



THE CHERRY PIT

THE STEM-WINDER

“Some people make things happen, some watch while things happen, and some wonder what happened?” – J. Lovell



Dick Lutz is a resident who has made things happen. He and his wife Mary came to CherryWood in 2007; soon his natural leadership was recognized and he was the Resident Council President. His legacy here is surely being the founder and first editor of the Cherry Pit in 2009. For those who are newer here, you can't imagine life without this monthly vehicle of communication and fun.

When Mary's health issues resulted in a move, Dick turned over the position of Editor of the CP to Joan Walborn, whom he had wisely chosen earlier to assist him. Later when Dick returned to CW, he left that responsibility to Joan, but does contribute occasionally. He soon resumed the leadership of the Travel Club, which he and Mary had started with Bob and Helen Eisenhart when they first lived here.

Dick has published several books – two on reptiles, one on relaxation techniques and several on the countries they visited. Travel was a great interest, including a trip to Sapporo, Japan, Portland's sister city. Their apartment displayed many souvenirs – most notably, Claude, a life-size knight in armor. This unusual statue startled a security guard one night when she went to check out a noise she thought she heard in their apartment!

Another of his projects has been arranging the Forum each month, featuring current topics of interest. He began that with Charles Nielsen originally and since his return, has renewed it, working with Jim Anderson and Jim Snodgrass. Interest in croquet playing had lagged and he revived that, taking charge of games in the summer. His talent in art is obvious, shown in his beautiful wood carvings. One handsome little gnome named Hans was so attractive, he was kidnapped from Dick's display shelf, to the dismay of us who enjoyed seeing him there on the way to the elevator. Now Brian's art classes have inspired a new interest – working with acrylics, and some of his paintings are on display in The Vault.



(continued on page 2)

Dick, the youngest of three boys, was born in Gary, Indiana, where his father was the school principal. He graduated from the U of Chicago, then earned his Master of Social Work at Indiana U. He later received his Master of Public Administration from the University of Northern Colorado.

There were multiple jobs and experiences along the way. Ten years were spent on staff in three mental hospitals and there was an interesting six months in Mexico where he served with the American Friends Service Committee, helping people improve their agriculture system. Here he drove a van – the only vehicle in the area. A fight occurred during a parade which proved to be fatal, and Dick's van was needed to transport the body. When there was a fiesta nearby, the van provided transportation for two turkeys and 23 people, inside and outside! He was called upon once to conduct a Quaker meeting. He admits to enjoying the title of respect, he enjoyed there -- "Don Ricardo".

His social work involved working in a boys' school, being the county director of the War on Poverty, in San Luis Obispo, CA, and superintendent of the Eastern Oregon State Hospital in Pendleton. He has a son in Oakland, CA and a daughter near Savannah, GA.

When Dick retired and moved to Salem, he began publishing books for others who furnished him their manuscripts and, for awhile, had a Public Access TV program interviewing authors. After coming to CherryWood he was on call for a number of years to serve in court as a mental health evaluator.

We surely would have missed this person who "makes things happen" had they not chosen to live at CherryWood. By the way, you can read the Cherry Pit articles in the library. They have been bound into 3 three ring binders and kept up to date, many thanks to Joan!

Shirley Eggiman, Greens

Editor's Note: Where to find the binders: At the Library doorway, note the shelves along the right wall. The shelf unit closest to the window has the binders near the bottom shelf.

Dick has graciously donated the book titled PATAGONIA, with EGYPT and BELIZE coming soon.



JUST A REMINDER: if you have guests and they call you from the lobby phone, you can push 9 on your phone and let them in. Please remember if you have an out of state cell phone, it cannot be programmed to the lobby phone. Only local phone numbers can be programmed in.



I cannot believe that we are already entering the month of May! It has been a very busy first half of the year that has incorporated some infrastructure improvements and leadership changes. Thus far I have been very pleased with the addition of Shadow Moon to our Leadership team as the Dining Services Director. She and Chef Adrian have excellent culinary chemistry and we are starting to see some of the foundational elements of the department come together and show sustainability.

Further, we made a change in relation to our Sales Director and Tye Gabriel is on board. Tye comes to our campus with a wealth of experience that he garnered by working at several of our communities in a sales role prior to applying for the CWV vacant position. Since starting, he has been a welcomed addition to the campus and can be seen engaging both prospective and current residents throughout the campus. Both Shadow and Tye are pro's at being "off task, but on purpose" and this is the CherryWood trademark that encourages our staff to put their heart before their hands...essentially run everything through the lens of our mission. Being "mission minded" is also something that I would like to see in an expanded partnership with our cherished residents, where we can mutually enter into conversations and challenges with a willingness to enhance each other's lives, without being misled by personal agendas. It's amazing how many different perspectives we receive from hundreds of residents, prospective residents, families, neighbors and employees.

Some exciting infrastructure news! We have signed agreements to update our pendant call system. This upgrade will be fairly seamless, but allows for much quicker response times, enhanced reporting and overall promotes resident safety. We also signed a contract with Touchtown which we have begun installing. This program will give us an internal closed caption TV Channel for Independent Living and Assisted Living, where we can run updates on upcoming events, provide live feed TV where we can speak to you directly in your apartment in the event of an emergency or if we shut down the dining room due to illness. Further information will be shared about this development!

Three new capital projects that received owners' approval in April include a new 6 ton HVAC system that supports all heating, cooling and airflow in the vitality center and VSG. Further we will be working on installing a new dehumidifier in the pool later this year. This is a huge project that will help remove all of the condensation that builds up in the pool area and should help prevent moisture escaping into the walls, thus leading to structural issues. Lastly, we will begin drafting to update and upgrade the vitality locker rooms. This upgrade will include enhancements to the entryways, flooring, showers and lockers.

Sincerely,
Ole Lindbo



WOODY'S WISDOM

Do not regret growing older.
It is a privilege denied to many.



Safety and Preparedness go hand in hand. It is almost impossible to practice one without the help of the other. Here at CherryWood we try hard to prevent accidents **before** they happen. This is why we remind our residents that decorative throw rugs are tripping hazards and should be reduced if not eliminated. Please re-examine your environment to make certain you are practicing good safety and preparedness.

Donna Winkler – Gardens 101 503 281 6613

Did you know there is once again a Lutheran service here at CWV? Yes, and Pastor John Eggert from Holy Cross Lutheran Church on 87th and Burnside is now coming the second Thursday each month at 11:00 a.m. He will be here May 9 but had already planned a vacation for June, so there will be no June service. He will return in July and will have a service every month after that. Everyone is welcome!

GFF? What in the world is that? Generations Family Foundation! Generations founder, Wendell White, wants to cherish his employees and residents who are in need. Yes, any employee and resident can apply for this assistance. Please see Anna H (wait staff and receptionist), Judy Keiper, or the HR office for a brochure and an application form. Can you also donate to the fund? Absolutely! We have those forms available as well. Is your request kept confidential? Yes. Next month we will list types of assistance and qualifying hardships.

Judy Keiper, Secretary

The **Resident Council Office** is open for business. It's the small room next to the Community Room. The sign posted on the door lists when a council member will be available for conversation. At the moment, we do not have an email or phone message center, but those are in the works for you, if either of those are more convenient. So, let's hear from you.

VITALITY SEEKS MOVIE VOLUNTEERS: Because Generations is encouraging Vitality to rely more on resident volunteers in order to focus a greater portion of our time and energy on events and activities, Vitality has begun utilizing resident volunteers to show movies in the Movie Theater. Volunteering is very simple, and primarily consists of turning off the projector at the end of the movie (literally the push of a button!) and locking the theater door once everyone has left. Vitality staff are happy to train you, and we stick around to get the movie started and help get everyone seated before the show. **Moving forward, if there is no resident volunteer willing to show the movie, the movie may be cancelled or postponed until further notice. If you are interested in becoming a volunteer, please contact Vitality!**

From President Bill Winkler:

We've been fortunate to have heard from Portland's Recycling program at our Town Hall. We've heard "how". Now let's get on board.

"Recycling" is a word in the American English language that has many meanings. The Recycling program here at CherryWood, with the bins in the Trash rooms, is part of the City of Portland's Recycling program. Portland's program does not re-use "things"; they re-use materials. For example, Portland has no customers who want plastic containers, but they DO have customers that re-use plastic. The plastic containers are, in gigantic quantities, reduced to usable plastic which is economically attractive to manufacturers. Similar for paper, metal and glass.

Some equate recycling with re-using; that thinking needs to be whittled down. Several residents have pointed out to me ways to re-use things. We, as a community, are good at that. Our many life experiences have shown us great ways to re-use. But Portland's program that we participate in does not re-use things, only materials.

Thus, our Recycling program is quite restrictive in what is good recycling. Since our (Portland's) customers require clean recycling, our individual recycling needs to conform. If the inspectors detect too much junk in a sample, the entire shipload of recycling will be rejected. Whoa! Not good. So, we need to realize that "Less" is better.

Yes, Portland does have people and machinery which are very good at producing acceptable recycling; but not perfect. By the way, if something doesn't fit perfect recycling, it gets thrown in the trash. Nobody tries to clean or disassemble or modify your "stuff"; it just goes into the trash, so YOU might just as well save them the trouble (and chance of missing it) and YOU throw it in the trash.

Yes, recycling takes effort. If you aren't willing to make the effort, throw it in the trash. But I am, and many are, hoping that you *are* willing to do it right. Our recycling customers set the rules, not us. Each of us (almost 360) has an idea how the recycling should be done, and they all differ. From each other and from Portland's program. Trust me. So, **we** need to conform to the ONE program or just give up and throw everything in the trash. I'm in, how about you?

Editor's Note: While Bill is talking about the Big Picture, I'll talk about the CW system. Each recycle location has blue bins for recyclable materials and a bucket for glass bottles. You put any trash, food containers, etc. in the bins – it all becomes TRASH.

JOYS OF VOLUNTEERING

Last summer I decided to care for the 26 rosy red bush roses along 107th Avenue in front of The Gardens building. They had not been properly deadheaded in a long time, so I tried to spend at least two hours each day and it took me a couple days to complete each bush. It was so rewarding to see each bush start with fresh blooms a week or so after being trimmed. The landscapers pruned them back some and they are looking great for a new season of blooms.

It feels so good to be out in the fresh air and warm sunshine and to see and hear so many birds in the area. The number of people coming and going along the sidewalk was a pleasant surprise. Everyone is very friendly, and I enjoy exchanging greetings with those passing by. Also, drivers would stop to tell me how much better the roses were looking.

Unfortunately, I will not be able to continue trimming the blossoms due to severe rheumatoid arthritis in my right hand. It would be very appreciated if other residents would volunteer to help with this project and enjoy keeping our campus beautiful. I would be happy get anyone started and hold the branch while it is being clipped and discarded in the trash bag. If it is kept up, it should take less than an hour to do each bush. This would need to be done about once a month during the growing season. Give me a call at 971-373-0206 if you'd like to help Barbara Harris.

.....



The thought expressed on the above plaque really touched me. I would very much like to learn more about it. It is located in the skybridge between Wynridge and The Gardens on a lower shelf of a stand holding a beautiful Christmas cactus plant.

Does anyone know anything about this plaque? Who may have put it there? Who was the "someone" who had passed on? How long has the plaque been there? Was it placed there by the owner of the Christmas cactus above it, or is it just a wonderful thought? I find myself wondering what story lies behind this plaque.

Please contact Helen Randall, 503-761-2401, Royal Anne 218, if you have any information regarding this plaque.

CLASSIFIED ADS

NEEDED – Items for the Cherry Pit. Poetry and prose pieces written by residents are encouraged. Hand them in at the Front Desk and ask that they be placed in the Cherry Pit wall file. B.J. Nichols wants the original drawings and Martha McMinn can use book reviews. Leave classified ads, stories under 400 words, letters, brief recipes, jokes, puzzles, etc. for Joan Walborn.

Deadline for ads for the June issue is 3pm, Monday, May 20th.

Distribution date for the May issue of Cherry Pit is April 26th.

The Adventist Hospital Volunteer Department needs your older magazines to put in the waiting rooms and Doctors' offices for people to read. After you are finished with your magazines just place them in the marked box inside the Vitality Center. Please don't tear the label off; the hospital Volunteer Office will put another label over your address so it will be covered. Thank you. For any questions call Forrest and Susan Robertson, 209-573-3009.

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.

FOR SALE – Sleep Number C5 Split King Bed – 76" wide by 80" long. Bed is two twins used together or apart. Bed package includes C5 mattress and Flexfit 2 fully adjustable base. Bed is located in Royal Anne and is being sold only because residents now require hospital beds. We can help move and setup.

Sale price \$1,000 firm. Please contact Barb at 503-901-3709.

Looking for someone to help me learn how to **burn iTunes to a DVD**. Windows format. Judy Mazik, 971-271-7059

CWV T- shirt Spirit Days are May 10th & 24th.



WELCOME, NEW RESIDENTS

William & Virginia Anderson, Or 319

Marvin & Joyce Doering, Wyn 311

Beryl Forster, Wynridge 406

Fred & Betty Forsythe, RA 217

Kathy Hedges, Wynridge 208

Jill Nicklos, Orchards 415

Jo Towell, Greens 304

IN MEMORIAM

Leland Barnhart, Wynridge 201

Don Groth, Royal Anne 227

Marge O'Shea, former 7 year res.

CHERRY PIT Staff

Joan Walborn, Editor

Karen Arendt, Proofreader

Shirley Eggiman, Reporter

Martha McMinn, Book Reviewer

B.J. Nichols, 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 next issue is 3pm on 3rd Monday of the month.

*The pit is the heart
of the cherry.*

