

# THE CHERRY PIT

## THE WHISTLE BLOWER



**Bill Sanjour**

Being a successful whistleblower is not for sissies. It takes perseverance, courage, enthusiasm, assurance that you are in the right and you have to be prepared for ostracism and even job risk. The wise thing to do is to gather allies for your cause. Bill Sanjour has had the experience and has lived to tell about it.

Born in the Bronx, the younger of two boys, Bill had a healthy curiosity, but found school boring and finally in his senior year of high school dropped out to join the Army, spending two years in the Signal Corps as a radio repairman.

With the help of the GI Bill he then went on to City College, and following graduation, with two assistantships, went to Columbia University, earning a master's degree in physics.

His next four years were spent in a Navy "think tank", using scientific techniques to develop tactics for fighter bombers, among other naval warfare problems.

In 1974 he went to work for the Environmental Protection Agency (EPA) as a branch chief regulating hazard waste management. However, through a misguided belief that it would help stop inflation, they were ordered to cut the regulations and to cover it up.

Sanjour and others objected and he was transferred to a position with no staff and no duties. He then became an outspoken whistle blower, alerting Congress, environmental groups and the press to this attack on the Resource Conservation and Recovery Act (RCRA). In 1979 when the Love Canal disaster intensified national attention on toxic waste dumping he was invited to testify before the Subcommittee on Oversight of Government Management. He considered this a benchmark in his life, since it showed that whistleblowing can work if done intelligently.

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Bill has owned six sail boats, chartered many more and has enjoyed sailing all over the world, including a lot of racing. Another interest is opera, which began in his teens when he began his own collection, now amounting to some thirty plus opera DVD's.

He has a son in Chicago, a daughter in Maryland, three grandsons and five great-grandchildren.

After some years of retirement, Bill began looking for a place to meet his needs. A niece and nephew influenced him to consider moving west to Oregon and after checking it out, decided CherryWood was a good match. He moved here in 2018, bringing his opera collection along, which he now generously shares by showings every two weeks in our theatre. He also is an active participant in table games.

It's good to know there are those in "high places" who are willing to take a risk when they see a need, encourage allies to join in the effort, and thus make a difference in important ways in our lives.

*Shirley Eggiman, Greens*



## BOOK REVIEW

### THE WHITE BOOK

by Han Kang

A very short piece of fiction (novel?), consisting of very short chapters, mostly half a page to two pages long, totaling less than 100 pages of text, with a focus on the color white, the color of mourning in most of the Far Eastern countries. Snow, Swaddling Clothes, Salt, Ice, Moon Rice, Wave Caps, Blank Paper, White Hair, Shrouds, Etc.,.... Written in a unique, simple, stark style, each chapter shows with astounding clarity the narrator's depth of feeling about what she observes and remembers as she travels from Korea to old cities in Europe.

First published in Korean in 2016, an English translation by Deborah Smith was published in 2017, paperback in 2018. It was shortlisted for the Man Booker Prize in 2018; an earlier work of Han Kang won the full Man Booker Prize.

So Han Kang is definitely worth reading.

*Dick Sakurai, Gardens 210*



## **FREE FOR ALL is coming**

**It's time for Spring Cleaning, downsizing, etc.**

**Drop off ANY of your unwanted treasures (those in good and presentable condition) at CherryWood's Community Room on:**

**March 23<sup>rd</sup> (Monday) from 9am to noon**

***Don't drop off earlier – there's no space to store anything***

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**On MARCH 24<sup>TH</sup> (Tuesday) from 9am to noon**

**RESIDENTS CAN RETURN to the Community Room**

**Bring your own bags, browse and take home some of the treasures left by your neighbors the day before.**

**(Employees are welcome from noon to 2pm)**

**2pm - leftover items will be packed up for PACS pickup**

**Questions? Call Dean Knox 971-319-6227**

Have too many hangers? Bring them to Vitality after the 2<sup>nd</sup> of March.

The 2<sup>nd</sup> week in March sign-up sheets will be posted in the elevators for those who would like to help in the Community Room.

The Cottages residents can call or sign-up at the VSG front desk.

Monday, March 16<sup>th</sup> at 7pm, a meeting will be held in the Community Room to coordinate shift times and duties.

Thank you for making our **FREE FOR ALL** a success!



### **CHAPLAIN'S CORNER**

A quote from Norman Vincent Peale:

“Give thanks daily for your blessings.

Get in the habit of thinking happy thoughts.

Go out of your way to make other people happy.

There is your formula for real happiness!”



**From your Dining Services Committee:**

Ole, the staff, and residents are working together to update both the breakfast and dining room menus. Ole has asked for ideas from residents for both. Please submit them to Ole. The Chef is adding a 17-spice mix to the green beans and it has helped with the flavor. The hosting during the dinnertime in the VSG is improving the wait time for the residents and helping to ensure not everyone is seated in one section. This makes it easier for the wait staff and residents. It also ensures that residents and guests are not seated at a non-cleared table, thus helping with protecting us all from germs being passed from one to another. Please be patient with the host/hostess. Yes, it is new, but we are trying to be innovative and making your dining experience a pleasant one. Please note that you can ask for a specific server or section but this may cause a longer wait time.

**Also from your Dining Services Committee:**

Shadow will be starting a once a month Q & A meeting for new residents but all residents are invited to attend. Watch for more information! There is also a document available at the front desk regarding the dining room with lots of helpful information. Please ask the receptionist for a copy of "Did You Know?".

**Generations Family Foundation:**

Mark your calendar today for a very special fundraiser for GFF. On April 22 (time to be announced), we will host a Spring Tea for all residents. So we will have an idea how much food we will need, it will be a reservation only event. GFF is a non-profit with a purpose of assisting the Generations family (residents and employees) in times of hardship. It is entirely funded by donations - the more it has, the more it can help people. And remember, you can also donate through the Smile.Amazon.com, which donates 0.5% of your total Amazon purchases to the GFF at no cost to you! \$72,000 has been awarded to both residents and staff since its inception in 2018. There is a current fundraiser by Generations: purchase pies from Willamette Pie Company between February 24 to March 7. Pick up order forms at the front desk. Pies will be delivered March 25<sup>th</sup> and can be kept frozen up to six months.



## **From the desk of the President: In-Tolerance, Diversity and Inclusion**

Intolerance and discrimination against religion, race or sexual orientation still persist.

Our founding fathers brought forth a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal.

Our nation's strength derives from the diversity of its population and from its commitment to equal opportunity for all. We are at our best when we draw on the talents of all parts of our society, and our greatest accomplishments are achieved when diverse perspectives are brought to bear to overcome our greatest challenges. The strength from the diversity of our population comes from its commitment to equal opportunity for all.

A commitment to equal opportunity, diversity and inclusion which became law on 08/11/2011, is meant to tap talents from all segments of the society.

A diverse place has individuals who represent different races, national origins, ethnicities, genders, abilities, sexual preferences, interests, backgrounds, level of socio-economic statuses - and the list goes on. The goal of diversity is to guide our communities with these seven pillars of diversity and inclusion: culture, age, gender, sexual orientation, spiritual beliefs, socio-economic status and language.

We need to welcome and honor everyone equally and ensure that all members of our community are treated with the respect and dignity they deserve.

Some elders aging in retirement places experience the pain of being shunned and ostracized by their neighbors. If there is one place in society where an elder should be accepted and honored, no matter what their beliefs are and no matter what challenges he or she is living with, it should be in a retirement community. This is a moral problem and a very significant opportunity to do community better, to be community better.

It is the duty of all of us - staff, residents, volunteers - to have CherryWood Village be a tolerant, diverse and inclusive community.

*Claudio Lima, BOD President*



## **WOODY'S WISDOM**

You can live to be a hundred, if you give up  
all the things that make you want  
to live to be a hundred.



**On January 28, 2020, Royal Anne held an Open House** for all the people in CherryWood's Independent Living, as well as others who were curious and/or interested in learning what it was like here on The Other Side.

We had a good attendance from the Independent residents. The final estimated count was 50+. After a short briefing in our Living Room, people were invited to tour the first and second floors to see the various types of apartments here. Balloons and streamers made the identification of those units easier.

The CNAs and the Med Assistants were on display, also. These people are more than just efficient; they really like what they are doing and it shows in the way they treat the residents. It doesn't matter if you are able to dress yourself or if you need assistance, the greetings are the same. In the morning, a cheery "Good morning" as someone enters is always followed by "Is there anything else you need?" as they leave.

The Royal Anne dining room has many uses other than meals. It is used as the auditorium for musical events for all of CherryWood and we encourage people from the Independent side to join us for events, such as our New Year's Eve party.

The meals at Royal Anne are the same as you have in Independent Living. Ole saw to it that the assigned seating was discontinued and we sit wherever we please on any given day. If you see us eating over on the Independent side, it's because our hours are a little shorter than the Independent Living's times. The same food comes from the same kitchen. Some of our wait staff here in Assisted Living have been here more than a decade and wouldn't change. Our wait staff often lends a hand when needed in Independent Living.

In the event of a fall or other emergency, we have 24 hour staff to answer the pendant call when needed. The CNAs and health people on this side are all certified and able to help at a moment's notice. And speaking of falls, should those in Independent Living fall or have a need, several of our rooms are used for recovery and respite, so residents are close to family and friends after they leave the hospital.

Yes, we have outings. Noel, CherryWood's outdoorsman, takes a busload of people every Monday to see what nature has to offer and/or manmade marvels.

We have our own Vitality Marvel, Deanne Gabriel, who sees to it that people are socializing, exercising, and enjoying each day. If you want to learn about us here at Royal Anne, do come visit us again.

*Donna Winkler – Royal Anne Resident*



**CLASSIFIED ADS** and other important info

**NEEDED** – Items for the Cherry Pit. Any poetry, prose pieces less 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 April issue is 3pm Monday, March 18<sup>th</sup>.

**ITEMS NEEDED BY PACS** (Portland Adventist Community Service)

Toilet paper, toothpaste, toothbrushes, shampoo, soap  
and cartons for 12 or 18 eggs\*\*.

Contributions may be left outside Chaplain Mick's office door.

\*\*We get many thanks from PACS. We're the largest contributor of egg cartons.

Louise Varley would like ladies interested in playing **Pool (Billiards)** to call her at 503-327-8022.

**Editor's Note:** We are seeking a resident who would be interested in joining our small Cherry Pit staff. We would like to add a reporter who enjoys meeting other residents, interviewing them and writing their stories for publication. This would require a few hours a month or just occasionally. The job description is flexible. See Joan Walborn or another staff member if interested.

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

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**Dry Mouth in Older Adults**

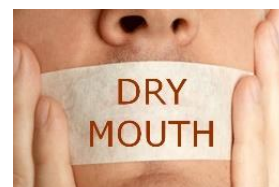
There's a common misconception that xerostomia (dry mouth) is a normal part of aging. While it may be more common in older adults, it is not a normal part of healthy aging. Studies have determined that salivary gland function is well preserved in the healthy geriatric population. Many medications have dry mouth as a side-effect and that is the main culprit for this common finding.

There are various options for managing xerostomia. One is to simply stay hydrated. There are many over-the-counter products including saliva substitutes, gels, rinses and pastes that can help keep the mouth moist. Chewing gum or sucking on sugar free lozenges can also help stimulate salivary flow that keeps the teeth clean and protected from acid attacks. Because dry mouth can lead to cavities, this condition should be monitored and managed.

**CHERRY PIT HEALTH TIP** provided by Ilya Babiy, Dental Hygienist.

Services by appointment at CherryWood.

Contact us at 503.902.5333 or [www.onsiteoralhealth.com](http://www.onsiteoralhealth.com).



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**WELCOME, NEW RESIDENTS**

Gene & Lois Goehrend, Orchards 205

John Kieper, Royal Anne 134

Jeanne Pritchard, Royal Anne 135

Janet Sciolaro, Wynridge 208

Terry Sundsted, Royal Anne 224

**IN MEMORIAM**

Melvin West, Parkview

George White, Orchards

There will be a celebration of life for  
Harlen Burton in the Boardroom  
on Friday, March 6<sup>th</sup> from 1 to 4pm.  
All are welcome.

**CHERRY PIT  
Staff**

Joan Walborn, Editor  
Karen Arendt, Proofreader  
Shirley Eggiman, Reporter  
Susan Howard, Art Editor

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.*

