

THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

www.sherwood-oaks.com

February 2023 “For the residents, by the residents” Vol. 42, No. 2

Winter Afternoon at Sherwood Oaks



Photo by Jan Wendt

Gentle Readers:

Next month it will be three years since the Covid-19 pandemic affected us here at Sherwood Oaks. During all that time we have not been able to invite friends and relatives to dine with us, to join us in exercise classes, to attend programs in the Auditorium with us. It has been difficult, and extremely frustrating.

We all followed instructions regarding vaccinations, as they became available. Thus, even though a number of us have contracted the virus, none of us has been hospitalized, and none of us has died, as a result thereof. Even though we are often annoyed or frustrated, surely we must also be grateful.

Will it ever end? Will we ever return to "normal," as we once knew it? Nobody knows the answers yet. But let us keep hoping, or praying, while following the rules until it is no longer necessary to do so. Let us wear masks when we must, smile even when folks can only guess that that's what we're doing, and do everything we can to keep ourselves, our friends, our families, and those who work with us and for us as safe as possible.

Yes, this, too, shall end. Let's be brave, and patient, as well!

– The Editors

IL TROVATORE AND ARTISTS FROM THE PITTSBURGH OPERA

By Jno Hunt - #308

Mark your calendars for **7 p.m. on Thurs., Feb. 23**, for a program of music from the upcoming performance of Verdi's *Il Trovatore* by Resident Artists of the Pittsburgh Opera. I will host the evening, providing background on the opera itself and introducing the artists.

FEBRUARY CALENDAR

Groundhog Day	Feb. 2
Lincoln's Birthday	Feb. 12
Super Bowl	Feb. 12
Valentine's Day	Feb. 14
Presidents' Day	Feb. 20
Mardi Gras	Feb. 21
Ash Wednesday	Feb. 22

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Submissions for the March issue must
be sent to the Editor no later than

Feb. 15, 2023.

IN MEMORIAM

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

Caroline Stark

January 12, 2023

John Culklin

January 21, 2023

Shirley Raymond

January 21, 2023

JOHN HOUSTON & PAT FRAHER - #618

By Jan Wendt - #158



Photos by Mike Mills

Since both John Houston and Pat Fraher had summered in Maine during their separate lives, it isn't surprising in the least that, after their spouses died in 2012, these two congenial folks connected through mutual Maine friends. John, an attorney who lived in Pittsburgh's East End, and Pat, a lifelong New Englander, found that special "second time around" relationship that some are fortunate indeed to experience.

Pat, who had been married to a naval officer, had resided in numerous states, as well as in England and Guantánamo Bay. She says that the five years in Britain, where the family lived south of London and her children attended English schools, was probably her favorite location. Lifelong friendships were forged during that time.

Back in the States, she worked as a real estate agent in Rhode Island for 20 years and also coordinated a Meals on Wheels program, which grew from one route to three in her time at the helm. She found it immensely rewarding, and looks forward to exploring how she might be helpful on Sherwood Oaks' Yellowjacket team.

With sisters in New Hampshire and a daughter, son-in-law and three grandsons in the Boston area, Pat spends holidays and chunks of summer in New England; she and John still enjoy being in Maine for a good bit of each summer.

John's law career primarily involved estate planning and working with medical practices. He is the father of a son and daughter-in-law living in Boston, and a daughter and son-in-law in Pittsburgh. His grandchild tally is four: two boys and two girls. Over the years, he served on a number of non-profit boards, including The Sherwood Oaks Fund and Pittsburgh Lifetime Care Community. In addition, both of John's in-laws and his mother lived at Sherwood Oaks, so he is no stranger to our campus. His sister is at Longwood at Oakmont; he visits her there regularly, but he is always happy to return to his home here.

John and Pat have done some traveling, including to Vietnam and to Australia and New Zealand, and have taken a cruise or two. John, who is a bridge player, has already connected with the Monday night group, along with the Thursday duplicate group. Pat says she is "brushing up" on her bidding skills and will likely join him.

Both have played pickleball, and are enthusiastic about helping to increase enthusiasm for the sport in their new community. Pat, a happy participant in the Move and Groove exercise class, also enjoys gardening and reading.

Be on the lookout for this delightful couple and offer them a hearty welcome!

You know you've reached old age when you're cautioned to slow down by your doctor, instead of by the police.

— Joan Rivers

INTRODUCING NEW FITNESS CENTER INTERNS: HUNTER, LORNA, AND GIANNA

By Ruth Becker - #338



Interns w/ Kelley Noble Photo by Rabe Marsh

On Tuesday, Jan. 17, 2023, the day after the Martin Luther King, Jr., holiday, three seniors majoring in Exercise Science at Slippery Rock University began their internships at Sherwood Oaks, working with Bill Burtner, Wellness and Health Promotion Manager, and Michelle Bender, Fitness Center Assistant. You have probably already seen them at the Cranberry Lake Exercise Center and in the exercise rooms on the Lower Level of the Community Center.

This term, each one will spend 480 hours at Sherwood Oaks, observing, learning, and assisting the residents and the Fitness Center Staff. Delivering cases of bottled water, taking attendance, or opening the blinds are just the beginning.

Hunter Geiger attended Laurel High School in New Castle; Lorna Speigle, Johnstown Christian School; and Gianna Napoli, Pocono Mountain East High School. All three of our Interns agreed that getting to know the people here,

residents and staff, is important, while the various group fitness classes – Yoga, Stretch & Stability, 60-Second Circuit, Move & Groove, and On the Move – are also an important part of their learning.

We residents are an important part of their internships as well. Strike up a conversation when you are on one of the exercise machines. Talk about what is difficult, or what is tricky. Interns, staff, and residents might all learn something from our mutual questions and comments. Getting to know each other is a two-way street, which we are all traveling together.

SHERWOOD OAKS GREENHOUSE

By Katherine Montgomery (#214) and Ann Ferguson (#269)

We want to thank Gussie Dimmick and all who were before her who cared for and managed the Greenhouse. After many years of care, Gussie has decided to turn over this responsibility to someone else. We have offered to manage the greenhouse for now.

It turns out that we have much to learn, as we have never managed a greenhouse on this scale. If anyone has greenhouse knowledge to share with us, do get in touch and tell us what you know!

The Maintenance Department has started refurbishing the greenhouse with new LED grow lights and new wiring. On the list are replacing rotten wooden table legs, refreshing the outside, fixing the louvers that have to function, and plugging any leaks.

We need an updated list of who has plants in the greenhouse, and which space they are occupying. Please contact one of us with this information. Any plants or spaces not spoken for will be repositioned.

In the meantime, we will be researching insect management, temperature control, grow-light hours, and cleanliness. We plan to allocate a potting space for planting and repotting. Stay tuned!

AQUACIZE ...TRY IT, YOU'LL LIKE IT!

By Jan Wendt - #158

The Aquacize class has met faithfully twice a week at Sherwood Oaks for years. At one time, there were two classes held, in order to meet the demand. Both classes were co-ed. Sadly, interest seems to have waned, and the group has gotten smaller over time. Most Mondays and Thursdays, there are four or five hardy souls in the pool, all women. The question we often ask ourselves is, "Where are the rest of you?"

The 35-minute program works all muscle groups in the body. It is not complicated, and it provides a nice opportunity to socialize and keep those aging joints working. Some participants augment the health benefits by adding 15-30 minutes of water walking before Aquacize begins. It is said that steps in the water count double to those on land because of the water resistance.

Aquacize is not primarily an aerobic activity; it is an exercise program developed by the American Arthritis Association to strengthen all muscle groups in the body. If enough residents are interested in a more aerobic aquatic program, one could certainly be started.

Feeling a little awkward in your bathing suit? Don't fret, we're all living in our older bodies, and no one is judging.

So, at the beginning of this new year, consider taking the Aquacize plunge. If you are interested or have questions, call

Jan Wendt at #8158, or Jean McLaughlin at 724-591-5584. See you soon!

PUTTING UP A NEW CHRISTMAS TREE

By Christiane Majeski - #191

Two weeks before Christmas, my son Tom visited to bring my Christmas tree inside from the shed and set it up on a stand. It was located in a box next to another old, boxed tree, which had lost half of its lights. I had never discarded it, so I explained that the newer tree would be in the smaller box.

So ... Tom opens the sliding door, then the shed door, bringing the "smaller" box inside. He closes both doors and opens the box. Next, he pulls the two tree pieces out, puts them in the stand, and connects the strings of lights. It takes brainpower and patience to find the ends! Finally, as he turns on the electric switch, our happy faces turn sour: "Some of the lights did not come on." Oh my – they certainly are not working. Could this have been the wrong box?

So – Tom dismantles the tree and stuffs it back into the box. He again opens the two doors and drags in the other box. We repeat the same routine, closing the doors and peeling the other tree out of its box. Now the procedure becomes easier. In no time, the entire tree is ready to light up. And it does ... Merry Christmas!

The old box quickly found its way outside and went off to the trash shed. They say, "All's well that ends well!" Thanks to my patiently enduring son for sticking with this task that was definitely not so easy as anticipated.

CHAPEL NOTES

By Gary Brandenberger - #602
For the Chapel Committee

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

Everyone is welcome. Bring a friend.

Sunday, February 5

Rev. Greg Cox
Ingomar Methodist

Sunday, February 12

Rev. Dean Ziegler
Coraopolis Methodist

Sunday, February 19

Rev. Amy Wagner
St. Paul's UMC, Allison Park

4:15 p.m. Ash Wednesday, February 22

Revs. Jean Henderson and Alick
Kennedy – Sherwood Oaks

Sunday, February 26

Rev. Karen Slusser
St. Paul's UMC, Allison Park

*"A gentle answer turns away wrath, but a
harsh word stirs up anger."*

Proverbs 15:1

LIVING WITH LOSS

By Jean Henderson - #346

Have you ever wondered what our Living with Loss Team is all about? We provide emotional, informational, and relational support in a confidential manner to assist SO residents, staff, and their families who are experiencing losses in life.

Such losses might include death of a loved one, job loss, chronic or terminal illness, relocation from a beloved home or community, aging issues, death of a pet,

etc. We offer special programs, grief groups, memorial services, and distribution of documents. Please call me if you need our services (8346).

MY FRIDAY THE 13TH ADVENTURES

By Rosemary Coffey

I think I have learned not to run errands on Friday the 13th, at least not in January! Here's what happened to me this year:

- 1.**Bank:** The machine read my check for \$800 as \$8.00. I canceled the transaction, parked the car, went into the bank, waited 10 minutes, and then deposited my check in person.
- 2.**Staples:** I wanted to buy a magenta cartridge for my printer, but it was available only with yellow and cyan; the cashier put them on my bill, then, suggesting I could order a single cartridge on-line, she removed the previous order; finally, deciding that the on-line price was too high, she relisted the original order.
- 3.**Talbot's:** I tried on a sweater, but the tag became caught in the sleeve and made seven incisions on my right arm; blood was dripping from all seven; a saleswoman came in, applying alcohol and seven band-aids. I left the store without buying anything.
- 4.**Rite-Aid:** I wanted to try out a new credit/debit card sent by my medical insurer, so I selected some vitamin products and took them to the cashier. The card didn't work, however, so I put all the products back where I found them.

And then I went home. Someday, no doubt, my arm will heal, and eventually I will forget all about my Friday the 13th misadventures. But not yet!

FROM YOUR FRIENDS ON THE DINING COMMITTEE

By Hedy Howe - #337

Some of us have been missing your friendly faces in the dining room and wondered if we might convince you to join us ... either at lunch or at dinner.

Here are some reasons to dine in:

- Meet your neighbors – make new friends and keep the old.
- Enjoy the changing décor in the dining room.
- Get to know the amazing young folks who serve us.
- Enjoy the great choices at the salad bar, which change daily; make your own gourmet salad with a dozen ingredients and a selection of salad dressings.
- Let your mouth water as you choose your entrées (yes, you can have more than one).
- Take your choice of dessert ... cake, pie, cookies, or ice cream ... to be enjoyed in the dining room or taken home for later.
- Experiment with a variety of drinks: soda, tea (iced or hot), coffee, or juice. In addition, wine glasses are available if you've brought your own wine.
- Eat hot foods hot, and cold foods cold!
- There's plenty of room for your cane or rollator, though your scooter has to stay in the scooter room. Space can be made for a wheelchair, if necessary.

- Watch the swans (and, often, the ducks) while you eat, if you're sitting near the window.
- Enjoy after-dinner music in the lounge area, along with the warmth of the fire.
- Finally, if you prefer to eat in the café, you may do so most of the time, with the same options as above.

Have I convinced you to join us? I hope so! I actually tried to think of some reasons *not* to eat in the dining room, but I just couldn't come up with any!!

COME AND SEE THE WOODSHOP!

By Ann Ferguson - #269

Do you actually know much about the wonderful woodshop that we have here? As far as we know, no other senior living community has one. We are special. Dick Zuberbuhler, the head of the shop, has designed a wonderful display area of the woods that we can use for projects. John Bridges, our handy lathe turner, will be surprising us soon with a unique sample of his creativeness. Sandy Rubel enjoys repairing our clocks and electrical items. Jim Seanor is another artistic craftsman. Safwat Habashi reminds us of the talent that came before us, and where things are in the shop, as he slowly steps aside. I myself enjoy learning from these talented craftsmen. We have built or rebuilt furniture, small household kitchen/bathroom items, puzzles, artwork that is hung in our homes, seasonal items, dog toys, creative games, and more. Do stop by to visit when you're on the lower level. We hope to see you soon.

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

By Jean Henderson - #346
Secretary Pro-Tem

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

Data taken from minutes for the January 10, 2023, monthly board meeting:

SORA Treasurers: Memorial/Special Projects Fund balance is \$50,952.68. The Employee Appreciation Fund balance is \$17,439.94. The SORA bank balance is \$96,124.06.

Continued Learning: Channel 951 offerings have been finalized for spring.

Recycling: Over 500 lbs. of special plastic have been donated, so we will be receiving a new bench.

Farm Gardens: In February, a meeting will be held to assign raised beds.

Curio Cabinets: The current display features our lives before living at SO.

New Year's Eve: 45 tickets were sold. The program included games, dancing, and a champagne toast.

Executive Director: Census: IL – 186 units with 240 residents; SNU – 36/43; PC – 36/42; OG – 29/30. Six homes are under contract. The first phase of the Auditorium renovation is scheduled to begin in February. Sherwood Gifts is closed for renovation. Drone footage is available on the SO website. Greenhouse improvements are in progress.

Old Business: The results of the Suggestions Questionnaire and the booklet from the recent CCRCs meeting were distributed. Liaisons were asked to share the results with their committees, whose rosters are posted in the mail room. Give all updates to Frank Finley.

New Business: The new Greenhouse chairs are Ann Ferguson and Katherine Montgomery. The Board approved a new activity chaired by Peter Broeren and Jno Hunt: "Roots and Branches Genealogy Group." Pickleball is now available in the Cranberry Fitness Center. If interest is shown, a mission statement will be presented to the Board. Frank Finley was appointed to the Subsidy Fund Board by the President.

Next Board meeting: Feb. 7 at 1:30 p.m. All residents are welcome to attend.

THE TREX BENCH!

By the Recycling Committee (Barbara Brock, Betty Eichler, Ruth Inkpen [Chair], Jan Kimball, Peggy Rubel)



KUDOS to all of us! We have stuffed 511 pounds of plastic bags and film into those blue bags in our trash rooms and the TREX bins in the Center! That's 40,000+ pieces (according to TREX) of plastic that will now be in a bench ... and *not* in a landfill or the ocean! **Yay!**

The bench has been ordered and is due shortly. The committee will consult Annette McPeck about its location on campus – a "prominent" one, we trust!

Keep collecting plastics and stuffing the blue bags and the bins. The next 6-month challenge begins Mar. 15 (when our current 6 months end). By the way, more volunteers are needed for a couple of hours per week, on Monday afternoons. Let Betty Eichler (8355) know if you can join us!

WORTH A LOOK BOOKS NEW TO OUR LIBRARY

By Barbara Christy - #237

The Memoirs of Stockholm Sven by Nathaniel Ian Miller. Fiction. Sven is a solitary, but not lonely, Arctic hunter and trapper who moved to a back-of-beyond fjord after a mining accident left him disfigured. Eccentric and antisocial when he lived in Stockholm, he found himself in a mining community where he eked out a living doing hard labor. After he lost an eye in an avalanche-induced mine collapse, he moved even farther north to serve as a steward with a seasonal British exploration company. When they abandon camp for the winter, Sven applies to become a winter caretaker. Alone except for his loyal dog, with only the advice of a socialist Finnish fur trapper and the encouragement of a Scottish geologist, Sven builds a cabin and a life. Surrounded by the Northern Lights and wild animals, Sven's life makes for a fascinating read. F MIL

Black Cake by Charmaine Wilkerson. Fiction. "When the time is right, share the black cake. You will know when the time is right." So begins a post-mortem letter from their mother. Once very close, siblings Benny and Byron had not seen each other for eight years, not since Benny had walked out of the family home after a deeply personal disagreement with her father. Now their mother has died, leaving them a black cake in the freezer and a four-hour audiotope explaining the long, complicated history of how a young Asian-black woman from a small Caribbean island ended up in the US, married to a successful black professional man. As Benny and Byron struggle with the news about a sister they had never known, they also have to struggle with learning about their mother's painful past and the meaning behind the black cake. F WIL

The Woman Who Built a Bridge by C. K. Crigger. Fiction. Large Type. Shay Billings is a struggling rancher with concerns about the dwindling water in his local creek, as is everyone except for the man who owns the land the river runs through. He is building a dam to ensure a water supply for the sawmill he's building. Incidentally, the loss of the water downstream will also drive the other ranchers into bankruptcy. Thus starts a battle over water rights, which is why Shay is ambushed and left for dead near a new bridge built mysteriously by an unknown person. The bridge-builder turns out to be a woman with carpentry and first-aid skills, and secrets of her own. She does not want to be drawn into a fight among the locals over water. F CRI L.T.

The Cartographers by Peng Shepherd. Fiction. Father Dr. Daniel Young and daughter Nell Young are both cartographers, but are no longer on speaking terms after Nell is summarily fired by her father in a fight over a cheap, dirty highway gas station map. After seven years without contact, Nell is summoned to her father's office in the Map Division of the New York Public Library, only to find him dead at his desk and his office in total disarray. Suspecting foul play and already trusting no one, Nell manages to secure a leather portfolio that was hidden in her father's desk. Inside is THE map over which she was fired, an insignificant map in a box of priceless ancient maps. Why had her father kept it, and hidden it, if it was truly worthless? Was it connected to her mother's untimely death? Time to find out.

Mother, Daughter, Traitor, Spy by Susan Elia MacNeal. Fiction. There were real spies and spymasters in Los Angeles in the 1930s and '40s, but little is known about them. This novel was inspired by two of them: Violet and Veronica Grace, who successfully infiltrated the Bund, a

Nazi propaganda organization in coastal United States. Already undercover in 1940 when Pearl Harbor stripped away America's isolationism, mother and daughter are suddenly aware of just how sinister and dangerous the California Reich is. Despite the peril to themselves, Veronica continues to work for a high school teacher and Nazi organizer in North Hollywood who is feeding American security information to the Germans. As the situation devolves into WWII, their contributions to the war effort become ever more important. F MAC

Oath of Loyalty by Vince Flynn. Fiction. There's a mole, deep in the CIA. The name of an ultra-billionaire pioneering in new technologies that will make oil obsolete has been leaked to the Saudis. Mitch and his friend in the CIA, Mike Nash, foil a kidnap-assassination attempt and, to prevent future attempts, pretend that the inventor and his team have all been eliminated. But to make that fiction work, Mitch must give up everything, promise eternal silence, and stay out of the US forever. F FLY

Kaufmann's: The Big Store in Pittsburgh by Letitia Student Savage. Non-fiction. Did you know that Kaufmann's started out in 1871 as a small store on the Southside of Pittsburgh? When the store moved downtown, the clock on the corner was freestanding; later, when it had to be removed, loyal customers were upset, so the clock most of us knew was added in 1913. Take a trip down Memory Lane by revisiting the clothing store that outfitted the city. 725 SAV

Happy-Go-Lucky by David Sedaris. Non-fiction. Before, during, and after the pandemic, David Sedaris never loses his sense of humor. Whether it is seeing his father age and then writing his obituary; rebuilding a decrepit farmhouse in France; giving the commencement speech at Oberlin College; or hoarding

during COVID, David always has perceptive as well as funny observations to make. 928 SED

The Stories We Tell: Every Piece of Your Story Matters by Joanna Gaines. Non-fiction. This book will resonate with graduates of Ellen Brierly's class on writing your life story, or, if you haven't taken the class, perhaps this book will inspire you. Joanna Gaines is a Korean-American born and raised in Kansas. When she arrives in NYC for a senior-year internship in journalism, she finds Koreatown and a whole new side of herself that is both invigorating and painful. So she begins to write, every night, pouring out her learning and her feelings. Two decades later, she is again impelled to write, this time as she faces an empty nest and mid-life changes. As she writes, she urges readers to look again at their own stories, shares tips on how to get started, and shows how to persevere when necessary. As she describes how writing her story helped her heal in places she didn't even know were broken, she advises, "Our story may crack us open, but it also pieces us back together." 642.7 GAI

The Line Becomes a River: Dispatches from the Border by Francisco Cantù. If it's possible for a book about our southern border to be apolitical, this book is it. Cantù was a recent college graduate with a diploma in international relations, specializing in immigration policy, when he became a border patrol agent in New Mexico, "because I want to understand what it is like on the ground." Four years later, he was promoted to intelligence operations, where he got a broader but more impersonal view; then later he moved on to special operations. This book is truly "dispatches" – brief glimpses into both his experiences and his growing understanding of himself and how the immigration issue affects us all. A book not to be missed. 263.28 CAN

I'M THE REASON THE MEDICAL GODS CREATED PHLEBOTOMISTS

By Julie Eden - #290

The medical Gods created phlebotomists just for me. I'm presently confined in a local hospital, proving my point. I want my reporting to be accurate. The current diagnosis is somewhat complex, but not unique, so we'll skip that part to spare you details.

From past experience, it seems to me that, anytime you become a patient in a medical facility, you get an IV inserted in you upon walking through the door. And, if you are admitted, there will be a minimum of early morning blood draws added to your regimen. Nurses seem to like to wake you from what fragile sleep you are getting, with the announcement that they are after more blood. In the case of my current confinement, they sometimes need extra vials (these look like miniature Tabasco bottles) for blood culture draws.

I learned a good number of years ago that I had the label of being a "hard stick." It is not always easy to gather my blood, which tends to like to stay right at home in me. So my veins, small but adequate, usually present a good cover and seem promising – until a needle is inserted. Then they blow or collapse, much to the drawer's dismay. After two or three attempts ("Just a little pinch," each time), a nurse figures out that my verbal forecast was correct, and they call anyone on the unit who is known for drawing reluctant blood.

After the second torturer has made an attempt or two (by now I am getting a bit tired of it all), they finally call in a phlebotomist, who historically is successful in the first endeavor.

This ongoing stay, and others, usually end up (for a variety of reasons) requiring more

IVs than most (often administrated by the IV team). Those, added to the early morning blood draws and some extras thrown in for cultures, become Torture 101. My arms look like a battle scene. This time around, I've even had nurses and aides coming in to look at the well-battered spots. I'm thinking about charging for a "look see."

I've also learned. I told my new night nurse that she'd get one chance this morning, and that was it. You can guess how *that* went – I'm currently waiting again for a phlebotomist to arrive.

CURIO CABINETS FOR FEBRUARY

By Janet Desko - #210

Thank you to all Sherwood Oaks residents who brought their precious "Life Before Sherwood" items to display in the Curio Cabinets for January. It certainly is a heartwarming array of our previous homes and hometown items.

Peggy Meister and I (we could certainly use another volunteer!) will be filling the Cabinets for February with the theme of "**Love and Marriage.**" So dig out pictures or examples of things that you love (e.g., family, pets, hobbies, jobs) and don't forget to bring along wedding mementos (e.g., photos, gifts, treasures).

On **Tues., Feb. 7, 10:30-noon and 4:30-6:00 p.m.**, please pick up your items currently in the Cabinets.

On **Thurs., Feb. 9, 10:30-noon and 4:30-6:00 p.m.**, please bring over your new "**Love and Marriage**" items.

I can't wait to see the wonderful things that will appear later in February!

FROM EMPLOYEE THANK-YOU NOTES

Compiled by Jean Henderson - #346

This is my tenth Christmas season and my appreciation grows year after year.

I can't thank you enough! I am so fortunate to be working here!

This yearly gift continues to make Christmas for my family spectacular.

My husband is laid off and this gift will make our family Christmas. I plan to pass this gift on.

I am amazed every year how gracious the residents are to us. I enjoy being a part of the Sherwood family.

You all make Sherwood Oaks a great place to work!

It's so nice to be valued here.

Sherwood is truly a family.

I'm new; it was unexpected but much appreciated! This is a great place to work.

Working at Sherwood Oaks has been my biggest blessing!

I want to give every SO resident a big hug for the amazing gift!

I've been fortunate to have spent the last nearly 25 years at such a wonderful place.

It's been a rough few years, but seeing all of you makes it worth it!

I am thankful to work with such kind and thoughtful people.

You are making my holidays special!

I plan to put your gift towards my college fund. I look forward to coming into work to be around your cheerful spirits.

I have never felt so appreciated as I do here.

Your support to the campus is appreciated all year.

Your gifts confirm that we work for such great people – the residents!

Thank you for your care for us and each other. It is visible by all!

I continue to be inspired and humbled by your appreciation and generosity.

This year has been difficult, with gas and everything else! This act of kindness means so much to our family.

Your generosity makes my family's Christmas possible.

I am happy to be a part of your lives and have grown to truly love everyone here.

This will help me tremendously with my college education.

This will help us; my daughter's getting married next year.

You make me smile every day! It's a joy to serve you as though you're my own family.

I work 3 jobs trying to make ends meet for my family, and your gift will help more than you can imagine.

This makes the holidays amazing and makes working here wonderful!

Because of you, my family will have a very merry Christmas!

Your gift comes at a time when so many are stressed about finances and will help alleviate much of that stress.

The kindness I've received has been overwhelming. The check symbolizes so much more than money – it cements the notion that I serve a truly amazing community!

THE COLETTA MCKENRY LIBRARY ACCESSIONS

FICTION, INCLUDING LARGE TYPE

Black Cake	Wilkerson, Charmaine	c. 2022	F WIL
Bob Hope: Road to Comedy	Hope, Bob	c. 2004	F HOP DVD
Carrie Soto Is Back	Reid, Taylor Jenkins	c. 2022	F REI
The Christmas Spirit	Macomber, Debbie	c. 2022	F MAC
The Constant Gardener		c. 2006	F CON DVD
Desert Star	Connelly, Michael	c. 2022	F CON
Dreamland	Sparks, Nicholas	c. 2022	F SPA
A Few of the Girls	Binchy, Maeve	c. 2016	F BIN L.T. p.b.
Giver of Stars	Moyes, JoJo	c. 2019	F MOY L.T.
LBJ		c. 2018	F LBJ DVD
The Nantucket Inn	Kelley, Pamela	c. 2019	F KEL L.T.
Naughty or Knife	Fields, Jan	c. 2022	F FIE
NYPD Red 7	Karp, Marshall	c. 2022	F KAR
Secluded Cabin Sleeps Six	Unger, Lisa	c. 2022	F UNG L.T.
The Secret Weapon	Wright, Bradley	c. 2020	F WRI
The Spinster of Emerson Pass	Thompson, Tess	c. 2021	F THO L.T.
A Stony Point Christmas	McCrite, K.D.	c. 2021	F MCC
The Sugar Queen of Emerson Pass	Thompson, Tess	c. 2020	F THO L.T.
Take Me Out to the Ball Game		c. 2008	F TAK DVD
Tom Hanks Comedy Favorites Collection		c. 2007	F TOM DVD
The Woman Who Built a Bridge	Crigger, C.K.	c. 2018	F CRI L.T.

NONFICTION, INCLUDING LARGE TYPE

The Extraordinary Life of an Ordinary Man: A Memoir	Newman, Paul	c. 2022	BIO NEW
Confidence Man: The Making of Donald Trump and the			
Breaking of America	Haberman, Maggie	c. 2022	973.933 HAB
I'll Push You	Gray, Patrick	c. 2017	263 GRA
Kaufmann's: The Big Store in Pittsburgh	Savage, Letitia Stuart	c. 2016	725 SAV
The Stories We Tell: Every Piece of Your Story Matters	Gaines, Joanna	c.2022	643.7 GAI
That's Entertainment		c. 1992	782.1 THA DVD
Tony Bennett: The Music Never Ends		c. 2007	780.9 TON DVD

WHAT'S UP WITH PICKLEBALL?

By the Pickleball Committee

Mission Statement:

The mission of the Sherwood Oaks Pickleball Activity is to provide support for participants of all abilities in playing the game of pickleball in a welcoming and safe environment that emphasizes camaraderie over competition.

Here's how to join us:

1. Sign up in the mailroom. The court is next to the exercise room on the lowest level in the Oak Grove building. Games are available on Mon., Wed., and Fri., 2:00-4:00 p.m.

2. We will help you learn how to play.

3. We are there to "have fun" and enjoy time with other players.

We welcome all potential players!

Denton Bond (#736), Larry Brown (#617), Bruce Cooper (#715), and John Houston (#611)

COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #715

On Nov. 12, 1982, a report written by Exxon Research and Engineering Company titled "CO2 'Greenhouse' Effect" was widely distributed within the management of Exxon Corporation. On page 19 of the report, there is the following quote: "... there are some potentially catastrophic events that must be considered."

On June 23, 1988, Dr. James Hansen, then Director of the NASA Goddard Institute for Space Studies, testified before Congress on the "Greenhouse Effect and Global Climate Change."

In 2003, Senators John McCain and Joseph Lieberman introduced the "Climate Stewardship Act," which would have used a cap-and-trade approach to reduce carbon pollution linked to global warming. Similar legislation was passed by the House but died in the Senate.

In 2006, Al Gore produced a feature-length documentary titled *An Inconvenient Truth*, receiving the Nobel Peace Prize the following year for his efforts.

So what happened??

Using tactics similar to those perfected by Big Tobacco, the major fossil-fuel companies have used Denial, Doubt, and Delay to prevent any legislation to control fossil fuel emissions, the major cause of our climate crisis, from passing.

In a three-part documentary series, PBS FRONTLINE investigated the decades-long failure to confront the threat of climate change and the role of the fossil fuel industry. Part One charts the fossil fuel industry's early research on climate change and investigates industry efforts to sow seeds of doubt about the science.

Watch *The Power of Big Oil – Part One – Denial* on Channel 951 on Mon., Feb. 13, at 10:00 am, 3:30 pm, or 7:00 pm.

FOCUS ON THE WORLD

MONDAY/ FEB. 13
10:00 AM, 3:30 PM
7:00 PM

THE POWER OF BIG OIL – PART ONE - DENIAL

2022 NOT RATED
85 min.

DOCUMENTARY

Go inside the decades-long failure to confront the threat and increasing impacts of climate change in "The Power of Big Oil." This deeply researched docuseries reveals what scientists, corporations and politicians have known about human-caused climate change for decades, and the missed opportunities to mitigate the problem.

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

THE LIBRARY LOWDOWN

By Anne Hunt - #308

Is there a new book you've heard about that you wish was in the library? Did you know that there is a Book Selection Group at Sherwood Oaks that will consider your book suggestions? If you'd like to recommend a book, simply fill out a form that can be found on the rear bulletin board in the mailroom. Speaking of the Book Selection Group, it is always looking for new members to help review those suggestions, as well as come up with ideas of their own. If you are interested in serving in this capacity, please contact Mary Bouwkamp at 412-443-5695.

We continue to receive both positive and negative feedback about the placement of newspapers in the lobby rather than in the library. Since those comments come in at just about a 50-50 split, the Library Committee has made the decision to continue to have the newspapers placed in the lobby for now. If you do decide to borrow a copy to read outside of the lobby, please return it to the stand in the lobby, rather than to the library, as soon as you have finished with it.

It has been suggested by the Health Affairs Committee that the medical newsletters we receive be placed in a more prominent position in the library. They will, indeed, now be located on a bookshelf in the right rear corner of the library, just to the right of the magazines.

HEALTHY EAR LOBES

By Ellen Brierly - #734

Yesterday I woke up with a painful knee. There was no reason for this pain. I had

not bumped it, twisted it, or slept in an awkward manner. It just hurt. This morning the pain was gone, just as mysteriously as it had arrived.

My 89-year-old body is like an old car. The parts are breaking. With the help of meds, I function pretty well, but there are times when I just hurt all over. We are a friendly group of people here at Sherwood Oaks, and I cannot venture into the lobby without being asked about my well-being: "Hello, how are you?"

I want to say, before I go on, that I am in no way making a plea for sympathy. There are people here who are enduring sickness and pain that put me to shame. They continue to carry on bravely, but I am not of such noble character. At the same time, I am not about to bore anyone with my current list. I usually reply that I am up and about, which suffices for an acceptable answer. Sometimes I startle the bearer of greetings with, "Well, my ear lobes don't hurt." That says it all, without causing the inquirer to listen to a long detailed account. It saves time, and the point is made.

So, take care of your ear lobes. If they let you down, you may need to alphabetically list your frailties and hand them out to those who really want to know about your current state of health.

The only reason they say 'Women and children first' is to test the strength of the lifeboats. – Jean Kerr

I've been married to a communist and a fascist, and neither would take out the garbage. – Zsa Zsa Gabor

When a man opens a car door for his wife, it's either a new car or a new wife. – Prince Philip

Neither snow nor ice nor cold...



Photo by Rosemary Coffey

*... shall keep the local ducks from their
appointed rounds....*