

Science, Arts, and the Luehrs by Vinita Organ

Dean and Joan Luehrs have been successful in merging both science and artistic endeavors over the many years they have been together. Dean, having grown up in Lansing, Michigan, attended Michigan State University, where he earned his Ph.D. in chemistry and taught for 32 years. He said he stayed so long because of the good fishing.

Joan was a Kansas girl, growing up in the Stafford area. She attended the University of Kansas, majoring in music education with a degree in piano and a minor in flute. She went on to teach privately and related that one of her former students is now a teacher at Michigan Tech. She has one student who has become first chair in the Argentinian orchestra. Another teaches music theory at Yale.

Joan went to Oberlin College in Ohio, one summer on a grant, receiving college credit. She also played in the youth orchestra in Kansas, and played in the Sun City Concert Band one summer. Over the years, she has played with several orchestras. She no longer teaches flute, but stays busy with playing the piano at her church. Dean now teaches a Bible class at the church.

Dean maintained his professional work at the nearby Banner Sun Health Research Institute. With his chemistry background, he has been a volunteer for 18 years. His work there ended recently because that phase of research has been relocated at Arizona State University.

The Luehrs' activities have included years of birdwatching and hiking. They are avid readers and though Joan no longer plays the flute, she maintains her interest in small music groups. Right now, the Luehrs stay closer to home in order to help each other with ongoing physical conditions.

This gentle couple has mastered the art of joy with and for each other and have quietly become two of the Royal Oaks family.



Providing Great Customer Service by Kendra Eberhart

At Royal Oaks, we pride ourselves on providing GREAT customer service. It is so important that we even coined the phrase “The Royal Way” which has become the cornerstone of the way we provide customer service. Many businesses fail to realize just how important good customer service is for the overall health of their business. Good customer service isn’t just important...we believe it’s vital and that is why we put a great deal of time and effort in educating our staff on how to deliver a great customer service experience.

Did you know that 86% of consumers are willing to pay more for a better experience? Do you recognize some of the names of these companies that are best known for their great customer service: Zappos, Nordstroms, Southwest Airlines, Amazon, Apple, Trader Joes, Marriott and Chick-Fil-A.

Why is customer service important?

- It’s what customers will remember
- It reflects heavily on our entire business
- It shows customers we care
- It’s great for marketing

We make sure our staff know who our customers are: residents, other staff members, visitors, business partners and vendors, our neighbors, families of residents and the list goes on.

Now, here is what “The Royal Way” is all about!

- **R**espect person & property taking pride in all you do
- **O**ffer assistance with a quick, friendly response and follow through
- **Y**ou are a resource; be attentive
- **A**lways greet everyone with a smile and by name
- **L**isten and communicate with professionalism

Do you notice anything **ROYAL**? This makes it really easy for our staff to remember so they can incorporate these practices into their work every day. If you happen to catch a staff member in the act of providing great customer service, you can send in a “Pat on The Back” by filling one out on the resident portal or pick up a form at the front desk. We always like to hear from you and appreciate you letting us know when a staff member has exhibited an act of great customer service.



“Customers may forget what you said, but they’ll never forget how you made them feel.”

Master Planning Update

Each month I will write a short update on our progress and you can stay informed by reading it here in the Acorn.

RFPs (Request for Proposal) were sent to three architectural firms and three general contractors. Presentations have been scheduled and the Master Planning Committee will soon select the architect and general contractor for the first phase of our master plan. Greystone Consultants are providing us with various marketing services and working closely with staff to finalize the selection of an advertising firm who will help us market the new neighborhood.

We are also close to selecting the location for our information center and starting to recruit marketing staff. Vicki Ullery, Heather Robson, and Maria Setticase will continue to focus on our current apartments and garden homes and the new staff will be dedicated to the new neighborhood. There will be much more to come so look for this information each month.

Meet One of Our Prolific Writers by Joyce Barrett

For someone whose hobby is writing, it is Irving Dennis, one of the faithful writers for the ACORN. He has brought to our attention some very interesting people and some very informative articles.

Irving Dennis was born in Leominster, Massachusetts in July, 1926. He lived in this small town through all of his school years and graduated from Leominster High School in June 1944. He considered himself just an ordinary, normal student; however, he did participate in sports. In school, it was football and hockey. At other times, he did a lot of skiing on those snowy slopes of Massachusetts and Vermont.

Guess what Irving did the first week after high school graduation? He immediately joined the Navy where he served the next two years. He was automatically enrolled in the Naval signal school at Great Lakes, just north of Chicago. After training school, he was assigned to two ships: 1st being a destroyer along the east coast, and, 2nd a troop ship to France and Germany. Fortunately, he was able to return home in 1946, just after World War II ended. He is pleased to have been a part of the United States Navy although it was a short time.

Using his G.I. bill, Irving enrolled in the Massachusetts University, Fitchburg, where he graduated in 1951 with a Bachelor of Science degree in Education. During his college years, he was the sports writer for the University newspaper. Proudly, he remembers being the class president the last year. He was well prepared to be a teacher, but he only taught a 7th and 8th grade class for one year.

A position became available in the Boy Scouts of America and Irving was hired as an executive on the Boy Scouts Council where he worked for nine years. He was employed in three locations: Norwich, Connecticut; Heidleburg, Germany; and Philadelphia, Pennsylvania. He was a trainer for scout leaders which he considered a very nice assignment. Also, he enjoyed meeting the various families, especially the military families.

After Irving's years with the Boy Scouts, he returned home to Philadelphia, to the Valley Forge Council. Soon, he became a traveling salesman for five years for the rubber companies. Next, in California, he chose to establish his own window covering business which he managed for several years until he retired in 1991 and moved to Sun City.

Amidst all of Irving's work and activities, he trained for three years to be a deacon for the Catholic Church. He was ordained in 1984. He feels honored to be able to help with the Saturday afternoon Mass here in our chapel.

Having met in college, Irving and Jeanne were married in 1952 after she graduated. The couple were blessed with four children, two boys and two girls. Unfortunately, Jeanne passed away in 2009.

Irving, better known as "Irv," learned about Royal Oaks while volunteering eight years with the Sun City Posse. He moved into Royal Oaks in 2011 and is enjoying his retirement years here since he feels that he "has to participate in all of the activities."



Did You Know...? by Charlotte Nossaman

- Parsley is useful as a digestive aid to purify the blood and stimulate the bowels. It is an anti-carcinogen and contains three times as much vitamin C as an orange and twice the iron of spinach. It is a natural breath freshener. Try a sprig.
- According to a study in *Frontiers in Aging Neuroscience*, dancing can actually reverse brain changes that occur due to aging. People in the study who did a variety of dancing styles for an hour three days a week had healthier white matter in a part of the brain linked with memory. Oddly enough, those who walked did not receive the same improvement. Scientists believe the combination of exercise, mental stimulation and social engagement made the difference.
- Pineapple is high in magnesium and is known to be an anti-inflammatory digestive aid. It is one of the most healthful foods available today. It is particularly helpful to older adults for strong bones and connective tissue. In Europe, it is commonly used as a post-operative measure to cut mucous. Fresh pineapple is on our salad bar year round!

Let's Talk Books by Kathy DeBeer

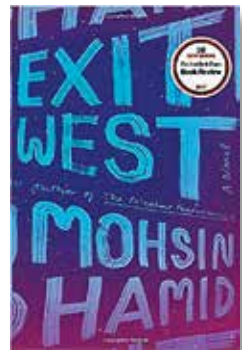
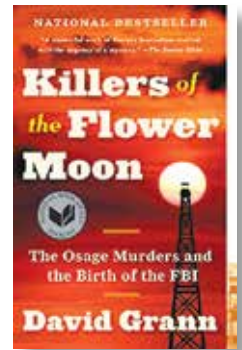


NOW READ THIS is a new book club offered jointly by the PBS Newshour and the *New York Times*. Each month, they select a book that “helps us make sense of the world we’re living in”. It can be fiction, history, or memoir. They announce the selected book at the beginning of each month. Their first pick in January was *Sing, Unburied, Sing* by Jessym Ward. This book was reviewed in the November 2017 *Acorn*. The novel, set in contemporary Mississippi, is about family, ghosts, and the legacies of violence and love. It won this year's National Book Award for fiction.

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann was the selection for February. In the 1920s, the richest people per capita in the world were members of the Osage Indian nation in Oklahoma. After oil was discovered beneath their land, they rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. Her relatives were shot and poisoned. And it was just the beginning, as more and more members of the tribe began to die under mysterious circumstances.

Exit West by Mohsin Hamid was the book selected for March. In a country teetering on the brink of civil war, two young people meet - sensual, fiercely independent Nadia and gentle, restrained Saeed. They embark on a secret love affair. Before long, bullets begin to fly and fighter jets streak the sky. When familiar streets turn into a patchwork of checkpoints and bomb blasts, they begin to hear whispers about doors - doors that can whisk people far away. As the violence escalates, Nadia and Saeed decide that they no longer have a choice. Leaving their homeland and their old lives behind, they find a door and step through. Surrounded by other refugees, Nadia and Saeed try to establish their places in the world, putting up different responses to their circumstances. The result is a novel that is an intimate human story about an experience shared by countless refugees around the world.

When this issue of *The Acorn* is published, the April selection for Now Read This will have been announced. Be sure to check it out and see what excellent book is chosen for April. You can find discussion questions and information about these books on Now Read This Facebook or web page. These three books and many other fine books are available in our Royal Oaks Library.



Evergreen Fitness News for April by Wendy Warchock

35th Anniversary Fitness Challenge: April 1 - 30

In honor of Royal Oaks' 35th anniversary, we have a special exercise program. Come check out what 1983 and 2018 have to offer as fun exercise challenges! See Wendy for details and to sign up.

Brain Training Workshop: Come experience (in a fun environment) brain game activities, team work, focused attention, memory recall, and more. Brain Training will meet the second Monday of every month from 2:30-3:30 PM in the auditorium. **You are invited to check it out Monday, April 9 at 2:30 PM.**

Music and Movement – Join Sun Joo Lee, board-certified music therapist, for an hour long session designed to stimulate your brain/body connection, strengthen your vocal cords and enhance your long and short term memory while having an exciting time! This group will meet the 2nd and 4th Wednesdays through July in the Oasis Room (in the care center). **Join us Wednesday, April 11 and Wednesday, April 25 from 2:15 PM to 3:15 PM.**

What Does Easter Mean To You? by Claudia Smith (aka: Ms. Puff)

When we were just little kids and Easter came around
Did you get to hunt Easter eggs that were hidden in the ground
Perhaps you got to dye some eggs pretty colors to delight
A chocolate bunny in a basket was such an awesome sight
Marshmallow bunnies in colors of yellow and of pink
How many jellybeans were there would always make you think
Folks dressed up in finery would walk to church and smile
The little children singing songs as they marched down the aisle
The lovely peal of bells ringing announcing the service hour
Every heart in worship experienced the Easter power
The cross of Easter can bring sorrow or it can bring joy
Depending on what you do with it for the cross is not a toy
A decision made by every person, it's a choice each one can make
It's not the Easter bunny but a cross you can't forsake
Rejoice in the wonder of this day, as chocolate you enjoy
Let it take you back to a time when you were a little girl or boy



Birds at Royal Oaks: Northern Mockingbird By Dick Anderson



One of the first birds I noticed in our yard was the Northern Mockingbird. This was not a bird I had expected to see at Royal Oaks. That's probably because I had not seen it anyplace else that I've been in Arizona. So, it surprised me to see it one morning in our back yard; I had to shoot a photo to look it up for identification. I did notice that it had a short, high, shrill call that it repeated several times, and I learned to watch for it whenever I heard that call. I found out that they make a variety of calls and one source says they can have a vocabulary of up to 200 different calls resembling other birds, hence: mockingbird. Another source

(allaboutbirds.org) says that so many mockingbirds were caught and caged in the nineteenth century that they nearly disappeared from parts of the east coast. They could sell for as much as \$50 for extraordinary singers.

Once I started noticing them, I would see them in various bushes and trees along the street as well, usually by themselves, and I did hear different sounds coming from them. I never could find out why they were called Northern Mockingbirds versus just plain Mockingbird.

They are not usually fond of bird feeders, and eat mainly insects, worms, even lizards, and will switch to fruits and berries during the winter months. They nest in shrubs and lower trees. The nest is an open style of twigs and grasses. They typically lay 2-6 pale blue or greenish white eggs and may have more than one brood each season. Their range is the Southern half of the U. S. and all of Mexico.

Royal Oaks Directory Updates

Additions, Corrections & Transfers			
Page	Name		Note
6	BAILEY, Brian	ADD	IC 2221; 623-792-9445
7	BUTLER, Helen	TRF	IC 2217; 623-792-9441
9	FAYTINGER, Jane	TRF	326
11	HILL, REX	TRF	371; 623-584-6465
13	LAWRENCE, Barbara	ADD	269; 623-933-2822
14	MARTIN, Bob & Bev	TRF	328
14	MASNY, Sylvia	TRF	IC 1202; 623-792-9402
15	MOERSDORF, Gerry	TRF	CC 8
19	SHROYER, Ken & Rochelle	COR	370; 623-546-4712; nettag54@gmail.com
21	WILBER, Chuck	TRF	IC 1210; 623-792-9411
Memorials			
7	BRUNSON, Fran		
7	CARD, Louise		
8	CORNISH, Lavern		
19	SIEKMANN, Sally		
21	WELLS, Annabelle (Anne)		

Royal Oaks Monthly Volunteer Hours	
February 2018	
Total Volunteer Hours	2841
Number of Volunteers	204

Volunteer Hours submitted by Jean McPherson

New DVDs added to the Library	
D-804	Lucy Show
D-805	Intouchables
D-806	Iron Giant
D-807	Wind Rises
D-808	Mulan
D-809	American President
D-816	Battles of the Sexes
D-817	Victoria and Abdul
D-818	Loving Vincent

Royal Oaks Computer/Technology Club

Basic Windows 10 - Windows 10 Backup Programs - Recent Scams on Windows

Meeting for PC users at 9:00 AM in the Auditorium on Tuesday April 10, 2018

Windows 10 is a personal computer operating system developed by Microsoft. Windows 10 delivers a refined, vastly improved vision for the future of computing with an operating system that is equally at home on tablets and traditional PCs.

Joe DeMichael of COI Computers will review the basics of Windows 10, explain Windows 10 backup programs, discuss recent scams, and answer questions.

Recollections by Bill Moffett

Editors Note: Bill has written about his memories of when he was young that will take several chapters. We are unable to print the entire piece in any one ACORN, so we will be printing his recollections one chapter at a time. Below is Chapter One.

Chapter One

Recently my Grandson Lucas called to ask me what living was like when I was 10 years old. He was working on a Cub Scout project. He gave me about two minutes to tell him and then said he'd had enough. There were so many things to tell him that I started to think, maybe I should write some of my thoughts down not just for Lucas but for our other Grandchildren too.

There was no TV, fast food, computers, tablets, cell phones, refrigerators, freezers, polio shots, credit cards, microwaves, and we had Dime stores where you could actually buy something for 5 or 10 cents and so many other things that I can't even begin to list them, so I am just going to start and tell you how things were then. (1943)

The country and the world were engulfed in war. What did that mean to me?

From the day following the Japanese attack on Pearl Harbor (December 7th 1941), all the energies of all the people of our country were directly related to the war:

All men over 18 years old had to register for the war draft. Most were drafted within a few days or months of registration and were sent off to the Army and then on to the war front. If you didn't want to go into the Army then you could volunteer for the Navy, Marines, or Coast Guard. Those not physically qualified (4F) were put into essential jobs replacing those who got drafted. A great number of the women went to work doing men's jobs in construction, defense work, ship and aircraft building and all sorts of other jobs formerly considered too hard for women. Married women were now allowed to become teachers. Before the war, only unmarried women could teach.

Lots of military and civilian officials believed that the Japanese would land their forces on our west coast and march into the middle of the country. This feeling was very strong when the Japanese invaded the Aleutian Island chain in Alaska, but fortunately that feeling was greatly reduced when the Allies won the battle for Midway Island. The victory cost the Japanese a lot of their Pacific fleet and our planners didn't think they had the force left to invade the United States mainland at that time.

Everything was rationed and most non-essential activities were restricted. I lived in South Pasadena, California, a suburb of Los Angeles, and we were under a total black out every night. There were no neon signs, or other outside lights and only about 1 in every 4 street lights were on and they had to have their top painted black. Few traffic signals of any kind worked. All the cars had the top half of their headlights painted black so that no light reflected upwards into the sky.

We had neighborhood Block Wardens who patrolled every night checking each house to make sure that no light escaped from the house. All the upper windows were painted black and all the rest of the windows had to have drapes covering up any light source. All areas had air raid sirens and of course if one of those went off, you had to turn off all lights and sit in the dark. They ran practice alerts about once each week. I can remember several times that Japanese subs actually fired some rounds into Los Angeles harbor and all the sirens went off and we were convinced that we were really going to get it. We had some supplies in our basement so we could hide out if things got really bad, but we never used them.

My Grandfather, who lived with us, had a hobby as a gardener and had a greenhouse in our back yard and raised orchids and other exotic flowers. He was surprised when several of his local gardening friends came by to tell him goodbye about two weeks before the attack on Pearl Harbor. They were all Japanese. How did they know?

(The next chapter will cover rationing and food shortages.)

Sunday	Monday	Tuesday	Wednesday
1 Easter Sunday	2	3	4
9:00 - Easter Sunday Catholic Mass 2:30 - Vespers Service, CH 3:30 - Vespers Service, CH	8:00 – Birthday Breakfast, AR 9:00 – Shopping, Fry's 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 9:00 – "What's Happening Now", ACR 10:00 – Painting, All Media, GAL 11:00 – Willowbrook Methodist Communion and Devotion Service, CH 12:00 – Line Dancing, AUD 1:00 – Sheepshead Card, 3 rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:30 – BINGO, CR	10:00 – Ping Pong, Care Center 10:00 – On-site Alterations, CR 10:00 – Clogging Group, MS 11:30 – Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 – Needlework Group, GAL 6:00 – Royal Oaks World Poker Tour, 3 rd Flr Bal 7:00 – LECTURE, "The Day the Union was Saved- July 4, 1863", AUD	9:00 – Shopping, Fry's 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 1:00 – Hand & Foot, CR 1:30 – Ukulele Club, MR 2:00 - ENTERTAINMENT, Desert Brass Band, AUD 4:00 – Music in the Lobby 6:00 – Friendly Bridge, GAL 6:00 – Memory Care Support Group, FH Conf. Room
8	9	10	11
1:15 – TRIP, Sun City Women's Chorus Spring Concert 2:30 – Vespers Service, CH 3:30 – Vespers Service, CH	9:00 – Men's Fellowship, OL 9:00 – Shopping Fry's 9:00 – Wood Butcher's Den, WS 9:00 – Business Roundtables, ACR 10:00 – Painting, All Media, GAL 12:00 – Line Dancing, AUD 1:00 – RO Resident Council Meeting, CR 1:00 – Sheepshead Card, 3 rd Flr Bal 2:00 – Chess Club, VR 2:30 – Brain Training, AUD 6:00 - Mexican Train Dominos, GAL 6:00 – Duplicate Bridge, CR	7:00 – 8:00 – Paper Shredding Drop Off, Purchasing and Receiving Office 9:00 – Computer Club (PC/Mac), AUD 10:00 - Clogging Group, MS 10:00 – Ping Pong, Care Center 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 - Needlework Group, GAL 6:00 - Royal Oaks World Poker Tour, 3 rd Flr Bal	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 10:00 - TRIP, W. Valley Lutheran Thrift Shop 1:00 – Hand & Foot, CR 1:30 – Ukulele Club, MR 2:00 - Eyeglass Adjustments, Bank Area 4:00 - Music in the Lobby, "Take Note" 6:00 – Friendly Bridge, GAL
15	16	17	18
2:30 - Vespers Service, CH 3:30 - Vespers Service, CH	9:00 – Shopping, Fry's 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 9:00 – What's Happening Now, ACR 10:00 – Painting, All Media, GAL 10:00 – PEO Chat Group, VR 12:00 – Line Dancing, AUD 1:00 – Sheepshead Card, 3 rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:30 – BINGO, CR	7:00 - 8:00 - Paper Shredding Drop Off, Purchasing and Receiving Office 10:00 – Clogging Group, MS 10:00 – Ping Pong, Care Center 11:00 – Hearing Assistance Receiver Battery Test, BL 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 – On-site Alterations, CR 2:00 – Needlework Group, GAL 6:00 – Royal Oaks World Poker Tour, 3 rd Flr Bal 7:00 – New Horizons, "Medical Cannabis and Seniors", AUD	8:00 - TRIP, Vee Quiva Casino 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 1:00 – Hand & Foot, CR 4:00 – Music in the Lobby, "Gretchen's Gang" 6:00 – Friendly Bridge, GAL
22	23	24	25
2:30 - Vespers Service, CH 3:30 - Vespers Service, CH	7:15 - TRIP Monument Valley Tour 9:00 – Shopping, Fry's 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 10:00 – Painting, All Media, VR 9:00 – Business Roundtables, ACR 12:00 – Line Dancing, AUD 12:00 – Wii Sports – Motion Room 1:00 – Sheepshead Card, 3 rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:00 – Duplicate Bridge, CR	10:00 - Ping Pong, Care Center 10:00 - Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 – Needlework Group, GAL 2:00 – Bookworms, ACR 6:00 – Royal Oaks World Poker Tour - 3 rd Flr Bal	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 1:00 - Hand & Foot, CR 1:00 – Caring Partners, CH 2:00 – TRIP, Bank of Your Choice 2:00 – 4:00 – Volunteers Appreciation Reception, AUD 4:00 – Music in the Lobby 6:00 - Friendly Bridge, GAL
29	30		
2:30 - Vespers Service, CH 3:30 - Vespers Service, CH	9:00 – Shopping, Fry's 9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 10:00 – Painting, All Media, VR 12:00 – Line Dancing, AUD 12:00 – Wii Sports. Motion Room 1:00 – Sheepshead Card, 3 rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:30 – Bingo, CR		

Thursday	Friday	Saturday	ROOM KEY
5	6	7	AB: ALF Bistro ACR: Admin. Conf. Room AG: Acorn Grill AR: Arbors Dining AUD: Main Auditorium BL: Bank Lobby CH: Chapel CL: LEC Classroom CR: Canyon Room GAL: Gallery IC: Private Dining Room LT: The Learning Tree MR: Mountain Room MS: Motion Studio OL: Oak Lounge OR: Oak Dining Room VR: Vista Room WR: Willows Room WS: Wood Shop
10:00 – Ping Pong, Care Center 11:00 – Faith Presbyterian Church, Worship w/ Communion, CH 1:00 – Shopping, Walmart 1:00-3:00 – \$.35 Anniversary Food Deal, AG 2:00 – Corn Bag Toss, MS	9:00 – Men’s Fellowship, OL 9:00 – 2:00 – Car Show, Parking Lot 10:30 – 2:00 – Food Trucks, Parking Lot 9:00 – Wood Butcher’s Den, WS 10:00 – Ted Talks, CR 11:00 – VitaliTree, Healing from Loss, IC Private Dining Rm 1:15 – RO Flix, “POMPEII - The Last Day”, AUD 2:30 – Resident Bible Study, CH	8:30 - 2:30 - Mah Jongg Tournament, 3rd Flr Bal 9:30 – Clogging Group, MS 11:00 – TRIP, Barleens Arizona Opry 11:30 - Wii Sports, AUD 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
12	13	14	
10:00 - Ping Pong, Care Center 1:00 – Shopping, Walgreens 1:00 – Conversational French, 3 rd Flr Bal 2:00 – Corn Bag Toss, MS 2:30 – 3:30 - Paper Shredding Drop Off, Purchasing and Receiving Office	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 10:30 – Bio Buff 11:00 – VitaliTree, Healing from Loss, IC Private Dining Rm 1:15 – RO Flix, “Bread and Tulips”, AUD 2:30 – Resident Bible Study, CH	9:30 – Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
19	20	21	REMINDER: See Channel 1-1 for current & updated information. CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.
10:00 – Ping Pong, Care Center 10:30 – American Lutheran Church Communion & Devotion, CH 1:00 – Shopping, Arrowhead Mall 2:00 – Corn Bag Toss, MS 2:30 – 3:30 – Paper Shredding Drop Off, Purchasing and Receiving Office	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 10:00 – Ted Talks, CR 11:00 – VitaliTree, Healing from Loss, IC Private Dining Rm 1:15 – RO Flix, “Darkest Hour “, AUD 2:30 – Resident Bible Study, CH	9:30 – Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
26	27	28	
10:00 – Ping Pong, Care Center 1:00 – Shopping, Trader Joe’s 1:00 – Conversational French, 3 rd Flr Bal 2:00 – Corn Bag Toss, MS 3:00 – Faith Sharing, CH 7:00 – ENTERTAINMENT – “Freddy G and Elizabeth”, AUD	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 10:30 – Bio Buff, CR 11:00 – VitaliTree, Healing from Loss, IC Private Dining Rm 1:15 – RO Flix, “Three Billboards Outside Ebbing Missouri”, AUD 2:30 – Resident Bible Study, CH 6:30 – BUNCO, GAL	9:15 – TRIP, “Pompeii The Exhibition”, Arizona Science Center 9:30 – Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
			Notes:
APRIL 2018			

Let Me 'Wine' a Little by George Berscheid



Recently, while talking with the owner of a winery, she mentioned that her son was in the aging room replacing the "Angel's Share." This was new terminology for me. I asked, "just what is the Angel's Share?" I was told that this is the term used to describe the amount of liquid lost through evaporation from barrels aging alcoholic beverages.

When a wine or spirit is aged in a barrel or cask, some of the liquid evaporates. Since it disappears skyward, almost like an offering, it is called the "Angel's Share."

How much evaporation takes place depends on several factors. If the barrels are in a humid climate, more alcohol evaporates than water, giving a weaker brew. If stored in a very dry climate, the water evaporates giving the brew more alcohol.

I read where some scotch barrels lose as much as 2% a year. This means that a 20 year old scotch could have lost as much as 40% of its volume during aging. It is necessary to constantly replace this lost "Angel's Share" to take full advantage of the entire barrel on the aging process.

Interestingly, in the world of wood barrels, the devil gets an offering, too. "The devil's cut" is how distillers refer to the amount of alcohol that's been lost to absorption by the barrel itself.

A quote I found in a wine column recently that I believe is worth repeating, "If you find a wine you have never heard of, with a name you cannot pronounce, you might want to give it a try."

Looking Back by Susan Krueger

1. Our largest dam was constructed between 1933 and 1942 and produces approximately 21 billion kilowatt hours of electricity a year. It sits on solid granite in the Columbia River Basin in Washington state. Name the dam.
2. If you use the phrase, "the greatest thing since sliced bread", as I do, you may be curious to know when machine-sliced bread was available to the consumer. Was it: 1908? 1918? 1928? 1938
3. Who was sworn in on 4/10/2017 as our newest Associate Justice of the Supreme Court?
4. China produces 803.8 million tons of crude steel which is 50.3% of the world market. The US is ranked fourth in production. Which two nations do you think are ranked second and third?
5. Margarita Carmen Cansino made 61 films over 37 years. As Fred Astaire's favorite dance partner, she was dubbed "The Love Goddess" in the 1940s. She is best known for *Gilda*, her first dramatic role. She married five times including a brief marriage to royalty. She died of Alzheimer's disease at age 68. What was her stage name?
6. According to Bloomberg's billionaire tracker, who is the richest person of all time? Jeff Bezos? Warren Buffett? Bill Gates? Mark Zuckerberg? Carlos Slim?
7. It is 2320 miles long and drains parts of 31 states. It is the second largest drainage system in North America after the Hudson Bay drainage system. What is it?
8. If I asked you to name the most popular Christian hymn, you would say, "Amazing Grace" and you would be right. So, I will ask you to try to name the second most popular. It was written by a Swede, Carl Gustav Boberg in 1885. Any guesses?
9. This basketball giant is still listed first in all-time assists per game even though he was forced to retire early for medical reasons in 1991. Who is he?

See page 14 for the answers.

Musical Chairs, Anyone? by Irving Dennis

Most of us can remember playing that game when we were younger, can't we? Then it was a children's game and we laughed and scurried around the circle of chairs in the hope that when the music stopped there would be a chair for us. There's a parallel to that game which goes on in business fairly often nowadays. It happens when one company is "acquired" by another and the new management begins the "reorganization." If you're involved, there is a fair amount of anxiety in your life regardless of the outcome. Even if you end up with a desk and chair and a job description, the process is not fun.

Layne Imbery knows the feelings one has when it's announced that your company will be going forward "under new management." It happened to him more than once, and the last time he and Michele, his wife of thirty years, decided to fulfill a long time desire and move to Arizona. They had visited here frequently in their thirty years of marriage and planned to come here eventually, so they decided it was "NOW!" and we are the fortunate beneficiaries of their move. Layne joined the IT Department about three months ago and his early impression of his new position is that Royal Oaks is a special place to work. "The people here, both residents and staff, all seem to be so happy and welcoming," is how he perceives us all.

Layne is a native of Illinois, South Chicago in particular. He and Michele have three children, 27 year old twins, Luke and Casey, and 30 year old Lori. Casey lives in Tempe, so they now can have regular Sunday dinners with at least one of their children.

An electrical degree from Devry thirty-five years ago got him started in the electronics field and Layne has since gotten several certifications from Microsoft and Cisco in his journey through cyberspace. So now the trio in the Information Technology Department is a quartet, all of whom are knowledgeable and eager to keep us current as we try to keep up with all the new developments in their field. They're quiet, competent members of the team of experts here at Royal Oaks helping us navigate twenty-first century technology.



Layne Imbery

New Horizons: Medical Cannabis and Seniors by Anne Miller

New Horizons will host speakers from Harvest of Arizona on Tuesday, April 17th at 7:00 pm in the Auditorium on Medical Cannabis (Marijuana) and Seniors.

An alternative to the pharmaceutical culture, baby boomers and seniors are the fastest growing demographic of medical cannabis users. There are many forms available - pills, ointments, creams, food, etc. Qualifying conditions include chronic pain, migraines, post-traumatic stress syndrome, depression and others. A question and answer period will also be included.



April Birthdays

DATE	LAST	FIRST	UNIT
1-Apr	Ash	Harriett	151
1-Apr	Conner	Doree	CC-2
1-Apr	DeFelice	Brigitte	252
1-Apr	Glander	Edward	1019
3-Apr	Ehrhardt	Mitzi	2218
3-Apr	Walker	Liz	1033
4-Apr	Fischer	Helene	201
6-Apr	Baumann	Don	1089
7-Apr	Bedwell	Miriam	372
7-Apr	Gurne	Alice	1017
7-Apr	Hodson	Bea	217
7-Apr	Kirkpatrick	Patricia	284
8-Apr	Mulhollen	Audrey	1052
8-Apr	Wold	Paul	1406
9-Apr	Robison	Helen Elizabeth	CC-59
10-Apr	Summers	Bud	373
11-Apr	Dourte	Vic	1008
13-Apr	Currie	Jim	1093
14-Apr	Egan	Jan	2428
14-Apr	Keeton	Judith	1033
14-Apr	Vick	Joan	2407

DATE	LAST	FIRST	UNIT
14-Apr	Waits	Bill	235
16-Apr	Honeychurch	Connie	126
16-Apr	Munter	Barbara	355
16-Apr	Watson	Karen	237
17-Apr	Hill	Marian	246
17-Apr	Moersdorf	Sandy	1058
18-Apr	Lundeen	Chuck	132
19-Apr	Burden	Larry	316
20-Apr	Luehrs	Dean	1063
20-Apr	Rumwell	Mel	1100
21-Apr	Kunst	Dick	146
24-Apr	Gibson	Arlene	1087
24-Apr	Nossaman	Elmer	1098
24-Apr	Ponseigo	Joan	125
25-Apr	Lewis	Frances	331
27-Apr	Carlson	Bob	1044
27-Apr	Nichols	Mary	134
28-Apr	Borah	Marilyn	168
29-Apr	Long	Kay	152
29-Apr	Sullivan	Joan	211
30-Apr	Curry	Dorothy	CC-54

RO FLIX are presented EVERY FRIDAY at 1:15 PM in the Auditorium			
Day	Film Title	Film Description	Cast
4/6	POMPEII - THE LAST DAY (2003, 1 HR, 47 MIN)	On 24 August AD 79, Mount Vesuvius erupted, showering Pompeii with ash, smoke and rock. Some escaped, but those who remained were entombed forever. Combining dramatic reconstructions, expert investigations, and CGI, this BBC film recreates a vivid and engaging account of the last day.	Rachel Atkins Jim Carter Rebecca Clarke
4/13	BREAD AND TULIPS (2000, 1 HR, 54 MIN)	THIS SECOND-FRIDAY FOREIGN FILM IS FROM ITALY. A cosseted, unhappy housewife who's taken for granted by her philandering husband finds "bella fortuna" when she hitchhikes to Venice and starts to construct a brand-new life for herself.	Licia Maglietta Bruno Ganz Giuseppe Battiston
4/20	DARKEST HOUR (2017, 2 HRS, 5 MIN)	Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolph Hitler and his relentless army during World War II's early days.	Gary Oldman Kristin Scott Thomas Ben Mendelsohn
4/27	THREE BILLBOARDS OUTSIDE EBBING, MISSOURI (2017, 1 HR, 55 MIN)	When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief.	Frances McDormnd Woody Harrelson Sam Rockwell

Remember Treasures For Teachers by Vinita Organ

We may no longer think about dropping off items for the "Treasures For Teachers" ongoing program, but the needs are still there. Learning comes through many facets, and the items listed by the containers in our bank lobby between elevators 1 and 6 will indicate those that have been shown to help children in various ways.

How can teachers use egg cartons? What can a coffee can do to help children learn? Some items are used in games that help with hand-eye coordination or with learning difficulties. Others help children understand the importance of cooperation or sharing or leadership. All items on the list have been found to have value in classrooms. Contact Martha Porter for a copy of the list.

The donations are collected by Zane and Martha Porter and Jan Lundstrom each month, then taken to United Church on 107th Avenue. A truck delivers them to a warehouse in Tempe. Teachers from all over the area select what they need and carry them back to their respective schools. Yes, it's a long drive to Tempe for many, but necessary for those teachers who depend on this assistance. The alternative is for teachers to use their own money to purchase what they need. Let's remember to save space in our landfill and donate to our schools. If you are willing to help with this program call Martha at (623) 815-0130.

Promoting Wellness by The Wellness Center Staff

There is a new shingles vaccine available called the SHINGRIX vaccine to prevent shingles and complications of the disease. The Center for Disease Control (CDC) recommends that healthy adults age 50 years and older get two doses of the Shingrix Vaccine, separated by 2 to 6 months. Studies have shown that two doses of Shingrix reduces the risk of shingles and post herpetic neuralgia by more than 90% in adults age 50 years and older.

The Wellness Center staff are coordinating with Safeway pharmacy to offer this new Shingrix Vaccine to the Independent Living residents on June 13 at 9:00 AM and 2:00 PM, in the LEC Auditorium. This SHINGRIX VACCINE is given in TWO DOSES, 2 to 6 months apart, so the Shingrix vaccine will be offered again at Royal Oaks in October 2018. There is a **Sign-Up Sheet** in the Royal Oaks **Main Lobby for the Shingrix vaccine clinic on June 13, 2018.**

Medicare Part D or your prescription plan or private insurance may cover the shingles vaccine, but there could be a cost for you depending on your insurance plan. The Safeway pharmacist will verify insurance coverage and any co-pay amount due for those who sign up for this Shingrix vaccine. The Wellness Center staff will notify you of the co-payment amount prior to the vaccine clinic on June 13. Please sign up for the Shingrix vaccine as soon as possible. Please also bring your insurance cards and co-payment (**credit card or check payable to Safeway Pharmacy**) **with you to the vaccine clinic on June 13.** If you have recently received a new medical insurance card, please provide the Wellness Center staff with a copy of your current insurance card if you have not done so already.

The Shingrix Vaccine is also available at local pharmacies. If you have questions about the Shingrix Vaccine, please talk with your healthcare provider or go to www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html.

The Wellness Nurses are also available to answer questions.

Wellness Center Resident Care Hours are Monday - Saturday

9:00 - 12:00 pm Independent resident walk-ins for nursing services

12:30 - 4:30 pm Scheduled appointments only

Travels with Kitty..."Oh Honey, I Really Want that Pig!" by Roger Yadro

Kitty and I decided to put on a pig roast for our fellow riders in our motorcycle club. One hundred and one people decided to attend so we ordered a pretty big pig and all the extras. Under the big top tent, we had many vendor prizes, but we went to the dollar store and bought a few small plastic piggy banks and stuffed them with money for a grand prize. All was set much in advance so we left for a motor home vacation in Branson, Missouri. The small motorcycle was attached on the back and we were off. Branson showed us a good time and we enjoyed it all.

We decided to head downtown on the motorcycle to see the river front and shops there. Everyone said it was a must see. When visiting one shop, we saw it...**a giant cast iron piggy bank**. Eighteen inches long and weighing 25 pounds. Kitty immediately said, "We have to buy it for the pig roast." I agreed, it would be much better than those small plastic ones. Now to get it back 15 miles to the motor home. Nope, the pig and Kitty just wouldn't fit on the cycle. What to do? So I took Kitty back to the motor home and came back on the cycle for the piggy, boxed and tied to her seat. Piggy loved the ride (never was on a motorcycle...). I told our roast people that Piggy enjoyed the ride home and had his back feet on the console and his front feet on the dash and looked out all the time. (Actually, some folks believed that too.)

Piggy turned out to be quite a hit at the pig roast, especially after I told them how much fun Piggy had on the cycle and the RV. We stuffed Piggy with \$200 worth of dollar bills and offered him to the lucky raffle winner, along with all the other prizes and even those small plastic pigs with only \$50 in each. The lady who won Piggy was quite delighted, but she said "I will gladly take the \$200, but after hearing your story and your love for Piggy, I just can't take him home, you can keep Piggy." Needless to say we were delighted and Piggy still lives with us and lives in our bedroom. By the way, he is no bother, is clean and makes no messes.



Kitty & Roger in Branson, Missouri



Piggy

Trivia Sayings

Many years ago in Scotland, a new game was invented...it was ruled 'Gentlemen Only...Ladies Forbidden'...and thus, the word GOLF entered into the English language.

Each King in a deck of playing cards represents a great king from history: Spades - King David; Hearts - Charlemagne; Clubs - Alexander the Great; Diamonds - Julius Caesar.

Intelligent people have more zinc and copper in their hair...(just a minute...let me check.)

Answers from "Looking Back" on p. 10

- 1) Grand Coulee Dam; 2) 1928; 3) Neil Gorsuch; 4) Japan and India; 5) Rita Hayworth; 6) Jeff Bezos (Amazon); 7) Mississippi River; 8) How Great Thou Art; 9) Magic Johnson

If Driveways Could Talk by Karen Shane

Nowhere did John and I enjoy wintering more than in Palm Springs, a community that transitioned from Golden Age movie stars' golf club to ultra chic resort. OK, OK, it may have been our age, but we found the ambiance of Palm Springs compelling: Historic neighborhoods, great weather, and Frank Sinatra crooning on restaurant sound systems. Once-cultivated date palms were now regal sentinels holding sway over empty lots with remnants of concrete pads and dashed dreams.

Whenever we wintered in Palm Springs, we visited many of the old neighborhoods like Palm Canyon Mesa, the Movie Colony, and the Racquet Club where Golden Age movie stars escaped Hollywood. Perhaps it was my sense of history, but I had no trouble envisioning Ralph Bellamy and Cary Grant heading out Avendia Caballeros for an early morning canter across the desert. At least that was my embellishment on the legend that said it was named for all the stables located on the avenue. I was rather inclined to think it was christened for all those famous cowboys about town.

High on my list of fun activities in Palm Springs was doing a bit of sleuthing to find old homes of the stars. Some locations were well known like Bob Hope's relatively recent 23,300 sq.-ft. house high atop a ridge with its black "flying saucer" roof. But others took considerable determination to track down. Frequently I had to trace changed street numbers, new entrances, and weathered identifications. Chain-of-title didn't go back before 1938 when Palm Springs was incorporated. Many of the historic neighborhoods were posted with no trespassing signs. I found that I was much better off on foot where I could pass for a local as long as my camera was in my pocket.

Jack Benny's home extends a block behind three black wrought iron gates decorated with large golden "B"s. Cary Grant was a nearby neighbor. The actor lived for eighteen years at Las Palomas. Like Benny's home, it is secluded behind high, gated walls and abundant shrubbery. But Las Palomas has historic site plaques recognizing its famous lineage.

An invitation to Frank Sinatra's home, Twin Palms, on New Year's Eve was the town's most coveted. Seems singer Tony Martin and fetching wife ballet dancer Cyd Charisse were omitted from the guest list one year. Martin said he doubted he'd "ever forgive" Sinatra for the slight.

On New Year's Day 2012 we checked out Sinatra's digs, readily recognizable by those twin palms. I had no trouble visualizing those bashes decades earlier, wondering how many party goers had ended up in the piano-shaped swimming pool at the base of those famous palms. Built in sixty days in 1947 for \$110,000, it sold in 2000 for \$1,345,000.

John and I saw Cyd at the Palladium in London while we were there living on our canal boat. The event was a celebration of Fred Astaire's life. Cyd was one of the handful of dancers who worked with both Astaire and Gene Kelly. Cyd said that when she came home, Tony always knew with whom she'd been dancing. "If I was black and blue," she said, "it was Gene. And if it was Fred, I didn't have a scratch." In his autobiography, Astaire called Cyd Charisse "beautiful dynamite...That Cyd! When you've danced with her, you stay danced with."

After Ol' Blue Eyes and Nancy divorced in 1951, he continued to live at Twin Palms with second wife Ava Gardner. Later, during their stormy breakup, Frank threw her clothes onto the driveway in front of Lana Turner who had just arrived. Frank's grave site in the Coachella Valley receives fresh flowers every Wednesday. The inscription reads "The best is yet to come."

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**Those Golden "B"s on Jack
Benny's Gates (L)**

Frank Sinatra's Twin Palms (R)



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No Rearview Mirrors by Chaplain Paula Valle

She is old - yes, even very old. I have stood awed before that truth. For her mind has been ever-young -- spilling over with plans and ideas and projects. In years past, she was always active - raising a family, supporting her husband in ministry, flitting all over to provide music in worship and in the community, to visit the sick, to care for this relative or that. Even lately, somewhat slowed down, she would provide music, humor, and love to so many. We'd come, expecting to fill her life, only to find ours filled, instead. For us, she helped to destroy our fear of old age. She seemed forever young. We cannot believe that she has shared her beautiful life on this earth for nearly a whole century. Until now.



Now she is frail, weakened, bed-ridden. Her skin looks translucent and egg-shell fragile, like a piece of precious old china. I almost fear to touch her, lest she crumple under my hand. The body which has served her so long and so well is finally wearing out. She is preparing to leave us.

She is young -- in the full bloom of early adulthood. Her body swells with new life, the first child she and her husband are expecting. She does not know exactly what her baby will be like or what it will be like to be a mother, but it is new life and it will be good. Her face radiates love and joy as she prepares for her new baby girl.

Two women: one at the very end of human life, one at the beginning. I see on their faces the same kind of joy, the same kind of radiance. For both are expecting new life and both know it will be good. My loved one does not know any more details of her new life than my young one does, but she is equally secure. She has walked with her Lord all her life and He has promised. That is enough. She who taught me so much about being old, is now teaching me about eternal life.

Brother St. Paul tries to describe for us the gift God gave us through his resurrected Son, Jesus Christ: Eternal Life. Easter is the promise of a beginning...a beginning that is beyond what we can know or imagine.

"For our earthly bodies, the ones we have now that can die, must be transformed into heavenly bodies that cannot perish but will live forever.

When this happens, then at last this scripture will come true -- "Death is swallowed up in victory." - I Corinthians 15:53,54

Loving God, thank you for the saints who go before us, lifting up their torches saying, "This is the way." Help us to be worthy of the faith they hand on to us, to run our part of the relay as well as they did.

In Resurrection Victory we pray, Life Without End! Amen.

Easter Sunday Service, April 1, Please join us in worship at 2:30 or 3:30 PM.

Special music will be provided by Gretchen Siekmann Dempsey and local renowned vocalist, Marion Kelly. His powerful, uplifting voice and music will be an inspiration on this Resurrection Sunday!