.

If you are interested in donating your jewelry, please drop off your pieces at the Gift Shop or call me at x8193, and I will be glad to pick them up.

Thank you for sharing your gems with us!

Joan Rycheck

THE LIBRARY LOWDOWN

Our apologies for a misprint in the summer issue of *THE ACORN* concerning the Sherwood Oaks online catalog. To use the online catalog from home, the correct web address to be entered in the search box from your browser window is: **sherwoodoaksrc.booksys.net**

Many residents have been trained on checking out a book using the barcode scanner, which is actually EASIER than the old sign-out system. If you would like to receive training, which only takes a few minutes, please fill out one of the forms on the library desk.

For those of you already using the new system, please note that after scanning the barcode to check out a book, you should leave the sign-out card in the inside pocket of the book. When returning the book, do not scan it back in – simply drop it in the book return slot.

Anne Hunt

THE PETTING ZOO IS RETURNING!

Yes, the Barnyard Petting Zoo is coming back by popular demand.

Friday, September 7
1:00 PM

Outside the Skilled Nursing Unit

In case of rain, we will reschedule

Everyone is welcome to enjoy all these wonderful animals!

Laura Childress



THE THOMAS WENDT TRIO To perform September 27, 7:15 PM

The Program Committee of SORA presents The Thomas Wendt Trio in the Auditorium for your jazz listening pleasure! Thomas, a PGH CAPA grad and son of resident Jan Wendt is one of the top professional freelance jazz drummers in western PA. He has played with dozens of well known jazz musicians including Joe Negri. Thomas has also played on PBS soundtracks and albums, in jazz clubs, churches, and Theater Square. He has also taught at Duquesne University. Playing with Thomas will be pianist Cliff Barnes and Bassist Paul Thompson. Come tap your feet to the trio's classical jazz from The Great American Songbook!

Jean Henderson

GAMES ANYONE?

We are looking for game players for Thursdays after lunch. We will teach you how to play many "easy to learn games." Some examples are Mexican Train and word games like Quiddler and Tri-Varsity. If you would like to play, meet us at the table in the Lobby near the Auditorium door after lunch.

If you have any questions, my phone number is 8252.

Loretta Pospistle

FOOD FOR THOUGHT ON ROSH HASHANAH

On Rosh Hashanah, it is customary to eat foods with symbolic importance. They serve as cues to help us focus on the agenda of the day: prayer, repentance, and resolution to do good.

We eat pomegranates to wish for a year filled with as many merits as a pomegranate has seeds. We are also asking G-d that when he judges us, that he not look at our outer “peels” but look at our inner intentions and our true desire to do good and be connected with Him.

The dipping of apples in honey is a Rosh Hashanah tradition; they represent hope, hope that G-d will grant a sweet year and good health. But not all apples are the same, nor are all honeys. One recent piece I read suggested we pair Gravenstein apples and lavender honey (the acidity of the apple is a perfect foil for the intensity of the floral honey); Honeycrisp apples with chestnut honey (a nice crisp, sweet apple with a smoky, leathery honey); and The Pink Lady Apple (from Australia with a lemon-strawberry-pear flavor) coupled with Macadamia nut honey.

Why was the apple chosen? There are other sweet fruits; why not peaches or mangoes dipped in honey? To many, the apple symbolizes Gan Eden (the Garden of Eden), which according to tradition “has the scent of an apple orchard.”

That leads us to discuss the fact that the apple was probably NOT the forbidden “fruit” noted in the Book of Genesis. The fruit is not identified in the Biblical text and many believe the apple has been given a bad rap. The identity of the forbidden fruit was hidden out of concern that people would point to the species that brought death into the world. Why not wheat? According to opinion, wheat was meant to

be grown as a tree. After the “sin” it was reduced to a lowly plant, which had to be harvested and processed to produce flour. Why not grapes or wine? There is no fruit that can cause as much misery as the grape and its wine. Others make a case for figs, the Etrog (citron), and nuts as the forbidden “fruit.” No matter what that “forbidden fruit” was, my garden remains a Garden of Eden, and I often post a sign to prove it.

Other foods used at Rosh Hashanah in salads, or on their own, include carrots symbolizing the desire for increased blessings in the new year; beets expressing the hope that our enemies will depart; beans eaten for a fruitful year with merit; and dates eaten to hope our enemies will be finished. Many eat the head of a fish, sheep or even cabbage, to represent the hope that we are likened to a head and not a tail - rather that we move forward and make progress than follow or linger in the rear.

Rosh Hashanah begins the evening of Sunday, September 9, 2018, and ends the evening of Tuesday, September 11, 2018. Whatever you choose to eat, I wish you Shanah Tovah — a good year.

Julie Yael Eden



SWEET AUTUMN YEARS

The calendar and mirror do not lie. I am in the autumn season of life. The signs are numerous and unavoidable. Nor are they limited to wrinkles, liver spots and aching joints.

There's the challenge of remembering names of people I haven't seen for a while. When my urologist considers my age, his eyes signal a prognosis that I am more likely to die of something other than my prostate cancer. Most annoying is my bum knee. It won't let me run or shoot turn-around jump shots. When all things are considered, however, I have no right to complain. Lord Providence has been very good to me.

Frailties of aging are inevitable, unrelenting, and sometimes devastating. Folk wisdom asserts that "**growing old isn't for sissies.**" I heartily concur and take that seriously.

Having worked with people for more than 50 years, I am not indifferent to the heavy burdens wrought by sorrow, suffering, and depression. Yet in spite of chronic pain, limiting disabilities of mind or body, even the loss of beloved spouses, many in their autumn years, while not without sadness, find their lives rich with meaning.

Kierkegaard observed: "**Life can only be understood backwards; but it must be lived forwards.**" The Apostle Paul urged us to let go of our accumulated baggage and "**press on**" into the future.

Acting on this wisdom and desiring to make the most of our time, Nancy and I sold our 10-room house and moved to Sherwood Oaks. Also motivating us was a sense that property maintenance would soon become burdensome. We also wanted to decide for ourselves the place where we would live our last years and spare our children from having to make the choice for us.

Anticipating this transition, we thought we would like living in our new community. Truth is we love it. The move has proven better than anything we could have imagined. It has been eye-opening, life-affirming, and

deeply reassuring. It feels right. The relocation has only enhanced our hope that whatever years remain for us can be the best of all.

Freedom from property upkeep and the assurance of lifetime health care contribute to peace of mind. Our patio home is a short walk to the dining room, library, fitness center, and medical offices staffed around the clock by health professionals. Every day the café and dining room offer a bountiful salad bar and a choice of four entrees. Regularly scheduled are continuing education opportunities, weekly entertainment, and transportation to regional shopping, medical and cultural venues.

Best of all, we're discovering our neighbors comprise a veritable treasure of fascinating personalities. They reflect a wide range of life and career experiences in business and government, college and graduate schools, adventures in world travel and compassionate service through a variety of faith institutions. There's a palpable sense we are bound together by something more than geographical proximity. We're really all together in the community.

I'm discovering that the autumn season of life can be a time to grow young, perhaps not in body, but in outlook and spirit. Days have never been as precious or life as full of promise. More than ever I am free to do what I love most: read, take a daily walk, listen to fine music, dine with good friends and family, keep up with national and world events, follow my favorite teams, and devote money and time to important causes.

Michelangelo, at age 89 and aware his life was coming to an end, said his only regret was that he was then just beginning to learn the ABCs of his profession. His age and artistic genius notwithstanding, the great artist knew there was still room to grow. I affirm that perspective. For us in our autumn years of life, there is

**Still room to grow, still time to live,
Still wisdom to know, still love to give;
Still pardon to lend, still bells to ring,
Still hurts to mend, still songs to sing.**

Perhaps it's a harbinger of what the next season holds.

William M. Paul

PARALLEL MAGGIE

Back in the October 2017 issue of *THE ACORN*, I wrote about our Boxer, Rex, and his ability to control our behavior. Alas, Rex, who was elderly and sick, has crossed the Rainbow Bridge. I picture him marching carefully and stolidly across with millions of other dogs, farting gently as was his wont, clearing the space behind him.

When the time comes, our new dog, Maggie, your basic Golden/Nova Scotia Duck Tolling Retriever/Hound Mutt, will not be on the bridge at all, but beneath it, nose to the ground, charging and lunging, searching for trolls—aka bunnies. Yes, we have a new dog. Maggie is a southern girl, from Athens, Tennessee by way of Humane Animal Rescue on the North Side.

She is a sweetheart. She is friendly to a fault. She likes nothing better than to be on top of whatever or whoever will allow her up, sniffing, licking, and pawing. She is a little over a year old; we trust she will outgrow these childish behaviors.

To get on top of the people and the sofa she has claimed, she utilizes two kinds of jumps. For both, she starts facing her target.

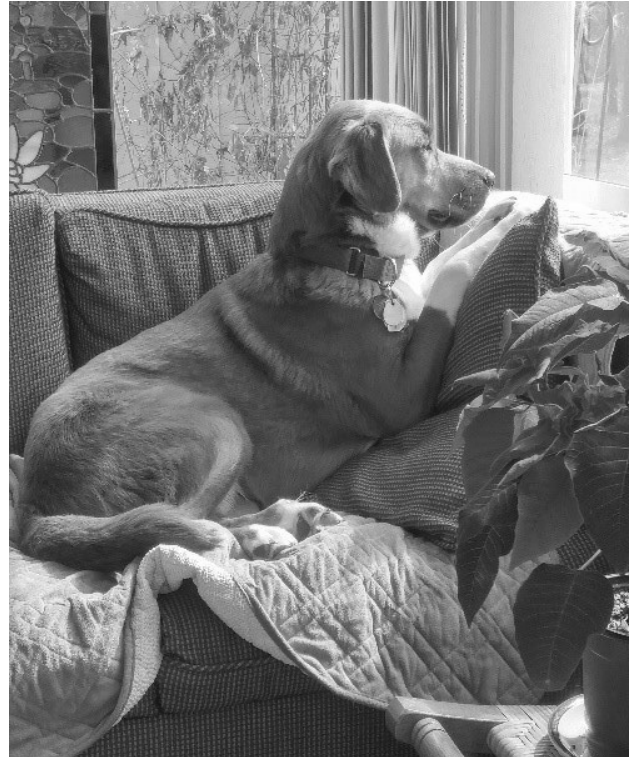
One jump is The Sneak. She uses The Sneak particularly when you are sitting on the sofa she is *not* allowed on. She puts one paw on your leg. “See—I’m not on the sofa at all!” Then another paw comes up to the very edge of the sofa. Then a rear paw, then the other rear paw. During this activity, her body proper does not move at all. You see nothing unless you watch her feet. She is now hanging by the edge of the sofa and your thigh. She must heave herself up. This action usually occurs as you give her a mighty push and say, “No! Maggie! Off! Down!” Her “off” is really a reboot, and she tries again, much less subtly.

Her second other jump is The Bound. The target is usually a seated person (that person is usually Barbara). Mags starts a few feet away and takes two or three hops, like an antelope or the bunnies she loves,

concluding with a high gymnastic leap—ears flopping, tail flagging—stooping like a falcon, landing her on bodily parts you don’t want sixty pounds of animal landing on.

But the other day she revealed a new jump in her repertoire.

The Sofa She Is Allowed On is on our patio, well-positioned for her to watch the birds at the feeder or chipmunks and squirrels and sometimes rabbits on the ground.



On the day in question, she was standing right in front of the sofa, not perpendicular to it but parallel to it and she was not prepared to jump up. But then she sensed something out in the world that demanded to be seen, so she jumped. Sideways! Parallel to the sofa. An action she did not sickly o’er with the pale cast of thought.

The leap was a new Bound: high, landing solidly and squarely with all four feet. It moved her a dog-width sideways and landed her perfectly on the sofa, still parallel to it and aimed at the window. She just had to move forward a bit and rest her paws on the arm. Voila! The Sideways Sashay!

We never did find out what triggered it.

Dennis Lynch

SEPTEMBER MOVIE SCHEDULE



SEPTEMBER 1 - CHAPPAQUIDDICK (2017)

PG 13 1 hr 46 min

Depicting Ted Kennedy's involvement in the fatal 1969 car accident which claimed the life of a young campaign strategist, Mary Jo Kopechne. Based upon true accounts documented in the inquest from the investigation. *(IMDb)*
Rated PG-13 for strong language, disturbing scenes, smoking, and alcohol use.

SEPTEMBER 8 - THE WORLD'S FASTEST INDIAN (2005)

PG13 2 hr 7 min

The true story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian motorcycle, which he hopes to set the land speed record at Utah's Bonneville Salt Flats in 1967. *(IMDb)*
Rated PG-13 for mild salty language (but no f-bombs) and a sexual reference. No nudity.

SEPTEMBER 15 - RBG (2018)

PG 1 hr 38 min

A look at the life and work of Supreme Court Justice Ruth Bader Ginsberg. *(IMDb)*

SEPTEMBER 22 - THE HONEYMOONERS (1955)

NOT RATED 1 hr 32 min

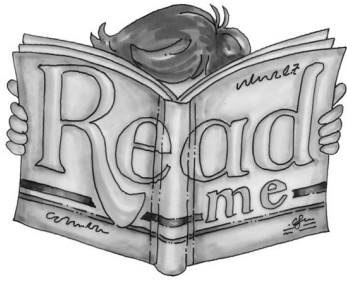
A look at the life and work of city bus driver Ralph Kramden and his sewer worker neighbor Ed Norton. *(IMDb)*

SEPTEMBER 29 - FINDING YOUR FEET (2018)

PG-13 1 hr 51 min

On the eve of retirement, a judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate. *(IMDb)*
Rated PG-13 for brief adult language and suggestive material.

Jason Lyle



SPOTLIGHT ON NEW BOOKS THE BOOK SELECTION COMMITTEE

These recently purchased books will be on the new book shelf in our library. If a book you seek is not there, you can fill out a reserve slip.

The President is Missing by Bill Clinton and James Patterson. Fiction. In real time over three days, a fictional president learns of an impending computer attack that will cripple the US. “Feels like the outcome of a conversation between one writer with an unusual skill at thriller plotting and another with an exceptional grasp of global politics” (*The Guardian*).

The Death of Mrs. Westaway by Ruth Ware. Fiction. “A slow unspooling of unease and mystery, developing a consistent sense of threat that’s pervasive and gripping ... Expertly paced, expertly crafted” (*Kirkus Starred Review*).

The Temptation of Forgiveness by Donna Leon. Fiction. This is the noted writer’s 27th Commissario Guido Brunetti novel. The mystery “offers intelligent reflections on the fallout that can harm both innocent and guilty in the quest for justice” (*Publishers Weekly*).

By Invitation Only by Dorothea Benton Frank. Fiction. A young Chicago woman falls for a farmer on an island off the coast of South Carolina. “A heartwarming and hilarious account of opposites attracting” (*The Book Reporter*).

The Restless Wave by John McCain and Mark Salter. Memoir. As he looks back on a life of public service, Senator McCain is “sometimes rueful, sometimes defiant, always affecting” (*Kirkus Review*).

Something Wonderful: Rodgers and Hammerstein’s Broadway Revolution by Todd Purdum. Biography. This “anecdote-filled account is a sterling primer on the influential duo, both for newcomers to their work and to those looking to rekindle an old flame” (*Publishers Weekly*).

Tesla: Inventor of the Modern by Richard Munson. Biography. An immigrant to the USA who once worked for Thomas Edison, Nikola Tesla (1856-1943) became famous as the inventor of AC electricity. Readers “will absolutely enjoy this sympathetic, insightful portrait” (*Kirkus Starred Review*).

Into the Raging Sea: Thirty-Three Mariners, One Megastorm, and the Sinking of *El Faro* by Rachel Slade. Nonfiction. This true story is based on audio transcriptions and other evidence. “A taut, chilling, and emotionally charged retelling of a doomed ship’s final days ... nerve-wracking, tension-filled narrative” (*Kirkus Starred Review*).

Tom Fararo



LIVING WITH LOSS
A new SORA activity

In July, the SORA Board approved a new activity – Living with Loss – to provide support in a confidential manner to those experiencing any type of loss. The oversight team includes residents Ann Ferguson, Jean Henderson and Peggy Meister, with professional support from Annette McPeck and Becky McGinnis. A special shelf in the paperback room in the Library has helpful books to borrow on the honor system. Christ-centered Stephen Ministers are working one-on-one with those requesting help. Groups will be formed on request to address specific types of loss. Seminars are being presented on helpful topics. Please contact any team member for more information.

Jean Henderson

**HOSPICE TRAINING FOR YELLOW
JACKET VOLUNTEERS**

Thursday, September 6
1:15 PM
Card Room

This hospice in-service is available for any Yellow Jacket who would like training (or just a refresher course) for our Vigil Volunteers. This informative session will be presented by resident Jan Wendt, a retired Hospice Nurse.

Questions? Call Laura at #8471.

Laura Childress

WOMEN'S BIBLE STUDY

The Women's Bible Study group will hold a Donut Social on Monday, September 10 in the Auditorium from 9:30 until 11:00 AM. There will be a variety of donuts, as well as coffee, tea, and juice. The Social is open to all female residents of Sherwood Oaks, and new residents are especially encouraged to attend. Enjoy donuts and conversation at the gathering and learn more about the Women's Bible Study group.

Mary Kay Wallace



ACTIVITIES IN THE CHAPEL

Women's Bible Study
First and third Monday of the month
Beginning September 17
Promptly at 10:45 - 12 noon

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

CHAPEL NOTES

Leading Chapel Services during September will be the following: (All services at 2 PM in the Auditorium.)

September 2 - The Rev. James Gascoine,
Dutilh Methodist Church

September 9 - The Rev. Moni McIntyre,
Calvary Episcopal Church

September 16 - The Rev. Tom Parkinson,
Dutilh Methodist Church

September 23 - The Rev. Tim Spring,
North Hills Community Baptist Church

September 30 - The Rev. Doug Gebhard
Calvin Presbyterian Church

Everyone is welcome. Bring a friend. We wish to acknowledge the "Retirement" of Nancy Baker in June of this year from the Chapel Musicians. Nancy played piano throughout the community for many years, and she was especially appreciated for her long service to our Sunday Chapel. Thank you, Nancy.

We are pleased to welcome Karen Mentzer to our Chapel Musician lineup starting in October. Karen was a long-time church organist. Thank you, Karen.

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.

George "Frank" Pittman

United States Air Force

June 7, 2018

Ruth Montgomery

June 9, 2018

Jean "Rusty" Sweitzer

June 14, 2018

Jane Vidt

June 27, 2018

Robert "Dan" Wagner

United States Army

July 5, 2018

Willa "Rita" Pinyot

July 21, 2018

Ruth Zuccher

July 21, 2018

Dale Weisenstein

July 22, 2018

Charles McClure

United States Air Force

July 22, 2018

Herbert Albert

United States Army

August 16, 2018

*Summertime at Sherwood Oaks
In the ground, On the ground, and Above the ground.*

