

THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

www.sherwood-oaks.com

November 2022 “For the residents, by the residents” Vol. 41, No. 9

Even the Township joined us ...

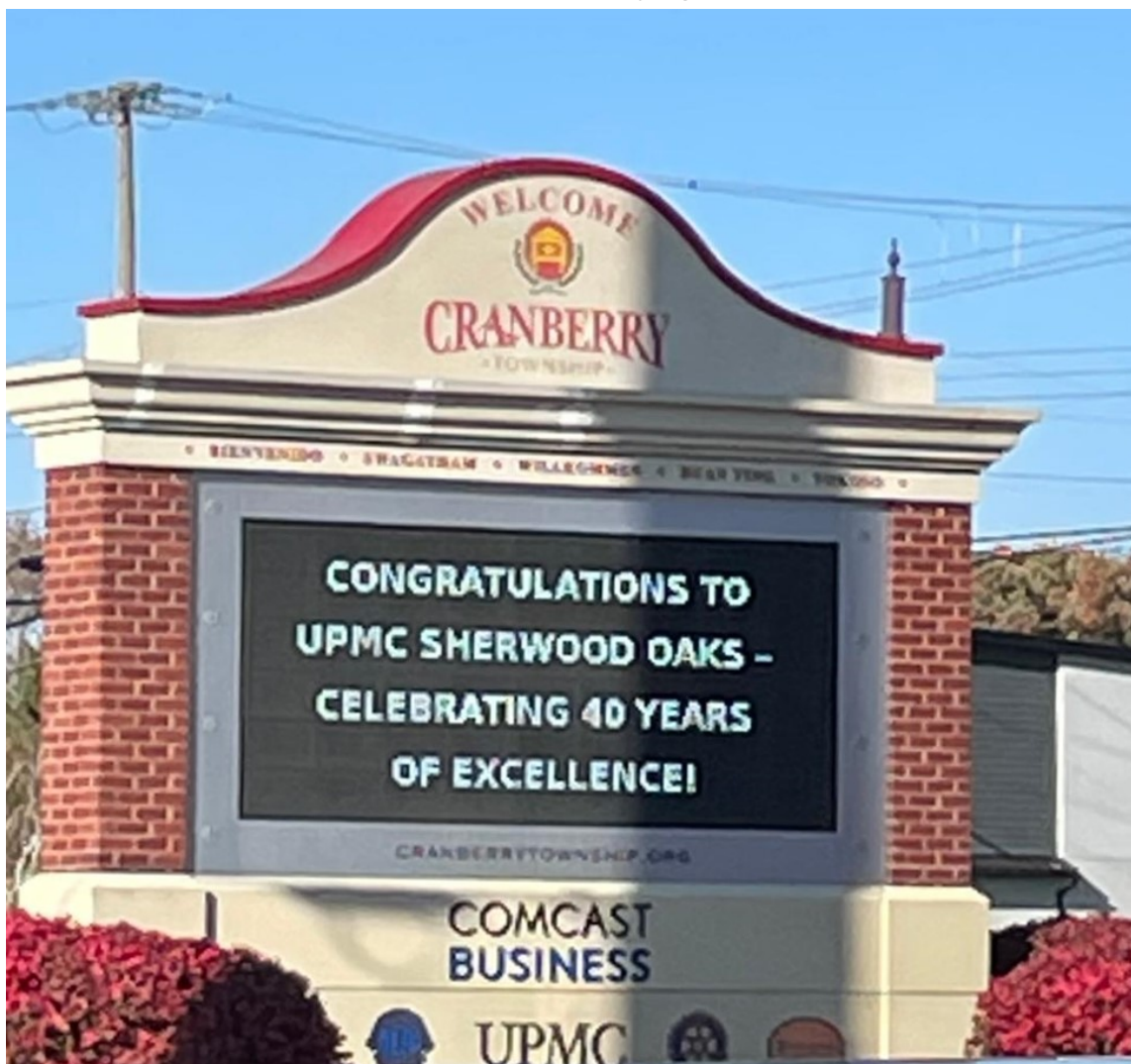


Photo by Peg Rychcik

... in noting our 40th anniversary!

Gentle Readers:

November is an interesting month, isn't it? We end the first week with Election Day, with all the turmoil and anxiety it evokes, and then toward the end of the month we celebrate Thanksgiving, a time of gratitude and reflection.

This year the election seems especially anxiety-producing, as the contents of our mailboxes, and the airwaves, tug at our hearts and minds while the day comes ever closer. We want to offer a little comfort and cheer on this occasion: our country will survive! Whatever the outcomes, our common humanity will permit us to continue working together for the benefit of all of us.

And then we have Thanksgiving, a holiday based on a story of indigenous people, in what is now New England, sharing a meal with new residents, now known as the Pilgrims. Whether the history is accurate or mostly invented, the message is clear: in the midst of whatever dangers and disappointments we may face at a given time, we need to recall our thankfulness, in our case, for all the folks who make our lives at Sherwood Oaks comfortable, fulfilling, and even fun!

So Happy Thanksgiving to all from

The Editors of the Acorn

To us, family means putting your arms around each other and being there.
(Barbara Bush)

In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony. (Friedrich Nietzsche)

OCTOBER CALENDAR

All Saints Day	Nov. 1
Daylight Savings Time Ends	Nov. 6
Election Day	Nov. 8
Veterans' Day	Nov. 11
Thanksgiving Day	Nov. 24
Black Friday	Nov. 25
Native American History Day	Nov. 25
Advent begins	Nov. 27

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Submissions for the December issue
must be sent to the Editor no later than
Nov. 15, 2022.

IN MEMORIAM

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

Martha Ciesielski September 26, 2022

Ann Lyn Witt September 30, 2022

Louise Frame October 7, 2022

Sonja DeGray October 13, 2022

Elizabeth Budney October 20, 2022

Madelin Clements October 22, 2022

BOB and PATSY GRANT - #315

By Harriet Burress - #112



Photos by Mike Mills

Bob and Patsy Grant grew up in the small towns of Victoria and Refugio, Texas. Because of the vastness of the area, it was not unusual to drive 30-40 miles for entertainment, and that is exactly what Bob had done the evening they met. At that time, parents often hosted dances with live bands for their children on a weekend night. Those who attended had to be under 18 and still in high school. On one occasion, Patsy and three girlfriends attended a dance in Victoria, her hometown. Bob had driven from Refugio (Spanish for *mission*) with three other guys. Needless to say, the foursomes met, and, as Patsy saw them approach her group, she said she kept saying, "I hope he picks me; I hope he picks me." He did, and they have now celebrated 58 years of marriage.

Before Bob graduated from the University of Texas, he and Patsy were married and living in a "barracks-type" apartment building. The University had purchased unused prefab barracks from the Army and developed them into housing for married students. Bob laughed, as he said, "The numbers of our Sherwood Oaks patio homes remind me of the apartment numbers – not in order!"

Bob's degree was in Mechanical Engineering; after graduation, he began his career with Alcoa in Point Comfort, Texas, where environmental laws were strictly adhered to. His job took him to many countries working in/with the smelting divisions of the plants. Eventually, he evolved into becoming an environmental engineer, visiting Suriname, Norway, Australia, Belize, Curacao, and the Netherlands, among others – all for Alcoa.

Meanwhile, Patsy was busy at home with their two children, who now live in Ambridge and Texas. Five grandchildren and two great-grands complete the family. Patsy eventually owned and directed two daycare centers, for a total of 24 years. One was in Cranberry, the other in Zelenople. She has an associate degree from Victoria College and an additional 90 credits from Southwest State Teachers College. Ross Township was home for four years, but, because Patsy liked a more rural setting, they moved to Cranberry Twp. 44 years ago. [And rural it was at that time!] Their home was an original 1850s farmhouse, which had been expanded twice. The land had been divided among the descendants of the farm family. As a result, they were surrounded by neighbors (all of whom were related to each other) and 30-40 poplar trees.

Bob and Patsy are very active members of Lifepointe Alliance Church, where she is a deaconess. She enjoys "pretty much everything," especially gardening, sewing and Bible studies. "I need to take time here though, before joining, or I'll be overwhelmed." Bob is a member of the church's "odd-jobbers" and has served on the Board of Trustees. With their enthusiasm and many interests, they will certainly be assets to Sherwood Oaks and our varied committees. We extend a warm welcome to Bob and Patsy Grant!

RICHARD AND LOIS GREER - #346

A Day Etched in Memory

By Jean Henderson - #347



Photos by Mike Mills

What a delight to have Lois and Rich Greer as my new next-door neighbors! I also often see one of their four children, their daughter, Lori Greer, who serves as our SO Assisted Living/Personal Care Regional Administrator, stopping by for a visit. Moving from Richland Township to Sherwood Oaks was a perfect transition for the Greers.

Lois, a nurse, considered her hospice nursing as a ministry. She enjoys gardening, reading, and being with family. They both were active in St. Richard RCC.

Rich, with a BS in management, is an outdoors kind of guy – he hunts, fishes, and golfs. But one of his SPECIAL memories is of an event none of the rest of us will ever forget: the assassination of President John F. Kennedy.

Nineteen-year-old Rich, serving in the Coast Guard Honor Guard assigned to the White House, was on liberty when he heard on the radio that the President had been shot. He and servicemen from the other four branches were immediately sent to the White House to stand watch.

As the casket and family members arrived from Dallas and entered the White House, Rich stood guard, while Jackie, still in her blood-stained pink suit, and the children accompanied the casket to the East Room. From Friday night through Sunday

morning, he stood at one corner of the casket for half-hour shifts, and then rested for two hours. The Honor Guard ate a bologna sandwich and drank black coffee during each break. The changing of the guard was always carried out in silence; only the click of heels gave them orders to move.



JFK's casket carried by pallbearers; Jackie and Bobby Kennedy are at the left

While on break, the Coast Guard fellows, whose pants were bloused at the bottom, had to unbuckle and lower their pants to sit down, so as to not mess up the blousing. Once, while they were in such a state, the door of their break room in the basement of the White House opened, and in walked Ethel Kennedy, the President's sister-in-law! Rich said he'd never seen guys move so fast to pull up their pants! Mrs. Kennedy politely stated that she was just stopping by to see if they needed anything.

Rich then marched in the funeral procession from the Capitol to the Church, and on to the gravesite at Arlington National Cemetery. He has several photos of those tragic days that were given to him by the Kennedy Library in Boston.

Rich still has the bayonet from the 1903 Springfield gun he carried those three days, and also his brass belt buckle with the Coast Guard insignia from his uniform. Clearly, those are days Rich will NEVER forget.

RICHARD RINE - #726

By Connie Brandenberger - #602



Photo by Mike Mills

If you want to start a conversation with Rich Rine, ask him about his interests. Golf is number one, followed by golf, golf, and golf. He tries to play five days a week and has played at almost a hundred courses throughout the United States. As proof of this, there is a rack on the wall of his unit displaying balls from almost all of these courses.

Along with his passion for golf, Rich has found time for football and basketball. In fact, he has been a referee for both sports for 37 years, in high school, college, and, mostly, Division 2, in the tri-state area. Along with those interests, Rich was a runner who participated in the Great Race and races in Florida. His running at the present time has slowed down to jogging. Rich and his wife Janet were always interested in sports. Indeed, Janet enjoyed ice skating, skiing, and running, along with Rich.

Rich and Janet met during their high school days in Uniontown, PA. After graduation, Rich attended Robert Morris Business School (which, at that time, was located downtown in the William Penn Hotel) during the day. At night he worked for eight years for Montgomery Ward and Baltimore Life. (Montgomery Ward was later sold to General Electric.)

He was transferred to Florida in 1995 where he was Regional Vice President in the Partnership Market Group. Rich retired from General Electric Financial Assurance in 2004. However, both Rich and Janet loved the changing of the seasons in Pennsylvania and wanted to be nearer to their son and his family. Thus they moved to Bellevue Park here in Cranberry Twp. One of their neighbor families happened to be that of Phyllis and Jim Franks. Phyllis, who recently retired from the Sherwood Oaks staff, recommended that they come here. Their son agreed that this was the best option for them, and happily, Rich and Janet took their advice. Here Janet can receive the care she requires in Oak Grove, while Rich is living nearby, in the Lakeside Apartments.

The Rines's son and his family live at Timberley Farms near Evans City. He recently retired from his position of Vice President in Administration at Ruby Hospital in Morgantown, West Virginia.

With all the amenities here at Sherwood Oaks, Rich is glad that he can spend more time on the golf course, and also socialize with his old friends and his new neighbors

It's not my age that bothers me; it's the side effects.

As I watch this generation try to rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.

I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.

As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient.

PUZZLE EXCHANGE UPDATE

By Joan McBurney - #206

The Sherwood Oaks Puzzle Exchange has been picking up interest, as the colder weather returns. Several new puzzles have been donated by staff, residents, and friends, and we are in the process of ordering more, mostly with a winter holiday theme.

We are always glad to receive donations of 300- and 500-piece puzzles, as they seem to be the most popular sizes. In the meantime, we have recently been gifted with about ten 1000-piece puzzles, now in the Library Paperback Room, waiting for you to pick one of them up.

Please return puzzles after you have finished them and tape the boxes up, so that pieces won't be lost. Also, if you find that there *are* missing pieces, please note this fact with a post-it note on the cover. Puzzles with multiple missing pieces will be removed from the exchange.

If you have any questions or donations, please call Joan McBurney at 8206 or Barbara Rankin at 8123.

Happy puzzling!

FOR THOSE WHO REMEMBER THEIR ENGLISH GRAMMAR LESSONS

An Oxford comma walks into a bar, where it spends the evening watching the television, getting drunk, and smoking cigars.

A dangling participle walks into a bar. Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.

A bar was walked into by the passive voice.

An oxymoron walked into a bar, and the silence was deafening.

Two quotation marks walk into a "bar."

A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.

Hyperbole totally rips into this insane bar and absolutely destroys everything.

A question mark walks into a bar?

A non sequitur walks into a bar. In a strong wind, even turkeys can fly.

Papyrus and Comic Sans walk into a bar. The bartender says, "Get out – we don't serve your type."

A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.

A comma splice walks into a bar, it has a drink and then leaves.

Three intransitive verbs walk into a bar. They sit. They converse. They depart.

A synonym strolls into a tavern.

At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.

A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.

A figure of speech literally walks into a bar and ends up getting figuratively hammered.

The subjunctive would have walked into a bar, had it only known.

A misplaced modifier walks into a bar owned by a man with a glass eye named Ralph.

The past, present, and future walked into a bar. It was tense.

– Jill Thomas Doyle

POINSETTIA SALE

By Peggy Rubel - #258

The Landscape Committee is sponsoring the poinsettia sale again this year. These plants, which come from Mussig's, are long-lasting and of the finest quality.

Order forms were put in residents' cubby-holes on Oct. 17. Orders and payment must be in by **Nov. 11**. Delivery will be on **Mon., Dec. 5**; you'll be able to pick up your order in the Card Room between 1:00 and 2:30 p.m. Contact people are Peggy Rubel (8258) and Rae Zuberbuhler (724-553-5896).

We appreciate your participation and continued support!



WHAT YOU CAN TAKE WITH YOU

By Lorraine Commeret - #131

You *can* take with you the memory of your favorite actors and surprising new faces on our Sherwood Oaks stage. On **Wednesday, Nov. 2**, we open with the dinner theatre performance of *You Can't Take It with You*; then, if afternoon entertainment is more your style, you can still get a ticket at the reception desk for the **Saturday matinee on Nov. 5, at 1:30 p.m.** As always, performances are absolutely free.

And yes, we heard you. There are not enough dinner theatre seats to accommodate everyone who wants to attend, so we are hoping for our next production to offer two dinner theatre nights as well as a matinee.

Drama Club meetings resume on **Nov. 15** and continue every third Tuesday of the month. All are welcome!

RETURN OF THE MURDER CLUB

By Dennis Lynch – #335

Earlier this year, I wrote about a new book series, the Thursday Murder Club, by Richard Osman. It is set in a CCRC in England. The residents seem much like us at Sherwood Oaks, except that they drink more and solve murders in their spare time.

The first book was good, funny, suspenseful, and an easy read. I concluded that the second was not worth the time, so I approached the third, *The Bullet That Missed*, with trepidation. Wow! I really liked it! Old characters are back, there are fun new ones, along with plenty of villains (hard to tell if they are good bad guys or bad good guys), and a lot of action and laugh-out-loud humor.

Our library has the first two books and, I fancy, will soon have this one. Cranberry Library has all three.

The third book works as a stand-alone, so give it a try. There is not so much action within the CCRC, where the owner bought two llamas to look sharp in the brochures, and then things got out of hand and they multiplied to 22 ... except at the end.

A Good Bad Guy, Viktor (a KGB Colonel) is speaking about a grave in which the Club has buried him (just temporarily – a photo op): “I remember being at the bottom of that hole, having all that earth shoveled over me. I remember looking up at everybody and wondering if this might be the life for me. Coopers Chase [the CCRC]. The tea, and the cake, and the birds and the dogs, and the friends. If it might be where I belong. ... You and your friends. My friends. ... It's the people in the end, isn't it? It's always the people. You can move halfway around the world to find your perfect life ... but it always comes down to the people you meet.”

Welcome to Sherwood Oaks!

FOCUS ON THE WORLD: AN OLD ADAGE

By Carolyn Broeren - #739

My mother always said to me, "Waste not, want not," so, when I read an article in the *Post-Gazette* several weeks ago about using leftover food to feed the hungry, my interest was piqued.

Then I found out that CURA Hospitality was one of several entities participating in the effort. I was proud that our food service provider was concerned about waste and the hungry.

Therefore, I am happy to announce that, as part of Focus on the World presentations, our new Director of Dining Services, Emily Barnard, will speak to us about CURA's involvement in the program "Waste Nothing" and how it will be implemented here at Sherwood Oaks. Do plan to attend this evening presentation.

WASTE NOTHING

Thursday, Nov. 17, 2022

7 p.m. in the Auditorium



Photo by Kathie McCormick

I AM STILL HERE

By Sister Margaret Hannan, RSM

I am not dead yet. I am still here. Still here. I hear
the sounds of machines.
Beeps. Long hums. Beeps.
The door opens
and closes, opens
and closes.
Nurses in and out.

No one looks at me.
No one speaks to me.
No one touches me.
All eyes on the monitor
Waiting for the flatline.

I am ready to die. I want to die.
I just can't control the timing.

I would like to thank them for their care.
I would like to say I am sorry it's taking so long.
I would like to say I will watch over them
from heaven.

But no one
looks at me. No one
speaks to me. No one
touches me.

They don't seem to see me but
I hear them. The nurses, aides
and doctors who say, "She's gone."

Although my room is filled with people
I died alone. I am
no longer here.

Sister Margaret Hannan was a pastoral care minister in a nursing home for several years. This poem reflects her experience watching hospitalized, elderly patients who had no one with them receive adequate but sterile medical care.

A “THANK YOU” to DAVE MOON

By Harriet Burress - #112

When watching the video at the conclusion of Annette McPeck’s resident meeting on Friday, October 7, I was struck by the pictures of the Summer House and its available activities. In that connection, one person, Dave Moon, came to mind.

When Dave, along with his wife, Sandy, moved to Sherwood Oaks, he saw where he could volunteer his skills and interests to make a difference, and that he did for several years. With his encouragement, the shuffleboard courts were re-surfaced; a new carpet was installed on the bocce court; and a net for hitting golf balls was hung back by the blackberry bushes. In the course of time, a new storage cabinet for pucks, cues, and the like was built inside the Summer House, and every spring, Dave hung the volleyball net to allow residents and their families to enjoy the game.

Seeing the need to continue the updating, Dave himself installed the tile floor in the former garage and supervised the plans for building the new gazebo and storage bin outside. His interest in this area was not limited to equipment and improvements, however, as he scheduled competitions and playing times along with other residents. The bi-weekly summer bonfires with the sing-alongs, storytelling, and s’mores were his idea, and for several years he and Sandy packaged the s’more ingredients for the residents who attended.

Folks who participate in the fitness classes downstairs in the Oak Grove building, once again, are profiting from Dave’s ideas for exercise for our indoor residents. The shuffleboard, bocce, ping

pong table, and so on were installed per his request.

Our thanks and appreciation go to one man’s efforts and vision. Dave is now a resident of Oak Grove, which reminds us once again just how fortunate we are to live at Sherwood Oaks, not only because it’s a place where our talents and abilities can be used, but also, when/if it becomes necessary, it offers us the blessing of continuing care.

Thank you, Dave Moon, and Sherwood Oaks as well!

PROGRESS ON THE TREX PROJECT

From the Recycling Committee

By Ruth Inkpen - #225

As of mid-October, **175 pounds** of plastic film and bags have been collected! What a **great start** toward the goals of collecting 500 pounds of plastic film by March 2023 and earning a TREX bench as a reward.



Please continue putting plastic bags and film in the blue bag hanging in each Trash Room. The many kinds of acceptable plastic film are pictured above each blue bag.

TREX collection bins are also in the Community Center – in the Scooter Room, in the Residents Office, and near the kitchen elevator. Thanks also to the staff – kitchen and housekeeping – for additional significant contributions!

THE COLETTA MCKENRY LIBRARY ACCESSIONS

NONFICTION, INCLUDING LARGE TYPE

Rock of Ages: The Rolling Stone History of Rock and Roll Ward, Ed c. 1986 781.66 WAR p.b.

FICTION, INCLUDING LARGE TYPE

22 Seconds	Patterson, James	c. 2022	F PAT
Grace and Frankie - Season One		c. 2019	F GRA DVD
Grace and Frankie - Season Two		c. 2019	F GRA DVD
Grace and Frankie - Season Three		c. 2019	F GRA DVD
Grace and Frankie - Season Four		c. 2019	F GRA DVD
Grace and Frankie - Season Five		c. 2019	F GRA DVD
Grace and Frankie - Season Six		c. 2019	F GRA DVD
New York, New York		c. 1977	F NEW DVD
Nothing to Lose	Jance, J. A.	c. 2022	F JAN
Steal	Patterson, James	c. 2022	F PAT p.b.
Sugar and Salt	Wiggs, Susan	c. 2022	F WIG
The Tapestry in the Attic	O'Donnell, Mary	c. 2012	F O'DO

PHOTOS FROM WALK TO END ALZHEIMER'S DISEASE



Participants including Sherwood Oaks residents, staff, and friends



See residents Ruth Becker and Peter Broeren on the side margins of the photo.

My mind is like an internet browser. There are at least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.

It's hard to believe I once had a phone attached to a wall, and, when it rang, I picked it up without knowing who was calling.

TO ALL RESIDENTS!
MARK YOUR CALENDARS NOW
TO CELEBRATE THOSE WHO HAVE GIVEN US AND ARE
KEEPING OUR FREEDOM.

**"A PATRIOTIC SALUTE TO SHERWOOD OAKS
VETERANS"**



**Friday, November 11
1:30 p.m.
AUDITORIUM**



Patriotic Piano Music begins at 1:15 p.m.

PROGRAM: "HONORING OUR VETERANS"

MASTER OF CEREMONIES: Chaplain (Col.) Stewart B.
Lawrence, USA (Ret.)

INVOCATION: The Rev. Dave Gieschen

PRESENTATION OF COLORS: Cranberry Township Post VFW

SPEAKER: Captain Moni McIntyre (Ret.), Ph.D.

SPECIAL BARBERSHOP QUARTET MUSIC

PATRIOTIC SING-ALONG: Roberta Breninghouse

RECOGNITION OF VETERANS: Service songs and wreaths in
memory of and in honor of all
who have served and are serving

REMEMBRANCE



**There will be display tables for Veterans' Memorabilia beginning at
10:00 a.m.**

Grab and Go refreshments will be served afterwards.

EMPLOYEE APPRECIATION

By Gary Brandenberger - #602

All residents received a letter in early October asking for a generous donation to the Employee Appreciation Fund. You were reminded in the letter of the wonderful job the employees did again this past year, while working around all of the pandemic problems.

This is our one-time opportunity to show them 'financially' how much we appreciate them.

If you haven't done so already, please return your check in the envelope attached to the letter. We need to know soon how much we have in hand in order to have time to prepare over 300 checks for distribution at the Employee Christmas luncheon.

Thank you in advance for your participation in this endeavor!

LIVING WITH LOSS EVENTS

By Jean Henderson - #346

Our annual *Longest Night Service* – “a service of comfort” – for those having a difficult time during the holidays will be held **Dec. 21 in the Auditorium, beginning at 1:30 p.m.** The service will include prayers, readings, a gift stone, and music.

If you are interested in *AA Meetings*, please contact St. Ferdinand's or Dutilh United Methodist for meeting times. For a ride to a meeting, call Jean Henderson at 8346.

Have you seen the *Gratitude Book*? During difficult days, it is easy to recall what we are *not* thankful for! Instead, we invite you to jot down what you *are* thankful for today; no names are to be noted. The book is on a table in the Lobby of the Community Center. Also, new

Remembrance Cards are on the table where recent deaths are noted; they are available for you to share a special memory. Return them to #346 and they will be forwarded to the deceased's family.

Finally, if you have been trained as a STEPHEN MINISTER, please contact Jean Henderson at 8346.

NUTCRACKER DISPLAY

By Monika Dalrymple - #200

My annual nutcracker display and a new and revised Christmas Village will be open for visitors shortly after the Thanksgiving holiday. The location, as in previous years, will be on the first floor of the Lakeside apartment building. Visitors are welcome to come by, at any time of the day or night!

PAPERBACK PONDERINGS

By Jean Henderson - #346

Do stop by the Paperback Room in the Library and check out the “**Most Recent Donations**” along the right wall. How grateful we are for ALL your donations – our budget remains at \$0 because of your generosity!

Several books on Native Americans have been donated recently, namely: *Lakota Woman*, *Buffalo Woman*, *These were the Sioux*, *Cheyenne Autumn*, and *Red Cloud's Folk*.

New books by Thomas Keneally, who wrote *Schindler's List*, have also been donated: *Woman of the Inner Sea*, *A Family Madness*, and *The Chant of Jimmie Blacksmith*.

Please return your paperbacks to the large return box in the main library. Any new donations go into the box in the Paperback Room. Thank you!

COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #715

If you had been one of the more than 6,000 people who attended the Global Clean Energy Action Forum at the Pittsburgh Convention Center on September 21-23, you would have heard the praises of the new Inflation Reduction Act (IRA) being shouted from the rooftops. And the legislation *is* wonderful... It provides almost \$400 billion for a vast variety of tax credits and other 'carrots' to energize the transition to a clean energy economy in the United States.

But ... it isn't enough. There are no 'sticks' in the legislation to motivate us to make the switch quickly enough not only to get the country to net-zero by 2050 but also maybe to keep the planet from becoming unlivable in many regions. Near the end of this month's climate video – *Carbon Nation - How to Really Tackle Climate Change* – putting a price on carbon emissions is the one 'stick' that will give us a chance to reduce those emissions to 'net-zero' – the point where all the tools to remove emissions from the atmosphere will equal the emissions coming from hard-to-change processes like making steel, like making cement, like long-distance air travel.

If we are to follow the science reported by the Intergovernmental Panel on Climate Change (IPCC), the world simply must get to net-zero by 2050 and then keep going, in order to reduce the level of CO₂ emissions from 415 ppm today to a 'safe' level of 350 ppm. Humanity must use every tool in the toolkit described in the climate video. And we must start now – the climate crisis is here, as the heat, fires, floods, hurricanes, and droughts we now experience attest.

Watch *Carbon Nation – How to Really Tackle Climate Change* on Channel 951.

CARBON NATION – HOW TO REALLY TACKLE CLIMATE CHANGE

2010 – NOT RATED

MONDAY / NOV. 14

10:00 AM, 4:00 PM, 7:30 PM

CHANNEL 951

83 min.

DOCUMENTARY

Carbon Nation is an optimistic, solutions-based, non-preachy, non-partisan, big tent film that shows tackling climate change and global warming boosts the economy, increases national and energy security, and promotes health and a clean environment. This is a compelling and relevant film that illustrates how solutions to climate change also address other social, economic and national security issues.

**WATCH ON
CHANNEL 951
FROM THE COMFORT OF YOUR
OWN HOME!**

As I've grown older, I've learned that pleasing everyone is impossible, but annoying everyone is a piece of cake.

I'm responsible for what I say, not for what you understand.

Common sense is like deodorant. The people who need it the most never use it.

WHAT'S NEW WITH SORA (SO RESIDENTS ASSOC.)

By Dolly O'Toole - #195

NOTE: Complete Minutes are always available for review on the SORA mail-room bulletin board, on the SO APP, and in the SORA binder in the Library on the windowsill.

Summary of reports and actions for the October 4, 2022, Board meeting:

TREASURERS' REPORTS:

- Memorial Special Projects - Ending balance, \$46,451.50
- Employee Appreciation Fund - Ending balance, \$18,043.25
- SORA Bank Balance as of 9/30/2022: \$100,347.26

ADMINISTRATION: Marketing Open House on Sept. 22 had 40 participants and was a success; there will be repeat tours from the event. Good response to Cranberry Twp. electronic sign message, "Congratulations to UPMC Sherwood Oaks."

Census - IL at 189 units occupied/243 residents (2 homes under contract – 1 Nov., 1 Dec.). Skilled Nursing - 34/43 – 5-Star CMS rating. Personal Care - 37/42. Oak Grove Center - 29/30.

- Leaders here at Sherwood Oaks continue to participate in Covid-19 update calls with Senior Communities. Bivalent vaccine clinic will be on-site Oct. 28.
- Butler County positivity rates are declining and are currently at 13.38%. We anticipate modifications to rules vis-à-vis visitors, screening, and masking, if and when rates decline further.

- Looking to schedule a meeting with Auditorium Resident Task Force this month.
- Thank you to the residents who were interviewed for the *Post-Gazette* and other articles celebrating Sherwood Oaks' 40th anniversary; the final drone footage should be on the Sherwood Oaks website soon.

LIAISON REPORTS:

Continued Learning - The Fall series of in-house presentations will continue through November 7.

Landscaping - Each committee member has been assigned a territorial zone for more accurate reporting of problems.

Recycling - More than 117 lbs. of plastic has been collected toward a goal of 500 lbs. by the middle of March 2023.

Health Affairs - There is a weekly bus stop at the Cranberry Police Dept. for residents to dispose of unused medications. Mark Nord implemented a new system to determine patient/family satisfaction in the nursing units that allows a survey to be done at the time of each resident's care conference.

Drama Club - Rehearsing weekly for a play to be presented in November.

Patching and Piecing Quilters - Finished binding a quilt, which was donated to Dutilh Church to be sent to "Sleep and Heavenly Peace."

Dining Committee - Lunch in the café and dinner there on Friday evenings have been suspended until further notice. Bill Lefler is now tracking comment cards from Skilled Nursing.

Curio Cabinets - Gussie Dimmick will no longer supervise the cabinets after

December. We send her our thanks for her eight years of service.

Swimming Pool, Spa and Locker Room - Bill Burtner suggested removing the present floor in the locker room and replacing it with new special paint, since the floor can be quite slippery when wet. Bill will obtain a new pool thermometer; residents can obtain a copy of the pool schedule from the receptionist. New Business: Ruth Becker will develop new ideas to encourage participation in a "New Year's Plunge." The Chair will check with the Landscaping Committee to see if they have plants to winter over in the swimming pool area.

Grief Group - This will be coming up at the end of October and early November and will last four weeks. It will be led by The Rev. Sam Blair, Bridges Hospice chaplain. The Longest Night service will be held Dec. 21 for those having difficulty getting through the holidays. A new Gratitude Book is located in the lobby, and residents are invited to add to it whatever they are thankful for.

Sherwood Gifts - Since the last meeting, furniture has been donated from four units. Beth Brown will be updating the procedures for preparing the Gift Shop daily cash sheets, which was last done in 2016. We are waiting for an estimate for the Gift Shop's review from the Myers and Patsy accounting firm. Three new varieties of boxed Christmas cards have been ordered.

OLD BUSINESS: Jean Henderson reported on the results of the Questionnaire Summary; 47 responses were received and categorized as follows: Landscaping & Grounds, Building & Interior Remodeling, Food & Dining, Socialization, Staffing Need, Policies,

Scheduling, Transportation & Programming/Communication.

Building & Interior Remodeling had the most responses at 22. Landscaping & Grounds came in 2nd at 21 suggestions.

NEW BUSINESS:

- Sherwood Oaks Fund Board election - Since the demise of Dan Reynolds, Frank Finley recommended that Joe Nowak be his replacement. The motion was made, seconded, and approved.
- Gary reminded the Board that the Employee Appreciation letter has been sent, and asked Board members to encourage residents to be generous.
- CCRC (Continuing Care Retirement Community) - Gary advised that there will be a CCRC meeting at Longwood in Oakmont. Six topics have been selected for discussion: Information Technology progress; Council/Board of Directors relationship; Employee Appreciation program; Resident Committee structure and administration; assimilation of new residents; and how to help isolated residents. After the October 25 meeting, a summary of answers will be provided and made available for review.

VISITORS PRESENT: 17 residents attended

The next SORA Board Meeting was scheduled for **Nov. 8, 2022.**

There is no such thing as a grouchy old person. The truth is that, once you get old, you stop being polite and start being honest.

MAGNIFICENT MONARCHS

By Joe and Peg Rychcik - #297

The Monarch Butterfly, recognized by its large orange and black wings, has been a familiar sight in backyards throughout the country. There is concern today, however, about their future, as their numbers dwindle due to pesticide use, construction overtaking their habitat, and climate change,



Female Monarch Butterfly

Monarchs that have summer breeding grounds east of the Rocky Mountains travel up to 3,000 miles to central Mexico for the winter. Meanwhile, the Monarchs that have summer breeding grounds west of the Rockies migrate to the California coast. Unfortunately, pesticides have wiped out milkweed plants throughout the country, causing a decline in the monarchs' population.

During our eight years at Sherwood Oaks, our backyard has evolved. We've had twenty-one species of birds come to our feeder in one winter. Our largest planter container has changed yearly from tomato plants, to sunflowers, to annual and perennial flower varieties.

One particularly cold wintery day in 2022, there was a glimpse of spring shown on one of those shopping networks highlighting plants that could be shipped at just the right planting time for our area. Even better, they were perennials that could be planted in containers. This shipment of two of each of three different milkweed plants, flowering with orange, pink, or white blooms would be the beginning of our Pollinator Garden.



Tiger Swallowtail Butterfly, Bee on Milkweed

We supplemented the containers of milkweed and coneflowers on the ground with marigolds and impatiens in hanging pots. We watched as a hummingbird appeared routinely each day to visit the flowering blooms.



Hummingbird

The Monarch Butterfly is a milkweed butterfly. It lays its eggs on the underside of milkweed leaves, which are the only food source for the Monarch caterpillar.



Monarch Caterpillar Eating Milkweed Leaf

We found one small caterpillar on the ground and rescued it from predators by creating a safe habitat in our sunroom. Later we found four more. The care of caterpillars requires changing out the bottom of their containers about twice a day and providing fresh milkweed leaves for their nourishment.

A caterpillar is finished growing in 2 to 4 weeks. It seeks a location to which to attach its silk, so that it can transform into the Pupa, or Chrysalis. It takes about a day for the Chrysalis to harden. The word *chrysalis* comes from the Greek word “chrysos,” which means *gold*. The crown of the Monarch Chrysalis is green with gold spots that could be for pigment or camouflage.



Monarch Pupa Formation



Beginning to Emerge



Hanging from Pupa to Dry Wings



Wings Dry and Harden in 24 Hours



Release of Male Monarch Butterfly

It takes from 9 to 15 days for the fully formed butterfly to emerge from its pupa. As it makes its migration to Mexico, it will survive by drinking nectar from flowers, clover, and goldenrod.

We were fortunate to release three male Monarch Butterflies. The males have a small black spot on the top of their hindwing, as you can see in the above photograph. We also were fortunate to release two female Monarch Butterflies. The females have thicker wing veins and no spots on their hindwings, as you can see in the earlier photograph.


What we have learned is that even a small container garden can become a valuable habitat for many pollinating species and provide a beautiful yard!

Photos by authors

RESIDENT ARTISTS' GALLERY

By Joni Pun - #304

I will be changing the exhibit on the residents' side of the gallery on **Mon., Nov. 7, around 11 a.m.** If you currently have a painting in that exhibit, please arrange to pick it up on that same morning. The new exhibit, which will run for three months, will include paintings and/or crafts (including stitchery such as cross-stitch and needle-point) done by residents. Anything that is prepared to be hung is acceptable. Please contact me *before* you bring it in, so that I can make tags for the exhibit. **Thank you!**



MY ENGLISH BREAKFAST

By John Bridges - #122

My father always insisted on a hearty breakfast to "build up steam in the boilers to be ready for the rigors of the coming day." Breakfast started with a bowl of oatmeal porridge that had been slowly cooking in a double boiler. There'd be a fried egg (sunny side up), fried bread, and usually a pork sausage. The long black bacon slices would be almost a quarter of an inch thick, cooked to remain flabby, but never crispy. Sometimes a can of baked beans would have been opened, and, if cold potatoes had been left over from a previous salad, these would be sliced one-half inch thick and added to the pan. When they were in season, but only then, tomatoes or mushrooms might be added as well. There was tea for the parents and milk for me, but never any thought of coffee or orange juice.

To finish, there would always be bread and marmalade, containing thick-cut chunks of bitter Seville oranges and lemon peel. During the war, in Wales, with no electricity, making toast on an enclosed

coal or kerosene cooker was not an option, except on the open coal fire at teatime.

On Sundays (considered to be a day of rest), the porridge would be replaced by some of Mr. Kellogg's Cornflakes or the English "Force," which referred to wheat flakes advertised by Sunny Jim with the slogan, "High o'er the fence leaps Sunny Jim, Force is the food that raises him." A carefully prepared half-grapefruit might be added to the menu, before we set off for church after winding up the grandfather clock. Sometimes the fried dish might be exchanged for a smoked haddock, a soft-boiled egg in an egg cup, or a "kipper" – the more leisurely Sunday breakfast giving ample time to separate the small bones thereof.

When bitter Seville oranges arrived at the greengrocer each autumn, my mother's first job was to take down the copper preserving pan that normally graced the top shelf of the dresser. This was the start of the busiest day of the year: preparing one pound of marmalade for each week of the coming twelve months. All of the fifty pounds of oranges had to be washed and cut in half; then the pips and pith were scooped out and placed in the muslin bag kept for that purpose. Next, the peel had to be cut into small hunks before being placed in the pan together with lemons, sugar, and water. Glass jars were washed and sterilized, while the marmalade ingredients were brought to a boil. Pith and seeds (in their bag) were added for the pectin content that would set the mixture. Samples would have to be taken out and placed on a cool surface to show if it was ready to be put in the jars. I am not sure how much the preserving pan would hold, but my guess would be about ten pounds, meaning that this entire process had to be repeated five times for the family to enjoy that last part of their breakfast every day.

STAYING UPRIGHT ... SOMETHING TO WORK AT!

By Jan Wendt - #158

When we are young, we fall in love. When we are old, we may still fall in love, but, more often, we just **fall**. If you've spent any time at Sherwood Oaks, you know how so many of us are plagued by those nasty falls.

What you may *not* know is that the Health Affairs Committee, composed of residents and Administration, monitors how many falls occur, who falls, and where and when they fall. Why? Because falls are the leading cause of injury-related deaths in the elderly. They frequently result in hip fractures or brain injuries. More ominous still: 21% of those over 65 who sustain a hip fracture will die within a year.

Why do old folks fall? Neurologists cite changes in complex neural networks, like the cortical-basal ganglia loop (what?!), as one ages. Suffice it to say, we are not what we used to be. Our gait may be unsteady, we don't see as well, we have arthritis, we have pain, we take medications, etc. Moreover, our homes often provide other hazards: cords, throw rugs, uneven surfaces, and the like.

I have had my own scary history of falls. Between ages 66 and 73, I have had four falls, two of which resulted in a prize-fighter face and significant damage to my front teeth. Lucky for me, I had no broken hip or brain bleed. But I am sufficiently chastened and have a new appreciation for how little it takes to knock us flat in an instant and send us on a downward spiral in the longer term.

When I worked as a nurse on a palliative care consult team at a large hospital, I encountered many folks in their 80s or 90s, most taking blood thinners, who fell, sustained significant brain hemorrhages, and never regained consciousness. I actually always considered this "not a bad way to go, if you're 90," but the fact is that most falls serve to take our medical baselines "down a notch" and cause disability and dwindling quality of life, rather than sending us directly to paradise.

Is there anything we can do? Well, not much about the degenerative changes in our cortical-basal ganglia. But we *can* make sure our vision is corrected with good glasses. We can do away with the throw rugs and other hazards at home. We can ask our doctors to review our medicines and their benefits versus possibly increasing the risk for falls. We can use assistive devices and wear our alert pendants **all the time**. We can get up slowly and carefully from bed or a sitting position, as drops in blood pressure are common in our age group and predispose us to fall. And we can wear supportive footwear and keep our wits about us when moving around.

Finally, always, be sure to report your fall to Community Nursing. Let's support each other in a concerted effort to stay upright!

I want to be 18 again and ruin my life differently. I have some new ideas.

I'm on two diets. I wasn't getting enough food on one.

I put my scale in the bathroom corner, and that's where the little liar will stay until it apologizes.

FOSSIL FUELS AND CLIMATE CHANGE

By Bruce Cooper – #715

Every day, 162 million tons of fossil fuel emissions are being poured into the atmosphere. As of October 7, the concentration of carbon dioxide in the atmosphere is 415 ppm, 19 percent higher than the upper limit of 350 ppm that climate science tells us would protect the planet from the catastrophic changes to our climate that are being experienced all over the world. 415 ppm is the highest concentration in at least one million years.

Were we to stop all fossil fuel emissions tomorrow, we would still need to find ways to get the planet back to 350 ppm. Moreover, as pointed out in the October *Acorn*, we cannot shut off the fossil fuel valve tomorrow. Most countries are trying to get to 'net zero' – the point where we're taking out of the atmosphere as many emissions as we're putting in – by 2050. So the concentration of fossil fuel emissions will continue to rise for the next almost thirty years, which means that the earth's climate system will become increasingly unstable.

While the Inflation Reduction Act recently passed by Congress has many 'carrots' to entice Americans to purchase an electric vehicle or an electric stove or an electric heat pump, there is no 'stick' to add some financial 'pain' to speed up that process. The United State is the only industrialized country in the world that has not placed a 'price on carbon' to allow the marketplace to equitably value our share of those 162 million daily tons of emissions that today are simply dumped into the atmosphere. China has had a carbon price since 2018.

If we are to keep the planet as a livable place for our children and grandchildren, humanity must stop using fossil fuels as quickly as possible. A 'carbon fee and dividend' process that places an increasing fee on carbon emissions at the source (mine, well, port of entry) and returns the fee to each of us as a monthly dividend is the best way to speed the process. By switching from carbon-based products to those created with clean energy, we'll be able to spend that dividend on the electric car or electric stove or electric heat pump and take advantage of the 'carrots' available from the Inflation Reduction Act



CHAPEL NOTES

By Gary Brandenberger - #602
For the Chapel Committee

Services begin at 2:00 p.m.
in the Auditorium.

Everyone is welcome. Bring a friend.

Sunday, November 6

Rev. Beth Wierman
UP/Zion 1st Lutheran

Sunday, November 13

Rev. Jeff Sterling
St. Paul's UMC (Ret.)

Sunday, November 20

Rev. Amy Nicholson
Hope Lutheran

Sunday, November 27

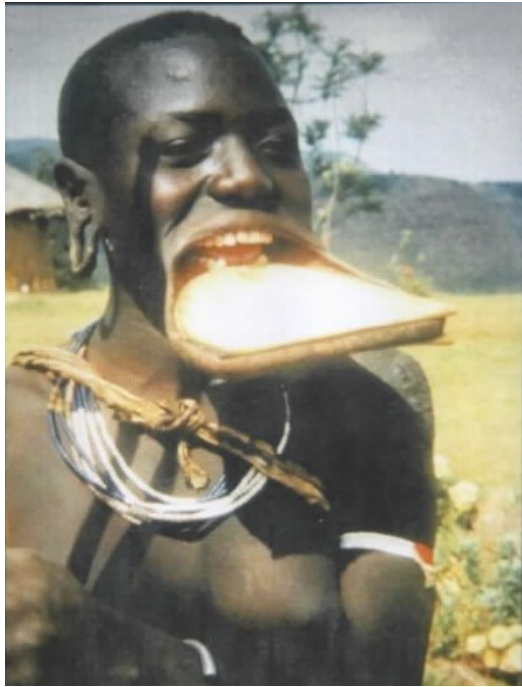
Rev. Liddy Barlow
Christian Associates

*"Create in me a pure heart, O God, and
renew a steadfast spirit with me."*

Psalm 51:10

WHAT PRICE BEAUTY?

By Charles Partee - #220



Women, in many cultures, are supposed to be beautiful, while men are supposed to be brave. On the faces of Surma women, as you can see, plates are inserted behind expanding lips. Their purpose, originally, may have been to discourage slavers, but lip plates, the larger the better, became a mark of beauty. [I brought one home from Ethiopia in case someone wants to borrow it.]

A Nuer boy (South Sudan) enters manhood by receiving a cicatrize. When he thinks he is brave enough, he allows his head to be cradled on the ground, while an older man draws a dull blade from one side of the boy's forehead to the other. The wound is then packed with dirt in order to produce a good-sized scar. If the boy flinches, the cut will not be straight, and he will never be able to marry, because his lack of bravery is forever enshrined just above the nose on his face.

PRIORITIES

By Ellen Brierly - #734

I believe in the necessity of hydration. Providing our bodies with water is a must, but there are times when, in spite of our doctor's urging, enough is enough. The adage "what goes up must come down" can be related to the fact that what goes in can come out. This can bring about much stress and planning.

We are told, for instance, when entering a place of entertainment, to first seek out the exit in case of a fire.

I seek out the bathrooms. How far away is the bathroom from my assigned seat? How many people must I crawl over to get to the aisle? Should I prepare ahead of time for my exit at intermission? Can I beat the women who are closer to the bathroom, without bloodshed, and then return to my seat before the program continues?

Traveling takes on its own problems. At one time, the solution for a sharp and alert driver was to drink coffee. But that may be a bad choice, if you hope to arrive at your destination at a reasonable time. How far is it to the next rest area? Can I make it, or should I grab this one? A happy driver is one who has an empty bladder.

When offered a drink as a guest in a home, should I first ask to use the bathroom, or lie and say that I am on a no-liquids diet?

Here are your choices. Stay home near the bathroom, a poor plan. Or accept the idea that you are not alone. You may have some embarrassing moments, but by this time in our life we have all had some of those and somehow survived.

WORTH A LOOK: BOOKS NEW TO OUR LIBRARY

By Barbara Christy - #237

Tomorrow and Tomorrow and Tomorrow by Gabrielle Zevin. Fiction. Sadie and Sam are childhood friends who reconnect at Harvard over a love of gaming – the digital kind. They decide to design a game and go all out to do it. With their friend Marx, they borrow money, beg favors, and drive themselves to the brink. When they succeed in creating a blockbuster, becoming rich and famous almost overnight, they have to learn to deal with the personal downsides of being brilliant, driven, and creative. Who hasn't dreamed of a world with limitless fresh starts? Gaming can allow for that, and the author contrasts that idyllic world with the real world of three flawed, deeply human individuals who, over thirty years, live lives full of commitment, betrayal, love, revenge, joy, and shame. By the author of *The Storied Life of A. J. Fikry*. F ZEV

The Other Americans by Laila Lalami. Fiction. Driss, a Moroccan immigrant and small-town restaurant owner in the Mojave desert, is killed one night by a hit and run driver. One daughter, a struggling jazz composer, comes home to find a place both changed and not. Her sister is the successful, dutiful, but resentful stay-at-home sibling. An old classmate and fellow musician is now the sheriff's deputy investigating the murder. The detective on the case is an outsider from D.C. An undocumented witness resists telling what he knows for fear of being deported. Each character has a story to share and secrets to confront, as connections between them emerge. F LAL

Upgrade by Blake Crouch. Fiction. What if an edit to your genome could change

you into a superhuman? Logan Ramsay, a genetic engineer with a tragic mistake in his past is now an agent in the Gene Protection Agency, an FBI-like unit dedicated to stopping illegal genetic engineering. Caught in a trap, he is injected with genetic material as part of a plan to make major changes in all humanity. As he recognizes what is happening to him, Logan also realizes that his former colleagues will be forced to eliminate him as a source of genetic contamination. Fearing for his life and unable to determine whom to trust, Logan is no longer just a suburban dad in a safe world. F CRO

Nothing to Lose by J. A. Jance. Fiction. J. P. Beaumont is back. Twenty years after his mother was brutally murdered by her husband, when her sons barely escaped being killed as well, the older son calls J. P. for help in locating Chris, their missing younger brother. The search leads into the Alaskan wilderness, where J. P. finds family secrets as well as a brother. F JAN

22 Seconds by James Patterson and Maxine Paetro. Fiction. Newly passed restrictive gun laws mean gun smugglers must rush to deliver a last batch of contraband across the Mexican border. Then the FBI and the ATF agencies get into a turf war. But when SFPD Lindsay Boxer's undercover friends and colleagues start turning up dead, all with the warning "You talk, you die" scrawled nearby, she is not surprised, but seriously alarmed. F PAT

Call My Name by Jenni Ogden. Fiction. Cassandra Tulloch and her foster sister, Olivia, bond together in the outback of Australia when 13-year-old Olivia's mother dies of an overdose and Olivia comes to live with her. Swimming in the ocean, bareback riding, and later, backpacking

together in Europe, the girls develop a deep and lasting friendship, only to be separated when Olivia goes to Yorkshire, England, to discover her roots. After five years in London, Olivia is invited back to Brisbane to be Cassandra's maid of honor and, suddenly homesick, Olivia and her partner Ben decide to move there permanently. But as the foursome develops a bohemian lifestyle and Cassandra starts producing babies, long-submerged guilt and anxiety envelop childless Olivia. Even harder is discovering long-hidden truths about her mother that threaten her hopes of ever being a mother herself or having a family of her own. F OGD.

French Braid by Anne Tyler. Fiction. The Garretts are a family of individuals who don't quite connect with each other. In 1959, the five Garretts, mother Mercy, father Robin, and sisters Lily and Alice, with brother David, go on an unremarkable vacation that typifies their quiet lives. In 1970, David is off to college, Mercy moves out of her home and into a solo artist studio, and Lily is pregnant by a man not her husband. Robin is still running his plumbing business, and stay-at-home Alice is mothering a nine-month-old. By 2014, Mercy and Robin are both dead, Alice is living in Florida, and Lily, still living in Philadelphia, drops by the family plumbing business on occasion. The insights here are not the excitement or events of their lives but the depth of influence family members have on each other even if they are not close. F TYL

The greatest happiness of life is the conviction that we are loved: loved for ourselves, or, rather, loved in spite of ourselves. (Victor Hugo)

NEW DAY AND OLD MEMORIES

By Robert Typanski - #190



Painting by Robert Typanski

A new day starts as he recalls a life
when he would be the one at work,
earning a wage for his children and wife,
a role he would not shirk.

His hands guided the barges at will,
drove the trucks that brought us goods,
stoked the furnaces of the mill,
while feeling strong or feeling ill.

His wife helped him start each day.
Her love gave him a reason
to do his job for meager pay,
no matter what the season.

He knew that, in the end,
he would have little to show,
except a body that time would bend,
and a place for his children to grow:

Children who were always there,
laughing and playing in the street,
not knowing the type of world
they soon would have to meet.

He hopes it will be a better one
than he saw when he was there,
where wages were small and days were
long:

A world that was not always fair.

He sees a world with a brighter sun,
where we are part of a fairer place,
with greater rewards for a job well done:
a world that all of us long to face.

Sherwood Oaks in the Fall of 2022



Photo by Rabe Marsh



Photo by Jim Mauch



Photo by Rosemary Coffey

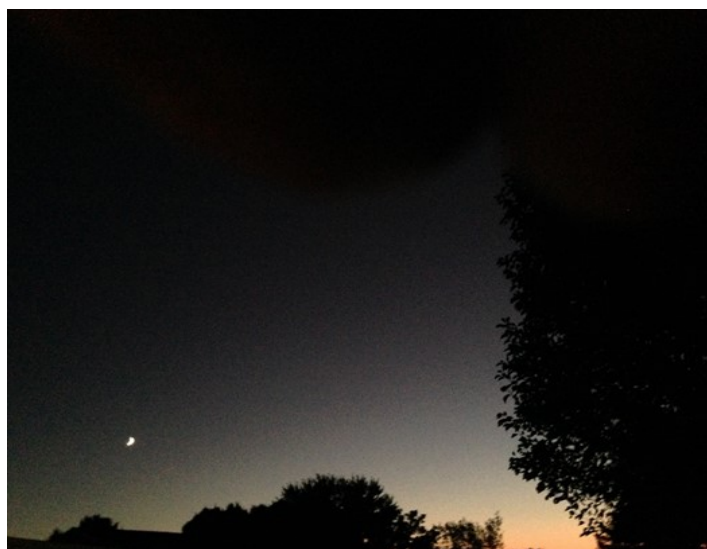


Photo by Jim Mauch



Photo by Rabe Marsh