



THE CHERRY PIT

She Did It Her Way



At **Ann Warner's** fiftieth high school reunion, a classmate told her that she, more than anyone else, did what she wanted to do. No mean feat for a farm girl from rural West Milton, Ohio. She graduated from college with a teaching degree, helped run international work camps and peace seminars in Europe before she was thirty, did staff work for two U.S. Congressmen and a Senator for 22 years and retired at age 59 and has spent a lot of the rest of her life in volunteer work.

Ann and her family were members of the Church of the Brethren, a small church, nevertheless very active in promoting peace and good works. Wikipedia says of them: *Community, both within and without the church, is promoted, and Brethren often describe themselves in terms of what they do, rather than what they believe. Brethren also affirm that "faith without works is dead," and are heavily involved in disaster relief and other charitable works.* It is this church and this kind of thinking which influenced and is still influencing Ann.

A bookish schoolgirl, she graduated from Manchester in Indiana, majoring in history, which she still loves. With few opportunities for young women college graduates in the 50's, Ann began teaching in Michigan public schools. But teaching in public schools was not a natural fit for her and she soon was rescued by the Church of the Brethren who provided her an opportunity in Germany to teach English at the Paul Gerhardt Schule, a German college prep boarding school, even though she knew no German. She thrived at this: learning German and absorbing German culture. "All of my cultural cues were taken away from me when I moved into a foreign place where there were no other native English-speaking people and I learned to like myself."

She did this for two years then went to The World Council of Churches in Geneva, working for the Church of the Brethren and organizing and directing a number of peace seminars and international work camps in Germany and Austria. In Mulheim, Germany for example, a number of young people from different countries dug and built the foundation for a church. "Hopefully, it's still standing" Ann laughs. *(continued on page 2)*

After 3½ years in Europe, Ann returned to America and back to teaching in public schools, this time teaching high school in Dayton, Ohio. The culture shock was a challenge for her: from teaching elite, university bound German students, eager to learn, to American students whose attitude often was “I dare you to teach me.” Happily, she also had an assignment teaching gifted students and that was more like her German teaching experience.

After six years she took a needed break from teaching and once again turned to the Church of the Brethren, this time working in their Washington, D.C. lobbying office on Capitol Hill. She found working in the heart of government more exciting than teaching high school, so instead she took a staff job answering constituent mail for Representative John R. Dellenback, Republican congressman from Eugene, Oregon.

When Dellenback was defeated for reelection in 1975, Ann went to work for Rep. Al Ullman, also of Oregon, promoting local projects and local interests. After seven years of living and working in Washington, DC, Ann was ready to move on again and so she convinced her boss that she could serve Oregon’s interests better if she were actually living in Oregon. She was sent for a visit and loved Oregon. She was offered a raise if she would stay---she stayed. In 1978 she moved to Salem as one of Rep. Ullman’s field representatives.

In 1980 Ullman was defeated for reelection and Ann went to work for Mark Hatfield, a liberal Republican Senator from Oregon, traveling around the State representing the Senator and moved to Portland near Sen. Hatfield’s office.

Mark Hatfield retired in 1996 and Ann Warner chose to do likewise. She took advantage of the generous retirement package provided by Congress and in keeping with her Church of the Brethren heritage, decided at the age of 59 to become a retiree and a volunteer. She volunteered with the Alzheimer’s and Multiple Sclerosis Societies and the SMART program.

For the past eighteen years, most of her volunteer work has been for a Portland charity which *provides services for the people with intellectual and developmental disabilities, mental health challenges, and other social barriers.*

In 2017, feeling the need for more personal support, she moved into nearby Cherrywood Village, with which she was quite familiar and where she knew several residents. She continues to perform her voluntary work to the extent she can and has taken on the additional job of managing Cherrywood’s library where she applies her usual quiet efficiency.

Bill Sanjour, Wynridge

Book Review**One Man's West**

by

David Lavender

The American West of the 1930s and 1940s was still a place of prospectors, cowboys, ranchers, and mountaineers. Pioneers such as David Lavender related a multitude of experiences working in gold and silver mines, and as the era of the great cattle ranches and drives came to an end, Lavender felt compelled to document his experiences in rugged southwest Colorado to preserve this rapidly disappearing way of life. *One Man's West* is Lavender's ode to his days on the Continental Divide and the story of his experiences making a living in the not so wild but not yet tamed West. He introduces some of the most charming characters in western literature. I enjoyed his many descriptive sentences.

Lauralee Ware, Orchards



CHAPLAIN'S CORNER: A little girl was saying her bedtime prayers and she said: "Dear God, please take care of my daddy and my mommy and my brother and my sister and my doggy and me. Oh, yes, please take care of yourself, God. If anything happens to You, we're gonna be in a big mess!"

Also from Chaplain Mick: I would like to thank those who have been saving their egg cartons and delivering them to the chapel doors. However, I can only take 12 or 18 egg cartons. The others are discarded.



I called an old college classmate and asked what he was doing. He replied that he was working on "aqua-thermal treatment on ceramics, aluminum and steel under a constrained environment". I was impressed. However, upon further investigation, I learned he was washing dishes under his wife's supervision. *Shared by Shirley Hartnell*

Generations Family Foundation has helped so many people! We have assisted employees, residents, and a handful of former employees, approving 60 applications to date and also connecting applicants with other/additional internal and external resources and services, as appropriate. In 2020, we have assisted in the amount of just over \$12k, and since our founding in 2018, \$78,345 total. Funding comes from employees (usually by payroll donations), residents, fundraisers, our Founding Family, public donors, resident estates, and AmazonSmile (when people shop at smile.amazon.com and pick Generations Family Foundation as their charity) – and, best of all, previous applicants themselves occasionally sign up for paycheck donation deductions after having been assisted. Our Founding Family covers all expenses, allowing all donated funds to directly assist those in need. Recently we have found an increase in applications and have had many fundraising activities put on hold because of COVID-19 cautions/closures. (To date \$366.72 has been donated to GFF by a resident using Amazon.Smile.Com).

GFF is here for “emergencies,” so generally a financial hardship is created *because of an “event”* – such as a spouse was laid off, expenses from a loss, out of pocket medical, a sick child, a car broke down, etc. Some recent examples include catching up the very overdue cell phone bill of an applicant whose husband has been unemployed for months related to the pandemic. Another applicant had a house fire but the insurance company has refused to cover expenses – GFF provided gift cards for the family to purchase immediately needed personal items. Another applicant with two toddlers was suddenly diagnosed with stage 4 cancer and while convalescing at home, was at a loss to make ends meet – GFF covered rent through the summer. Another applicant struggling to cover rent and home expenses after a previous hardship was anxious to provide a stable home for his child – GFF assisted with rent. Another applicant had a court order to drive her daughter to visitations with her father, but was at risk of losing transportation because of another challenge and car payments were harder to make – GFF caught up the payments.

Your GFF Team



WOODY'S WISDOM

Retirement is the part of life when
the most difficult thing to do is nothing.

From the President's Desk:

The "new normal".

After several weeks of isolation, many public officials are talking about "opening the country" back up again, or getting back to "normal". What will this new "normal" be?

The idea that life will be dramatically different is correct.

When we talk about getting back to "normal," it's not even getting back to normal. It's some kind of new normal, a moderated normal. Dramatic changes to daily life are coming into view -- from mass temperature checks and mandatory use of face masks to empty sports and entertainment venues to government monitoring of cellphone location and other personal information. It can be called the "new normal" because every day is going to be different. The virus spreads exponentially. The particles from one infected person sneezing, talking or singing can infect 2 to 2.5 more people, who each spread it to 2+ more people. Quarantine that initial spreader and you're in good shape. People are not used to the exponential growth of a respiratory transmitted disease.

What stays virtual and what won't? There will be less business trips. Mass gatherings such as concerts and sporting events are unlikely to take place until next year. No gathering of hundreds to thousands of people in one place which is the exact opposite of social distancing. Get used to wearing masks outside your home. During the initial phase of the reopening, people should be required to wear nonmedical fabric masks in public. Face masks are one of the most effective ways at slowing the spread, because they may help prevent people who are asymptomatic infected from transmitting the disease unknowingly. The idea that life will be dramatically different is correct. No more handshakes, and no hugs or kisses for the imaginable time.

Social distancing has created some unpredicted advances like telemedicine, providing medical assistance over the internet. Working from home is another example.

But ideally, we are looking forward to being back to the "old normal".

Claudio Lima





It was such a subtle change that it almost seemed like things had always been this way. I couldn't seem to remember the names of people I had known since I first came to the Independent Living side of CWV more than four years ago. Then I was able to call people by name as we passed in the hallway or as we sat at the dinner table. These were my friends and I enjoyed their company on a regular basis.

Then my life changed dramatically and I moved away, and when I returned to CWV and needed a little more care, I chose the other side, aka Royal Anne Assisted Living. Imagine my surprise when I came in contact with many of the same people I knew at Independent Living.

In mid March of this year, the whole world changed and we all were sucked into the whirlpool of Covid-19. Wearing a mask became protocol, our way of living completely changed, and we became isolated "for our own protection". A nuisance, an annoyance, call it what you will, it proved to be necessary and we did what was required. The weather wasn't very pleasant; it never is in Portland in March, and we stayed in our apartments.

Now that summer is finally here, those of us who enjoy getting out for a beneficial walk do so while wearing our masks. The unpleasant side effect of Covid-19's mask is that the faces of the residents we pass on the sidewalk are hidden behind their masks and it is difficult to recognize them and I can't call them by name. This bothers me.

Every problem has a solution and my suggestion is that we start wearing our badges again. We were issued badges when we became residents here. The reasoning behind the badge was for identification in the event of an emergency and for safety issues. If someone should fall in front of you and you need to call for help, there is her or his name.

Our caregivers have badges, our administrators have badges, and you have a badge. If you can't locate yours, ask at the front desk how to replace yours.

I believe that the real value of wearing your badge is to be able to call people by their name and breaking down the feeling of isolation. I'm putting mine back on.

Will you join me?

Donna Winkler - Royal Anne resident



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 August issue is 3pm Monday, July 22nd.

CWV T- shirt Spirit Days are July 10th & 24th





Staying Hydrated The summer months are upon us and remembering to stay hydrated is particularly important for seniors. Because older adults are more susceptible to fluid and electrolyte imbalances, special attention should be paid to these signs of dehydration: little or no urination, dark or amber-colored urine, dry skin that stays folded when pinched, irritability, dizziness, or confusion, low blood pressure, muscle cramping, rapid breathing and heartbeat, weak pulse or cold hands and feet.

For most of us, drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64 ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions. And remember, beyond drinking water, many foods have a high water content that can help to improve hydration. Among them are watermelons, cucumbers, tomatoes, lettuce, celery, green peppers, cauliflower and berries.

CHERRY PIT HEALTH TIP provided by Liz Howell, Reflexologist.
Services by appointment at CherryWood. Contact Liz at 503.888.5064.

If you are reading this Cherry Pit on Friday, June 26, then please wish a Happy Birthday to **Misao Minagi**, Gardens 206. She is **101** today.



WELCOME, NEW RESIDENTS

Kathleen Richter, Greens 508
Terry & Sue Sundsted, Wynridge 404



Boy on the beach
Playing with shovel and sand
Splashing waves are fun.

CHERRY PIT Staff

Joan Walborn, Editor
Karen Arendt, Proofreader
Susan Howard, Art Editor
Bill Janjour, Reporter
Clara La Marche, 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 4th Monday of the month.

*The pit is the heart
of the cherry.*

