



THE CHERRY PIT

REAL ROCKET SCIENCE



Forrest and Susan Robertson are leaving December 22 for a special Christmas this year. Plans are in place for their entire family to be in Hawaii to celebrate their 50th anniversary.

That includes their Mosier, Oregon daughter, their Seattle son and their Grass Valley, California daughter, plus four grandchildren.

Forrest was the second of two sons in his family. He was born in Los Angeles and majored in engineering at UCLA. He moved to Sacramento in 1963 and went to work as a solid rocket design engineer. In those early years of the space program, much of the work was by trial and error and on-the-job training since few knew how to design rocket motors then. In 1969 he moved to Jet Propulsion Labs (JPL) in Pasadena and spent a year learning how to operate and program a computer. He then wrote one of the early computer programs to calculate the performance of a solid rocket motor. Later he moved to Chemical Systems Division (CSD) of United Technologies Corporation in the Bay area, and helped design a number of solid rocket motors that were used to put many military and commercial satellites into deep space. He also was involved in the design of the Booster motor for the Titan launch vehicle, that had the same capability to put up satellites as the shuttle, and was the country's largest unmanned launch vehicle.

Susan, an RN, was born in Napa, California, took her nursing education in the LA area, and has had varied working experiences, from riding in an ambulance, working in OB and the ER, and working for the County of Santa Cruz as the triage nurse. She and Forrest met in Glendale, CA when they lived in the same apartment building.

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Travel for the couple has been a couple of trips to Europe and a lot of hiking and back-packing. They lived in Yosemite for 13 years, and they have climbed Half-Dome several times – Forrest, five times and Susan four. They have been very involved with Camp Wawona, a Christian camp in Yosemite National Park in California, which has been in operation since 1929; Susan was in charge of the 90th year celebration this year.

However, with health issues they needed lower altitude for living and they found CherryWood on the internet. Located fairly near their children and with the Adventist atmosphere, they found it suited their desires and they moved here in March, 2018. They both volunteer at AMC several times a week – Forrest as an escort and Susan in ER. She also will be on the Dining Services Committee this year, takes care of the magazines we contribute to the hospital, and worked for years with another lady crocheting many blankets for AIDS babies in San Francisco. She now works with Sallyann Gabriel in crocheting blankets for needy babies.

With their busy lives, it took a little persuasion for Forrest to consent nomination as Treasurer for our Resident Council, but whatever they have been involved with in the past, they seem to have served well and CherryWood certainly is enriched to have the Robertsons as residents.

Shirley Eggiman



From your Dining Services Committee:

Your favorite subject...the comment cards. We appreciate how many of you fill out the cards. Sometimes information is missing that really helps the staff and committee resolve the issues you share. We care about your comments and some of them deserve a personal call or response from the staff. We need more comment cards. They have been low in number the past few months. Encourage others at your table to take a few moments to give us their feedback.

We are also interested in knowing if you had a challenge, how it was resolved. Did you send the item back? Remember, the chef and his staff want residents to be satisfied with their order and wants us to send orders back, or be taken back for another choice. It is very helpful to know the resolutions. With enough information, we can make your dining experiences even better!

Judy Keiper



With the year of 2020 now upon us we have this amazing opportunity to turn a new page. At CherryWood Village we teach a principle that complements this opportunity very well, it's called "choose your attitude". You see every day we have thousands of moments to choose our attitude. This principle shows no bias for either the resident or staff. We are faced with thousands of decisions daily and what we choose to do or say impacts a much grander picture.

I want to propose that we all take a moment this year and collectively decide to choose our attitude and agree to operate through the lens of our mission which is to Enhance Lives and Celebrate the excitement of living together. This thing called life is hard..... For All Of Us! And together we can conquer significantly more together in partnership, then alone in isolation. So today, as you walk around, take that extra moment before you react to any given situation and ask yourself; is what I am about to say or do going to enhance this persons life?

With Love,

Ole Lindbo



It' s time

By Marge Wilcox

It' s time to look forward, not a glance to the past,

A time to build dreams, in this day we hold fast.

A time to forward, as we dream of the past

We know that the present is bound not to last.

A time to look forward, the future is here

No dreams, but reality at the time, it seems clear.

Each day, every hour, few moments remain,

It' s time to look forward and eternity gain.

LETTER TO THE EDITOR:

A few months past I wrote a letter about food waste, remember? I shouldn't have been surprised, but I heard just about nada from nobody. I tried to be at least a little bit funny, so likely nada from nobody took me seriously. Okay, I accept that, but you know, I'm pretty serious about the subject and don't give up easily, so, I'm trying something different – same message, different messenger. Can you find 400 seconds to watch a video? Type this into the “www” bar on your computer or phone browser: <https://www.pbs.org/video/im-not-a-tree-hugger-b6f2n0/>. Too long, you say? Here's the same link shortened a bit: <https://to.pbs.org/38eIZuk>. Take your pick.

You'll see a cartoon. It's narrator is Katharine Hayhoe. She's the neatest person, and you'll like her right off. She's a climate scientist. (Okay, so I lose a bunch of you right there – obviously a tree hugger who's going to nag and cajole you. Not so! Not so!) And besides that, now hear me, she's a pastor's wife, and do I listen to a pastor's wife, every day, several times, carefully!

So, now you've spent those six+ minutes watching and listening. I want to hear from you. Here's my number: 503-975-8956. Text me a simple word or two, no name necessary. Use caps if you wish, like BUNK! (Remember, you're referring to a pastor's wife, so no profanity.) But I'll tell you that if you text something like, “I agree. What's next?” maybe we can talk sometime soon, and if there are three or four, well, who knows what power we might have.

Last Sunday our pastor closed her sermon with a story she says, comes from Marian Wright Edelman, “Enough committed fleas biting strategically can make even the biggest dog uncomfortable...” Hmm. Get the idea? (although I do wonder where on a dog a flea bite is most “strategic”).

James Anderson, Greens 513

Achieve Better Balance Through Your Feet!

It's no surprise that healthy feet are important for feeling good and staying active. With 26 bones, 33 joints and more than 100 muscles, tendons and ligaments, the foot is one of the most complex parts of the skeletal system.

Did you know that walking barefoot for just 15 minutes a day can help with balance? As you walk mindfully, feel the ground under your feet. This exercise improves sensory feedback to our brains, which will help prevent falls. It also helps to build the intrinsic muscles of the feet for better support and agility. Try it and let me know how it changes your sense of balance.

CHERRY PIT HEALTH TIP provided by Liz Howell, Reflexologist.

Services by appointment at CherryWood. Contact Liz at 503.888.5064.



A holiday message from the desk of the Vice-President:

The time of new year is joyous for all of us. The celebration spirit is not even over yet and the extended holidays make us cheerful and let us welcome the new year with great happiness. This is the most appropriate time to add on to the holiday cheer by expressing our gratitude and thanks for giving us the opportunity to do what we love. Love for your fellow residents, family and friends by sending a Happy New Year message to people who have been close to you. A simple New Year message can go a long way in motivating us to open up our hearts in the year to come.

It's been a pleasure serving you over the past year, and I am looking forward to working together in the year ahead. I hope the New Year brings you good health, much happiness, and plenty of prosperity.

Let's start a new slate, let's look for the rainbow in every cloud and let's be more humane and selfless. That's my wish for the New Year.

Claudio Lima

**GFF (Generations Family Foundation)**

Generations Family Foundation assists their family of employees and residents when they face unexpected emergencies. There are several ways to contribute. One is a very simple and free way for you to contribute to the Generations Family Foundation. GFF registered for **Amazon Smile** – which means that if you go to “smile.amazon.com”, *instead* of just “amazon.com”, and choose Generations Family Foundation as your charity, then 0.5% of the purchase price from all eligible purchases will deposit straight into GFF's bank. It is no cost to the shopper at all and the shopping experience is identical! Here is a link: <http://smile.amazon.com>

Feel free to pass the word around! Every penny helps!

Judy Keiper



The Adventist Hospital Volunteer Department needs your current 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. Any magazines that are torn or have the label cut out, cannot be used. **It's ok to black out your name.** For any questions, call Forrest and Susan Robertson, 209-573-3009. Thank you to everyone donating.



After living in the Independent Living section of CherryWood for three and a half years, a sudden turn of events took me out of CherryWood and I spent the next four months at another residence wishing I was back.

My sons didn't like the distance they had to travel to get to me and detested the hour and a half drive time (each way) during "rush hours" that was necessary.

It's amazing what a mere four months can do to one, and when I found myself happily back at CherryWood, this time on "the other side". It didn't take long for me to understand that "the other side" translated into "Assisted Living". I knew next to nothing about Assisted Living and "the other side" and discovered that, in the four months I was gone, at least a dozen people who had been living in the Independent side were now at Royal Anne (aka the other side).

I also found what I have labeled "the poor man's version of the Elizabeth Arden spa was here on "the other side". Here I am pampered to the nth degree. Not only am I treated with great respect and a willingness to please by the caregivers, not one has left my studio apartment without asking if they could do anything else to make me comfortable. The meals are from the same kitchen that fed me for three and a half years, and in addition, we always get a little breakfast treat each day.

Need a little help getting dressed in the morning? The dreaded compression stockings are done quickly and efficiently. For entertainment, we have our own beloved Deanne Gabriel, for whom I can testify as good company and as creative as they come. I can come and go off campus at will. All I need to do is sign out and in. I can attend other excursions; just sign up on the appointed day or during the monthly lotteries.

There is no specific bedtime for all, but you can be certain your nighttime meds will be there as your doctor prescribed them, even if you have to be tracked down by the med aide to deliver them as prescribed. *

As I learn more, I'll write more. This place is a goldmine of untold stories.

Donna Winkler – Royal Anne Resident

***Editor's note:** This is true for daytime meds too. A few times a medical aide has come with a small paper cup to the Sit & Stretch class to find a resident.

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. Leave classified ads, stories under 400 words, letters, brief recipes, jokes, puzzles, etc. for Joan Walborn.

Deadline for ads for the February issue is 3pm Monday, January 27th.

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.

The OHSU Pharmacy in Adventist Building one (1) is now open. To enter, use the pavilion entry, then take the hallway on the right to enter building 1. The pharmacy is at the end of that hallway in the same location of the former pharmacy. Pick up a card at the CWV front desk.

Lauralee Ware, Orchards

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



VITALITY ANNOUNCEMENT: It was recently brought to our attention that some residents did not know about our requirement to use cloth or other similar bags (not paper) when going to the grocery store. This requirement protects everyone from the sacks tearing and groceries spilling out which could cause falls. The cloth bags are also easier to carry without the worry of the sack tearing especially during wet weather. Drivers usually have extra cloth bags in case you forget to bring your own. There could be the chance that others have used the bags, and, at that time, there may not be one available. Thank you for your understanding.



Also as an **FYI:** Starting on Jan. 1, 2020, Oregon retail stores and restaurants can no longer provide single-use checkout bags. They also must, in most instances, charge at least five cents for paper bags (with 40% or more post-consumer recycled content), reusable plastic bags (4 mils thick) and reusable fabric bags although restaurants may still provide paper bags at no cost.

Vitality Department

WELCOME, NEW RESIDENTS

Gordon Fyfe, Orchards 315
Sybil Hart, Royal Anne 126
Evelyn Kay, Wynridge 406
Ted & Yvonne Lutts, Royal Anne 235
James Macfarlane, Royal Anne 203
Loraine Miller, Royal Anne 215
Duane & Gisela Ray, Wynridge 506
Al & Billie Simonson, RA136

A hearty welcome to **Susan Howard** as our new Cherry Pit artist. Susan and her husband David have lived in Cottage 1614A for nearly a year. Susan creates one of a kind watercolor cards in the Cherry Delight that sell for \$4 each. (*\$3 goes to the Employee Appreciation Fund*)

**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 next issue is 3pm on 3rd Monday of the month.

*The PIT is the heart
of the cherry.*

