

# THE ACORN

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

May 2020 “For the residents, by the residents” Vol. 21, No. 5

## *Humor Helps! Part 2*



Photo by Joni Pun

*Gentle Readers, Gentle Writers:*

*Thanks to all of you who responded with heartfelt and insightful comments about the effects of the pandemic/quarantine on your daily lives: how you "while away the hours," along with your comments about the effects of the quarantine affecting the SORA programs in your charge. Special thanks go to Ann Ferguson, who dreamed up the idea of asking us all to display in our front window examples of what we are really involved in ... and to Joni Pun for photographing them. Take a walk (with your face mask) and see for yourselves. rbb*

**A MATTER OF PERSPECTIVE . . .**

By Peg Rychcik - #297

As we experience the impact on the world of the Covid-19 pandemic during the spring of 2020, we note that it has been compared to the Influenza Epidemic of 1918.

The following information is gleaned from the *Steubenville Herald Star*. For instance, the flu was also referred to as "The Grippe." With thousands dying from pneumonia-type symptoms, the "Red Cross Community Action Plan" was published in the October 5, 1918, issue of the *Herald Star*.

1. All colds however slight should be treated as possible attacks. Avoid crowds – avoid spreading "fear" of disease.
2. Regulate body functions and keep them so.
3. Avoid the breath of expelled secretions from people suffering from colds.
4. Wash hands and nose and throat 2-3 times a day. Use nasal spray, gargle with salt solution.
5. All attending influenza patients wear masks provided by the Red Cross.
6. Clothing should be kept dry.

7. Drink water freely, keep food simple, so easy to digest.

Two days later, the headline articles in the local newspapers included, "Sweeping Order to Close up All Public Places," which included schools, churches, theaters, saloons, and other public places as ordered by the Steubenville Chamber of Commerce, also requesting that all ice cream parlors and soda water fountains cease business.

October 12, 1918 – "Cure for the Flu by Pittsburger" was a headline in the newspaper. "Dr. Baer, while saying not a specific treatment; combination of iodine and creosote."

October 14, 1918 – 14 cases reported in Steubenville. "Issues Orders to Close Town and Close up the Saloons. Vigorous Demand!"

October 18, 1918 – "The Saloon Closing Ordinance A Huge Joke! We demand that the authorities see to it that the law-breaking saloon keepers be punished and that their places of business be closed. Close all the saloons or close none of them!"

The loss of life and disruption to everyday life by Covid-19 are, as you can see, not unlike what occurred over a century ago. We see so many of the same "orders" from 1918 put in place for public safety during our current pandemic.



Thank you to Annette McPeck, Executive Director, and all the employees at Sherwood Oaks for the steps taken to keep the residents safe and well during the Covid-19 Pandemic of 2020!

## ISOLATION

By Joni Pun - #304

Isolation! We have all been asked to isolate ourselves relative to others during these difficult times of the Coronavirus, Covid-19. Actually, we can't do much else, since virtually all the many activities that we enjoy at Sherwood Oaks have been closed down. Now, the highlight of our day is the trip to the Center to collect our mail. About April 6, we received a note from Betty Eichler, President of SORA, inviting us to display what we have been working on to pass the time at home.

Having already watched more TV than I had in all of 2019 and exhausted every historical fiction series that I could find – such as *Outlander*, *Turn*, *Knightfall*, and a few in Spanish – I hit upon the idea of walking around the campus to take photos of the items we were displaying in our windows and on tables or benches by our houses.

It was a great opportunity for me to get some exercise with a purpose, so I walked

on three different days to take the shots, marking the units off as I went. The result was very interesting. I think I even found a few areas where I had never been before. Some displays in windows were hard to photograph due to the dark screens or the reflection of light on the windows, so I apologize if I did not get a good shot of your work. The items shown were varied: paintings and other works of art, stained glasswork, cross-stitch, collections of objects, Easter displays, books that the resident was reading, and even a musical score. [See back cover for examples.]

In the spirit of things, the rider in the equestrian sculpture in front of Unit #193 even donned a mask as well! (See front cover.) Perhaps by the time the May edition of *The Acorn* reaches you, this emergency will have abated.

Meanwhile, this may be an incentive to start hanging a display of what residents do with their spare time on one wall of the scooter room, across from the paintings by the art class, which change periodically.



Social Distancing at S.O.: The New Normal

Photo by Peter Broeren



Photo by Mike Mills

## **SHIRLEY PODUSLO**

By Janice Wendt - #158

Following a career as a biomedical researcher and professor, Shirley Poduslo moved to Minnesota 10 years ago to enjoy the rural beauty not far from the Mayo Clinic. Her brother worked there, and the two shared property where Shirley's dog and two cats retired with her. During her decade in Minnesota, she says she especially enjoyed participating in Life Classes, similar to Pitt's Osher Institute of Lifelong Learning. She also served as a Eucharistic Minister at her church, made frequent trips to the Minneapolis Institute of Art, and volunteered at Mayo.

Last year, health concerns prompted her to look for a continuing care community, but the waiting lists for the Minnesota facilities were two years long. A native of Meadville, PA. Shirley expanded her search to this area, and knew she'd found the right place when she toured Sherwood Oaks last Fall. She was attracted by the "ground level" living and beauty of the campus. Since moving here in January, she has been sampling various activities and looks forward to exploring more after the quarantine is over.

Shirley received her undergraduate degree from Ohio State and completed her Ph.D. at Johns Hopkins. Her face lights up when she talks about the research she did involving Alzheimer's disease, in both Texas and Georgia. Her studies involved setting up a DNA bank drawn from several very large families with high incidences of Alzheimer's. That research led to the identification of a gene involved in the disease in those families.

Not just a laboratory scientist, Shirley maintained close connections with the families in the study, including preparing a quarterly newsletter to keep the participants updated; she also led support groups for them. She is in touch with many of them to this day.

Shirley, who presented her research at conferences around the world, has had many articles published in scientific journals. Her own family includes two brothers, and eight nieces and nephews. An aunt and uncle in their 90s still live on the Meadville farm where they raised cattle.

Shirley looks forward to taking trips to the opera and symphony, and taking part in "pretty much any" Sherwood programs and activities. She especially enjoys her daily walks on campus. Close up, she is watching a robin couple build their nest in a tree right outside her window. That, and a jigsaw puzzle, are keeping her occupied through the pandemic quarantine. When it lifts, be sure to greet her. Welcome, Shirley!



## SPRINGTIME MEMORIES

By Barbara Scruggs - #317

It is April as I write, and the campus is lovely. The trees are glorious, all pink and white. Our grass is a lush green carpet. Spring is in the air, but something is missing: baseball!

One summer day in 1942, my great-aunt asked eleven-year-old me if I'd like to go to a baseball game. It was Ladies Day – a weekly occurrence when, for 25 cents, any female could go and sit anywhere in the grandstand. She and my father were great fans, possibly influenced by the fact that her brother had been the team physician for the Kansas City Monarchs in the old Negro leagues, long before Jackie Robinson's time. I thoroughly enjoyed the experience especially when I discovered that Janey Silverman, my best friend, had been there too; we both loved the experience.

Then and there we decided to collect players' autographs. We were new at this enterprise, so we drafted the following rules:

- (1) Never boo a Boston player.
- (2) Never boo a visiting player, either. (Hadn't our moms taught us, "If you can't say something nice about someone, say nothing"?)
- (3) Players can be called by their first names.
- (4) Managers are called "Mister \_\_\_\_\_."
- (5) Umpires, should you ever have occasion to speak to them, also are called "Mister \_\_\_\_\_."

Boston had two teams then: the Red Sox in the American League, and the Braves in the National League. These teams never played each other – no inter-league games in those days except in the World Series. But there was always baseball, so we were thoroughly enjoying our new hobby.

We did notice, however, that frequently outside the clubhouse door, where the autograph collectors gathered, there was a

young woman – maybe 18-19 years old – who always wore red. She often had a friend with her, but they never approached the players. Even at the tender age of 11, we determined that their agenda was quite different from ours. Hence Rule #6: When we decided that we were old enough to be mistaken for "the lady in red," we would put away our autograph books and pens and go home when the game was over!

One day in late summer, there was an exhibition game – Red Sox vs. Old Timers – and Babe Ruth was coming to town! "The Great Bambino!" "The Sultan of Swat!" Although he had built his career as a New York Yankee (an arch-enemy of ours), he had both started and ended his baseball days playing for Boston. We were thrilled at the possibility of getting his autograph!!

However, during the game, he injured his ankle and had to leave to go to the doctors. Oh, dear – how could we get his autograph? How could we even find him? When the game was over, we decided that he had to return to his hotel at some time. We knew that all visiting teams stayed at the Hotel Kenmore, about a ten-minute walk from the park. So off we went to the Kenmore, where a half-dozen or so fans, including Janey and me, lined up. We learned from the doorman that the Babe had not yet returned and that, if we stayed out of the way, we could wait there until he did.

We waited, and we waited, and we waited. Finally, as dusk came and went, a stretch limo pulled up and the Babe and Boston Mayor Tobin got out. We approached the car. The mayor tried to chase us away, but the Babe stopped him. We were beyond thrilled! We actually stood next to the Babe! We could touch him! One by one, he signed his name (with excellent penmanship). Finally, when he came to me, he smiled, took my book, and wrote, "Sincerely, Babe Ruth." Oh, ecstasy! Janey and I thanked him and floated away, walking on a cloud, to our streetcar stop. What an incredible day!

## MAKING MUSIC AT HOME

By Fran Borrebach - #365

When Joyce Foraker, a former neighbor of mine, called recently, she reminded me that she had been the organist for 40 years at the Nazarene Church in Galion, OH. Joyce had been without a piano until recently, when her son and his wife gave her a Yamaha piano. Since then, she has spent many hours "making music."

In the course of this call, Joyce suggested that I sit in a comfortable chair while she played something for me. It was like a private concert! I enjoyed it so much that it did wonders for me. I hope she'll give me a repeat performance soon. Thank you, Joyce!

## THANK YOU

By Catherine Wagner - #731

During these challenging times, we cannot thank those enough who make it possible for us to *stay home* while they deliver our daily meal. I put this sign on my front door to remind us just how fortunate we are. It reads:

Food Service Delivery Thank You! Thank You! Great job!
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## REFLECTIONS

By Kelley Noble - #189  
SORA Continued Learning C'tee

Let's see: quarantine ... lockdown ... isolate ... enclose ... confine ... shut in....

How rarely did we use these words before March 2020! How casually we treated them! How small our world has become, and how mundane are our frustrations!

A scourge is enveloping our planet, and here we are worrying about not getting haircuts; eating alone; not being able

to swim, exercise, or socialize. But remember: this, too, shall pass, if we shelter in place, wear masks, keep six feet away from our fellow residents, look toward the future, and maintain our rationality.

In the meantime, we need to thank all of the Sherwood Oaks personnel for making it possible for our lives to remain safe and secure. If you can think beyond the end of our isolation, difficult though that may be, please think about the Continued Learning Committee.

Would you like to join?

Do you have ideas for programs?

Is the committee still relevant?

Give me a call (8189) to share your thoughts. Meanwhile, be safe!

## ANOTHER THANK YOU

By Al Brahm - #716

I want to acknowledge the service and generosity of a Sherwood Oaks security guard named Bob, known as R. B. When I needed my son's assistance to clean up my iPhone, R. B. came to my patio to pick up the phone and take it to my son at the Gate. Once the necessary adjustments were made, R. B. brought the phone back to my patio. My son, who lives in Laurelwood, just beyond the Gate, and I are both grateful!

## SUGGESTION

By Joan Rycheck - #193

What a good opportunity we have now to go through our boxes of old pictures and photo albums! We can evoke great memories of past times with family and friends, resulting in lots of smiles. Try it!

## BLESSINGS

By Catherine Nettelmann - #232

As I sit in comfort and ponder, I give thanks for the blessings of loved ones, near and far, hearing their voices and knowing they are well; for the mobility to accomplish daily tasks and seeing nature's beauty and

wonder around me; for the neighbors in the vicinity and quad who are so kind, considerate, with warm hearts and smiling faces.

Blessings come in such various ways, including from all those in Sherwood Oaks who care for our daily needs, i.e. Administration, Maintenance, Health Care, Housekeeping, Security, people delivering mail, and those in Food Services with their dependable, unbelievable care, provisions, and other necessities.

For all this and so much more, I must humbly bow in appreciation.

The above-mentioned are part of my daily experience, as are my devotional studies, penning words to express my feelings and beliefs, trying to exercise mind and body, walking as much as possible, working crossword puzzles, jumbles, and some Sudoku, and, with hope in my heart, trying to decipher what I can learn from this global catastrophe.

In all, I am so deeply touched by the care, kindness, and blessings that surround me each and every day.

A family member sent me this quote by a 16<sup>th</sup>-century English poet and pastor:

"Thou hast given so much to me.... Give me one thing more – a grateful heart."

May your day hold promise.

### **WITH GRATITUDE**

By Sarah Jane Naylor - #139

I want to express my thanks to three special ladies – Kathy Seaton, Realtor; Tabby Alford, Executive Assistant and Notary; and Jenny Pearson, my daughter with a computer – for their extraordinary time and effort to complete the closing sale of my house in Shaler Township ... despite the office closures, social distancing, and Easter holidays. I am also grateful to the UPS and

Sherwood Oaks guards for delivery of the required documents.

In addition, I'd like to acknowledge Mrs. Seaton (ReMax), one of the realtors recommended by Sherwood Oaks in the admissions packet. Moreover, the Food Service staff is doing an extraordinary job. The students are so cheerful as they run around supplying the neighborhood!

### **AND TODAY IS ....**

By Ellie Castle - #307

"What day is this?" I ask myself each morning. I have no idea. In the BP days (Before Pandemic), a particular activity marked the days – must be Sunday because there is Chapel, or Tuesday for Tai Chi, or Wednesday for Chorus, etc. But during quarantine, each day is the same.

Aha! Help is on the way! About 10:00 a.m., the phone rings and a polite voice asks if I want to order lunch. "For what day?" I ask. "Thursday." Then it must be Wednesday!

In the larger picture of suffering these days, this is a minor inconvenience, one that reminds me to be grateful for all those who are keeping me safe and well.

### **BURY ME OUT ON THE NORTH WOODS SLOPE** (to the tune of *Bury Me Out on the Lone Prairie*)

By Wallace Christy - #237

Bury me out on the North Woods Slope,  
Where the streams run slow and the  
trillium grow.

These woods were low and far from view,  
From anguished lips in the ICU.  
I wore my mask, and I stayed inside;  
From the viral horde I could not hide.  
I only went to the grocery store,  
Where the shelves were bare of paper  
ware.

Now I am in the ICU, with oxygen and IVs  
too,

But I still have hope to be back with you.

## **THE COLETTA MCKENRY LIBRARY ACCESSIONS** **FICTION, INCLUDING LARGE TYPE AND DVDs**

Air Raid	Hodgetts, Eileen Enwright	c. 2014	F HOD p.b.
The Aosawa Murders	Onda, Riku	c. 2020	F OND
Blindside	Patterson, James	c. 2020	F PAT
The Count of Monte Cristo	Dumas, Alexandre	c. 2002	F COU DVD
Cross the Line	Patterson, James	c. 2016	F PAT L.T.
Dear Edward	Napolitano, Ann	c. 2020	F NAP
A Divided Loyalty	Todd, Charles	c. 2020	F TOD
Excalibur Rising	Hodgetts, Eileen Enwright	c. 2014	F HOD p.b.
Golden in Death	Robb, J. D.	c. 2020	F ROB
The Great Escape	Brickhill, Paul	c. 1997	F GRE DVD
The Great Unexpected	Mooney, Dan	c. 2019	F MOO L.T.
Imposter	Hodgetts, Eileen Enwright	c. 2014	F HOD p.b.
Into the Fire	Hurwitz, Gregg Andrew	c. 2020	F HUR
Labyrinth	Coulter, Catherine	c. 2019	F COU
A Long Petal of the Sea	Allende, Isabel	c. 2020	F ALL
Lost	Patterson, James	c.2020	F PAT
The Old Success: a Richard Jury Mystery	Grimes, Martha	c. 2019	F GRI
Readers Digest Select Edition	Readers Digest	c. 2020	F REAL.T. p.b.
Spymaster	Thor, Brad	c. 2018	F THO
Submerged Surprises	Fleiss, Ocieanna	c. 2019	F FLE
Vision in White	Roberts, Nora	c. 2009	F ROB L.T. p.b.
Water Flows Uphill	Dodson, DeAnna Julie	c. 2018	F DOD
Whirlpool	Hodgetts, Eileen Enwright	c. 2014	F HOD p.b.

## **NONFICTION, INCLUDING BIOGRAPHIES**

Alice: Alice Roosevelt Longworth, from White House Princess to Washington Power Broker	Cordery, Stacy A.	c. 2007	BIO LON p.b.
Dutch Girl: Audrey Hepburn and World War II	Matzen, Robert,	c. 2019	BIO HEP
The Alaskans	Time-Life Books	c. 1977	978 TIM
The Amistad Rebellion: An Atlantic Odyssey of Slavery and Freedom	Rediker, Marcus	c. 2013	326.09 RED
Civil War Battlefields Then and Now	Campi, James	c. 2002	973.7 CAM
Cleopatra and Rome	Kleiner, Diana E. E	c. 2005	932.02 KLE
The Collected What If? : Eminent Historians Imagining What Might Have Been	Cowley, Robert, Ed.	c. 2001	900 COW
The Crown: The Official Companion	Lacey, Robert	c. 2017	941.085 LAC
Everyone Communicates, Few Connect: What the Most Effective People Do Differently	Maxwell, John C.	c. 2010	650.13 MAX
The Forty-Niners	Time-Life Books	c. 1974	978 TIM
The Frontiersmen	Time-Life Books	c. 1977	978 TIM
Let's Just Say It Wasn't Pretty	Keaton, Diane	c. 2014	791.43 KEA L.T. p.b.



The Mexican War	Time-Life Books	c. 1978	978 TIM
Mixed Feelings: Love, Hate, Rivalry, and Reconciliation Among Brothers and Sisters	Klagsbrun, Francine	c. 1992	155.92 KLA
The Pioneers	Time-Life Books	c. 1974	978 TIM
The Playful Brain: The Surprising Science of How Puzzles Improve Your Mind	Restak, Richard M.	c. 2010	612.82 RES
The Ranchers	Time-Life Books	c. 1977	978 TIM
The Scouts	Time-Life Books	c. 1978	978 TIM
The Second Mountain: The Quest for a Moral Life	Brooks, David	c. 2019	302 BRO
The Seven Wonders that Will Change Your Life	Beck, Glenn	c. 2011	158.1 BEC
Talking to Strangers: What We Should Know About the People We Don't Know	Gladwell, Malcolm	c. 2019	302 GLA
Triumvirate: The Story of the Unlikely Alliance that Saved the Constitution and United the Nation	Chadwick, Bruce	c.2012	342.73 CHA
The Women	Time-Life Books	c. 1978	978 TIM

## WHAT'S NEW WITH SORA? (SO Residents Association)

By Jean Henderson, Secretary - #611

NOTE: Complete minutes are always available for review on the SORA mailroom bulletin board, on the SO APP, and in the SORA Library binder, after the Library reopens.

Summary of reports and actions for the April 7, 2020, board meeting:

The meeting was not held due to the COVID-19 pandemic. The following reports were submitted and dispersed as minutes:

TREASURERS: There was no report for either the Memorial/Special Projects or the Employee Appreciation Funds. The SORA 3/31 balance was \$52,696.86.

### LIAISON REPORTS:

Sherwood Gifts. Those with computer skills are still urgently needed. February sales were \$1,275.

Living With Loss. The new grief group scheduled for April-May has been postponed.

Program. March 24 JAZZplay is postponed until Sept 22. The April 21 Fantastix is postponed until Oct 20. Other programs still scheduled are singer Laura Knoop Very on May 26; Pitt Alumni Band on June 16; and Aeolian Winds of PGH on July 21.

ADMINISTRATION: The census in Independent Living is 224 units inhabited of 272 available. Skilled Nursing has 35/43. Personal Care has 37/42. Oak Grove is 29/30. Executive Director Annette McPeck expressed gratitude to residents and staff for their extra efforts to keep all of us healthy. She added that Sherwood Oaks remains OPEN FOR BUSINESS AND ESSENTIAL!

The next SORA Board meeting was set for Tuesday, May 5, but has since been cancelled. Watch the 900 channel, the SOAPP, and the FYIs for updates on that and the annual residents' meeting now set for June 9, beginning at 7:15 p.m. in the Auditorium.



Apple Tree in Spring

Photo by Rabe Marsh



## TIMELESS HISTORY REPEATS ITSELF

Poem written in 1869 by Kathleen O'Mara,  
reprinted during the 1918 Flu Pandemic

And people stayed home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened more deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as we were healed.

## SOCIAL DISTANCING

By Rosemary Coffey - #113

I see the crows outside my study window.  
They nibble at the birdseed in the grass,  
Fallen from the feeder to the left.  
My cat, entranced, is perching on the porch  
(Enclosed by glass on three sides out of  
four).  
She watches closely, twitching her rear  
end,  
When suddenly she sees that I am there.  
She rolls aside, trembling, moaning,  
staring,  
Waiting for me to take in hand the glove  
With rubber bumps; she's eager to be  
stroked,  
Ready to stretch and purr with pure delight.  
In general, she seems truly puzzled by  
My constant presence in this strange new  
time  
Of social distancing, which means, of  
course,  
I seldom go outside, and then alone  
To walk, to stretch my legs, to nod my  
head  
At other walkers. I am plainly bored,  
Depressed and anxious, clearly on my  
own,  
A burden for a friendly soul like me.  
Oh, look! A bright red cardinal and some  
sparrows  
Take the place of all the coal-black crows.  
It could be worse. Suppose I had no  
windows?  
Suppose I had no books, no magazines,  
No puzzles, or perhaps no food or drink?  
Yet still I mourn, I fret, I curse, I sigh:  
Wondering what will happen, when, and  
why.



## OUR SANTA FE DINNER

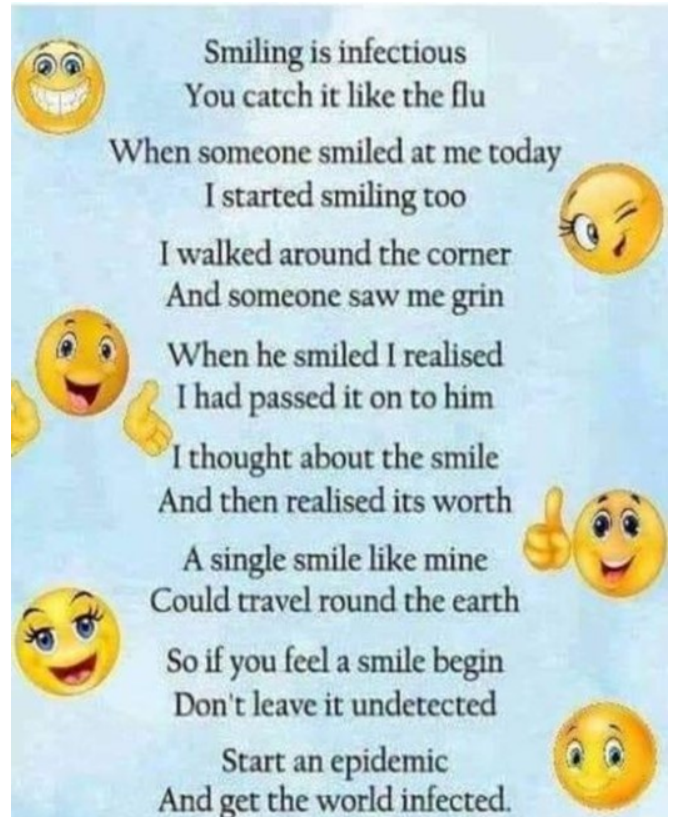
By Frank & Joanne Weiss - #154

When we moved to Sherwood Oaks almost three years ago, we brought with us four boxes of family photos that had never made it into albums. We know that many of you who keep up with this sort of thing cannot believe that anyone could be so delinquent, but there it is.

We decided this was a good time to get started. As Frank was going through one of the boxes, he came across the pictures from our vacation to Santa Fe in 2011, and an idea began to develop – we would have a Santa Fe Dinner. He picked out a half-dozen special pictures and put them aside. Luckily, we keep a journal of our vacations, and that also appeared.

We got out the red, native-woven placemats we had purchased there, along with some bright yellow napkins, and set the table in our much too infrequently used Dining Room. Wine glasses, candles, and some Spanish guitar music completed the scene. When our dinner arrived, it was not, of course, a Santa Fe dinner – not the scrambled eggs with cheese and chilies or the fish tacos we remembered so well, but we used our imagination. As we read the journal and Frank turned over one picture and then another, memories of Santa Fe came flooding back. What we were eating didn't really matter. We ended our dinner with a tiny glass of sherry, something that was served at our hotel every afternoon with some cookies made from a Colonial-era recipe.

Now we are looking forward to a Vienna dinner, a San Francisco dinner, etc. Oh! We *have* also cleaned out our refrigerator, but the Santa Fe dinner was much more fun.



[Written by the late Scott Milligan;  
Submitted by Edith McCandless - #125]

## MAY HOLIDAYS

Mother's Day	May 10
Armed Forces Day	May 16
Memorial Day	May 25
Shavuot	May 28
Pentecost (Orthodox)	May 31

*Sherman and Oakley turn five on May 15. Note their careful social distancing!*

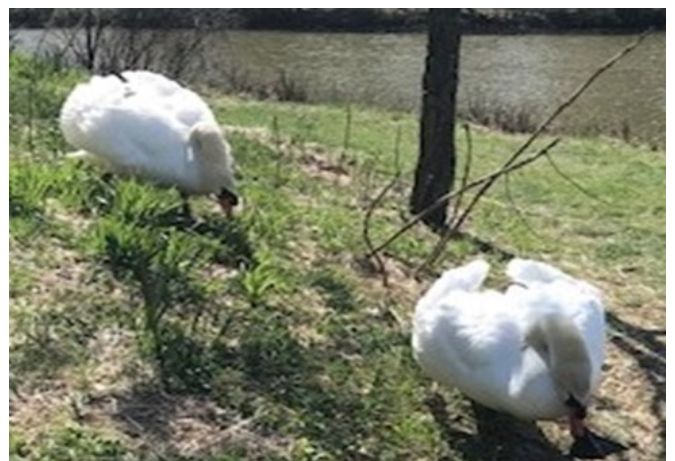


Photo by Peter Broeren

## ACTIVITY/COMMITTEE REPORTS

### A LITTLE OF BOTH ...

By Carolyn Broeren - #739

I write as the chairperson of the Swimming Pool, Spa and Locker Room Activity and of the Dining Services Committee. The last time we met in person was so long ago that I have just one hope, namely: that we can simply meet someday soon to help the residents and staff of SO without any more interruptions such as a sewage backup or a coronavirus pandemic! In the meantime, I'm glad it's spring, because the budding trees and flowers give me hope that life will return to some sort of normal before summer begins on June 21!

### PAINTING STUDIO

By Dorothy Fitzpatrick - #334

The Painting Studio is currently closed due to that nasty disease-bearing organism known as the Covid-19 virus.

We fervently wish for the Studio to reopen, so that we can return to making paintings to adorn the walls of the Gallery. To those of you who are new to having your artwork so beautifully displayed, please join us in our wish for the demise of this virus! You could also try pencil sketching on paper, thereby exercising your artistic ability during this long waiting period. Best wishes to all!

### ELECTION NEWS

By Agnes Peebles - #324

Surprise! There will be no Candidates' Night before the primary election this year. However, with the help of the candidates for state and local positions, we intend to distribute in early May a brief statement from all candidates, giving relevant background information and a summary of issues of importance to them as potential legislators.

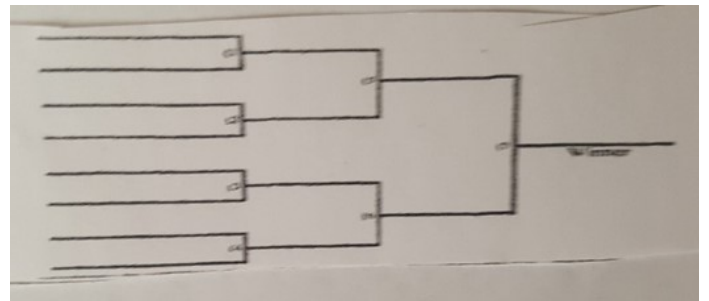
Over one hundred of us have picked up applications for mail-in ballots. If you are not one of those, please note that some

are still available at the Reception Desk. We hope, however, that you will not mail in your ballot until after you receive the collected candidates' statements. For additional information, contact the League of Women Voters at [Vote411.org](http://Vote411.org). The date for the primary election is now June 2, 2020.

### INDOOR AND OUTDOOR GAMES

By Dave Moon - #127

The Sherwood Oaks Indoor Games tournament will begin as soon as possible, in the Cranberry Lake Fitness Center or at the Summer House, depending on the weather. Sign-up sheets will be posted in the Mail Room and the Fitness Center for PING PONG, CROQUET, BOCCE, CORN HOLE, and SHUFFLEBOARD. If there is sufficient interest, the names will be put into a bracket. [For those of you who aren't familiar with that term, here is a drawing of what it means:]



Once social distancing ends, the matches will be scheduled by the players at their convenience. When the tournament begins, the teams will have a week to play each match.

Meanwhile, two new croquet sets have recently been installed on our campus. A unique indoor set is located at the Cranberry Lake Fitness Center, adjacent to the bocce court. The outdoor "Wimbledon Set" has been replaced by an "American Set" that is the type most of us played in our backyards. In addition, the storage boxes for both croquet and golf equipment have been beautifully renovated by the woodshop workers. All of this has been made possible by a grant from the SORA Memorial Special Projects Committee.

## QUALITY QUARANTINE

By Harriet Burress - #112

Who would have thought that this would be a spring of being confined to our homes at Sherwood Oaks? As much as we enjoy and miss seeing our friends and neighbors, there have been advantages to "social distancing." John and I have enjoyed watching spring arrive as we eat, play Qwirkle, or just sit and observe nature from our patio room.

Lots of robins hop around "listening" for worms beneath their feet; a bunny (or several) makes its home somewhere in our backyard; blackbirds, doves, and even a large owl spotted several times in the tree right outside our window have entertained us. It has been fascinating to see a pair of finches building their home in an arborvitae next to our fence: They fly off together; return as a pair; she goes right into the pine with her little beak filled with grass/straw, and he stands watch on the top branch. However, not once have we seen him come by carrying a blade of grass. He is a sentinel, though – protecting her and their future nest.

Some of our drawers have been cleaned out; our closet is a little better organized; Jan Karon's Mitford series has been re-read; the collection of forestry periodicals is diminishing. And so the days pass, and we are thankful for where we are, the care being given us, all the staff who are here daily, the servers who bring us our food and the hands that prepare it, and the Easter season just passed, which is so reassuring of God's presence and love for us.

Best wishes to all. We miss you and look forward to being together again.



## QUILTING GROUP

By Ann Ferguson - #269

The Patching and Piecing Quilters are working on our fourth quilt. We will need about 48 10-1/2" squares, with strips of pink. Agnes Peebles donated the cross-stitch piece that we will incorporate into the quilt, which will go to the Dutilh United Methodist Church group. We have the backing and the multi-colored floral print, and will get the batting.

This group has had many pieces of fabric donated and will try to use most of it for quilts. Only the batting and the backing need to be purchased.

Come join us whenever we can gather together again! We meet the second Friday of the month from 2 to 4 p.m. in the Craft Room.



## SPOTLIGHT ON NEW BOOKS THE BOOK SELECTION GROUP

By Tom Fararo - #214

These recently purchased books are on the new bookshelf in our library. If a book you seek is not there, you can fill out a reserve slip or reserve the book online from your home computer.

During the time our library is closed, in order to borrow a book, call 8237 for the book to be delivered to your residence.

*Code Name Hélène* by Ariel Lawhon. Fiction. An historical novel about a real-life WWII heroine parachuted into France to aid the Resistance. "A compulsively readable account of a little-known yet extraordinary historical figure" (*Kirkus Starred Review*).

*Crooked River* by Douglas Preston and Lincoln Child. Fiction. The latest thriller by these coauthors that features FBI Special Agent Pendergast, a modern-day Sherlock Holmes. "Another great entry in this series" (*NY Journal of Books*).

*Eight Perfect Murders* by Peter Swanson. Fiction. The owner of a bookstore has compiled a list of perfect fictional murders. Then a series of real murders seems to be going down his list. An FBI agent tries to figure out what is going on in this widely praised mystery. "For well-read mystery mavens who complain that they don't write them like they used to" (*Kirkus Starred Review*).

*Long Range* by C. J. Box. Fiction. Box is one of our library's most popular novelists. [*Bitterroots* (2019) has had numerous borrowers.] This is the latest novel in the crime series featuring Wyoming game warden Joe Pickett. "The main plot, along with several subplots, is filled with so many twists and red herrings that Box keeps readers guessing almost to the end" (*AP News*).

*Mr. Nobody* by Catherine Steadman. Fiction. A man is found washed up on a beach with bloodied head and lack of memory. Neuropsychiatrist Emma Lewis takes on the case. Gradually, as the man recovers more and more of his memory, they discover a link between them involving long-buried secrets that threaten Emma's life. "A spell-binding thriller" (*Kirkus Review*).

*Redhead by the Side of the Road* by Anne Tyler. Fiction. "Not a word is wasted in this slim, beautiful novel. Reading Anne Tyler is always pure pleasure, and [this novel] is the author at her best. This joyful book is a powerful reminder of how much we need human connection" (*BookPage Starred Review*).

*Running Out of Road* by Daniel Friedman. Fiction. A retired detective is quite ill but is drawn into a case involving a man on Death Row. "This book is a hidden gem. Senior readers will particularly enjoy this memorable retired detective and his interactions with other characters in the story ... we can't see how anyone would not have a good time reading this book" (*Mystery Tribune*).

*Trace Elements* by Donna Leon. Fiction. This is the 29<sup>th</sup> novel in the mystery series featuring Venetian Police Inspector Guido Brunetti. "Anyone who has even a passing interest in mystery literature should be reading this series religiously. Leon is incapable of writing badly and is a subtle, nuanced storyteller of the first order" (*Book Reporter*).

*The Holdout* by Graham Moore. Fiction. The novel "takes a searing look at the U.S. justice system, media scrutiny, and racism ... sets a new standard for legal thrillers" (*Publishers Weekly Starred Review*).

*The Love Story of Missy Carmichael* by Beth Morrey. Fiction. Widowed 79-year old Missy lives alone until Bob, a spirited dog, enters her life, along with others in a community. "Filled with wry laughter and deep insights" (*The Book Reporter*).

*The Night Watchman* by Louise Erdrich. Fiction. The author, who is part Chippewa, writes award-winning novels about Native American lives. "In powerfully spare and elegant prose, Erdrich depicts deeply relatable characters who may be poor but are richly connected to family, community and the Earth" (*USA Today*).

*Why We're Polarized* by Ezra Klein. Journalist Klein draws upon analyses by political scientists and social psychologists, among others, in this analysis of American politics. The author's "thoughtful, even-handed outlook fits the seriousness of the subject. This precise and persuasive guide helps to make sense of the current state of American politics" (*Publishers Weekly*).

### LARGE PRINT BOOKS

*A Fatal Grace* by Louise Penny

*A Minute to Midnight* by David Baldacci

*Charity's Burden* by Edith Maxwell

*Rules of Civility* by Amor Towles

*The Alice Network* by Kate Quinn

*The Boy from the Woods* by Harlan Coben

*Walk the Wire* by David Baldacci



Submitted by Helen Haberlein

*Nuts to the educational value of suffering.* – Robert Christgau, "Going into the City"

*Nobody wants to be here, and nobody wants to leave.* – Cormac McCarthy, "The Road"

*I get so lonely sometimes, I could put a box on my head and mail myself to a stranger.* – Mary Karr, "Lit"

### A VOICE FROM THE PAST

A Reprint from the late Deane Lavender, submitted by Diane Neely - #351

### KEEPING BIRD FEEDERS CLEAN MAKES FOR HEALTHY BIRDS

An article in *Winter Bird Highlights*, a publication of the Cornell University's Laboratory of Ornithology, gives the results of a Kutztown University study of bird diseases. The focus was on diseases spread at feeders. Prominent among these are House Finch eye disease and salmonella entering birds' digestive systems. The object of feeding birds, particularly during the winter, is health, not the spreading of disease.

What preventive measures are the best? Researchers at Kutztown University compared several cleaning methods to determine which was the most effective. They recommended soaking your feeder in a diluted bleach solution. If the feeder has debris in it, such as seed hulls or dirt, scrub it thoroughly with soap and water, before soaking it in the bleach solution, not more than 1-part bleach to 9-parts water, for 10 minutes. Don't forget to apply the solution to all the ports on your feeder. Rinse thoroughly and let dry completely before refilling with seed.

Prevention is the key to avoiding the spreading of disease. It is good to clean your feeder regularly, even when there are no signs of disease as such.

## MR. & MRS. WHAT'S THEIR NAME

By Ellen Brierly - #734

Bob and I celebrated our 62<sup>nd</sup> anniversary recently, in our apartment. It has been an adventurous ride of ups, downs, curves, and bounces.

I am reminded of the story that Ruth Graham was once asked if she had ever considered divorcing Billy. She replied that she had never considered *divorce*, but *murder* had come to mind on occasion.

Why have we stayed married for 62 years? First of all, no one ever told us that there was a choice. Marriage was a lifetime commitment, and the idea of changing one's mind was not an option.

I have flippantly told some people that we couldn't divorce when we were young, because neither one of us wanted sole custody of the children. We couldn't divorce as we aged, because it now takes two of us to finish a sentence.

Bob may come home eager to tell me of his conversation with a friend:

"I was talking to ....You know him. He wears glasses, has a hearing aid, and not much hair. His wife wears glasses too and has grey hair. They live next door to ... those people we met at that restaurant we don't like."

This scenario is, however, two-sided. I also offer sentences with large gaps of 'fill in the blank.'

It has, indeed, been a ride, one I would not have wanted to take with any person other than my husband. We are not the naïve young things that we were in 1958. Three children, six grandchildren, five great-grandchildren, and wonderful in-law children who weren't given a choice when they married into the family have enriched us. Young love is, indeed, exciting, refreshing, energetic ... but mature love is golden!

## Wedding Dress 2020



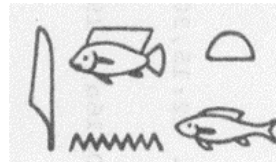
[Reason for the TP Shortage?]

## NOTES FROM MY READING

By Don Gowan - #173

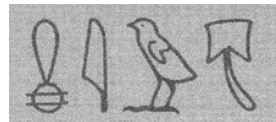
Did you know that the tilapia, which appears weekly on our menus, incubates its roe in its mouth, then spits out the children when they are hatched?

Of course you did, but I just learned that a few days ago, not from a book about fish, but from a book on Egyptian hieroglyphs. The *Tilapia nilotica* were an important Nile fish that the ancient Egyptians considered to be a symbol of rebirth, because of the way they produced their offspring. Their name, in hieroglyphs, is:



They pronounced it *ent*.

Turning the page in my book on hieroglyphs, I came to a section on names for animals, where I noticed the word for *cat*, an animal which they began domesticating about 2,000 BC and kept around to annoy rodents and snakes in their houses. The sign for cat is:



They pronounced it *meow*. I just thought you should know that.



# April was...National Volunteer Month!

We roll out the "Red Carpet" for our  
Sherwood Oaks Volunteers!  
Thank you for your dedication!



*For some people  
Volunteering is about giving  
But for the likes of you  
It is a way of living...  
Thank You*



[WishesMessages.com](http://WishesMessages.com)

We will reschedule our luncheon for a later date TBA

– Roberta Breninghouse,  
Director of Therapeutic Recreation

## THE LIBRARY LOWDOWN

By Barbara Christy - #237

The library is closed but library *service* is still available. After careful review of the CDC guidelines and consultation with the Sherwood Oaks Infection Control Surveillance Officer, the library has established procedures that comply with accepted, effective isolation methodology.

Using an order-and-delivery model (similar to that of take-out restaurants), the library will provide the usual materials to residents. Here's how it works:

Order forms are available in the mail-room, on the cart outside the library, and with this notice. Please fill them out as completely as you can, or simply call ext. 8237 and leave a message. You can access the library's collection using the on-line catalogue available on Touchtown (the Community app [SOAPP]).

Books will be taken from the library and delivered to your home once/day using the knock-and-run method currently in place for meal delivery. A small set of volunteers, who are screened daily to be virus-free, will be delivering the books.

Books can be returned in the drop-box in the lobby or by calling x8237 for pickup. (Materials, which will be put in plastic bags for isolation and the protection of the volunteers during transport, should be left between the front and the screen doors for pickup.) All materials will be de-contaminated routinely per CDC guidelines before being put back in circulation.

Be sure to give your name and house number for all requests. No fines or over-due notices will be generated

## To use the library computer from home:

The simplest way – if you have the Touchtown Community app loaded on your computer – is to go to Touchtown, scroll down to “Library,” and click on the link to connect to the library catalog.

If you don't have Touchtown:

In your computer browser (search program), type: sherwoodoaksrc.booksys.net

Click on Display. The on-line card catalogue should appear.

In the upper right corner, click on LOG IN.

In the User Name box, type in your five-digit number from your dining room card.

In the Password box, type in the same number.

You can now search the library database, reserve books, and renew books.

Here's what we need to know:

Book Request
Your Name _____
Your Unit _____
Book/Movie Title _____
_____
Author _____
Date Requested _____
Comments: e.g., large type? Puzzle?
_____
_____

## THE HISTORICAL FICTION BOOK CLUB

By Julie Eden - #290

I belong to an off-campus Historical Fiction Book Club that meets in the evening, every other month, at one gal's condo right in Cranberry. Janet, a retired French teacher, and I actually "met" on-line in an authors and readers Facebook group. When we noticed that we both lived in Cranberry, I invited her to two of our Sherwood Oaks book club meetings, which she enjoyed.

The eight or so members of the book club include a retired nurse, a copy-writer, a couple of younger gals who work for attorneys, and a few others in various professions. They know each other via family, sororities, work, and other book clubs. I like the group, as the members are a mixture of ages and live in the greater Pittsburgh area. It is enjoyable to spend an evening with some younger friends once in a while and get their perspective on life and the books we are reading.

We take turns selecting the books and buy our own copies. We have recently read stories based in Cuba and Italy; others dealt with WWII, one of Hemingway's wives, the story of the Johnstown Flood, and Queen Elizabeth's wedding gown. We are quite serious, and, after a few minutes of catching up, we spend our time discussing the book we have read. The gal who chooses the book for the day is responsible for the snacks. Usually, there is one sweet treat and then maybe some dips and chips. Water is provided by the hostess; if you want anything else, you have to bring it yourself. No one does. All of the snacks, napkins, and paper plates, etc., must fit on our hostess's coffee table!

## COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #715

This column will highlight information from U.S. government agencies that authored the 4th National Climate Assessment in 2018.

### **This Month's Agency – Department of Health & Human Services**

**Website:** [https://www.cdc.gov/climateandhealth/core\\_functions.htm](https://www.cdc.gov/climateandhealth/core_functions.htm)

Core Functions of CDC's Climate and Health Program:

- To translate climate change science to inform states, local health departments, and communities:
  - ◊ Enhance the science base to better understand the relationship between climate change and health outcomes.
  - ◊ Identify locations and population groups at greatest risk for specific health threats, such as heatwaves.
  - ◊ Provide technical advice and support to state and local health departments, the private sector, and others in implementing national and global preparedness measures related to the health effects of climate change.
- To create decision support tools to build capacity to prepare for climate change.
- To serve as a credible leader in planning for the public health impacts of climate change.

### **Current "Carbon Tax" Legislation**

Learn more about the Energy Innovation and Carbon Dividend bill, with 80 co-sponsors, at [www.energyinnovationact.org](http://www.energyinnovationact.org). For constantly updated information on the climate crisis, follow [@CCLSlipperyRock](https://www.facebook.com/CCLSlipperyRock) on Facebook.

## AND WHAT DID YOU DO TODAY?

By Jane Lavender - #253

Here we are looking at our four walls, wondering "How long, O Lord?" Now, what to do about it? Some have gone out the door, turned and knocked on it, re-entered, and looked to see who was there. Yes, that's pretty extreme, but we understand the humor.

As it is, I just spent the better part of two weeks working on a 1,000-piece jigsaw puzzle – a waste of time under normal circumstances, but I found it a reasonable way to make time go faster, activate my brain, and end up with a beautiful garden of spring flowers in my living room. Can't beat that!

A good mystery novel that is a page-turner always works to keep the mind agile, if not the body. And what would we do without the computer, e-mail, Netflix, and all the other means of communication we have at arm's length? And isn't this new ZOOM thing a wonder?

Let's see, then, there is knitting, or any kind of creative handwork you choose. It produces something, including a sense of accomplishment, and you have something to show for it – probably better than a 1,000-piece jigsaw that will be put back in a box and returned to the library.

When the news of the day gets too repetitive, not to say boring, I search out crossword or Sudoku puzzles. But sitting does get to be too comfortable, and the Puritan work ethic fades. Indolence, anyone? Fortunately, Bill Burtner has sent out some YouTube exercise programs for us to use at home. I'm reminded of one of the many funny things received via e-mail: "I always wanted to clean my house but never had the time. Now that I have the time, I find that that wasn't the reason at all." Oh, the house really has been cleaned – cupboards, closets, drawers, etc. It's the exercise to keep the body moving that needs to be done. My intentions are honorable, and the walking is going well too.

But one of the best times of the day is the quieting down of meditation. It seems to be a reassuring tranquilizer, putting life back in the Creator's hands and letting go of my need for control over the unknowable future.

I give thanks that the Summerhouse Gardens are outdoors, which means that walking (and some weeding) can be done. I'm thankful for all of you who still have smiles on your faces when we greet each other from six feet away. I'm grateful for the phone calls from those who just want to keep in touch. And I know we are all so very thankful to be in this community and for the staff here at Sherwood – for their innovative ways of caring for the residents. It takes creativity and flexibility, especially when the rules change every day.

Well, wash your hands, wear your mask, greet your neighbor with a smile, keep your sense of humor, and "God bless you, every one."

## SPENSER'S *THE FAERIE QUEENE*

By Charles Partee - #220

To my surprise (and bemused disquiet), I find a promise made to myself in 1954 continuing to nag at me. Not being a literature major, I enrolled only in college lit classes that I knew I would enjoy studying in the company of one expert and a bunch of neophytes, like me. This led to an unfortunate brush with Edmund Spenser's *The Faerie Queene* on the way to a fine semester with William Shakespeare. Sadly for my piece of mind (*sic*), the professor offered the snide remark that almost nobody ever reads beyond Books One and Two of that book. Eftsoons I promised myself I would not remain in the "Almost Nobody" category. And over the years I have attempted to redeem my promise. However, the parts of the book that are not completely unreadable are incredibly dull. Thus it seems a perfect project for a time such as this.

## STICKS AND STONES CAN BREAK MY BONES ...

By Dennis Lynch - #335

You may think you know the rest of that saying, but you don't! It's ...

### AND WORDS CAN, TOO!

Because we live here in a CCRC, we are in an environment that respects elderly and mobility-challenged people. For example, nobody uses words like *senile*, *decrepit*, *gimp*, or even "*past his sell-by date*."

But "outside," we are often treated less gently. Sometimes this is deliberate, as when we are told we should consider ourselves expendable sacrifices to Covid-19. In these troubled times we see ignorance, arrogance, and greed-twisting language used as verbal bludgeons.

More often, the words simply reflect an unconscious bias, or mind-set, about the value and abilities of old people. However, recent research shows those words are actually harmful. Studies reported in *Science News*\* show that negative (or positive) words can have actual physical effects on us.

Thus, "ageism" can have measurable negative effects on our bodies. In an experiment, negative age-related words caused a decline in performance on memory tests in adults aged 60-90. (I bet those words would make it even harder to "count backward from 100 by 7s"!)\*\*

And beware if you take the bad words to heart and change the way you see yourself! A longitudinal study of 660 people over 60 found that "those with the most negative attitude toward aging when the study began died at an average age that was 7.5 years younger than those with the most positive attitudes."

But there is a flip side. Positive words (like wise, sage, astute) have positive effects. Another study found that exposure to

positive words produced improvements in the subjects' balance, walking speed, and ability to get in and out of a chair. And a group of motel maids, told their work counted as exercise, showed improved blood pressure and (!) weight loss.

I remember the day (the minute!) when I thought I might actually get old: I was an administrator at Ithaca College in NY, walking from my office to the dining room, using my cane after back surgery, and a young student saw me, quickly moved ahead of me, and opened the door for me. Yikes! So actions can produce attitudes as well. But we are seeing more vigorous and competent old folks now: a story in *The Christian Science Monitor* reported that from 1996-2015 the average age of action movie stars was 40; in 2015 it "spiked" to 48. An aging Stallone has returned to *Rambo*; Schwarzenegger and Hamilton to the *Terminator*; Stewart to *Star Trek*.

Tim Appelo, writing in the AARP magazine, observed, "We can't all be action heroes, but watching Liam Neeson and Tom Cruise and Helen Mirren do some heroics gives us the strength" – to break the nay-sayers' bones!

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\*Robin Marantz Henig, "Positive Spin," *Science News*, 8/3/2019, pp. 22-26.

\*\*Bonus – An easy trick I discovered: bounce back by 10, then add 3.

\*\*\*\*\*

### PLASTIC GROCERY BAGS!

From the Recycling Committee

The plastic bags we have been receiving with our daily meals are (temporarily) **not recyclable** at Giant Eagle or Shop 'N' Save (nor, presumably, at any other stores). Please: Keep the bags until we can again recycle them *somewhere* – DO NOT put them in our Sherwood Oaks recycling bins or in the regular trash, as we do not need more plastic being buried intact in our garbage pits.

## NOT FOR PIANISTS ONLY

By Jno L. Hunt - #308

Musicologists generally do not write books and articles in an engaging literary style. I know from firsthand experience! That is one reason why Alan Walker's *Fryderyk Chopin: A Life and Times* is so exceptional. His biography of Chopin reads more like a novel than the very authoritative work of scholarship it is.

Chopin led an intriguing life highlighted by his almost ten-year relationship with the author George Sand. Walker's work details the events of Chopin's life from his birth and his close relationship to his family to his many friends and life in Paris from 1830 to 1849, when he died. Throughout his text, Walker recognizes the many myths surrounding Chopin and debunks them through his exhaustive research.

If you have ever listened to Chopin's music and wondered why it is so engaging and distinctive, this book is for you. Walker does an exemplary job of describing Chopin's works in a way that explains why they are unique. Anyone who has actually played his piano music will be particularly intrigued by Walker's detailed analysis of the technical aspects of Chopin's fingerings. (If you don't play the piano, just skim these parts).

Walker's biography of Chopin is a joy to read. It will reward your investment of time in this exceptionally well-written text.

*One reason cats are happier than people is that they have no newspapers. – Gwendolyn Brooks, "In the Mecca"*

*Nothing ill come near thee! - William Shakespeare, "Cymbeline"*

### *IN MEMORIAM*

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

*Elsie Lhota  
March 26, 2020*

*Jean Parsons  
March 31, 2020*

*Jane Schick  
April 6, 2020*

*LaVerne Colangelo  
April 17, 2020*

*Berny Thurman  
April 23, 2020*

## **THE ACORN**

### Editors

Ruth Becker

ruthbbfoof@gmail.com

Rosemary Coffey

rosemarycoffey@aol.com

### Staff

Julie Eden

Rabe Marsh

Jan Wendt, Profile Coordinator

### Production Editor

Tabby Alford

### Ex Officio

Annette McPeck

Submissions for the Summer issue must be sent to the Editors no later than **May 20, 2020.**



Super Moon April 2020

Photo by Terry Neely

*If you are solitary, be not idle.* – Samuel Johnson, in James Boswell’s “Life of Samuel Johnson”

*Life’s tallest order is to keep the feelings up, to make two dollars’ worth of euphoria go the distance.*” – Stanley Elkin, “Pieces of Soul”

*The greatest pleasure I know is to do a good action by stealth, and to have it found out by accident.*” – Attributed to Charles Lamb

*Out of the mouths of ...*

Q With barber shops and hair salons shuttered, how do you get by?

A I have a “neglect appropriate” hair style.

## STIMULATING PROGRAMS ON ROKU

By David Moon - #127

Roku is an inexpensive device to attach to your TV. Here are some of its programs that I can recommend:

### PRIME VIDEO

“The First World War” – 9 1-hr. episodes

“Amazon Empire: Rise and Reign of Jeff Bezos” – 1.5 hrs.

Biographies: Chopin, Bach, Mozart, Rubens, Cher, Bob Dylan – 1 hr. each; Haydn – 2 hrs.

### PBS - 13

American Masters: Maya Angelou, Margaret Mitchell, Robert Shaw, Andrew Wyeth

American Experience: “Poison Squad (The History of Food Labelling)”; “The 1918 Flu” (600,000 dead)

### NETFLIX

“The Kaminski Method” – 2 seasons of 6 episodes each

And many others waiting to be discovered and recommended by YOU!



## MASKS FOR THE TAKING

During this time of social distancing, handmade masks have been appearing on the bulletin board in the mailroom. Once they have been appropriated by grateful residents, others, newly sewn, have taken their place. Kudos to the generous mask makers: Ann Ferguson, Emma Peters, and Joni Pun!

