

The Busy Lives of Don and Jean McPherson by Vinita Organ

It is difficult to realize that Don and Jean have lived at Royal Oaks only five and a half years. They have added so much to what Royal Oaks means to residents.

Jean, currently president of the Residents' Council, also oversees the monthly report of volunteer hours, making sure we all remember to record the hundreds of hours given in service by residents. She also maintains a place on the Health Care Committee Board. Of course, she and Don make plenty of time in their lives for their family, doubly so, since twins are prevalent in every generation of Jean's family. The McPhersons also play duplicate bridge on a regular basis.

Don was president of the computer club for five years, and remains a very active member. His interest in photography led him to developing his own darkroom. Their garden home is enhanced by many of his photos. He put his talents to good use by developing a real estate brochure, something not done before. His photos of homes made these brochures much sought after. Now, offering the sale of a home without a brochure to enhance it would be rare.

Jean, a nurse for 20 years at Boswell Hospital, began life in the Seattle, Washington area. A nursing career carried her throughout many years, and provided years of joy for Jean, who couldn't imagine not being part of the health care world.

Don, also having grown up in the state of Washington, has found his joy in being part of the retail world and at one time, had his office in The Empire State Building. His jobs have provided new adventures, but Don and Jean love to travel, so they added their own fun trips over the years including Europe, Australia, Panama, Japan, Russia, the Mediterranean and now, along with some of their family, are purchasing a house on the Olympic Peninsula where they may spend time enjoying the scenery of the mountains. After moving to Sun City West in 1983, Don and Jean started looking ahead and made plans to settle at Royal Oaks. Long trips may be rarer for the McPhersons but their memories and Don's photos will provide happy times.



Royal Oaks Strategic Plan by Kendra Eberhart

One of the fundamental responsibilities of the Board of Trustees is to engage in strategic planning for the organization. Strategic planning is an activity used to set priorities, focus energy and resources, strengthen operations, adjust the organizations direction in response to a changing environment and ensure everyone in the organization is working towards common goals.

Strategic planning is a disciplined effort that produces decisions and actions that shape and guide what an organization is, who it serves, what it does and why it does it with a focus on the future. Effective strategic planning is a road map of where the organization is going and the actions needed to get there. It is also important that the strategic plan aligns with an organization's mission, vision and values.

After much work, consultation and planning, in January 2015 the Board of Trustees approved a strategic plan. Here we are just a little over three years later and I am pleased to share with you that we have successfully implemented or are in the process of implementing all of our strategic priorities. They are listed below:

Manage Expenses & Revenues for Long Term Sustainability

Royal Oaks has a long history of financial strength and we want to ensure we maintain this financial strength for years to come. We have achieved greater operational efficiencies, improved our actuarial financial ratios, and identified new sources of revenue.

Re-design the Delivery of Health Related Services to Meet Existing and Future Resident's Needs

We all know the delivery of health services has changed in this country and is continuing to change. We want to proactively manage these changes while maintaining our commitment to provide life time care for our residents. We have converted our skilled nursing center to assisted living providing a more flexible delivery of care, expanded the Wellness Center services to include case management, expanded our partnerships with community health providers and promoted aging in place.

Balance the Facilities to Align with Services and Business Model

With an aging campus it is critical that we continue to modernize and update our buildings as well as interior and exterior spaces. We created a new 20 year master plan with the first seven year phase in process. The master plan includes a new source of revenue with the addition of more independent living homes. The plan also addresses eliminating or repurposing spaces and buildings, and we acquired additional land for future development.

It is amazing to see all that has been accomplished in such a short time. This year the Board of Trustees and management staff will develop a set of new strategic priorities. These priorities will guide us into the future with confidence and enthusiasm!

Inspiring Passion. Connecting People.

Master Planning Update

We are excited to share with you that we have selected a general contractor for the first phase of our master plan. Kitchell is an employee-owned Arizona corporation that was founded in 1950 and a recognized leading construction company. They have varied and vast experience which will serve us well on this project.

We have hired a sales manager for the new neighborhood and her name is Kari Dickson. Kari is working with Vicki and her staff learning all she can about Royal Oaks. Kari is temporarily located here at Royal Oaks but eventually she and her staff will office at the new information center when it is ready in the fall.



Meet Kari Dickson

What happens when a resume lands on your desk of a person with a strong background in senior living sales and a bachelor's degree that includes a minor in gerontology? You hire her!

Kari Dickson is the newest member of the Marketing Department. She will be the expansion sales manager and until we begin marketing the new apartments, Kari will be selling on our current campus to keep occupancy high and getting to know our culture and people. She has decades of experience helping seniors. She began her career at Beatitudes (a rental CCRC), selling in their assisted living center. She was then recruited by Sunrise Senior Living to pre-sell for a new building in Scottsdale. "I worked out of a construction trailer and gave hard-hat tours before we opened," laughs Kari. "That challenge prepared me for pretty much anything." Kari earned their award for top salesperson.



For the past 10 years, Kari has managed the sales team at Haven Behavioral Health, where her accomplishments were so numerous they would take up this whole newsletter! She and Heather both have sons who play baseball and Heather put a bug in Kari's ear about opportunities here, and now the rest is history.

"Kari's background is perfect for us," said Vicki Ullery. "What really impressed me was that she built a very good career while raising five sons, who today range in ages from 23 to 13. In that time frame, she also managed to complete her Bachelor's degree in a field that helps seniors." Kari's love for our field is evident—she enjoys engaging with residents and has already brought new ideas for our marketing efforts. Look for great things from Kari as we begin the expansion.

A fitness buff, Kari teaches a 5:15 am barre course three days a week so challenge her to show you some new ways to stay in shape! She and her now-husband, Lance, have created quite a menagerie in blending their two families—her five boys (including a set of twins), his two sons (a set of twins) and a daughter, 3 dogs, 2 pigs, and 3 turtles. Stop by and say hello. . . the pig stories themselves are worth hearing about! She is located in the first office on the right in the admin offices.

Second Parade of Homes Scheduled for May 15



Last year's Parade of Homes gathered so much positive interest that we are repeating it again this year. On May 15, from 10 am to 1 pm, a dozen or more apartments in the main building and the Illingworth 3rd floor will be available for prospects to view, meet with residents, and then end their tour with refreshments in The Arbors with the Marketing team. In the late fall, we will do the same thing showcasing Garden Homes.

A map will be available at the front desk a few days prior to the event so you, too, can visit the apartments and certainly invite your friends! We can email your friends a map in advance so they can plan which apartments they'd like to view. Many residents have volunteered to be hall monitors and help prospects get from one apartment to another and your help is greatly appreciated in that endeavor, too! Prospects will welcome the opportunity to engage with you, so feel free to answer their questions and direct them to another one of the apartments on the tour.

If you have questions or suggestions on how to make this event supremely successful, see Vicki in Marketing.

Let's Talk Books by Linda Peterson



ROYAL OAKS LIBRARY

EDUCATED: A Memoir by Tara Westover

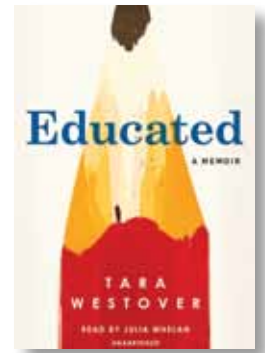
In the Author's note, at the beginning of the book she writes, "*This is not about Mormonism. Neither is it about any other form of religious belief...In it there are many types of people...*"

Parts of this book may remind one of Hillbilly Elegy. Tara grew up in a survivalist family, "living off the grid," in the mountains of Idaho with her parents, six brothers and sisters. Isolated from the rest of the world, they did not go to school and their only social life was attendance at a Mormon church, even though her father did not subscribe to any traditional belief. The father had a junkyard surrounding their house and the yard was littered with various types of scrap metal which he sold for some cash income. Her mother was an herbalist and midwife.

The three eldest brothers were born in a hospital, but after that, the children were born at home. Some of the most harrowing parts of her story, are how the family dealt with serious medical emergencies, without any professional help. Life was harsh and constricted. Tara suffered from the effects of her father's bad temper, the hard labor and she was tormented and tortured by one of her brothers.

Amazingly, when she was around 17 she began to talk with one of her older brothers who had "escaped" and was a student at Brigham Young University. He encouraged her to apply to college and by teaching herself some mathematics and grammar, she was able to be accepted for admission on her second try. This opened the world to her and she embraced education both as a way to survive and "to see life through new eyes." Even more remarkable, through her diligent study and dedication, she received a Gates Cambridge Scholarship and eventually a MPhil and PhD from Trinity College, Cambridge. Later she became a teaching fellow at Harvard University.

She struggled to retain the ties to her family, and was partially successful. A compelling and absorbing story you will not forget, by a masterful writer. This is her first book.



Royal Oaks Computer/Technology Clubs

MAC Meeting is at 9:00am in the auditorium.

PC Meeting is at 10:00am in the auditorium.

MacMedia presentation focus on iphones & ipads

Shopping online: All the ins & outs

Did You Know...? by Charlotte Nossaman

- According to *Consumer Reports*, canned salmon is as good for you as fresh. A USDA study found slightly higher levels of omega-3s in canned pink and red salmon compared to fresh salmon. If you eat the soft little bones, you get as much calcium as in a glass of skim milk.
- Potatoes get a bad rap because of their high carbohydrate content. Purple and white potatoes, rich in the minerals magnesium and potassium can help lower the risk of hypertension according to a 2013 review in the *Annals of Medicine*.
- Foods like garlic, coffee and alcohol can cause breath problems even if you cleanse your mouth after eating them. Eating a high-fiber diet helps with mouth cleansing. Pineapple contains a beneficial breath-refreshing enzyme.

Everyone's Ideal Mother by Claudia Smith (aka: Ms. Puff)

Does your ideal mother look like June Cleaver, on a long ago TV
Or perhaps she looks like your mother, what does your mind's eye see
Is she the perfect hostess, entertaining family and friends
Maybe she sews like a tailor whenever your clothes she mends
Are her eyes brown as chocolate or blue as the sky above
Is she warm and affectionate and always there to give you love
Does she teach you new steps as you sway to a dance
Will she listen to you as you tell of your new romance
When you came in late, was she waiting up for you
Because she loved you more than you knew
Did she take you to church so you would learn about God
Even when she was tired to your game she would trod
Oh a mother has so many roles in her life
And every day can bring happiness and strife
Honor your mother, this month of May
For your ideal mother was precious in her own way

Birds at Royal Oaks: The Verdin By Dick Anderson



The Verdin is a bird that most people probably miss when first seeing them. They are finch or small sparrow size, buff colored, and move around pretty quickly, much like a chickadee in trees and bushes (what bushes are left). I usually watch for a yellowish tinge on their head to see if it is a Verdin. Then you want to look for a small red patch on their shoulder. (see photo). Their range is the Southwestern United States and Northern Mexico and they have been slowly disappearing especially in Southern California as development removes their favorite desert scrub habitat.

They eat mostly insects and spiders and I have never seen one at a feeder except several around our place have a sweet tooth and are regulars at the hummingbird feeder. **Allaboutbirds.org** says they build many sphere shaped nests with a hole near the bottom, using them for nesting and roosting and may build several nests every year. The roosting nests tend to be considerably larger. They lay 3 to 6 light green eggs with reddish spots.

REJUVENATED JEWELRY MOTHER'S DAY SALE

Thursday, May 3

6:00 am to 11:00 am

The Gallery

New arrivals plus a wide selection of marked down items. Proceeds go to the Foundation.
Any jewelry you would like to donate (broken included) will be appreciated.

Call Arlene Gibson 623-876-0597.

Royal Oaks Directory Updates

Additions, Corrections & Transfers

Page	Name		Note
6	ALLEN, Ed & Loretta	ADD	180; 623-975-1815
6	BAUMANN, Marlyn	TRF	CC 39; 623-584-2871
6	BELL, Erwin & Karen	TRF	105
6	BRYAN, Carol	TRF	334
11	HAAS, Hazel	TRF	CC 21
12	JONES, Tom	TRF	CC 50; 623-815-4242
14	LINDFORS, Nils	TRF	223
15	MCCLAIN, Lori	COR	232; 928-266-5485 (Cell Phone)
15	MILLIGAN, Virginia	TRF	CC 38; 623-815-4149
18	ROEGER, Beverly	TRF	FH 2401; 623-815-4239
18	ROKSANDIC, Audrey	TRF	FH 1412; 623-815-4239
19	SCORDATO, Dotti	TRF	CC 3; 623-792-9505

Memorials

11	HAMMOND, Harold		
15	MOERSDORF, Gerry		
20	VEGSO, Kathryn		

Royal Oaks Monthly Volunteer Hours

March 2018

Total Volunteer Hours	2492
Number of Volunteers	304

Volunteer Hours submitted by Jean McPherson

New DVDs added to the Library

D-820	MURDER ON THE ORIENT EXPRESS
D-821	THREE BILLBOARDS OUTSIDE EBBING, MO
D-822	LADY BIRD
D-823	I, TONYA
D-824	POMPEII--THE LAST DAY

Promoting Wellness by The Wellness Center Staff

Dispatch Health, a MOBILE Urgent Care service, is now being offered to our residents as an option for non-emergent medical treatment in your home. Dispatch Health is Medicare certified and has been vetted by Royal Oaks as a provider. More information on Dispatch Health services is available in the Wellness Center. Dispatch Health will also showcase their services at the upcoming "Wellness Week" fair in the main lobby the week of May 6th.

The Wellness Center staff can properly dispose of old medications for Independent Living residents. During "Wellness Week," which will be held in the main lobby the week May 6th, the Wellness Center staff can take your old medications and properly dispose of them.

Just as a reminder, there is a sign-up sheet for the new Shingrix shingles Vaccine in a white binder in the main lobby. The Shingrix vaccine clinic will be held on June 13 at 9:00 AM and 2:00 PM, in the LEC Auditorium for independent living residents.

Jumpin' Chuck Behnke

Items of interest related to the Chuck Behnke parachute jump

Chuck was inspired to make the jump on his 90th birthday by President George H. W. Bush who did the same thing on his 90th birthday. (Chuck looks to be in much better shape than President Bush.)

There were no practice runs before Chucks' jump.

The altitude of the plane when Chuck left it was 13,500 feet.

If Chuck is still feeling OK at the next milestone birthday, he plans to jump again. If so, the **whole** family agreed to jump with him. (including Bobbi???) Editors note: I'll believe that Bobbi will jump when I see it.



All our residents are special but not all of them go skydiving! Chuck Behnke, to celebrate his 90th birthday on March 30th, joined two sons, two grandsons, and a granddaughter in jumping out of a plane! Maybe he'll give a Learning Tree talk about the experience?

SAVE THE DATES: Special Summer Lecture Series Scheduled

 by Claudia Rumwell

Dates: Mondays - June 4th, 11th, 18th, 25th

Time: 10:00 – 11:00 am in the Auditorium

Title: "SHIPWRECK! – Globalization is Nothing New"

Ready for a great story? An ancient shipwreck and its stunning cargo – recently recovered – tell the remarkable story of a vast international maritime network of commercial and cultural exchange! (Secrets to be revealed). History Storyteller, teacher, and longtime Royal Oaks resident, Lyn Griffiths, will tell the fascinating story of the Belitung shipwreck, with the help of Sinbad the Sailor, the Queen of Sheba, and many more. Look for future reminders on the Learning Tree Bulletin Board and the 'weekly flyers' provided by Nada Kennon.



New Horizons: He Says, She Says

 by Anne Miller

Date: Tuesday, May 15, 2018

Time: 7:00 pm

Place: RO Auditorium

Speaker: Sharon Cook

Title: "He Says, She Says"

One lecture from Sharon's "Our Marvelous Brain" Lecture Series. An informative and humorous explanation of those mystifying differences between men and women. Learn the biological reasons for behaviors that one sex often cannot understand in the other and how that information can be used to build harmonious relationships.

Sharon has extensive experience speaking on six cruise lines! She is an educator, author, business owner with nationwide teacher training workshops. She has also been a magician's assistant, puppeteer, teaches various crafts and is a dance teacher.



Sunday	Monday	Tuesday	Wednesday
<h1>May</h1> <h1>2018</h1>		1	2
		10:00 - Ping Pong, Care Center 10:00 - Clogging Group, MS 10:00 - On-site Alterations, CR 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 - Needlework Group, GAL 6:00 - Royal Oaks World Poker Tour – 3rd Flr Bal	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 4:00 - Music in the Lobby 6:00 - Friendly Bridge, GAL 6:00 - Memory Care Support Group, FH Conf. Room
6	7	8	9
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 9:00 - Painting, All Media, GAL 10:00 - Annual Board of Trustees Meeting, AUD 11:00 - Communion & Devotion, Willowbrook Methodist Church, CH 12:00 - Line Dancing, AUD 12:00 - Wii Sports, MR 1:00 - Sheepshead Card, 3 rd Flr Bal 2:00 - Chess Club, VR 6:00 - Mexican Train Dominos, GAL	9:00 - Computer Club (PC/Mac), AUD 10:00 - Ping Pong, Care Center 10:00 - Clogging Group, MS 11:00 - 1:00 - Health & Wellness Week, Main Lobby Hallway 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards, GAL 2:00 - Needlework Group, GAL 6:00 - Royal Oaks World Poker Tour, 3rd Flr Bal	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 11:00 - 1:00 - Health & Wellness Week, Main Lobby Hallway 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
13	14	15	16
<i>Mother's Day</i> 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, GAL 12:00 - Line Dancing, AUD 12:00 - Wii Sports, MR 1:00 - RO Resident Council Mtg, CR 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 - 1:00 - "Parade of Homes" 10:00 - 1:00 - Clubs and Activities Annual Exhibit, Front Lobby Hallway 10:00 - 12:00 - Music in the Lobby with Chris Hansen 10:00 - On-site Alterations, CR 10:00 - Clogging Group, MS 11:00 - Hearing Assistance Receiver Battery Test, BL 11:30 - Wii Sports, AUD 1:00 - Making Greeting Cards 2:00 - Needlework Group 6:00 - Royal Oaks World Poker Tour, 3 rd Flr Bal 7:00 - NEW HORIZONS "He Says, She Says" by Sharon Cook, AUD	8:30 - TRIP, Vee Quiva Casino 9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 9:30 - Faith Presbyterian Bible Study, Willows Room 1:00 - Hand & Foot, CR 1:30 - Ukulele Club, MR 4:00 - Music in the Lobby, "Tunette" 6:00 - Friendly Bridge, GAL
20	21	22	23
11:00 - TRIP - Art of Wine Benefit at Bashas Gallery, Chandler 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 9:00 - Painting, All Media, GAL 10:00 - PEO Chat Group, VR 12:00 - Line Dancing, AUD 12:00 - Wii Sports, MR 1:00 - Sheepshead Card, 3 rd Flr Bal 2:00 - Chess Club, VR 6:00 - Mexican Train Dominos, GAL	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 – 3rd Flr Bal	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 1:00 - Hand & Foot, CR 1:30 - Ukulele Club, MR 4:00 - Music in the Lobby 6:00 - Friendly Bridge, GAL
27	28	29	30
2:30 - Vespers Service, CH 3:30 - Vespers Service, CH	Memorial Day Holiday 10:00 - MEMORIAL DAY CEREMONY with Anthony and Valerie, AUD	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 6:00 - Royal Oaks World Poker Tour – 3rd Flr Bal	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 - TRIP, Bank of Your Choice 4:00 - Music in the Lobby "Senior Moments" 6:00 - Friendly Bridge, GAL

Thursday	Friday	Saturday	ROOM KEY
3	4	5	ROOM KEY 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
6:00 - 11:00 – Mother's Day - Rejuvenated Jewelry Sale, GAL 9:00 - National Day of Prayer, IC Activity Room 10:00 - Ping Pong, Care Center 11:00 - TRIP "Diamondbacks Baseball Game", Chase Field 11:00 – Faith Presbyterian Church, Worship w/ Communion, CH 1:00 - Shopping, Walmart 2:00 - Corn Bag Toss, MS 6:30 - 8:00 - ENTERTAINMENT by Midnight Moon, "Marti Robbins Show", AUD	9:00 - Men's Breakfast, OR 9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 11:00 - VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 - Wii Sports, MR 1:00 - 3:00 - \$.35 Anniversary Food Deal, AG 1:15 - RO Flix, "I, Tonya", AUD 2:30 --Resident Bible Study, CH	9:30 - Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg Nuts, 3 rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL Royal Oaks Golf Outing	
10	11	12	
10:00 - Ping Pong, Care Center 11:00 - 1:00 - Health & Wellness Week, Main Lobby Hallway 1:00 - Shopping, Walgreens 1:00 - Conversational French, 3 rd Flr Bal 2:00 - Corn Bag Toss, MS 2:00 - 3:00 - SW Mobility Free Service Day, Oasis Room	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 10:30 - Bio Buffs, CR 11:00 - 1:00 - Health & Wellness Week, Main Lobby Hallway 11:00 - VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 - Wii Sports, MR 1:15 - RO Flix, "The King of Masks", AUD 2:30 - Resident Bible Study, CH	9:30 - Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg Nuts, 3 rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
17	18	19	
10:00 - Ping Pong, Care Center 10:00 - 1:00 - VENDOR APPRECIATION SALE, AUD 10:30 - American Lutheran Church Communion & Devotion, CH 1:00 – Shopping, Arrowhead Mall 2:00 – Corn Bag Toss, MS	9:00 - Men's Fellowship, OL 9:00 - Wood Butcher's Den, WS 11:00 - VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 - Wii Sports, MR 1:15 - RO Flix, "Lady Bird", AUD 2:30 – Resident Bible Study, CH	7:00 - 9:00 - Pancake Breakfast, OR 9:30 - Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg Nuts, 3 rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
24	25	26	
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 6:00 - 8:00 - ENTERTAINMENT, DANCE and SOCIAL, "Come Back Buddy Band", AUD	9:00 – Men's Fellowship, OL 9:00 – Wood Butcher's Den, WS 10:30 – Bio Buffs, CR 11:00 – VitaliTree, Life Changes Support, IC Private Dining Rm 1:15 – RO Flix, "Wonder", AUD 2:30 – Resident Bible Study, CH 6:30 – BUNCO, GAL	9:30 - Clogging Group, MS 11:30 - Wii Sports, AUD 1:00 - Mah Jongg Nuts, 3 rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL Alaska Cruise Departs	
31			
10:00 - Ping Pong, Care Center 2:00 - Corn Bag Toss, MS		Notes:	

REMINDER:

See **Channel 1-1** for current & updated information.
CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.

ATTENTION: In the event of any changes or additions to the calendar, please notify **Nada Kennon**, Event Coordinator at **815-4119** or see her in the office. Please include a current contact person for your club, event or activity.

Let Me 'Wine' a Little by George Berscheid

I have tended to stay away from an article relating the health benefits of wine, but there are so many studies on those benefits that I have decided to do one.

It is said that red wine is the healthiest of all alcoholic beverages (although white wine isn't far behind) when, and this is very important, you drink one glass a day with a meal. Red wine is especially rich in nutrients and chemical compounds, including resveratrol. Drinking it in moderation, so say the scientists, is responsible for the following health perks:



- Red wine lowers blood sugar. A study from Israel found those with type 2 diabetes who drank a glass of wine at dinner had lower glucose levels than those who drank water.
- You'll snooze better after a glass. The same study found wine drinkers also slept better.
- It trims your waistline. A chemical found in red wine can help you burn fat if you're overweight, researchers from the U. of Florida found.
- You get fewer colds. One Spanish study looked at 5,000 people and found that the wine drinkers lowered their risk of catching a cold by 40 percent.
- It keeps the blues away—at least if you're over 55. A study of 6,000 people for seven years found that wine drinkers were less likely to suffer from depression. This was true whether they drank a glass a day or as little as two glasses a week.
- Red wine protects against memory loss. Loyola University Medical Center found that moderate wine drinking lowered a person's risk of dementia by 23 percent.
- It cuts down on cavities. Red wine has antibacterial properties, which means fewer bacteria can attack your pearly whites.
- Red wine protects against certain cancers. Research has shown that men who drink four to seven glasses of wine a week can cut their risk of prostate cancer by half.
- You lower your chance of having a heart attack or a stroke. Numerous studies have found that red wine drinkers have higher HDL cholesterol levels—that's the good stuff that protects your heart.
- You'll live longer. Harvard studies discovered that resveratrol may be able to revive the cells that protect us from diseases, which tend to wind down as we get older. Mice given resveratrol had twice the endurance and lifespan of regular mice.

Ok, we are not mice and I can't picture living twice as long just yet, but it would appear that there is enough research to show that the moderate, and again I repeat, moderate, drinking of wine does show benefits to our health.

The Book Pharmacy by Mary Duncan

ROYAL OAKS - November 22, 2003: Grand Opening of the Assisted Living/Life Enrichment Center, honoring Davis Illingworth. The "Assisted Living" part is for residents. The "Enrichment" part: an auditorium, classrooms, computer room, game room, ping-pong and pool tables plus a large multi-purpose room. There is to be a reading room with fireplace, table, comfortable chairs and a big book case. Choosing among these "enrichment" options takes seriously serious thinking.

The little reading room library has grown from few donated books to be shared on the honor system, to books purchased using a signing-out record keeping system and becoming an official lending library. All accomplished with the hard work and dedication of volunteers.

Four years ago, Flo Wiggins and Mary Duncan became managers. They immediately realized that this was no ordinary library...that the books here have therapeutic properties. That the right book can lift a spirit, repair a hurt, and rejuvenate the curious.

Thus the new name, inaugurated in 2016...The Book Pharmacy. The right book is good for what ails you.

Evergreen Fitness News for May - Wellness Week 2018 by Wendy Warchock

Keeping you 'well' informed to make 'healthful' choices! Join us every day listed below in the lobby/acorn grill hallway for exciting, engaging, informative, and timely topics we all want to know more about.

May 8 - Tuesday	May 9 - Wednesday
<ul style="list-style-type: none"> • Free posture evaluation with Chiropractor, Dr. Copp • Free hearing screening and ear scope to look inside your ear with Hear USA • Oral hygiene, dry mouth and other dental/mouth issues discussed with the Midwestern University, College of Dental Medicine students • Light bulb and battery recycle collection with RO facilities department • Fitness wheel trivia and prizes with VitaliTree • Roll the dice balance test with Wendy Warchock 	<ul style="list-style-type: none"> • FREE FOOD samples from Morrison, try cashew milk, freekeh, ripple milk, vegetarian chili, variety of cheeses and much more • Safe collection of your expired medications from Wellness Clinic • Tips and tricks on how to get off the floor safely and easily with Summit Living Well • Hand grip test from Summit Living Well • Mobile Urgent Care Service with Dispatch Health • Leg health with AZ Vein and Vascular Clinic
May 10 -Thursday	May 11 - Friday
<ul style="list-style-type: none"> • Acupuncture with Patricia Martin, L.Ac. • Free mini massage by Beth Eyring • Summit Physical Therapy – FREE assistive device adjustments (canes/walkers) • Podiatry and foot health with Dr. Jong • Fresh farmers market • Sign up for a FREE home safety/fall risk check with a Summit Occupational Therapist • Mind, body, spirit bean bag toss with VitaliTree 	<ul style="list-style-type: none"> • Regency Dermatology and common skin concerns • Sunshine Services – assistive device needs and rentals • VitaliTree library book check out • Hole in one golf challenge with VitaliTree • Lower body strength testing • 1:00 PM - One mile walk -- meet in the old bank area/hall by elevators 1 & 6 (lead by Wendy Warchock)

Another Grandson??? by Irving Dennis

Vid Jairam says that he feels as if he's coming to visit his six hundred grandparents when he comes to work her at Royal Oaks. Now if that isn't a very wonderful compliment to us all, I don't have any idea what would be. So when you see Vid in the corridors or knocking on your door to fix your air conditioning or some other malfunctioning appliance, remember to greet him as you would your own grandchildren.

Vid has been coming to Royal Oaks for a long time and really feels at home here. His first eight years working here as an Air Conditioning Technician was as an "Off-Campus Contractor." He actually joined the maintenance staff two years ago and feels very much a member of a special team of technicians doing their very best to see that our needs as residents are met whenever our homes require repair or adjustment. Team is the key word in his mind because, he says, "we all work together."

Guyana is Vid's birthplace. That's a small country in northeastern South America. It's the only English-speaking country on the whole continent. It's a tropical country, so you can imagine his reaction when at the age of six his family moved to Chicago, Illinois- during a blizzard! All his schooling was in the "frozen northland." That's why he moved to Arizona. He and his wife, Shika, live in Surprise with their daughter, Nadira who is eighteen and, when she finishes high school this year, plans to go on to community college. In his free time, Vid enjoys fishing and hiking.

So, even if your A/C doesn't need service, you still have an adopted grandson to greet with a smile and a kind word as you cross paths in our wonderful home here at Royal Oaks.



May Birthdays

DATE	LAST NAME	FIRST NAME	UNIT
2-May	Firth	Susan	1091
3-May	Barnard	Diane	1088
3-May	Jones	Enos	3201
4-May	King	Anne	165
4-May	Olson	Barbara	206
5-May	Miller	Barbara	243
6-May	Hill	Donald	246
6-May	Pflugrad	Jerry	231
7-May	Herrboldt	Helen	1427
7-May	Parker	Albert	1034
8-May	McCurry	Leanore	116
11-May	Duncan	Mary	260
11-May	Frye	Joan	384
11-May	Griffiths	Lyn	1051
11-May	Kraus	Fran	182
11-May	Preuit	Ken	276
12-May	Anderson	Fred	140
13-May	Landry	Lourdes	1027
14-May	Schulz	Glen	184
14-May	Walgren	Roberta	122
16-May	Crispin	Lillian	2403
16-May	Garrett	Phyllis	1057
16-May	McMahon	Marti	325

DATE	LAST NAME	FIRST NAME	UNIT
16-May	Zierten	Lee	1067
17-May	Howard	Kay	1217
18-May	DeWit	Jana	343
18-May	Merten	George	214
18-May	O'Neill	Marcie	1201
19-May	Leavitt	Barry	346
19-May	Miller	Anne	267
19-May	Modeen	Glenn	CC-8
21-May	Czarny	Gene	1042
23-May	Gordon	Cathy	254
26-May	Gehm	Frances	118
26-May	VanTreeck	Patricia	361
27-May	Baumann	Marlyn	CC-39
27-May	Olson	Helen	278
27-May	Turrentine	Mary	1208
28-May	Miller	Jim	267
28-May	Noll	Loretta	374
28-May	Salisbury	Peggy	279
28-May	Warren	Marilyn	2223
29-May	James	Marcia	1116
29-May	Woofter	Grace	1219
31-May	Jensen	Dennis	147
31-May	Vegso	Dick	CC-36
31-May	Vogel	Peggy	356

RO FLIX are presented EVERY FRIDAY at 1:15 PM in the Auditorium

Day	Film Title	Film Description	Cast
5/4	I, TONYA (2017, 2 HRS)	This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.	Margot Robbie, Sebastian Stan, Allison Janney
5/11	THE KING OF MASKS (1999, 1 HR, 41 MIN)	Our Second-Friday-Foreign-Film is from China. Nearing the end of his life, Wang - a locally renowned street performer and wizard of the venerable art of mask magic - yearns to pass on his technique. But custom decrees that he can only hand down his craft to a male successor. Anxious to preserve his unique art, the heiress Wang buys an impoverished 8-year-old on the black market. But when the child divulges a dreaded secret, Wang faces a choice between filial love and societal tradition.	Zhgang Zhang, Zhgang Zhao, Renying Zhou
5/18	LADY BIRD (2017, 1 HRS, 33 MIN)	In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape.	Saoirse Ronan, Laurie Metcalf, Tracy Letts
5/25	WONDER (2017, 1 HR, 52 MIN)	Entering fifth grade will be momentous for Auggie - because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.	Julia Roberts, Owen Wilson, Jacob Tremblay

Welcome New Royal Oaks Residents by Charlotte Nossaman

BARBARA LAWRENCE

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Barbara moved in March. She was an educator on the faculty of Glendale Community College and adjunct faculty at ASU. Barbara enjoys scrabble, travel, reading and theology. She was born in California, but spent most of her career in Arizona. Her church preference is Palm West.




Looking Back by Susan Krueger

1. The segmented hospital bed was invented by Willis Dew Gatch in the early 1900s. The modern push-button version was designed in 1945 and originally had a built-in convenience that was soon eliminated. What was it? An adjustable footstool? bed oscillator? A water tank and hose for bathing? A toilet?
2. Used in France during a blockade of 1808, the root of this flowering plant was roasted and brewed as a coffee substitute or extender. It is still popular in New Orleans. Name the plant.
3. A gallon of water weighs over: 6 pounds? 8 pounds? 10 pounds? 5 pounds?
4. George and Marion Kerby, played by Cary Grant and Constance Bennett, were fun-loving ghosts in a very popular 1937 movie. They decided that freeing their fuddy-duddy older friend, Cosmo, from his boring life would get them into heaven. The movie spun-off a TV series than ran from 1953-55. The title of the movie is the tormented friend Cosmo's last name. What is it?
5. The origin of this common phrase is in dispute. It could be from an 1855 joke about the making of shirts for a rotund judge. Or, it could be from the length of WWII aircraft machine gun belts. Or, the volume of a cement mixer. Or, the rigging of a sailing ship. What is this phrase that we use to mean, "all of it"?
6. In the continental US, which is the smallest state west of the Mississippi?
7. This singer, actress, and TV personality was rejected by Benny Goodman and Jimmy and Tommy Dorsey. She went on to have 80 hits between 1940-1957 and four decades of TV shows sponsored by Chevrolet. Her romance with the 20-years-younger Burt Reynolds made headlines. Who was she?
8. Where will the 2020 summer Olympics be held? Tokyo? Madrid? Istanbul? Rome?
9. Three of Campbell's soups are the most popular soups in America. Two are tomato and chicken noodle. What is the third?

See page 14 for the answers.

Chapter 2 – Rationing during World War II



During the war almost everything was rationed: Gasoline was perhaps the most wide spread item (for rationing?). You had to register all your cars and receive a rationing rating for each one. The rating was recognized by a window sticker with letters A through D. Everyone got at least an A rating which entitled the owner to 5 gallons per month. You had a folder in the car with little coupons for each gallon. If you had to drive to work in a defense related job then you got a B sticker and maybe 10 gallons. Special needs and emergency services received more gas under either a C or D stickers. Agriculture received unlimited gas, but the gas they were given for their tractors and plows was colored purple and if you got caught with purple gas in your car it was a heavy fine in court. Purple gas burned with lots of exhaust smoke so violators were easily spotted.

Gasoline was not the only problem, tires were in really short supply. There just weren't any to be had. And, of course, no new cars or trucks were manufactured between December 1941 and January 1946. All the car factories were used to make tanks and military vehicles. All the other big plants were for building aircraft. We had two cars throughout the war: a 1939 Plymouth coupe that my dad drove to work each day and a 1940 four-door Buick sedan that was mom's car and provided the transport for the rest of the family. I had my bicycle which was my main means (outside of walking) of transportation. There was no "Mom, drive me to the movie or take me to the store or take me over to Al's house."

Most food was rationed and each family received coupons for items such as: sugar, meat, eggs, butter, lard, chicken, fish and there was no candy, cake, cookies etc. unless your mom had enough sugar to make some for you. Seeing as how most of the sugar was used to can fruits (apricots, peaches, cherries, apples, pears) there just wasn't any sugar left over for treats. We had an apricot tree and a plum tree in our yard and we tried hard to get them picked before the birds messed the fruit up. We all sat down each evening to eat and I learned that if I didn't like what had been fixed for me, I could wait at the table until everyone else finished and then go to bed hungry. There just wasn't any food to waste.

Each family had a Victory Garden where we tried to grow vegetables (potatoes, tomatoes, carrots, beans, lettuce and corn) in patches of ground not being used for some more important task. We were lucky because my dad bought the two vacant lots behind our house and we used those for our garden. Part of it was also used by some of the neighbors. I built a chicken house and fenced in some of the vacant lot for a chicken yard. I started out with 4 dozen chicks and as they grew I kept one rooster and the hens. Soon I was feeding our family and some of the neighbor's eggs and chicken pieces. Of course, they paid me and I was able to get chicken feed and keep the cycle going. One of my most vivid memories that I have of that time was when my granddad showed me how to kill a chicken so we could cut it up for food. I held it by the legs and put the head down on a stump and hit it with an axe to chop off the head. I did it, but I dropped the chicken and it went running around the yard without a head. Wow! I learned later that it was better to twist the neck.

Coming in The June Acorn: Chapter 3 - Obtaining Wartime Food

Answers from "Looking Back" on p. 10

- 1) Toilet to replace the bedpan; 2) Chicory; 3) 8 pounds; 4) Topper; 5) "The whole nine yards"; 6) Arkansas
- 7) Dinah Shore; 8) Tokyo; 9) Cream of Mushroom

Kodachrome State Park by Karen Shane

Golden autumns were our favorite time of year in our special campgrounds. A 1949 National Geographic Society expedition named Kodachrome for the eponymous film that captured the ubiquitous red-sand chimney spires of this Utah state park.

The sun early on dropped over the canyon wall, providing welcome shade in PC No. 12 for Pumbaa and our chaises. Afternoons were generally devoted to vegging, with a panorama of the splendid box canyon before us. Much of the time was soundless, virtually wind-and-insect free. The only break in the stillness was the occasional yellow cottonwood leaf clattering to the ground and skittering across the hard packed red earth. When a gust of wind disturbed the first cottonwood, we followed with our senses the rustling as it moved through the canyon, catching the leaves of the handful of remaining cottonwoods. The distinct, ponderous, languid sound of a crow's wings carried it to a thermal. Another overnigher that turned into a week's stay.

One September day we hiked the perilous Eagle's View, a quarter-mile, badly eroded, spare trail with a grade of 42 percent in places and a 500-foot gain in altitude to the saddle at the end of our box canyon. From here we looked down into another, larger box canyon on the other side. This path had been used from the turn of the twentieth century until 1977 to drive cattle to rangeland, saving 15 miles of dusty trail.

The erosion of this chalk cliff made it the worst trail we'd ever hiked. Railroad ties in a few spots shored up trail remnants. Where a misstep would lead to oblivion, this unforgiving path will totally disappear one day. As we scampered across a short section of scree, or gingerly negotiated gaps where the narrow trail had completely eroded, the sound of tumbling pebbles breaking loose, plummeting behind us was unnerving. Even as we cautiously leaned into the wall to keep our balance, it too crumbled, setting yet more stones skipping down the cliff side.

John ever scoped out loop roads that made great day trips. A 46-mile Jeep road through Cottonwood Canyon from Kodachrome to U.S. Highway 89 just north of Page led to closing the loop via U.S. 89 north to Utah Route 12 and into Kodachrome another 150 miles later.

We surely would have been winners in the "Couple Who've Had the Most Picnics Contest." It didn't take much time or effort to pull together tuna salad sandwiches, dill pickles, apples, a salty snack, and a drink (although we always kept a couple power bars and water in the car in case we had trouble). We'd find a spot with a commanding view and pull off the road where we could survey our kingdom, generally uninterrupted by others, while we savored lunch.

Even as I keyed in this journal entry in the spring of 2009, John was winding up solving a mechanical problem for some neighbors, a young couple from Virginia who were taking their kids to see this extraordinary country. They reminded me of my father sixty years earlier making sure his daughters made it to all forty-eight states before graduating high school, an opportunity that had been beyond his grasp as a quarter Santee Sioux youth from central Nebraska.

Lucky was the traveler who broke down next to John. He was able to fashion a tool from a piece of steel angle that he hacksawed and bent to fit. He then was able to extract a jammed adapter from our neighbors. Canyon country makes for a special camaraderie among its visitors. We at once share an appreciation of these remarkable places and a comradeship in our isolation.

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**Pumbaa, center foreground,
Kodachrome State Park
John, center, hiking Eagle's
View Trail**



5,000 or 6,000 Miles Left by Chaplain Paula Valle



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Articles on genetic testing appear regularly in magazines nowadays. One article describes the extraordinary pace of genetic research and the issues that arise from it. One woman mentioned in the article found she has a gene that causes colon cancer. Anyone who has the gene has a 100% chance of developing the cancer. She has passed the gene on to one of her children, not the other. She and her children are agonizing about whether they want to be informed about the test results.



Some people are choosing not to know their fate ahead of time, especially if there is no treatment for the ailment. Before the test for Huntington's Disease became available, a survey found that the majority of those at risk wanted to be tested. Once the opportunity arose, however, only 15% took advantage of it. The anxiety of not knowing was easier to take than the certainty of the horror, as they put it.

And so it goes. In addition to the fear of certainty and not knowing how to deal with it, almost all of those who had no health insurance chose not to know. They wondered if they could ever get coverage if insurance companies knew they carried the mutated gene. The scientists doing the study concluded that we should prevent insurance companies from discriminating on the basis of genetic testing. An important issue for all of us to ponder.

Would you choose to know? And how would you live if you did know the tests were positive? Hard questions to answer.

Last month was Holy Week and Easter, a time of reflecting on Christ's death and resurrection. What moves me to the marrow of my bones every time I read the gospel account, is Jesus' very human struggle as he faces death. He is so deeply grieved, so scared. But he places his will into God's will and prays, "Thy will be done."

Dr. Bernie Siegel tells of a time he went to a home where the father was about to die. The family was present, milling about, but uncomfortable. They said they didn't know what to say at a moment like this. He replied, "Why don't you talk about your father's life?" The man had been a character, apparently, and so the kids began to tell anecdotes about his life. After a while the whole family started chuckling. They looked down, and lo and behold, Dad was laughing, too. He died and laughed in the same half hour.

That experience was a gift to the whole family - that their father could die with a smile on his face because of what he had contributed to them and what they gave back to him at that moment.

Even if we have one-half hour left, we are challenged to focus not on how little time we have left, but rather on what contributions we can make in that one-half hour.

Now, in conclusion, one last Bernie Siegel story. Bernie says, "One day I had to tell a patient: I'm sorry, but you have cancer." The man, who half expected the diagnosis, looked down at the floor for a while and then said, "Well, I guess that means I have five or six thousand miles left."

"What a wonderful answer," Bernie says. "I don't know what it means. But it does say: I will keep going as long as I can. We'll make a few repairs. We'll change my oil, put in new filters. And I'll go as long as I can."

Now, when somebody asks Bernie, "How am I doing?" he says, "You have five or six thousand miles left." Often the patient will smile at that, but no one has said to him: "What kind of doctor tells me I have five or six thousand miles left? I want to know the facts." No, they know the facts, that no one knows the future.

What we do know is that God challenges us to live fully, to contribute, to give of ourselves to the very end. And he assures us that we will never have to travel our five or six thousand miles alone.

John 14:27

Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled; neither let them be afraid.