



THE CHERRY PIT

Sileen S. Soni



Sileen is a woman from a traditional Indian family who followed her heart and came to America for her post graduate education. She feels deeply that all that has happened to her is a result of her listening to her heart and was meant to be. The following is her story.

When Sileen was a teenager she had an experience that influenced the rest of her life. As she slept, she had a visitation from a sage who told her, "Be not afraid. All is well." She interpreted this to mean that she should be fearless and trust whatever came her way.

Later in her life she wanted to study for a second post graduate degree in psychology in the USA. Sileen applied to many universities and she was pleasantly surprised to hear from Ohio State University where she was accepted and granted a teaching assistantship.

Leaving India was not easy as her parents wanted her to stay at home and marry. In 1965 she made the journey to Ohio. America presented her with many cultural changes. Sileen told me a story of going into a cafe where she ordered a hamburger thinking it was ham. Indians do not eat beef as the cow is sacred in India.

After she had completed her second Master's degree in Clinical Psychology, she was offered an internship at the University of Tennessee where she met her future husband. He was from the Punjab area of India and was working towards his doctorate in Biochemistry. They were married in 1968. Sileen went to work at St. Jude's Children's Research Hospital in Memphis while her husband completed his Ph.D. at Emory University in Atlanta, Georgia.

At St. Jude's Sileen worked with pediatric patients who had cancer. This included working with the parents. Although there were many challenges, she enjoyed her work and was very successful at it. Six years after their marriage they started a family. They had two daughters two years apart named Love and Light. The family also included a dog named Prince Charles. Sileen continued to work; juggling career and family - not easy but she managed to do it.

(continued on page 2)

After 21 years of work Sileen retired. She and her husband had a dream of traveling throughout the USA; however, that dream was short lived. Her husband developed a neurological condition of unknown origin that lasted 12 years and caused massive debilitation to his body. They then decided to move to Portland to be close to their daughters.

Sileen took on this challenge with her usual positive attitude. She chose to focus on being the architect of her own life. She feels she learned many lessons of caregiving. Because her husband had so many neurological problems, he had many wonderful caregivers including two who were from Tibet. Her husband passed away January 21, 2015.

Never one to be idle, Sileen took a Memoir writing class and started a project called Life Stories of Elders where she recorded the lives of 25 people in their own words.

In 2016 Sileen underwent right knee replacement surgery. In 2017 she fell at church and received a left knee repair. After her hospitalization, she came to Royal Anne at Cherrywood. She continues in her usual positive way to help others.

Betty Hanner, Wynridge



The first meeting of THE FORUM, the Current Affairs Discussion Group, will be at 10am on Monday, January 28th in the Boardroom. The topic is HOMELESSNESS.



QUILTING IN THE GARDENS. *Actually it's for quilters, sewers, crafters, knitters, etc.* This group was formed by several resident quilters who want to quilt and talk and talk and quilt. It meets on the 2nd and 4th Fridays of the month on the 2nd floor lobby of the Gardens, 10am to 4pm. For additional information, call Karen Black, 503-679-2182. Meetings in February are Friday, February 8th and Friday, February 22nd.



The last week in December I trudged up the hill to the community gardens to get rid of the summer's debris from my three tomato plants to find that Don Jones had gotten there first and cleaned up everybody's mess, leveled the entire garden, carefully put stakes and tomato cages in the garden house and swept the sidewalk.

Thank you, Don. You are not only a Master Gardener but a kind and thoughtful gentleman.

Martha McMinn, Orchards



Can you believe it's already February? Well let's get things settled and please accept my wish for a healthy and Happy New Year from myself and the team at CherryWood Village. We take great pride in getting to know and spend time with each of you and I look forward to more opportunities in 2019. Towards the tail-end of 2018 and even a few days of 2019 we experienced some unhealthy business on the campus in the form of Gastroenteritis. Over the last several years I have written at length about this illness, campus wide, at different times and want to address this again with each of you. Gastroenteritis is prevalent in the US between October and May; right now happens to be the peak time for this illness. Its symptoms include vomiting, diarrhea, nausea, and a low-grade fever. Recently most of the residents that became ill experienced only diarrhea and a low-grade fever, so it's important to remember some people have all the symptoms, while others have one or a few. Regardless the outcome is the same; one feels awful, weak and drained. To prevent the spread of this illness, it is imperative that you stay home and notify the front desk if you've had any of the above symptoms. We are happy to bring meals, groceries, mail, etc. to your apartment in an effort to support you during your time of need.

The reason for this request is that many people "misdiagnose" their illness as food poisoning. Regardless of the cause we need to follow the above protocol of staying home. In fact, we need you to stay home a minimum 4 days after your last symptom. The reason why is because from the moment you become symptomatic and up to 4 days after your last symptom you may be highly contagious and actively shedding this microorganism. I understand it's difficult to stay home for that long, but leaving any sooner puts every person you come in contact with at significant risk and it's not worth it. Many residents that live on our campus have compromised immune systems and physically are not in a position to fight off this illness.

So how can you prevent this? Wash your hands, wash your hands, wash your hands! If you hear someone say "Whew! I had food poisoning last night and still don't feel well", don't sit by them and encourage them to go home. If you can make this your habit, I believe we can continue to enjoy a happy and healthy 2019!

Sincerely, Ole Lindbo



BOOK CLUB – *note the time change*

The CherryWood Book Club welcomes all individuals who enjoy reading a variety of materials. Those who attend our meetings present about a five minute review of a book they have read. Each person may read any book of their choice and not a single designated title. With a variety of books presented each month, the meetings are very interesting offering new ideas for further reading and sharing. The ensuing discussions are fun and often enlightening, leading to new interests. A big plus perhaps is meeting new members and friends who have like tastes in various areas.

The Book Club meets the last Tuesday of every month at 1:30pm in the Community Room. We hope that you will come and join us with a favorite "read" of yours, or just visit and listen in. If you are a current member, please encourage your friends, and especially new people to CherryWood to think about joining. It's really enjoyable with no pressure.

Jane Robinson, Green 502



A funny thing happened very early in the New Year. On January 5th at approximately 10:20 pm, Mother Nature took control of our world and sent storms throughout the entire city, causing power outages in several places. We, here at CherryWood, were one of the several places.

Many residents were already asleep and didn't even know what had taken place, but rest assured, those of us who were caught off guard realized that we had a situation. Things happen when the lights go off, especially at that time of night. EVERYTHING shuts off – there is no light except what comes in through the window and then it is likely that all one can see is the lightning and hear the wind and the rain banging against the windows.

It also gets exceptionally quiet; not a sound (no buzz of the refrigerator nor the heater). The only sounds were the sounds my husband and I made gathering together a few of our emergency supplies. Under the bedside table I keep two small Red Cross lanterns that run off of batteries. I immediately turned them on. I also keep my shoes under the same table and put them on. Using what little light we had, Bill got our large camping sized battery operated lantern. Most of our emergency supplies are in our bathtub—we shower, not bathe.

It could have been a lot worse, and we were grateful it hadn't been. Staff members who were on call came quickly to assess the situation, and we went to sleep. At approximately 3:25 am the lights came back on and we had power again. We turned them all off and called it a night.

But what if it had been worse? Who among our residents would have been even minimally equipped with emergency supplies? Are there people out there who have a “go-bag” that can be readily taken if need be?

In the next couple of months, we will start updating the residents of Independent Living buildings on Emergency Preparedness. If there are new residents who haven't yet heard the Preparedness presentations, we will be starting a series again and you will be notified about the dates and times. Family members are invited to attend, and if you cannot attend the one for your specific time and building, you are more than welcome to come to one that you can attend.

Donna Winkler – Resident and Red Cross volunteer
Gardens 101, Phone 503 281 6613, Donnawinkler1027@gmail.com



From our new President Bill:

Of course I am excited to be starting on this journey with all of you. And that is probably a good summary of my attitude: a journey with all of us. The adventures heard from you all about how you accomplished living, enhancing families, contributing to communities are AWESOME. What a resource of each other we have, now that we have decided to move into this community for the next phase of our lives.

We need make no excuse for occupying space in this universe, each has a right to be here, no less than the trees and the stars. Since everyone can say this, we obviously need to cooperate. This is a need no matter what lifestyle or phase of life we are in, but especially in our community like CherryWood.

These messages from the president, in future Cherry Pits, will bring up several of these areas of cooperation that living in community may need. Some of these “what can we do” expansions may include: quiet times, CherryWood opportunities, recycling, loneliness, what do I do with batteries/light bulbs/discarded medical supplies, and common areas. Since I am no expert on these things, I will certainly need to draw on the vast resource of all of you.

So, that is our challenge. To paraphrase a famous quote: Ask not what CherryWood can do for you; ask what you can do here at CherryWood. Let’s go for it.

Bill Winkler

**BOOK REVIEW****The Library Book**

By Susan Orlean

On April 29, 1986, a fire broke out in the Central Main Library of the city of Los Angeles. The fire burned for 7 hours, destroying over half a million books and damaging another half a million. It was the biggest library fire in all of U.S. history. Susan Orlean, a well known staff writer for the New Yorker magazine, first learned of the fire after she and her family moved to Los Angeles in 2011. She began researching the fire, interviewing many of the people who worked at the library at the time of the fire, and others who were involved in fighting the fire. Her story also includes much of the history of the library, going back to its early beginnings.

This is not just a dispassionate recording of all that is known of the fire or the library itself. This is also the story of a passionate book-library lover as she digs deeply and behind every story she finds. The accompanying history of the library itself is well told as well.

Dick Sakurai, Gardens 210

LOVE

by Betty Bennard

Love did not bring the ringing of bells or flashes of fireworks. However, and I am speaking only for myself in the description of what "LOVE" is, it does change my physical feelings. That comes from within my body, heart and mind. I am aware of the wonderful feeling and calmness that I felt when I found my soul mate and prepared for my lifetime with him. We were granted 66 years of blessed happiness and contentment. That is one kind of "LOVE" I have experienced.

There is more to "LOVE" than what I have described above. To broaden it out, there is family "LOVE", loyalty, and then "LOVE" for mankind which does take in both inner feelings and physical actions. Many factors play a part in this; your religion, how you were raised, what you have been taught and using your own common sense in knowing right from wrong. I am now describing "LOVE" used for mankind and how you treat not only relatives, friends and neighbors but people you don't know which includes the whole world.

"LOVE" is respect for yourself and everyone else you come in contact with. Our planet is like a stage and our "LOVE" story the play. We, the participants, must exercise our right to make this the longest and never ending story ever written.

"LOVE" cannot be bought; it is earned.

Betty Bennard, Orchards



If you haven't been to CherryWood's Jerry Muck Work Shop lately, please check it out. The man in charge is resident/volunteer Gene Berry. It is one of the neatest and well-organized shops you will find. If you are looking for a new hobby or have a piece of furniture, etc. that you would like to repair or refinish. that is the place to go. OR, if you prefer, a member/volunteer can do the work for you. You pay for materials plus a donation for the work. Gene had a long career as a shop foreman and is very knowledgeable. If you are new to woodwork, help is available to assist you or answer any questions. Give Gene a call at 971-322-4688 for more information.

Dick Barry, Orchards



WOODY'S WISDOM

I might wake up early and go running.
I also might wake up and win the lottery.
The odds are about the same.

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 March issue is 3pm, Monday, February 18th.

Distribution date for the March issue of Cherry Pit is February 22nd.

One of the **CherryWood poker players** has moved and we are in need of another player.



This is a low-key social fun filled game. We meet on the first and third Saturdays of every month from 1:30 to 4pm in the Board Room. Anyone interested in playing, please call Mike Sands at 403-719-4748.

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.



MAGICIAN DICK BARRY magic class. Join us at 2pm on Monday February 18th in the Boardroom. Bring paper & pen for notes.

OK to come and just watch, just don't tell.

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.

Wanted: Recliner lift chair. Mel Stearns Orchards 319, phone 503-254-8948. *Incorrect phone number given last month.*

Want to purchase a used car from a CherryWood resident. Preferably Toyota, Nissan or Honda. 971-319-6227.

CWV T- shirt Spirit Days are February 8th & 22nd.

WELCOME, NEW RESIDENTS

Skyler Freiman & Allanya Guenther,
Wynridge 511
David & Susan Howard, Cot. 1614A
Bill & Maxine Queen, Orchards 427
Renee Ulloa, Orchards 314
Beryl Swingle, Greens 408

IN MEMORIAM

Nita Martin, Cottage 1614A
Howard Shearer, Royal Anne 221
Louise Usher, Parkview 219

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.*

♥ HAPPY ♥

♥ HEARTS
DAY

B.J.N.