

# THE ACORN

SHERWOOD OAKS NEWSLETTER  
100 Norman Drive, Cranberry Twp., PA 16066  
[www.sherwood-oaks.com](http://www.sherwood-oaks.com)

February 2019 “For the residents, by the residents” Vol. 20 No. 2

## *Some Sherwood Lives... A Rich Legacy*



Left to right: Dorothy Fitzpatrick, Lila Cornell, Agnes Peebles, Leslie Crawford, Janet Potter, Olive Tiller and Dorothy Dean



## FROM THE EDITOR

*THE ACORN* is pleased to feature a center-fold article about our “Cover Ladies” who were kind enough to meet with Jan Wendt and share some of their memories about life here at Sherwood Oaks in days gone by. Unfortunately, two other longtime residents were unable to join the group’s get-together.

Now I ask YOU, where do you see Sherwood Oaks being in another 20 to 30 years? Our population continues to age which will potentially call for more rooms in the Personal Care, Skilled Nursing and Oak Grove units. The PLCC Board of Directors (Sherwood Oaks) has short and long term strategic planning in its 2019 Business Plan to address updating the campus infrastructure.

Residents on the younger side of the bell-shaped curve are especially keen to have these concerns addressed by the administration. I welcome your input. Send your letters to this Editor.

Thank you to residents who have answered my call for “resident writers.” Well done and keep up the good work! To the rest of you, don’t be shy. Share your thoughts and stories with the rest of us.

“What’s New with SORA?” is missing this month; Secretary Jean Henderson was away. But Jean is back and all the

SORA news will return in our March issue. Also, the “Spotlight on New Books” is being modified this month. Tom Fararo is sharing some of the information on just how the Book Selection Group does its job.

Stay warm, walk carefully, and have a Happy Valentine’s Day!

Barbara Dixon

## THE ACORN

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Submissions for the March *ACORN* must be sent to the Editor, or Mike Rose if poetry, no later than **February 15, 2019**.

**Marya Bednerik**  
**354**

Interviewed by Connie Brandenberger



Photo by Tabby Alford

Marya Bednerik must have been born with “theater DNA” in her. Since she was a child, she has been writing and directing plays, inviting friends and neighbors to attend or be a part of the show. The theater, whether writing, directing or teaching, is the love of her life. Directing is her passion. She says with a smile that telling others what to do is “The Best.”

Marya received her undergraduate degree from Bennington College in Vermont, her master’s from Bowling Green University in Ohio, and her doctorate in playwriting from the University of Iowa. Her teaching and directing career took her across the country. From her first position at the University of Massachusetts, she then chaired departments, directed plays and taught courses in performance at Colorado Women’s College, the University of Oregon, and Emerson College in Boston. Her final position at Kent State University brought her to Hudson, Ohio.

Her cousin Sally Donnell then introduced Marya to the delights of Pittsburgh theatres, museums, and Sherwood Oaks when Sally married resident James Donnell. Marya’s move here happened unexpectedly. Her historical Hudson house was not yet on the market when it sold in one hour. She credits John Sterling with saving her from being homeless in Ohio and for making her move a smooth one. She also thanks Nancy O’Leary, who noticed she needed a kitchen curtain and quickly installed a lovely one. It has received many compliments.

Once a theatre director, Marya is now audience to beautiful cardinals and winter birds who are enjoying her bird feeder, a gift from friends. However, as a dramatist, she notes that tragedy struck. There was a strange “bump in the night.” In the morning she discovered the feeder bent to the ground, bird seed gone. Could it have been the mysterious Sherwood Oaks bear? Checking with Bob and Carol Fletcher about their bear/bird feeder experience might provide some information. Detectives can find her at the Drama Club. Meanwhile, Paul The Organizer has worked his magic: visitors to patio home 354, especially bridge players, are welcome!

**A REMINDER TO SORA  
COMMITTEES/ACTIVITIES**

Copying materials that are copyrighted is illegal. Please do not ask receptionists or other persons to make copies of materials that are under copyright law.

SORA standing rule voted by the Board February 4, 2014.



## JAN POCIERNICKI

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Interviewed by Jan Wendt



Photo by Mike Mills

For many of us, moving to Sherwood Oaks represents a kind of fresh start, a chance to explore new interests and, perhaps, re-discover some old ones. It seemed to present that kind of opportunity to Janice (Jan) Pociernicki. Jan had lived for 48 years in Moon Township with her late husband, who died in 2011. She found, over time, that she felt a bit housebound, and was looking to find new things to explore.

Her son, an attorney who lives in Regent Square, helped her find Sherwood Oaks, and a daughter, now residing in West Palm Beach, came up in late November to help her move. Jan is finding her new community to be friendly and is beginning to feel at

home. She is especially pleased with her patio room, which affords wonderful light for her greatest passion, painting.

Jan's face beams when she talks about her interest in art. She had always loved to paint and had been tutored earlier in life by Philip Salvato, an artist now based in Carnegie. She originally worked in oils, but later discovered the pleasures of acrylics and watercolors. A "life-changing" occurrence was a workshop in West Virginia with artist Douglas Walton, who encouraged her to look at subjects more abstractly and who introduced her to an entirely new way of painting.

Jan has exhibited her works at many shows, has won numerous awards, and shyly told me she has a biographical entry in *Who's Who in the World*. She found she wasn't painting as much after her husband's death and is anxious to re-connect with her passion. She looks forward to joining the painting class here, as well as working on her own.

Jan has been pleasantly surprised by the number of activities offered at Sherwood Oaks, the food ("It's really good, with lots of choices"), and the beauty of the campus. She may look into joining the alto section of the chorus and will search out opportunities for other adventures once she has settled in a bit more.

For now, we bid her welcome and beautiful brushstrokes ahead!

*Welcome*



## **THE GREATER HARMONY CHORUS**

Thursday evening, February 28 at 7:15 PM we will be treated to the barbershop music of the Greater Harmony Chorus. They are members of Sweet Adelines International, a group encouraging acapella and barbershop singing for women.

In 2018, this group from Wexford, PA, along with about 35 other choruses from around the world, was invited to compete at the Sweet Adelines International Convention and Competition in St. Louis.

The Program Committee of SORA is hoping you will come and have a most enjoyable time.

Jane Lavender

## **AQUACISE**

If your joints are aching in this cold, dry weather, you might find Aquacise on Monday and Thursday mornings at 10 AM a great remedy. The class has gotten smaller over time, so there is room for YOU in the pool. The 40-minute routine gently works all muscle groups in the body, from the face to hips, knees and the back. This workout

is essentially pain-free due to the buoyancy of the warm water. You'll feel like a new person when you step out of the pool. And, now that the spa is up and running again, you can dip those muscles in the hot, jetted water and exchange the day's news with friends and neighbors.

Jan Wendt

## **FOCUS ON THE WORLD**

**presents**

**Valuing Our Students: Diversity in  
the Seneca Valley School District  
Thursday, February 21 at 7:15 PM  
In the Auditorium**

Presented by Mr. Jeff Roberts, Supervisor of Gifted Education and Student Services, this program will share some ways that the Seneca Valley School District highlights diversity in elementary through high school. The school district believes students should be comfortable living in a globally connected society and should recognize the diversity that exists in their own community.

Seneca Valley serves nine municipalities in southwestern Butler County, including Cranberry Township.

Jeff Roberts has been an administrator in the school district since 2009 and moved to his current role in October 2016. In addition to supervising the gifted education department, he oversees the school consulting, health services, libraries, and chairs the school district's diversity committee.

Julie Eden

## THE PAST AS PROLOGUE

A woman I had never met greeted me at the church door with the question: *"Are you one of the Paul boys who grew up in Mercer?"* *"I am,"* I responded eager to discover what lay behind her inquiry. She persisted: *"How many of you were there?"* *"Just two of us"* I replied, *"my brother and me."* She looked at me skeptically and added: *"I seem to remember there were a bunch of you Paul boys."*

I chuckled at her implication, but it got me thinking about the time Mercer was more than my hometown. That small town was my world, my universe. It was where I started to school, first made friends, and where I enjoyed a mostly idyllic childhood.

It ended when, almost twelve years old, I moved to Pittsburgh. As our family car turned south on Route 19 my heart broke and my tears flowed. While the new life on Pittsburgh's North Side expanded my horizons and marked the beginning of new friendships and life adventures, I've never forgotten my Mercer years. Since then I've occasionally driven through the town, but seldom stopped. Once I took my sons on a walking tour and pointed out the landmarks of my childhood.

Then, after more than 60 years had passed, and at a memorial service, I reconnected with Roberta and Helen. Roberta was my third and fourth grade teacher. Helen had been the school principal's secretary in an office I had visited more than once. Then in their nineties, both were still sharp in mind and memory. We agreed to meet again to reminisce about life in Mercer during the 1940's.

To prepare for our reunion I identified the names of persons about whom I remained curious. My list included schoolmates, teachers, neighbors, town professionals, shop proprietors, and members of my home church. Our time together stimulated our collective recall of people and places. Both women responded to my queries and frequently corrected some of my early impressions. Our conversation triggered other memories I had long since buried.

My post-reunion reflection revealed an unbroken seven decade gap between my early and current life. While I hope my values and perspectives have deepened and broadened, their foundations were definitely laid in my early Mercer years. One learning was the importance of parenting. I appreciated anew the importance of my parents' nurture and discipline – always dispensed with firmness and laced with love.

Another value was love of country that was birthed and encouraged in those early years. With World War II ever looming in the background, patriotic feelings were irresistible. Young Mercer men were inducted into the military services and went off to fight. Naively, I believed the East Market Street broom factory qualified Mercer as a prime target for enemy bombers. I became a Post-Gazette Junior commando and gathered disposable scrap metal and towed it in my wagon to the collecting point behind the Liberty Theater. Our childhood cap pistol war games were often played out on the courthouse lawn.

My sports passion was also born in those years. Every spring and summer we played pick-up baseball in the field next to our house. In wintertime it was basketball in a small barn with a bottomless tin bucket nailed to the wall. Local high school athletes were among our sports heroes and we dreamed of the days when we would take their place.

It was also then I felt the first stirrings of sexual awakening. By the time we moved, the girls my age were changing in appearance and increasingly reluctant to participate in our rough and tumble games. It signaled the beginning of a life-long journey of appreciating the marvel and mystery of romantic attraction.

My reunion with Roberta and Helen cemented a growing awareness that each stage of life influences those that follow. Shakespeare was right: *"The past is prologue."* Understanding the present is enabled by recovering the meaning of our past. For those of us in our latter years that may be one of our most important life tasks, especially if we are to grow and make sense of our current lives. Doing so will better equip us to live into the future with hope, courage, and joy.

Bill Paul

## A LAKE EFFECT



Photography captures a moment in time. My father was a photography hobbyist. I can't remember a time while I was growing up that he wasn't using his 35mm camera to capture the holidays, vacations or even everyday moments in the backyard. Fortunately, whether the roll of film was turned into slides or prints, he was in the habit of labeling each, providing the "who" and "what" details.

I recently discovered an old, small brown box with its mailing label reading, "Rochester Laboratory, Inc. and 35mm Photographic Services." It was addressed to my father in Avalon, Pittsburgh, Pa. where my parents resided after WWII. The First-Class Postage was just 21 cents. On the outside of the box he had written "1948" in pencil. Inside, it was fascinating to see the 4-1/2" x 3-1/2" black and white prints of my parents at North Park in the summer and even their Christmas celebration.

Well, one picture caught my eye because it included my mother, my aunt, and my grandparents enjoying lunch at a picnic table grove overlooking a lake. (My father was the photographer). When I looked on the back of the picture for its location, I was stunned to see that they were picnicking in September 1948 at Cranberry Lake! What a coincidence that it is now our Sherwood Oaks Lake, and I realize that my extended family experienced this wonderful property so many years ago.

The picture raises more questions than answers!

Did my parents remember that they had a picnic there 37 years before moving into Sherwood Oaks in 1985?

Did distance and over 30 years of life in the South Hills fog their memory of this family outing in the North Hills?

The view looks like the picnic grove was near the loading dock below the Sherwood Oaks dining room.

Did construction of Sherwood Oaks alter the landscape significantly so that my parents never made the connection that they had been there before?

I'll never know the answers, but it's an amazing discovery that the location of their picnic would become my parent's home for 28 years, and now our home too.

I'm so glad my father labeled his pictures!

Peg Rychcik

## BEWARE OF FREE GIFTS

I have frequently had notices pop up on the computer asking me to fill out a questionnaire and receive a free gift. I have ignored them, but in a weak moment, I accepted. I chose face cream, – which is an example of poor logic since any wrinkles in my face are no longer reparable, – but I go through the motions of smearing my face with cream anyway. For a fee of \$5.00 for shipping and handling, it would be mine. And for \$4.00 more I could order eye cream.

A few days later I received an E-magazine that was free but would be sent monthly with subsequent charges added to my credit card. There was a phone number to call in New Mexico. When I inquired, I was told I had ordered it. With great effort, they canceled my order. The products came, I was satisfied, and all was well until my credit card bill came and I had been charged \$88.00 and \$89.00 for the merchandise. I was given a phone number in South Carolina to call about the eye cream, and a number in Texas to call about the face cream. Upon calling I was told that I had agreed to notify the company in 14 days if I did not want the product and otherwise, I would agree to pay the above price.

Let me tell you that in no way was there any notification of that agreement. I would certainly remember those numbers. It became a “We told you about this” and my “Did not.” “Did too.” “Did not.” I called the Better Business Bureau who told me that this is such a huge scam that the Federal Government has now called it fraud unless the warning is visibly posted.

I also notified the credit card company. Both promised to investigate. In a few weeks, I was notified by these agencies that the case was closed. The company had supplied proof of their integrity. I saw the evidence. It was very impressive, spelling out in detail all the terms required. The only problem was that I had never seen that before and now it was my word against theirs. If I could supply proof of the original offer, then I could continue to contest the case. Well, I had not photographed the offer on my screen; so, I had no proof. One oz. of face cream, 1/2oz. of eye cream, and all I have to show for my money is slippery skin.

Ellen Brierly



## SOME VALENTINE'S DAY ADVICE

After a few dates with David, I was becoming more impressed with him, especially when he showed up at my doorstep on Valentine's Day with a heart-shaped box of chocolates.

Meanwhile, at a distant college, George (my “steady” boyfriend of six years) forgot about Valentine's Day and sent me a “Belated Valentine to my Grandmother” card. (He said it was all the store had left.)

Can you guess which man I married? Of course, the Chocolate Man. He had other endearing qualities, but, men, take note. We women like tangible, romantic expressions of your affection ... especially if it is chocolate!

Ellie Castle



## JUDAISM 101, ETC.

The most important teaching of Judaism is that there is one G-d, who wants people to do what is just and compassionate. Judaism teaches that a person serves G-d by learning the holy books and doing what they teach. These teachings included both ritual actions and ethics. Judaism teaches that all people are made in the image of G-d and deserve to be treated with dignity and respect. (from Wikipedia)

Several religious branches of Judaism have developed from ancient times. Today, the main division is between Orthodox, Conservative and Reform movements. They are mainly distinguished from one another on the basis of their philosophical approaches to Jewish tradition, and their interpretation of traditional Jewish law.

Some 35% of American Jews identify as Reform. The movement has traditionally sought to adapt Jewish traditions to modern sensibilities and sees itself as politically progressive and social-justice oriented while emphasizing personal choice in matters of ritual observances.

Conservative Judaism sees Jewish law as obligatory, though in practice there is an enormous range of observance among Conservative Jews. It represents a midpoint on the spectrum of observance. About 27% of American Jews consider themselves Conservative.

Orthodox Jews are defined by their traditional understanding of Jewish law as interpreted by rabbinic authors over the centuries. This includes strict observance of Shabbat (no cooking, driving, working, turning electricity on or off, writing, or handling money, etc.) and of kosher laws. About 10% of American Jews identify as Orthodox.

The Haredi (or Ultra) Orthodox are typically marked by their distinctive black hats for men and modest attire for women. They also tend to have the lowest levels of

interaction with the wider, non-Jewish society. One major exception is Hasidic Judaism's Chabad-Lubavitch sect, which is known for its outreach to the wider Jewish community.

Other sects include: Reconstructionist Judaism holds that Judaism is the evolving civilization of the Jewish people. Its adherents hold varying opinions about the extent to which Jewish laws are obligatory. Humanistic Jews celebrate Jewish culture, history and holidays without reference to G-d and emphasize a rationalist, human-centered ethics.

(Taken in part from the online site, "my Jewish Learning.")

My introduction to Jewish culture and religion came from non-religious Israelis (secular), and I am now a secular Jew, which can be a challenge in America. In Israel, one is surrounded by Jewish traditions - they are a part of everyday life, but not in America. 42% of Israeli Jews are secular, and 25% consider themselves traditional Jews. That is in contrast with the ultra-Orthodox (8-12%) minority. They always are part of the coalition government and introduce some legislation that most Israelis do not agree with but must contend with.

FYI:

Tree of Life - Or L'Simcha (Light of Joy) Congregation in Squirrel Hill is a Conservative synagogue that is also progressive; Dor Hadash, a Reconstructionist temple, also rents space from the synagogue, and since 2017, the New Light Conservative congregation has also held services in the basement of the building.

Julie Eden

Editor's Note:

Sherwood Oaks is proud to be an all-inclusive community, and, to that end, Julie Eden will continue to share some insights on her Jewish faith with us in quarterly articles. I have learned a lot from Julie's earlier pieces and welcome similar articles from those of other faiths who seek to inform.

## **SOME SHERWOOD LIVES ... A RICH LEGACY**

Recently, an auspicious group of Sherwood Oaks residents sat down with me to reminisce about “the old days.” Two other residents, Ina Cheetham and Dian Millman, were unable to attend. This is a group of women with an aggregate of over 180 years of living at Sherwood. Over tea and cookies, furnished by Jesse Komara, Dining Room Supervisor/Catering Manager (and a 25-year employee), the conversation needed only a bit of prodding, and soon there were giggles and a cascade of memories flowing. During our time together, Housekeeping Supervisor Nancy O’Leary (a 30+ year employee) worked nearby to take down tables after a marketing event, and smiled as she listened, recalling many of the same, sweet memories.

For instance: Norman Drive was named for Norman DeWeese, one of the founders. According to “legend,” Norm was an engineer and a detail man, for sure. He was instrumental in numbering the patio homes and, says Agnes Peebles, “There was a method to his madness” even though #’s 136 and 289 are practically next door. Many of Norm’s copious and detailed notes are carefully preserved in the Sherwood Oaks archives, which are housed in the Music Room on the lower level of the Center.

The layout of the community was very intentionally planned by the DeWeeses and other founders, based on several years of research and visiting other continuing care facilities. The Quaker influence was notable, and many innovating blueprints came from touring Kendal communities in eastern Pennsylvania. Our founders liked the principles they saw implemented there, including resident-driven programs, thoughtfully mapped out covered walkways, and other features to ensure independence as long as possible. Swales were part of the landscaping, a tool to deal with water runoff, sometimes more successful than others. The glass panels in parts of the walkways were placed strategically to lessen wind squalls and, initially, birds frequently flew into them, either stunning or killing themselves. Lila Cornell remembers “It took a bit of research to see what the best deterrent for the birds would be, and eventually the plastic stripes were found to work best.”

All present remembered Sherwood Oaks “back in the day” as a smaller, more intimate community, with plenty of hands-on work provided by residents themselves. The grounds crew numbered only two people then, so many residents invested real sweat equity, digging and weeding. They were also instrumental in choosing which species of trees and shrubs to plant, visiting nurseries and purchasing specimens. Then they drove home and planted them. “I certainly remember pulling lots of weeds,” Leslie Crawford recalled, laughingly. Dorothy Dean and others reported, “I was barely here 15 minutes before I was asked to be on the landscape committee.”

Back then, part of the dining room was a porch, where Olive Tiller recalls children heading out there after Sunday brunch to play and watch the activity in the lake. There was a smoking section in the dining room in the very earliest days. Eventually, more dining space was needed, and the porch was enclosed to accommodate the expanding community. Since the land on which Sherwood was born had been, in part, a farm, there was a barn on the property, which was later burned down. The Summer House, now the site of games, campfires and family gatherings, had been a garage. The raised garden beds are a fairly new addition.

Then, as now, there was a large roster of activities. The pool was here from the founding; “We always had a chorus,” and a favorite way to be together was through square dancing in the auditorium. “That’s why there is a wood floor in the front of the room,” someone said. For years, Dorothy Dean led a very popular class of line dancing.

Change has come to Sherwood Oaks, as it does to all of us, the group noted. When pressed to elaborate, they remarked that there was an intimacy that has lessened as we grew. “You used to come to events and know everyone,” said Dorothy Fitzpatrick. The whole enterprise feels a bit more “corporate” to them. “Also, we were more a walking community back then, I think,” mused Lila Cornell. “It just seems there are many more cars in the parking lot.”

But all agreed that the hallmarks of this unique habitat are essentially unchanged: resident led and inspired programs (“You can really just sort of put up your flag and see who else shares an interest in something,” said Agnes Peebles); a pervasive friendliness, and a persistent curiosity in the world around us. Now, as then, prospective residents work hard to choose carefully where to spend the next chapter of life. Olive Tiller remembered that she and her first husband visited over 30 continuing care communities when they were living in New Jersey. They had a carefully developed rating chart to use, with a point system for features that were especially important to them, like a good in-house library. “Sherwood kept coming out on top. We had no family in Pennsylvania and had never lived here. But we finally figured, “Why would we go anywhere else?” They came here and never looked back.

Dorothy Fitzpatrick, during her tenure as president of SORA, had occasion to visit most of the other CCC’s in the Pittsburgh area, and consistently returned home believing the best of everything was here.

Those us who have arrived in the ensuing years can thank these ladies and many others for the legacy we have found here. Besides, it’s just plain fun to sit and hear their stories.

Jan Wendt

## **BECOME A STATISTIC, A HUMAN SUBJECT, EVEN.**

Back in the '90s, John Becker took part in a prostate cancer study at Pitt which saved his life.

It was a “no brainer” that when a friend who works in the Balance Lab was seeking “Human Subjects” for research studies in our age bracket, we walked up the hill from our Oakland condo and volunteered. Jane Lavender drove in from Beaver. There was/is free parking (in Oakland!), and we were paid. We have continued to take part in dozens of studies under the aegis of many departments.

In the neighborhood of Jonas Salk, Thomas Starzl, not to mention Fred Rogers, to assist in research is an honor. There are many on-going studies for which people our age can offer helpful facts and experiences, providing grist for the research and progress mill.

Currently, I am taking part in PRIMA, a mobility study ...You might recall mobility studies conducted here at Sherwood Oaks when we walked around traffic cones in a sort of pedestrian slalom ... I am doing that again, but at the foot of Bates Street in a South Oakland that did not exist a few years ago: Technology Drive runs parallel to the Monongahela River below Second Ave. UPMC, Pitt, and CMU built research facilities at the old Jones and Laughlin Works ...which was a field for dog-walking when we came to Pittsburgh.

Now there are about nine, four-to-six story research buildings with paths,

trees, benches, a volleyball net...And people who work there actually use them!

One neat thing about PRIMA was the chance to walk on a treadmill while looking up the Mon at barges and tugboats, checking out progress on Hazelwood's re-making. The walkway along the river is still in process.

But the terrific thing about all the studies we have taken part in is the insight, imagination, hope, and dedication of the people conducting them. As participants, we know that our input provides statistics, norms, and averages, which support and/or clarify the process of discovery, scientific breakthrough, help, and hope.

It is an honor to be able to be engaged in the privilege of scientific research, to be part of the neighborhood with those who have changed the lives of many people: Jonas Salk, Thomas Starzl, and Fred Rogers.

If you are interested and able to accept that honor, contact [pittplusme@pitt.edu](mailto:pittplusme@pitt.edu) for more information or call 1-866-438-8230. Currently, they are looking for older adults who feel depressed, for people with heart conditions, and for people disposed to diabetes. Other areas of inquiry are listed every few weeks. Stay tuned.

Ruth Becker







## **STUDY ALERT!**

### **NEMO Late Life Depression Study for a Depressed Older Adult in Your Life**

#### **Study Basics**

Is an older adult (ages 60 and up) in your life currently depressed? If so, he/she may be eligible to participate in a study to help researchers learn more about the brain functions during medication treatment for depression. There is no radiation exposure during this study. Medication is provided at no cost. Compensation and travel reimbursement will be provided.

#### **IRB:**

PRO018010096B - Neural Mechanisms of monoaminergic engagement in late-life depression treatment response (NEMO - 2.0)

#### **Research Areas:**

Healthy Aging (/preferences/publicresults?guid=69af1e03-3bb4-476c-df8e830fc25a),

Healthy Volunteer (/preferences/publicresults?guid=73d45dfd-5688-4582-8309-23c80080abe9)

#### **Related Studies:**

NEMO Late Life Depression Study [Adult] (PRO1810096A) (/studyarms/publicdetails?Guid=53c0a792-74f9-4e0a-9c72-00ec6c31e7df)

#### **Age:**

18 and Up

#### **Location:**

Western Psychiatric Institute and Clinic & magnetic Resonance Research Center (MRRC) at UPMC Presbyterian Hospital

#### **Compensation:**

Up to \$450, including \$10 travel reimbursement per visit



## **COLETTA McKENRY LIBRARY ACCESSIONS**

### **FICTION, INCLUDING LARGE TYPE, CD'S AND DVD'S**

Adrift	Beth Adams	©2017 F BET
The Ebb Tide	Lewis, Beverly	©2017 F LEW
Elevation	King, Stephen	©2018 F KIN
A Light in the Darkness	Herne, Ruth Logan	©2017 F HER
Mr. Flood's Last Resort	Kidd, Jess	©2018 F KID
Mr. Miracle	Macomber, Debbie	©2014 F MAC LT p.b.
Newcomer	Higashino, Keigo	©2018 F HIG
Target: Alex Cross	Patterson, James	©2018 F PAT
Trinity	Hall, Louisa	©2018 F HAL
Where the Crawdads Sing	Owens, Delia	©2018 F OWE

### **THE LIBRARY LOWDOWN**

For our visually challenged readers: The family of Dan Smyers has generously donated his reading equipment. This machine reads a page of text and translates it into audio. The size of the machine is approximately 10" by 4"; so, it would work well on a chairside table. It would work well for someone who is able to follow simple directions and manipulate on/off buttons. If you, or someone you know, would benefit from the loan of this equipment, please contact me (8237) or Anne Hunt (8308).

Barbara Christy

### NON-FICTION, INCLUDING BIOGRAPHIES

America: A Citizen's Guide To Democracy Inaction	Stewart, Jon	©2004 321.7STE
Becoming	Obama, Michelle	©2018 BIO OBA
Big Week	Holland, James	©2018 940.54 HOL
Chaser: Unlocking the Genius Of the Dog Who Knows a Thousand Words	Pilley, John W	©2013 636.73 PIL p.b.
In Extremis: The Life and Death Of the War Correspondent Marie Colvin	Hilsum, Lindsey	©2018 BIO COL
Let Your Life Speak	Palmer, Parker J.	©2000 248.4 PAL
Rocket Boy: A Memoir	Hickam, Homer H.	©2000 629.1092 HIC p.b.
The Book of Think: How to Solve a Problem Twice Your size	Burns, Marilyn	©1976 153.43 BUR p.b.
The Irish Identity: Independence, History, and Literature	Conner, Marc C.	©2016 820.99 GRE DVDs
The Western Literary Canon in Context	Great Courses	©2008 809 GRE CDs+guide

### **THANK YOU!**

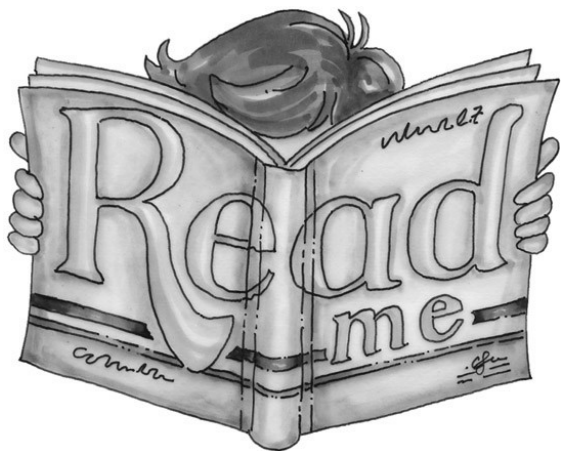
To the staff who stayed overnight on several nights at Sherwood Oaks during the weekend of January 18 through 20, THANK YOU!

Residents, are you aware that staff members stay overnight during severe weather situations to guarantee that we are properly cared for – especially those of us in the Health Center Units?

If your walkway was not cleared early Sunday morning, that's because the staff, who were here early, were still clearing and salting the parking lots and Norman Drive, making them accessible to any needed emergency vehicles.

We residents owe these staff who stayed overnight or came in early a debt of gratitude.

The Editor



## SPOTLIGHT ON NEW BOOKS

In this issue, we depart from the usual content of this page in order to inform readers about the process by which new books for our library are chosen by a group of resident volunteers. The current members of the Book Selection Group (BSG) are Helen Haberlein, Kathleen Schartner, Nancy Clark, Nancy Baker, Barbara Christy, Jane Paul and Tom Fararo (chair).

At the end of June, four members will be leaving the group. Volunteers will be needed to replace those members, including the current chair. If you think you might be interested in joining this group, you will want to know what is expected of a member. Read on.

At about the middle of each month, the chair emails to group members a list of about 15 titles. Members evaluate each book for possible purchase. Here is an example:

Heads You Win by Jeffrey Archer  
<https://www.barnesandnoble.com/w/heads-you-win-jeffrey-archer/1128124294?ean=9781250172501#/>  
<https://www.publishersweekly.com/978-1-250-17250-1>  
<https://www.booklistonline.com/Heads-You-Win-Archer-Jeffrey/pid=9707347>

Note that members are NOT expected to read *Heads You Win*. Instead, each member makes a judgment about buying the book by clicking on the highlighted addresses of websites that provide information about and reviews of that book. Judgments are expressed in terms of a rating scale from 1 to 5, where 5 is the strongest positive vote for purchase. The ratings, one per book, are emailed to the chair before the end of the month. After receiving all member ratings, the chair calculates the average for each book. Books with the highest average rating (usually 4 or more) are selected for purchase. In this way, about eight books are purchased each month.

The tasks of the chair are more extensive than that of other members. The monthly tasks are: (1) by mid-month prepare and email to members the list of books for voting; (2) based on the returned ratings, place the purchase order, currently using Amazon Prime; (3) early in the following month, when the books arrive, deliver them to the library office, along with the invoice; (4) by the middle of that month, create the Spotlight on New Books page and send it to the editor of *THE ACORN*; and (5) return to task (1) for the next cycle of activity. In certain months, the chair may call for a meeting but only if an agenda exists. For instance, a new chair may call a meeting in order to discuss changes in the process described above.

For the purpose of acquiring books that appeal to varied reader interests at Sherwood Oaks, in undertaking the first task, the chair searches the Internet for new books in three categories: (a) page-turners, such as thrillers and mysteries; (b) other fiction, such as historical and literary novels; (c) nonfiction, including



memoirs and biographies. In this way, a variety of types of books are purchased in most months.

With four members leaving the BSG – previously called a committee -- at the end of June, we are seeking four volunteers to become new members in July. If you would like to volunteer, please contact Barbara Christy (BSG member and Library Coordinator), Anne Williams (Chair, Library Committee), or me, Tom Fararo (BSG current chair).

Tom Fararo



### SO THAT'S WHY!

While thumbing through some earlier editions of *THE ACORN*, I ran across the following article from February 2013 that finally answered a question I've had since moving here. I am sharing this with recent residents who may have had the same question.

### “REALITY’S JOURNEY

#### Part 6

*By Ralph Peabody*

### NO BINGO

Edicts, proclamations, whatever, these were part of the early script the Founders used when telling groups about the future Sherwood Oaks. The “No Bingo” statement sounded interesting; so Margaret McCoy explained to me the reason for it. In the

early ‘80s the concept of Continuing Lifetime Care was new and unheard of. The concept was confused with the familiar term, Nursing Home. In order to make the difference a bit dramatic, they used the ‘No Bingo’ rule as an example to emphasize the independence of future residents. There is still no bingo among residents’ regular activities, but it is played in the medical units where there is also a Therapeutic Recreation Department.

Bridge? That is another story. There are numerous bridge groups to satisfy the interests of everyone. Poker has also had a history here with a lively group in the past. At present, it is dormant but will, I am sure, return one of these days, when a few people voice an interest. A more recent development has been the initiation of other games played most afternoons. These include Mahjong and Scrabble.

More physically competitive games are also part of the program. A nine-hole putting green is available for individual and group use as well as a Wimbledon Court. Wimbledon is a variation of croquet. At present the bocce ball, horseshoe and shuffleboard courts are being upgraded.”

Enough said!

Barbara Dixon



## FEBRUARY MOVIE SCHEDULE



**February 2 - GROUNDHOG DAY  
(1993)  
PG 1 hr 41 min**

### **Comedy–Fantasy–Romance**

A weatherman finds himself inexplicably living the same day over and over again. (*IMDb*)

Rated PG for thematic elements. No harsh language. No nudity.

**February 9 - THE OLD MAN AND  
THE GUN (2018)  
PG-13 1 hr 33 min**

### **Comedy–Crime–Drama**

Based upon the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. (*IMDb*)

Rated PG-13 for brief strong language.

**February 16 - FIRST MAN (2018)  
PG-13 2 hr 21 min**

### **Biography–Drama –History**

The life of American astronaut Neil Armstrong on his journey to becoming the first human to walk on the moon, one of the most dangerous missions in the history of space travel. (*IMDb*)

Rated PG-13 for brief strong language and thematic content involving peril.

**February 23 - THE WIFE (2018)  
R 1 hr 40 min**

### **Drama**

A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. (*IMDb*)

Rated R for strong language (many f-bombs) and some sexual content.

## CHAPEL NOTES

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

February 3 - The Rev. Joe Toomey,  
Lifepointe Alliance Church

February 10 - The Rev. Kevin Gourley,  
Memorial Park Presbyterian Church

February 17 - The Rev. Paul Cooper,  
New Anglican Church

February 24 - The Rev. Ronald Brown,  
Hope Lutheran Church

**God is our shelter and strength,  
always ready to help in times of  
trouble. Psalm 46:1**

Everyone is welcome. Bring a friend.

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.*

*Ethel Schrecengost  
January 4, 2019*

*Dorothy Freedman  
January 11, 2019*

## ACTIVITIES IN THE CHAPEL

Women's Bible Study  
First and third Monday of the month  
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



*Sherwood Oaks staff were ready... January 20*



Photos by Tabby Alford