



# THE CHERRY PIT

## A Tenacious Fighter



**Pam Cogswell** was born in 1943 in Greenwich, Connecticut. She would become the big sister to three younger brothers. Her father worked for Time Inc., and as part of his occupation in the field of advertising, he was transferred quite often, so Pam grew up in Philadelphia, Chicago, Cleveland and Boston.

In 1951, Pam was seven years old and living in Chicago. While visiting grandparents in New Jersey, Pam was stricken with polio and was quarantined for two weeks before she could return to Chicago where she was hospitalized for four more months in the children's ward, working with dedicated physical therapists to walk again. She is a fighter, and cooperated despite the pain. She missed school and wanted to return but was told she could not because she couldn't climb stairs. She insisted she could, proved it, and was allowed to return to school. Physical therapy and corrective surgeries throughout Pam's childhood enabled her to live an active life, and she has learned that the Polio personality is hyperactive and perfectionistic!

Pam considers the North Shore of Chicago her home where she graduated from New Trier High School in 1961. After graduation she attended junior college in Washington, D.C. After her family moved to Boston, she entered Katharine Gibbs Secretarial School in Boston which was in conflict with her nature! (See Google – Katharine Gibbs Secretarial School). Katharine Gibbs had a reputation for producing competent secretaries who were always in demand, and it did. She never had trouble finding a secretarial job.

A friend from Katharine Gibbs and Pam agreed to work for six months after Gibbs, live at home, save their money, buy a car, and move to San Diego, California. In February 1964, they packed their 1958 Chevy Impala convertible and headed west: 3 ½ weeks leisurely traveling across the U.S., stopping at Native American ruins, the Grand Canyon, Painted Desert and many areas of interest along Route 66. *(continued on page 2)*

Upon arrival in San Diego, they found an apartment on 17<sup>th</sup> Street, an older area of the city – which turned out to be in the red-light district of San Diego! They found out that San Diego was flooded with secretaries who had been laid off when Boeing moved from San Diego to Seattle, so it took a while to find employment. Eventually she became a legal secretary and moved to Pacific Beach overlooking the ocean, a more appropriate location.

In San Diego she met Phil Cogswell, an officer in the Navy. He proposed, she agreed, and shortly after the engagement Phil deployed for nine months. Pam planned the wedding around his return, but that date changed giving them little time together before the scheduled event. Pam's misgivings about getting married at that time prompted her to cancel the wedding at the rehearsal! They did eventually marry, moved to Portland (Phil's hometown) were together for 12 years, and had two great children.

In 1983 Pam decided to go back to school. Occupational therapy was her choice until she realized that her body could not sustain the effort that OT would require. She was beginning to experience Post-Polio Syndrome, a process of degeneration of her muscles causing weakness and fatigue which continues today. She switched to Speech Language Pathology and worked in public schools until she was forced to retire early due to the effects of Post-Polo. The timing of her retirement coincided with the arrival of the first two grandchildren.

Pam has always had a long list of interests: music, gardening, sewing, bookmaking, painting, making invitations, the theater, volunteering and the list goes on!

A few years ago Pam's body told her it was time to move to CherryWood Village. She needed to conserve the energy she was expending on maintaining her home. Reluctantly she sold her house last summer, moved into The Gardens on August 29, and after breaking her leg on January 6<sup>th</sup>, realized what a good move she had made. Being in rehab for two months, developing pneumonia, and then the corona virus isolation have all curtailed her socialization at CherryWood. She looks forward to being more active in the community once things are back to normal.

*Clara La Marche, The Gardens*



## **WOODY'S WISDOM**

I just burned 2,000 calories. That's the last time  
I leave brownies in the oven while I nap.

**Book Review****The Book Woman of Troublesome Creek**

by

Kim Michele Richardson

A historical novel set in Kentucky during the Great Depression of the 1930's, featuring a Book Woman and a WPA project where library workers delivered books to residents of very remote regions of rural back country, by pack horses or mules, on a regular basis. The Book Woman here was also one of the last surviving members of a small group of blue-skinned people who lived in those remote areas. These blue-skinned people were considered "colored" and thus suffered all the prejudicial actions prevailing during those times. At first, the book seemed just a crude depiction of all the cruelties the blue-skinned people suffered, but as the story progressed, the many positive things the Book Woman accomplished in spite of all the negative things done to her because of her "color", gave the book a much more realistic depiction of the times. There are several sub-plots which contribute to the overall story as well. The Book Woman, WPA project, and the Blue-skinned people are both part of real history. Very well done.

*Dick Sakurai, Gardens***WHERE DID ALL MY CUPBOARDS GO?**

When we moved to CherryWood years ago I left behind my large kitchen with many cupboards and storage spaces. I declared that the CherryWood kitchen would "do just fine". We settled into our apartment and I can't believe that I stood on a step-ladder to place the holiday platters on the cupboard shelf high above the refrigerator. Husband immediately got rid of the ladder. A bit of gymnastics was necessary to kneel down and store the roasting pan and corn-cooking pan way back in the floor-level cupboard. Eventually everything found a place.

Now my knees are arthritic, my vision is poor and my arms won't stretch. The top shelves are impossible. If I could get down to the floor-level cupboards, I wouldn't be able to get back up. If I lose another half inch, I won't be able to use any cupboards except those at eye level. Where have all my cupboards gone?

*Betty Williams, Greens*

## Ten commandments of Human Relations



1. Speak to people. There is nothing so nice as a cheerful word or greeting.
2. Smile at people. It takes 72 muscles to frown, only 14 to smile.
3. Call people by name. The sweetest music to anyone's ears is the sound of their own name.
4. Be friendly and helpful. If you want friends, you must be one.
5. Be cordial. Speak and act as if everything is a joy to you.
6. Be genuinely interested in people. You can like almost everybody if you try.
7. Be generous with praise and cautious with criticism.
8. Be considerate of the feelings of others. There are usually three sides to a controversy: Your's, the other person's, and the right side.
9. Be eager to lend a helping hand. Often it is appreciated more than you know. What counts most in life is what we do for others.
10. Add to this a good sense of humor, a huge dose of patience and a dash of humility. This combination will open many doors and the rewards will be enormous.



## CHAPLAIN'S CORNER

### The Bible in 50 words:

God made  
Adam bit  
Noah arked  
Abraham split  
Jacob fooled  
Joseph ruled  
Bush talked  
Moses balked  
Pharaoh plagued  
People walked  
Sea divided  
Tablets guided  
Promise landed  
Saul freaked  
David peeked  
Prophets warned  
Jesus born  
God walked  
Love talked  
Anger crucified  
Hope died  
Love rose  
Spirit flamed  
Word spread  
God remained

*Mick Turner*

**From the desk of the President:**

While all of the medical guidelines around Covid-19 stress social distancing, wearing masks and repeated hand washing to reduce the spread of this disease, the isolation - particularly among elder populations - has become a health crisis in and of itself.

With the extended lockdown we've been under, residents and staff alike have been reporting cases of concern including reclusion (emotionally in addition to physically), possible alcohol overuse, self-medication, outbursts of anger and crying fits, and other signs that residents are failing to thrive, such as lack of eating and cleanliness. Distress among residents of communities in lockdown is similar to the grief experienced with loss. Its effect is indiscriminate. Those of all ages and social statuses have been affected.

While it is understood the importance of maintaining a lockdown to protect the safety of our residents and our staff, some interested stakeholders have petitioned CWV and Generations administration to address this issue as soon as possible.

It is with great satisfaction to report that first steps have been started. Vitality Department is supporting it but the main effort will be done by the CWV Ambassador program. Initial meetings have taken place to devise a plan to address this growing mental health crisis as soon as possible to allow our senior residents to continue to be healthy as emotionally and psychologically sound as they deserve.

Your floor or area Ambassador should be in contact with you.

THE EMERGENCY PREPAREDNESS COMMITTEE chair, Fran Shultz, is recruiting members for this important committee which will be a valuable asset to the residents of CWV. Please contact Fran at 503.858.9163 and become an active participant.

Claudio Lima, BOD President



**"She thought she could....so she did"**

**A heartfelt thanks from Linda**

**Thank you everyone for all the well wishes, cards and EVERYTHING as I move on to my next life adventure! CherryWood has been near and dear to my heart for the past 9+ years, so please know I'll miss you all.**

**I am tentatively planning on hitting the road mid to late August, depending on the ever-changing Covid situation.**

**I will do a drive-by before I head out, so if you notice an RV parked out on the street and if you see two cats peering out the window at you, it'll be me!**

**Linda Ray**



## Bird Just Needed to Cool its Heels

A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary.

Every word out of the bird's mouth was rude, obnoxious and laced with profanity.

John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to "clean up" the bird's vocabulary.

One day, after a few beers, John was fed up and he yelled at the parrot. The parrot yelled back. John shook the parrot, but the parrot got more upset and even more rude. John, in desperation, threw up his hands, grabbed the bird and put him into the freezer. For a few minutes the parrot squawked and kicked and screamed.

Then suddenly there was total quiet. Not a peep was heard for more than a minute.

Fearing that he'd seriously hurt the bird, John quickly opened the door to the freezer. The parrot calmly stepped out onto John's outstretched arms and said, "I believe I many have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior."

John was stunned at the change in the bird's attitude.

As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird said, very softly, "May I ask what the turkey did?"



## A FEW APHORISMS

**Money will buy** a fine dog, but only kindness will make him wag his tail.

**If you don't** have a sense of humor, you probably don't have any sense at all.

**A good time** to keep your mouth shut is when you're in deep water.

**Business conventions** are important because they demonstrate how many people a company can operate without.

**Why is it** that at class reunions you feel younger than everyone else looks?

**No one has** more driving ambition than the teenage boy who wants to buy a car.

**There are no** new sins; the old ones just get more publicity.

**There are worse** things than getting a call for a wrong number at four a.m. For example, it could be the right number.

### CLASSIFIED ADS and other important info

**NEEDED** – Items for the Cherry Pit. Any poetry, prose pieces fewer than 400 words, classified ads, stories, letters, recipes, jokes, puzzles, etc. must include your name and telephone number in case we need additional information. Hand items in at the Front Desk and ask that they be placed in the Cherry Pit wall file. Deadline for ads for the September issue is 3pm Monday, August 24<sup>th</sup>.

**FOR SALE: Used Cuisinart Griddler \$10 (\$80 if new)**



Bill Sanjour 443-924-1581

**CWV T- shirt Spirit Days are August 10<sup>th</sup> & 25<sup>th</sup>**



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#### Sleepless in Portland?



It's a known fact that getting a good night's sleep becomes even more challenging as we age. Add to this the uncertainties of the zeitgeist and the anxiety this can produce, and those in their senior years are in even greater need for restorative rest. According to sleep experts, here's a checklist to support your best efforts toward a more restful night in bed:

1. **Easy on the daytime napping:** too many hours of sleep during the day will disrupt your night sleep patterns.
2. **Soothe yourself before bed:** take part in calming, low stress activities before heading to bed such as reading, listening to music or taking a warm bath (adding Epsom salts and lavender essence oil for added relaxation).
3. **The dark is your friend:** keep your sleeping environment as dark as possible and lay off the screentime (TV, computer, phone and tablets) at least 30 minutes before you head to bed.
4. **Keep it regular:** The body's systems like predictability. Irregular sleep patterns is one of the biggest contributors to insomnia.
5. **Not too spicy!:** Hot, spicy and heavy meals can be upsetting to the digestive system, particularly closer to bedtime. Try eating your lighter meal in the evening.

**CHERRY PIT HEALTH TIP** provided by Liz Howell, Reflexologist.

Services by appointment at CherryWood. Contact Liz at 503.888.5064

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## WELCOME, NEW RESIDENTS

Billie Blanchard, Royal Anne 227

Paula Brooks, Orchards 207

Ron Meisner, Wynridge 512

Lynette Saul, Wynridge 312

June Ward, Orchards 321

## IN MEMORIAM

Dean Knox, Orchards

## CHERRY PIT Staff

Joan Walborn, Editor  
Karen Arendt, Proofreader  
Susan Howard, Art Editor  
Clara La Marche, Reporter  
Bill Sanjour, Reporter

The purpose of the Cherry Pit is to get news to the residents, furnish some entertainment, provide little-known facts of CherryWood, and have fun.

Deadline for ads for the next issue is 3pm on 4<sup>th</sup> Monday of the month.

*The pit is the heart  
of the cherry.*

# AUGUST

