

# Cherry Pit

Resident Newsletter  
CherryWood Village Portland, OR

June 2022  
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## *An Amazing Centenarian Still Going Strong!*



Misao Minagi

Misao Minagi turns 103 on June 26 but you'd hardly know it. Last fall she hunted mushrooms in Mt. Hood National Forest, something she's very good at doing. These days she busies herself creating flower arrangements for Parkview dining room tables, attends bi-weekly CWV exercises, goes out regularly with friends, and often wins at playing group games.

Before retiring she was an accomplished seamstress at Jantzen where she made designer samples, stitched a swimsuit for Jackie Kennedy, and one-year fashioned dresses for the entire Rose Festival court.

Among her many other talents, Misao was a gourmet cook who enjoyed making Japanese and American dishes, won regional prizes for her Japanese calligraphy and a knitter who created her own outfits.

Although she was born in Stockton, CA, her mother returned to Japan when she was a baby to care for her own ailing mother. After Misao's grandmother died her mother returned to the U.S. leaving Misao under the care of close relatives. At age 16 she reunited with her parents and brother who then lived in Portland.

After Pearl Harbor Misao's family was sent to an internment camp in Idaho. Upon release she moved to Salt Lake City where she met her husband and his seven year-old son, Hideyo. They eventually settled in Portland and survived the Vanport Flood but lost everything. Here she worked to help pay for her stepson's medical degree.

Misao moved to the Gardens at CWV in 2006 and later transferred to Parkview. Her family and friends describe Misao as a survivor with a wonderful sense of humor and zest for life. Happy 103rd Birthday Misao from your CWV family.

By Virginia Miller, Cottage 1302  
Thank you May Kambara, Gardens 212,  
for suggesting article.



## MEET LANA THORNTON AND MARC JOHNSON



Lana and Marc and their two dogs Dexter and Nicholas moved into their fourplex Cottage 1602D at the beginning of April, having previously lived in Hayden Island. Lana was born in Seattle but has lived for most of her life in Portland. Marc was born in Idaho and moved to Portland for work opportunities. Lana and Marc met through mutual friends and have been together for the past two years.

Back before Covid restrictions, when non-residents were able to use the CherryWood pool, Lana and a friend would regularly come here to swim. She fell in love with the community and vowed to move here one day. The idea of being surrounded by friends and having ready access to activities was very appealing to her after retiring from her career as a flight attendant on international flights. Although Lana enjoyed the life of constant travel to interesting places, she spent so little time at home that she had found it hard to

become involved in her community or forge meaningful friendships. A serious health event convinced her that now was the time to take the plunge and move to the next phase of her life. Lana is looking forward to joining aqua exercise classes and working out in the gym.

Marc is something of a Renaissance man, a retired heavy equipment maintenance engineer, equally comfortable fixing heavy equipment in a steel mill as listening to classical music or reading poetry. He is planning to use the workshop and hopefully one day a duplex cottage with two garages will become available to give him more space to set up his own personal workshop.

Lana and Marc are fortunate to have family nearby. Lana's daughter and her two children live in Portland and Marc's two daughters live in Vancouver. We welcome them all to our extended CherryWood family.

By Katie Habegger, Cottage 1412-A

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### Mallard Ducks are Back!

CWV's resident pair of Mallard ducks have returned to the pond. Maybe it is a sign of nice weather and things coming back to normal. 🙌

Photo by Dick Barry,  
Orchards 508





## Great to Have You Back Allen!



Allen Singh was born and raised in a nearby neighborhood where his parents still reside today. At age ten he watched the Gardens and Cottages being built.

Allen's first job in high school was working at CWV as waitstaff. Allen said, "I fell in love with the residents and their stories." He loved it so much he worked here over five years.

Following high school graduation from David Douglas, he attended Mt. Hood Community College and later Portland State University where he earned his degree in business. Following graduation, he worked in a medical office doing insurance billing for three years. Allen stated it wasn't very satisfying. He had little contact with people and didn't see the results of his work.

This spring on the way to visit his parents, Allen noticed the CWV sign "Now Hiring". He checked out job opportunities online and was hired as carpet technician in March.

Allen is excited to be back at CWV. "It's so family oriented and I remember how much I grew when I worked here before. And even though I took a pay cut to come back; I've learned money doesn't buy happiness at work. My job is more active here. I feel healthier mentally and physically."

Allen's advice for residents who may have a spill or spot to clean is to just use warm water initially and then schedule cleaning.



Do not use any chemicals. Chemicals often make it harder to get stains out.

And while Allen's long-term goal is to open his own business someday, he's thrilled to be back working at CWV and serving the residents. Allen is an example to residents how we can impact the lives of young adults working here. Welcome back Allen.

By Mary Rix, Editor

### **Need Carpets Cleaned?**

Apartments receive one free carpet cleaning a year. After that cost is **\$35.00**. Free spot cleans for spills and accidents up to three times a year. After three, a **\$25.00** fee. Pets-Spot clean pet accidents two times for free. A \$25.00 fee after two pet spot cleans. We do not clean upholstery. To get on the carpet schedule call my office at 503-546-7936 or have front desk transfer you to my office.

Kathy Morrison  
Director of Environmental Services



# JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH



The month of June is Alzheimer's and Brain Awareness Month. In support of those living with dementia I want to share information from one of my favorite trainings. Tom Kitwood (1937–1998) is the pioneer of person-centered care that focuses on the person's unique preferences for living life instead of focusing on the disease, symptoms and challenges.

Kitwood's Flower of Emotional Needs is centered around personhood in dementia. It reminds us that someone who lives with dementia is a person first and foremost. There is so much more to a person than their diagnosis. If we use Kitwood's Flower to help guide our approach when communicating with someone who has dementia, we are better able to understand their needs and how to help them.

*Below is a picture of Kitwood's Flower:*



Before we continue, I want you to look at this flower and decide which petal you could give up. It's not easy and there is no right answer. Many people immediately say occupation is what they could give up, but read on and see if that is something you could really give up.

On the five petals are: Comfort, Identity, Occupation, Inclusion, Attachment and in the center is Love.

**Comfort:** When you think of the word Comfort what comes to mind?

Examples might be: a sense of home, warmth, full stomach, a hug, or reassuring smile.

**Identity:** What defines your identity?

Examples could be: your chosen physical appearance, people calling you by the name or title you prefer, recognizing you as a husband/wife/sister/father/etc., acknowledging hobbies you've done for years such as woodworker, quilter, walker, etc. These are all identifying factors that help us and others identify with who we are.

**Occupation:** This has everything to do with how we occupy our time. Things we do that give our lives meaning and purpose might be career, hobbies, volunteering, caregiving and family.

## Your Ideas Matters!

**Inclusion:** What does it mean to you to be included? Inclusion might mean being invited to events, having a conversation with a friend or loved one, singing in a choir, or attending family gatherings.

**Attachment:** Our connections in life are also crucial to our feelings of well-being. Everyone wants to feel connected to someone or something. Think about your connections with family or chosen family, community and friends.

**Love:** Love is at the center of everything; giving and receiving love, being accepted for who we are, loving what we do, associating with others, experiencing what brings us joy and so much more.

When a person has dementia, their ability to fulfill these needs on their own diminishes. The petals that are available to a person may vary from day to day. Maybe yesterday the person was missing Comfort and Inclusion, but today they are missing Attachment or Occupation. As a loved one or caregiver, it's our responsibility to fill in the gaps. When we notice someone struggling to do an activity, we can help them find a way to alter that activity so enjoyment might continue.

As a caregiver it's important to also remember that you need Kitwood's Flower as well. Your needs are important too, and it's never a bad thing to ask for help when you need it.

By Melissa Zentz, Executive Director  
Parkview Memory Care



The green area between the Orchards, Village Square, and Greens is scheduled for a refresh this summer. Generations has requested input from residents.

Here are some ideas to consider:

1. Large covered pavilion with lights, ceiling fans
2. Better outdoor sound equipment
3. Raised planter beds
4. Create more of a park-like setting
5. Add a walkway from the Greens to the Orchards
6. More benches
7. Reduce putting greens from 18 to 9 to free up green space for other activities.
8. Add small covered areas or pergolas for playing games and reading
9. Add a fire pit
10. Court for pickle ball, corn hole toss

Prioritize your ideas and submit to front desk or email John Goodwin at [jgoodwin@cherrywoodvillage.net](mailto:jgoodwin@cherrywoodvillage.net)

**There is no money tree growing on the property so it's not likely that all ideas can be incorporated.** However this is our chance to make our voices heard and inform Generations what is **most** important to us to enhance our experience living here.

Mary Rix, Editor



### Move Ins

Lloyd and Lori Westcott – Wynridge 309

Darlene Viall – Orchards 224

Obe and Debbie Schrader – Cottage 1506 D



### Moved Out

Patti Glover – Orchards 224



### Transfers

Owen Miller – Greens 510 to Royal Anne 251

eve redden – Gardens 208 to Wynridge 311

Gene and Dorothy Short – Wynridge 507 to  
Gardens 112

Ray Rigutto – Wynridge 302 to Royal Anne 151



Lulu Stephens – Royal Anne 218

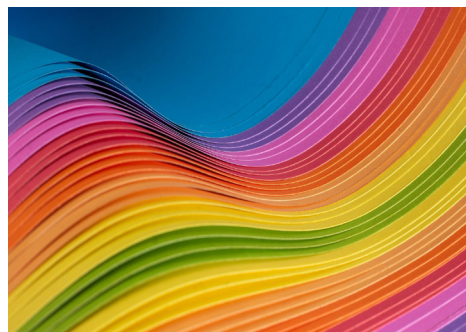
Herman Kneller – Royal Anne 224

## Happy Father's Day June 19th



We thank fathers and father figures for the sacrifices they make, for embracing the responsibility of nurturing and raising children, knowing when to hold on and when to let go.

## June is PRIDE Month



Diversity group meets  
Fri. June 17th at 1pm in Board Room  
Guest speaker from Q Center  
All are welcome!  
Contact Marilyn Taylor, Greens 210,  
for more information.





## VWs, Wally Gator and Palm Trees



Lynne Schmidt, Greens 208, is a Volkswagen fan who watched her husband work on racing, selling and repairing VWs during their time together. Her husband was Walter “Wally” Schmidt, known in his business and racing as “Wally Gator”.

In case you have forgotten, “Wally Gator” was a two-season cartoon show on television beginning in 1962. Wally’s friends began calling him “Wally Gator” and he began using it as a logo for his auto services company, Halsey Automotive Service.

Lynne was born in California but was only a couple of months old when her family moved to Portland. They settled in Parkrose where she grew up and attended school. Lynne and Wally knew each other as children as they lived in the same neighborhood. Later they met again at a friend’s wedding.

Lynne and Wally married in April 2002. In 2016, Lynne began having a rare type of seizures which caused her to lose all body functions. Wally worked with her as she began extensive rehabilitation. She has had three major episodes during which she has had to relearn how to walk and speak. She still speaks with difficulty but is always ready to visit with anyone. In 2020, while recovering from her second major seizure, Wally suffered a catastrophic heart attack. Following his death, recovery was more difficult than ever but Lynne persevered.

Lynne is happy to be at CherryWood where she is meeting new people and putting her apartment together with all of the mementos of her life with Wally, including the images of palm trees that she began collecting during their honeymoon in Cancun twenty years ago.

By Marilyn Taylor, Greens 210

### *June is National Rose Month*





## From the President's Desk

Thank you to all the residents who participated in the music survey. Far in front in first place was Classical music, followed by Golden Oldies, Easy Listening, Country and Swing/Big Band music. All the rest were far behind. Bringing up the rear were Heavy Metal and Hip Hop. I have passed these results to management for their consideration.

Major capital improvements continue moving forward. The three new elevators for Orchards, Greens and Wynridge are out for bid and hopefully work will begin this summer. There will be excavations in all three locations, so expect some noise and dirt. In addition the old elevators and the building lobbies will be refurbished. The green area (golf course) between Orchards and Greens will be remodeled. Anyone with a comment or suggestion for what you would like to see done in this area should put it in writing and submit to the front desk.

By Mike Sands  
President



## Reminders:

**Covid Boosters:** Call or stop by the Front Desk to get your name on the list for Covid booster shot. Clinics are every Thursday in the chapel. It's never too late to be altruistic and do something that will benefit fellow residents, staff and yourself.

### **Get free at-home COVID-19 tests:**

Every home in the U.S. is eligible to order a 3rd round of 8 free at-home tests. Check expiration dates on your test kits. Even if you haven't used any, you may need a new supply.

Order online at [www.covidtests.gov](https://www.covidtests.gov) to receive 8 additional free at-home test kits. Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

**Emergency Preparedness.** Are you prepared for a fire, natural disaster or severe weather? Do you know what to do when the fire alarm sounds in your building or if an earthquake occurs? Is there a floor evacuation plan posted on the back of your apartment door? Where is the rescue and refuge area on your floor? When do you go there? Do you have a 3-day emergency supply kit? Please review CWV emergency procedures. If you need a copy, please contact the Front Desk and staff will assist you.

Thanks to Susan Howard, Greens 204, for her spring artwork this issue.

### **Deadline for all CherryPit content for July issue is June 15th.**

Articles limited to 200 words. Submit all content in an envelope marked "CherryPit-Attn: Mary Rix" to the Front Desk. Ideas for future issues are encouraged.

