

The Busy Lives of Chuck and Joan by Vinita Organ

The saying "If you need something done, ask a busy person" certainly applies to Chuck and Joan Lundeen. They have become adept at balancing several volunteer jobs at once.

Joan earned her RN at St. Vincent's in New York City. She earned her BS in nursing education and was a public health nurse in NYC. While working part-time as a nurse, she entered medical school. Joan, president of her class at Medical College of Pennsylvania finished her medical degree and moved to San Francisco for her internship and residency. After she left San Francisco, Dr. Joan Fluri, Cardiologist, met Charles Lundeen - sales manager for medical products at Hewlett Packard in Lexington, Massachusetts - and as Chuck says, "The rest is history - great history."

Earlier, Chuck, volunteering with the Jaycees in Palo Alto, California, established a primitive camp in Big Basin State Park, played with several bands, sang with several choruses, and maintained an active role in his ministry. Yes, Chuck is also an ordained minister. He and his three sons all earned their Eagle Scout rank.

In his business working life, Chuck worked in the lab at Hewlett Packard as a production engineer while studying for his PhD in Physiology at Stanford U. He moved to Pennsylvania to become part of a new division, developing gas chromatographs, which includes the science of identifying a car through a speck of paint.

By 1994 they decided to take early retirements, though still too young for Social Security. Chuck's mother, Mil Whitaker, was moving to Royal Oaks and the Lundeens became new Willowbrook residents, moving into her former home. Twenty-four years later the Lundeens are now fully moved into Royal Oaks, after several years of sleeping in their Willowbrook home to care for their dog, Puppen, an important member of the Lundeen family; Chuck and Joan made sure their small furry friend had love and care until her death in 2015.

While at Royal Oaks, Chuck served on the Marketing Committee for 12 years and Joan spent the same length of time on the Health Services Committee. She was one of three resident consultants on the design of The Friendship House. Joan became part of the new Learning Tree in 2012. Both were asked to assist Carol Bryan and Lori Waltz in presenting the story of the Learning Tree at the 2014 National Leading Age Conference in Nashville and afterwards were asked to become Deans of the Learning Tree. The Lundeens fulfilled that responsibility for 2 years. Joan has also worked with volunteers for The Friendship House.

The Lundeens take long trips in their RV and since both are avid skiers and feel fully settled into their new apartment, they may be off enjoying Mexico, ski slopes, or anyplace they choose to explore.



A New Fiscal Year Means a New Budget by Kendra Eberhart

The first of March will mark the beginning of our new fiscal year and this means we have a new operating and capital budget. During the budget process, each department manager is responsible to prepare their proposed budget for the new year. There are hundreds of line items in the budget and we do not automatically budget the same amount from year to year. The managers are challenged to look at each line item, see where they can improve efficiencies and areas where they can find some cost savings.

The operating budget for the new fiscal year is \$25,189,328 of which almost \$13 million is in wages not including payroll taxes and benefits. Adding in taxes and benefits this number grows to \$16 million. The Food Service Department is our largest budget at \$6,258,400 followed by Health Services at \$5,506,374. You might wonder how much we spend on utilities? Utilities are budgeted at \$1,421,000 and due to the various energy efficiency programs we have in place we did not increase this budget item from last year.

The capital budget is for those large one-time expenses that we plan for throughout the year. This year's capital budget is almost \$5 million which is a lot of money, however, with a 35 year old aging campus it is not unusual to have a capital budget of this size.

Some of the projects for this coming year are:

- Acorn Grill modifications
- Replace convection oven and six burner stove main kitchen
- 2 new treadmills for Fitness Center
- 54 new beds for the Care Center
- 115 new mattresses for Care Center and Friendship House
- Illingworth Center activity room chairs
- Replace six 100 gallon water heaters main building
- Replace two 500 gallon water heaters main building
- Replace 70 roof top heat pumps Illingworth Center
- Paint exterior of LEC, garden homes and apartment building
- Replace third floor fascia of apartment building
- Replace main roof over the dining room
- Replace 50 AC units in apartment building
- New windows and sliding glass doors in apartment building (half this year, half next year)
- Replace six transformers in apartment building
- Elevator floor indicators main lobby
- Replace washer/dryers in apartment building laundry rooms
- Replace irrigation system and purchase smart controller
- Replace ride-on carpet/floor cleaner
- WiFi upgrade and outdoor WiFi infrastructure
- Move resident internet off DirectTV coax

If you are in awe of this list just realize this is only some of the projects...there are many, many more planned for the year. And each project requires a staff member's time to successfully implement it!

The management team and Board of Trustees take our fiduciary responsibility very seriously and we work hard to be good stewards of our financial resources.



Let's Go to Africa With Dan Olson by Joyce Barrett

Parishioners surely admire those who are called to the ministry in the mission field. And, Rev. Dan Olson is one of those. He was called to Africa where he happily served many years amid the poverty in third-world countries.

Although Dan Olson was born in St. Paul, Minnesota, he hails from Moorhead, Minnesota where he spent his childhood, as his father was a Lutheran minister there. From his birthdate in June 1937, he spent all of his school days in Moorehead and graduated from Moorehead High School in 1955. As a high school student, he kept active as a writer for the school annual and for the local newspaper. Although he did not participate in sports, he wrote a sports column.

After high school graduation, Olson attended Concordia College in Moorehead, Minnesota and graduated with honors in 1959. He majored in psychology and philosophy and earned a Bachelor of Arts degree. Having met Barbara in college, they were married on August 23, 1959, shortly after both had graduated. While in college, Dan kept very active by writing for the college newspaper. Also, he became involved in student government at which time he advocated, through his articles, for student rights, and for students to have more voice in decision making.

Following college graduation, Olson attended Augustana Lutheran Seminary in Rock Island, Illinois, where he received a Master of Arts degree in Divinity in 1963. For financial support, he was a caregiver and secretary for a quadriplegic gentleman. For the next few years, Olson served as a pastor in four Minnesota towns: Arco, Edina, LeSueur and Lakeville. Unfortunately, those assignments required a lot of moving for him and Barbara and their children. He was an intern in Jamestown, New York for one year.

In 1974, Rev. Olson was called to the ministry in Ethiopia where he, Barbara, and five children lived for three years. Barbara, the three boys and two adopted girls were excited about going to Africa. Their expected stay of 10 years was cut short due to Barbara's life-threatening illness. Life in Ethiopia was interesting, adventuresome, and challenging.

After Barbara's recovery, Rev. Olson was called again to Africa. He was assigned Program Director as Companion of the ELCA and countries of Africa including Ethiopia, Kenya, Tanzania, Zimbabwe, South Africa, Namibia, Swaziland, Ghana, Ivory Coast, Liberia, Guinea, Senegal, Mali, and Nigeria. With faith, fortitude, and 60 plus flights back and forth, he served the people for 20 years. Missionary work has culminated his working years; however, he is still involved with the African people; they are still in our hearts. They have developed a program called "Gifts of Hope" through which opportunities are provided to give gifts for special needs in Africa.

Rev. Dan Olson retired in 2000 and moved to Sun City Grand. The couple wanted to be near their children, to experience good weather, and to enjoy the sunshine. Realizing their physical conditions, they moved to Royal Oaks in 2016, and they have been very happy here. They have found the residents and staff to be exceptionally friendly and so helpful. Rev. Olson's book: AFRICAN SAND IN MY SANDALS.

Did You Know...? by Charlotte Nossaman

- In the Journal of Agricultural and Food Chemistry, researchers found that eating one red grapefruit a day helped lower "bad" LDL cholesterol levels by 20.3 per cent. This fiber-rich, fruit can work to suppress your appetite and help reduce the temptation to overeat. The high level of vitamin C boosts the body's immune system. If you are on medications that say no grapefruit, ask your doctor about taking the drug at night and have grapefruit in the morning.
- Avocados, eggplant and pears target the health and function of female organs. It takes 9 months to grow an avocado from blossom to ripe fruit. Eating one a week is supposed to help prevent cervical cancer and help balance hormones. There are 14,000 photolytic chemical constituents in each one.
- A new report from the Global Council on Brain Health notes that 7 to 8 hours of sleep each night can help maintain cognitive function as we age. Too little sleep can contribute to depression and even dementia according to recent studies. Don't take long naps (30 minutes in early afternoon), try a warm bath and socks, and keep discussions peaceful before bedtime. No politics, finances or other touchy topics.

Let's Talk Books by Susan Radtke



ROYAL OAKS LIBRARY

The literary pairing was inevitable. Perhaps less inevitable was that the late authors' spouses would end up together, too.

"When Breath Becomes Air," Paul Kalanithi's memoir of his final years as he faced lung cancer at age 37, was published posthumously, in 2016, to critical acclaim and commercial success. (It was reviewed in *The Acorn* April 2016.)

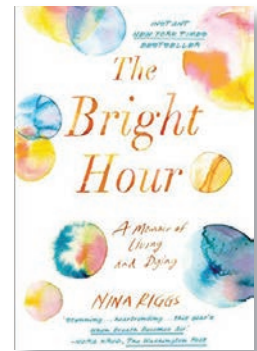
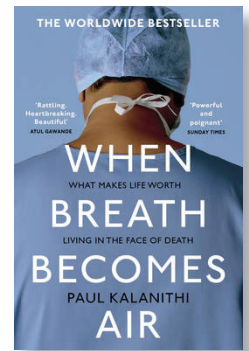
"The Bright Hour," Nina Riggs's memoir of her final years as she faced breast cancer at age 39, was published posthumously, in 2017, to critical acclaim and commercial success. The two books were mentioned together in numerous reviews, lists and conversations.

In the final days of her life, Nina Riggs was worried about her husband and how he would get on with his life when she was gone. Nina made an offhand suggestion: Contact Lucy Kalanithi. She has experience with this, she told him; she'll know what to do. At the time John had only a vague idea who Lucy was. He had yet to finish **"When Breath Becomes Air"**.

So he did as his wife had suggested. His note to Lucy - two days after Nina died - was lengthy and, in Lucy's words, "obscenely vulnerable." His requests for advice were wide-ranging: How do I write a eulogy? How do I sleep through the night? How do I not go insane? One of Nina's final acts, in effect, was to play matchmaker for her husband.

Lucy and John both recognize the lingering pain and inevitable challenges they face. Entering into a relationship, Lucy noted, means accepting the possibility of losing your partner. "If you are lucky enough," she said, "you will be devastated when they die. Willingly entering that feels gutsy, but what else could you choose?"

Both of these books are available in our Royal Oaks library. You will find them in the biography section B/Kal and B/Rig.



Birds at Royal Oaks: The Goldfinch By Dick Anderson

When I first saw a Goldfinch as I was growing up, I mentioned it to someone and they replied "Oh, that's a wild canary." Only later did I learn that it really is a Goldfinch. As I got more curious I realized there are different flavors. Most well known is the American Goldfinch with well defined black and yellow markings. This bird is common in the Eastern United States. Then there is the Lesser or Western Goldfinch which is found in the Western part of the country and the bird we see here at Royal Oaks. The Lesser Goldfinch has an olive green (versus yellow of the American) back with black coloring on the head and tail. The males in both species sport a vivid yellow breast, except for the females which are a drab yellowish-olive color over most of their body. Both species are sparrow sized except the Goldfinches have a smaller conical bill that can be orange colored. There is even a third species called the Lawrence Goldfinch with much less yellow coloring, found in Western California and Baja, Mexico.

All species tend to gather in flocks and are known for their roller-coaster flight. Their diet is small seeds, such as thistle, catkin and small sunflower varieties. There is some migration south and to Mexico but mostly stay in their areas year round, and will lose some of their vivid coloring in winter or when they are molting.



American Goldfinch



Lesser Goldfinch

The Beautiful Color of Green by Claudia Smith (aka: Ms. Puff)

Here in Arizona, March can signal Spring
It's the time of the year when the birds begin to sing
You'll recognize the season by the buds upon the trees
And all the little pollens that make you want to sneeze
Folks up North know, that in March the ground's still white
But down here in the Valley snow would be an awesome sight
For we observe the flowers and the lovely garden walks
And listen to a lecture on agriculture talks
Yes, we enjoy the beauty of something growing all the year
White snow and ice are things we never have to fear
Our lovely world around us has something charming to be seen
And March is not the only month for the wear'n of the green
The pleasant warmth of sunshine fills our lives each day
Perhaps this is the reason you came down here to stay
Our place on earth we live in, so beautiful and clean
Is a piece of Heaven on earth, so enchanting and so green.

Evergreen Fitness News for March by Wendy Warchock

SPRING INTO FITNESS CHALLENGE - March 1 - 31

Stay in track this spring season and pick up your Fitness Calendar before March 5th. You will complete exercises and/or activities on the calendar boxes during the month of March. As a reward, there will be a raffle of gift cards for those that successfully complete the calendar challenge. See Wendy for details or to sign up!

NEW FITNESS CLASSES!

- 1. Double Fun Aqua Mondays** - This special series aqua class will split 25 minutes of Aqua Strength and 25 minutes of Aqua Cardio. Come to one or both! **Meet in the indoor pool on Mondays, 8:00 - 8:50 AM.** Series runs March 5 to April 30.
- 2. Chair Yoga** - Many enjoy this popular type of class concentrating on flexibility, breathing and lengthening your stiff muscles. **Wednesdays, 9:15 – 10:15 AM in the Motion Studio.** Series runs March 7 to April 25.
- 3. Mindful Movement** - Enjoy slow flowing, rhythmic movements incorporating mental focus, breathing, balance, and body awareness. Class also brings a 15 minute meditation at the end. **Thursdays, 8:30 - 9:30 AM in the Motion Studio.** Series runs March 8 to April 26.
- 4. Monthly Program for everyone - Brain Training Workshop.** This fun-filled workshop is packed with mental and physical activities focusing on increasing brain activity, coordination, attention, and focus - all which can lead to better recollection, faster reaction time and an overall sharper mind. **Brain Training will meet the second Monday of every month from 2:30-3:30 PM in the Auditorium. Come check it out Monday, March 12 at 2:30 PM!**
- 5. Music & 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 from March - July in the Oasis Room (in the Care Center). First two sessions are March 14 and March 28.** Registration is preferred, but walk-ins welcome! Register on the portal.
- 6. Balance Exercise Program** - If you are interested in a small group class, Summit Healthcare Services has a 6 week series which is geared toward improving your stability and improving fall prevention. Cost: \$144 for the 6-week program. Call 602-535-8255 to register or ask more information.

Southwest Mobility Free Service Day - *Please note, some parts may cost extra.*
NEW Location: Care Center Oasis Room Thursday, March 8 from 2:00 - 3:00 PM.

Royal Oaks Directory Updates

Additions, Corrections & Transfers

Page	Name		Note
11	HAMMOND, Harold	TFR	CC 39; 623-815-4234
12	HOVAN, Stephen	TFR	FH 1425; 623-815-4239
15	MILLIGAN, Virginia	TRF	FH 2422; 623-815-4239
15	MODEEN, GLEN	TRF	CC 8
17	PRICE, Virginia (Ginger)	ADD	124; 623-583-3429
19	SHOWERS, Betty	TRF	131
20	TAUER, Otto	ADD	GH 1005. 623-977-1613
20	TRANSEAU, Elaine	TRF	221
20	VEGSO, Richard	TRF	CC 36; 623-815-4242
21	WATSON, Bill	TRF	FH 2424; 623-815-4239

Memorials

6	ANDERSON, Gloria		
12	KATRULYA, Jean		
16	ORBAN, Shirley		
17	PETERSEN, Jean		
20	STRYKER, Lillian		

Royal Oaks Monthly Volunteer Hours	
January 2018	
Total Volunteer Hours	2171
Number of Volunteers	334

Royal Oaks Annual Volunteer Hours	
2017	
Total Volunteer Hours	31,362
Number of Volunteers	304

New DVDs added to the Library

D-810	The Revenant
D-811	Pretty Woman
D-812	Titanic
D-814	Viceroy's House
D-815	Maudie

New Horizons presents,

"A Program on The Holocaust: A Survivor's Story"
Tuesday, March 20 at 7:00 PM in the Auditorium
Guest Speaker: Mrs. Charlotte Adelman
(From the Phoenix Holocaust Survivors' Association)



Mrs. Charlotte Adelman

Charlotte Adelman was born in Paris, France in 1932. Her mother and father were both taken away by the Germans when she was about 10 years old. Her father escaped but her mother died in Auschwitz in 1943. Charlotte was hidden multiple times from the Germans including nine months hiding in a cellar.

Please come and hear Mrs. Charlotte Adelman speak about her experience during the Holocaust. We must never forget the Holocaust because it is a brutal reminder of what can happen when one group of individuals stops seeing another group as human beings.



Great Decisions 2018 by Ann Jones



Great Decisions 2018

Discovery. Discussion. Decision.

Inspiring Learning about the World

Spring session: March 2, 2018 through March 23, 2018
Friday Mornings at 9:00 AM in The Royal Oaks Auditorium

Making some changes in the Great Decision Schedule:

March 2, 2018 - Ann Jones	Waning of Pax Americana
March 9, 2018 - Fred Dorgin	Russia's Foreign Policy
March 16, 2018 - Nils Lindfors	China and America
March 23, 2018 - Ralph Reinike	Turkey: a partner in crisis
October 5, 2018 - Jeanne Cross	Media and Foreign Policy
October 12, 2018 - Ann Jones	South Africa's democracy
October 19, 2018 - Roger McClain	U.S. global engagement and the Military
October 26, 2018 - Tom McCormick	Global health: Progress and challenges

Sunday	Monday	Tuesday	Wednesday
March 2018			
4	5	6	7
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 Club, AUD 12:00 – Wii Sports. Motion Room 1:00 – 3:00 - \$.35 Anniversary Food Deal, AG 1:00 - Sheepshead Card Game, 3rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:30 – Bingo, CR	9:00 - Film Festival, Day 1, AUD 10:00 – Ping Pong, Care Center 10:00 – Onsite Alterations, CR 10:30 – Quarterly Memorial, CH 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 - Film Festival, Day 2, 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 4:00 – Music in the Lobby 6:00 – Friendly Bridge, GAL 6:00 – Memory Care Support Group, FH Conf. Rm <i>Panama Canal Cruise Departs</i>
11	12	13	14
2:15 – West Valley Symphony – Magnificent American Music 2:30 – Vespers Service, CH 3:30 – Vespers Service, CH Daylight Saving Time Begins (but not for Arizona)	9:00 – Shopping, Fry’s 9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 9:00 – Business Roundtables, ACR 10:00 – Painting, All Media, GAL 12:00 – Line Dancing Club, AUD 12:00 – Wii Sports. Motion Room 1:00 – RO Resident Council Meeting, CR 1:00 – Sheepshead Card Game, 3rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:00 – Duplicate Bridge, CR	10:00 – Ping Pong, Care Center 9:00 – Computer Club (PC/Mac), AUD 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 7:00 – LECTURE, “Lost Worlds of 1863: Relocation and Removal of Native Americans in the Greater Southwest”, AUD	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 - Eyeglass Adjustments, Bank Area 4:00 – Music in the Lobby, “Glitter Girls” 6:00 – Friendly Bridge, GAL
18	19	20	21
2:30 - Vespers Service, CH 3:30 - Vespers Service, CH Panama Canal Cruise Returns	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 Club, AUD 12:00 – Wii Sports. Motion Room 1:00 – Sheepshead Card Game, 3rd 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 – Onsite Alterations, CR 11:00 – Hearing Assistance Receiver Battery Test, BL 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 7:00 – NEW HORIZONS, Holocaust Survivor, Charlotte Adelman, AUD	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 10:30 – 2:00: RO 35th Anniversary BBQ and Entertainment, Front Parking Lot 1:00 – Hand & Foot, CR 1:30 – Ukulele Club - MR 4:00 – Music in the Lobby 6:00 – Friendly Bridge, GAL
25	26	27	28
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 9:00 – Business Roundtables, ACR 12:00 – Line Dancing Club, AUD 12:00 – Wii Sports. Motion Room 1:00 – Sheepshead Card, 3rd Flr Bal 2:00 – Chess Club, VR 6:00 - Mexican Train Dominos, GAL 6:00 – Duplicate Bridge, CR	10:00 – Ping Pong, Care Center 11:30 - Wii Sports, AUD 11:45 – TRIP, AZ Diamondbacks VS. Cleveland Indians 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 7:00 – LECTURE, “Government and Land Ownership” Part II, by George Berscheid, AUD	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 1:00 – Hand & Foot, CR 1:00 – Caring Partners, CH 1:30 – Ukulele Club - MR 2:00 – TRIP, Bank of Your Choice 4:00 – Music in the Lobby, “Royalaires” 6:00 – Friendly Bridge, GAL

Thursday	Friday	Saturday	ROOM KEY
1	2	3	
10:00 – Ping Pong, Care Center 10:00 – Let’s Talk w/ Dina “Ass’t Living Scope of Services”, AUD 11:00 - Faith Presbyterian Communion & Devotions, CH 1:00 – Shopping, Walmart 2:00 – Corn Bag Toss, Motion Studio 7:00 - ENTERTAINMENT, Pianist Glenn Henriksen, AUD	8:00 – Men’s Breakfast, OR 9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 9:00 – Great Decisions, “The Waning of Pax Americana?”, AUD 10:00 – Ted Talks, CR 11:00 – VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 – Wii Sports. Motion Room 1:15 – RO Flix, “Goodbye Christopher Robin”, AUD 2:30 – Resident Bible Study, CH	11:30 - Wii Sports, AUD 12:30 – TRIP - Odysseo by Cavalia 1:00 – Mah Jongg Nuts, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	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 OL: Oak Lounge OR: Oak Dining Room VR: Vista Room WR: Willows Room WS: Wood Shop
8	9	10	
10:00 – Ping Pong, Care Center 12:00 – Arizona Broadway Theater, “HAIR” 1:00 – Shopping, Walgreens 1:00 – Conversational French, 3rd Flr Bal 2:00 – SW Mobility Free Service Day, Oasis Room 2:00 – Corn Bag Toss, Motion Studio 2:00 - West Side Tremble Clefs, AUD	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 9:00 – Great Decisions, “Russia’s Foreign Policy”, AUD 10:30 – Bio Buffs, CR 11:00 – VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 – Wii Sports. Motion Room 1:15 – RO Flix, “A Royal Affair”, AUD 2:30 – Resident Bible Study, CH	11:30 - Wii Sports, AUD 1:00 - Mah Jongg Nuts, Balc. 3 rd Floor 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	
15	16	17	
10:00 – Ping Pong, Care Center 10:30 – American Lutheran Church, Communion and Devotion, CH 1:00 – Shopping, Arrowhead Mall 1:00 – Grief Support Group, CH 2:00 – Corn Bag Toss, Motion Studio 7:00 – ENTERTAINMENT, “Johnny Cash” Tribute, AUD	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 9:00 – Great Decisions, “China & America, The New Geopolitical Equation”, AUD 10:00 – Ted Talks, CR 11:00 – VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 – Wii Sports. Motion Room 1:15 - RO Flix, “Mark Felt: The Man Who Brought Down the White House”, AUD 2:30 – Resident Bible Study, CH	ST PATRICK’S DAY 7:00-9:00, Complementary Pancake Breakfast, OR 11:30 - Wii Sports, AUD 1:00 – Mah Jongg Nuts, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	REMINDER: SEE Channel 11 FOR CURRENT & UPDATED INFORMATION. CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE.
22	23	24	
10:00 – Ping Pong, Care Center 1:00 – Shopping, Trader Joe’s 1:00 – Conversational French, 3rd Flr Bal 2:00 - Corn Bag Toss, Motion Studio 2:00 - PRESENTATION, Outsmarting Scammers, AUD 3:00 – Faith Sharing, CH	9:00 – Men’s Fellowship, OL 9:00 – Wood Butcher’s Den, WS 9:00 – Great Decisions, “Turkey: A Partner in Crisis”, AUD 10:30 – LT, Bio Buffs, CR 11:00 – VitaliTree, Life Changes Support, IC Private Dining Rm 12:00 – Wii Sports. Motion Room 1:15 – RO Flix, “Battle of the Sexes”, AUD 2:30 – Resident Bible Study, CH 6:30 – BUNCO, GAL	9:00 - TRIP, Mesa Market Place 11:30 - Wii Sports, AUD 1:00 – Mah Jongg Nuts, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	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.
29	30	31	
10:00 - Ping Pong, Care Center 2:00 - Corn Bag Toss, Motion Studio	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. Motion Room 1:15 – RO Flix: “Victoria and Abdul”, AUD 2:30 – Resident Bible Study, CH	11:30 - Wii Sports, AUD 1:00 – Mah Jongg Nuts, 3rd Flr Bal 4:30 - Roman Catholic Mass, CH 6:00 - One Partner Bridge, GAL	Please include a current contact person for your club, event or activity.

Let Me 'Wine' a Little by George Berscheid



Wine tasting for two of the wine tasting groups here at Royal Oaks last month was from the Roots Winery in Oregon. They were selected because the daughter and family of Royal Oaks Resident, Charlotte Byrne, own the winery. The tasting included two Pinots that were very tasty. If you have not joined one of the tasting groups, you may want to think about joining one. If interested, contact George Caruso, 623-214-6866.

Last month's article encouraged you to try something new and different. I dropped by the Cactus lounge shortly after that and Susan, our most excellent Mixologist, who generally just brings me a glass of Sauvignon Blanc, asked what I would like. I said, "the usual." I was then asked why I don't follow my own advice!

Did you know that there are now several firms taking the seeds and skins left over from wine making and turning them into flour? This flour is intended to be only added to your regular flour to provide color and taste. I saw pictures of bread using the flour from Merlot seeds and skins and it was indeed very purple in color. I will have to experiment with some to see how it tastes. I even saw a suggestion that this could be served at communion to save time. Doubt if that will catch on!

When serving wine to your guests, how much do you put in the glass? There really are some guidelines for this, and "Fill 'er up" is not one of them! One third of a glass, at the most, for a serious red wine. This leaves some room for smelling and swirling. White wine glasses can be half full, while sparkling wines can be three-quarters full. On the other hand, if you are using paper cups or jelly glasses, you might as well "Fill 'er up!"

Looking Back by Susan Krueger

1. This bright pink advertising icon first appeared in 1989 wearing his signature sunglasses and flip-flops. He would noisily interrupt fake commercials such as ALARM deodorant soap and as the slogan says, "*It just keeps...*" Name the product.
2. Unemployment reached 7.0% and the average yearly wage was \$3,851. The first microchip was developed and Wham-O Company sold 100 million of its new toy, the Hula Hoop. The United States launched our first satellite, promising detailed maps from space. Bobby Fischer won United States Chess Championship at age 14. What was the year? 1948? 1952? 1958? 1964? 1970?
3. Which team won the Superbowl in 2016? (So soon we forget!)
4. Known for his impeccable sense of style and gorgeous tan, he changed to his stage name when he became a naturalized citizen. Five marriages finally produced a late-in-life daughter. His timing made him the darling of the romantic comedy and one of Hitchcock's favorite actors. Who was he?
5. MCMXCIX equals what? (hint: M--CM--XC--IX)
6. Conservationist Rachel Carson's 1951 best seller, *The Sea Around Us*, sparked the global environmental movement. Her 1962 book had even greater impact when she revealed the dangers of synthetic pesticides. Consequently, the use of DDT was banned. She was posthumously awarded the Presidential Medal of Freedom by former President Jimmy Carter. Name the book.
7. If you travel due east from New York City, which country do you bump into?
8. If you travel due west from San Francisco, which country do you bump into?
9. How tall is an adult male giraffe? 14ft.? 16ft.? 19ft.? 23ft.?

See page 12 for the answers.

Welcome New Royal Oaks Residents by Charlotte Nossaman



JOHN WALGREN and ROBERTA UIBLE-KING WALGREN APT. #122
Cell: 847-927-0063 Home: 623-694-7944
EMAIL: together@gmail.com

John and Roberta moved in December. John taught Industrial Arts in Schaumburg, IL. Roberta worked in Social Services Foundation for Senior Living and Benevilla. She enjoys travel, fitness, games, and taking pictures of license plates. He enjoys travel, woodworking, and reading. John was born in Iowa, but grew up in Springfield, Illinois. Roberta was born in Ohio. She spent most of her career in Phoenix and Sun City. John spent most of his career in Elk Grove Village, Illinois. Their church preference is Willowbrook United Methodist.

Everybody's Grandson? by Irving Dennis

Luis Hernandez said to me, "I feel like everyone here is my family." Does that mean that Luis has six or seven hundred grandparents? Well, not really but he seems to feel that way, and many of us would not be adverse to calling him our grandson.

Luis started his career at Royal Oaks in the Acorn Grill as a cashier, and after eight months became a "Lead Person" and wore the Blue Shirt which signified his position of leadership. Soon, Luis was learning about cooking and on occasion would fill in for one of the cooks when he was delayed or absent from his shift. The next step was inevitable. Luis became a cook in the Grill and changed uniforms again. Now he wore the white shirt, pants, and apron and the black cap signifying his position of Line Cook and worked both in the Grill and the main kitchen.

Following a year or so in the food preparation area, another challenge presented itself and our "favorite cook" joined the Maintenance Department. He's now officially a "Maintenance Tech 1" and is rapidly learning the many skills necessary to be able to come to our aid as the many appliances, devices and fixtures in our homes need attention. When he's not actually fulfilling a "work order" he assists one of the more established technicians on a job in order to learn new skills to be put to use later. He also fills in at the Facilities Desk on occasion, so when you call for help and you get a male voice answering instead of Paula, just say "Hi Luis, here's my problem" and he'll see that it gets solved.

Now you may be wondering how and why Luis made such rapid progress in his three and a half years at Royal Oaks. Any of us who have encountered him during that time can tell you that he has three things which contribute to his advancement. They are a ready smile, an inquisitive mind and a willingness to try something new. However that's not the end of the story. Luis is in the process of applying for a scholarship to continue his education in the heating, air conditioning and plumbing fields.

Who is he, really, outside of work? As the youngest of six children, he's had plenty of help in growing up. He has two older brothers and three older sisters, all of whom are now married and raising families of their own. He has seven nieces and nephews. He's a product of the Peoria School System. When he's not visiting with his young nieces and nephews, he has two Chihuahua dogs to play with and care for.

Happy home, happy work, happy family is the key to life as one of the many "Good Guys" here at Royal Oaks for Luis.



March Birthdays

Date	Last	First	Unit
1-Mar	Free	Bill	CC-55
2-Mar	Bell	Erwin	3204
2-Mar	Caspar	Joan	234
2-Mar	Free	Jean	CC-56
2-Mar	Johnson	Betty	348
2-Mar	Solman	George	335
4-Mar	Cameron	Norma	2423
4-Mar	Gasta	Bill	352
4-Mar	Secker	John	CC-29
4-Mar	Wiegert	Peggy	2408
5-Mar	Mullane	Ellen	283
6-Mar	Buehler	Madge	CC-57
6-Mar	Robertson	Mary	164
7-Mar	Jorgenson	Judy	1115
8-Mar	Briden	Norma	CC-27
10-Mar	Brunson	Fran	1026
10-Mar	Caruso	Jan	1107
11-Mar	Bachman	Jean	1225
11-Mar	Brownson	Orren	1004
14-Mar	Bushnell	Marguerite	1414
14-Mar	Steere	Millie	2427
15-Mar	Olson	Earl	1402
16-Mar	Kennicott	Mary	2230
17-Mar	Gill	Don	309
17-Mar	Yates	Fred	1036
18-Mar	Quill	Irene	1068

Date	Last	First	Unit
18-Mar	Voros	Tom	CC-24
19-Mar	Daitzman	Maxine	382
19-Mar	Lamprecht	Al	274
20-Mar	Picardo	Mary Ann	1067
21-Mar	Farrell	John	227
22-Mar	Cleveland	Shirley	2215
22-Mar	Kohl	Pat	2406
22-Mar	Miller	Roland	243
23-Mar	Hill	Jim	215
23-Mar	Kluge	Marilyn	163
23-Mar	Slater	Karen	337
24-Mar	Conroy	George	3210
24-Mar	Hartley	Leon	166
25-Mar	Carlson	Millie	1044
25-Mar	Hammond	Wilma	1039
25-Mar	Sweet	Bob	2418
27-Mar	Colwell	Art	2208
27-Mar	Mills	Stanley	2419
27-Mar	Ormsbee	Lee	1221
28-Mar	Wolter	Bob	173
29-Mar	Boyle	Shirley	268
29-Mar	Frye	Ralph	384
30-Mar	Behnke	Chuck	1041
30-Mar	Goke	Bev	2421
30-Mar	Peterson	Linda	1117
31-Mar	Burrows	David	2205
31-Mar	Jensen	Roberta	147

Promoting Wellness by The Wellness Center Staff

The Wellness Center has recently under gone some cosmetic changes and we are hoping they are pleasing to you. If you haven't had a chance to see them, come by and take a look. Treat yourself to a little chocolate candy too!

The Wellness Center is busy preparing for an exciting Spring and Summer. We will be preparing for our annual vaccine clinics and our Wellness Week, from May 8-11th. This year at the vaccine clinics we will be hosting: Prevnar 13, TB and the new Shingles vaccine, "Shingrix" too.

Watch out for more details to follow. Come and visit with us at our table during Wellness Week and learn about staying INDEPENDENT and aging in place.

Answers from "Looking Back" on p. 10

1) Energizer batteries, 2) 1958, 3) The Denver Broncos, 4) Cary Grant, 5) 1999, 6) Silent Spring, 7) Portugal, 8) Japan, 9) 19 feet

Haircuts on the Road by Ann Jones

Finding a barber or a hair stylist on a short tour is not a task that needs attention but if you are on the road for a month or more, it will probably be a task you will need to add to the list. We found that this small routine task made for some of our most memorial moments in independent travel. Just remember no one will recognize you and the difference between a good haircut and a bad one is usually only two or three weeks.

On a two month trip to Greece, Turkey, and Eastern Europe, Tom found himself in need of a haircut while we were staying in a small town in rural Turkey. We asked at the hotel where we would find a good barber and with the hotel business card as introduction, we were sent to the barber. After the presenting of the hotel's card; the equivalent of "cousin Bob sent us", Tom was seated in the antique barber chair and given a fine scalp message and a haircut. Then with much ceremony, the barber brought out a long thin metal instrument, carefully wrapped a wad of cotton on the end, dipped it in alcohol, and lit it on fire. He signaled for Tom to close his eyes. I watched with amazement as he deftly moved the flaming "kabab" around Tom's face, ears, and neck. Little whiffs of smoke drifted up, and in a blink, the process was over. I explained the process to Tom, he was glad to have shut his eyes.

As we left the barber shop, we realized that several locals had gathered outside the window to watch the American get a haircut. A small performance, a bit of theater, and another haircut story. Small towns are the same the world over, and travel is great fun.

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

Day	Film Title	Film Description	Cast
3/2	GOODBYE CHRISTOPHER ROBIN (2017, 1 HR, 47 MIN)	The world of <i>Winnie the Poo</i> creator AA Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books phenomenal success affected the family.	Domhnail Gleeson, Margot Robie, Kelly Macdonald
3/9	A ROYAL AFFAIR (2012, 2 HRS, 17 MIN)	THIS SECOND-FRIDAY FOREIGN FILM IS FROM DENMARK. Based on a famous chapter in Danish history, this riveting drama tells the story of deranged King Christian VII and his bride, British princess Caroline Mathide. Isolated and forlorn, the young queen begins a fateful affair with Christian's doctor.	Mads Mikkelsen, Alicia Vikander, Mikkel Boe Felsgaard
3/16	MARK FELT: THE MAN WHO BROUGHT DOWN THE WHITEHOUSE (2017, 1 HR, 43 MIN)	This film centers on the true story of "Deep Throat," the notorious whistleblower for one of the greatest scandals of all time, Watergate. The true identity of the secret informant remained a mystery and source of much speculation for over 30 years. Until, in 2005, special agent Mark Felt shockingly revealed himself as the tipster. This powerful true story chronicles the life of the brilliant and uncompromising Felt, who sacrificed everything-- his family, his career, his freedom, in the name of justice.	Liam Neeson, Diane Lane, Marton Csokas
3/23	BATTLE OF THE SEXES (2017, 2 HRS, 1 MIN)	In 1973 Billie Jean King, the world's No. 2 female tennis player, took on 55 year old ex-champ Bobby Riggs in a match hyped as the Battle of the Sexes. This sports "dramedy" delves into the battles being played out in their lives beyond the spotlight.	Emma Stone, Steve Carell, A. Riseborough
3/30	VICTORIA AND ABDUL (2017, 1 HR, 51 MIN)	The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long held position, the two forge an unlikely and devoted alliance when a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.	Judi Dench, Ali Fazal, Eddie Izzare

THE ROYAL OAKS COMPUTER CLUBS

The combined on March 13, 2018 meeting of the PC and
MAC clubs will be held at 9:00AM in the Auditorium.

Genealogy

The basic steps for starting any family history.

Genealogy is a record or table of the descent of a person, family, or group from an ancestor or ancestors; a family tree. The study or investigation of ancestry and family histories.

You may be amazed at what you'll find and perhaps thrilled that you descend from some famous or infamous family ancestor.

1. Where do you start?
2. What should you look for?
3. Where do you look?
4. What do you do with all the data you find?

**Today you will have the answers.
Presented by Ed & Liz Crabbe**

Trivia Sayings

- Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.' Should the woman smile, the wax would, hence the term 'crack a smile'. In addition, when they sat too close to the fire, the wax would melt; therefore, the expression 'losing face.'
- Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in 'straight laced' wore a tightly tied lace corset.

Location, Location, Location: The Search for the Perfect Campsite by Karen Shane

John and I have considerable similarity with lizards. We are both desert specialists. We like a high perch with direct sun, dry heat and the best view. Over the years we honed the art of selecting the Perfect Campsite (PC).

It was No. 47 at Anza-Borrego Desert State Park, CA; No. 5 at Ridgway State Park in the San Juan mountains of southwest Colorado; No. 23 in North Fork Campground in the Sawtooths north of Ketchum, ID; No. 12 in Kodachrome State Park in Utah's canyon country. And at Wahweap at Lake Powell it was D-1. But don't tell anybody.

Each night we looked for a PC with a compelling ambiance. It was more than a stop at the end of the day; it was a treasured component of our lifestyle. While we usually had a single site in mind, if there was more than one that would work, we starred the best one as part of our extensive databases that John set up for us on our iPhones.

John and I were invariably on the road early in the morning so we would arrive at our destination by noon. That meant we then had our pick of the best campsites available after the day's early departures, as well as time to explore our new home for the evening. It also eliminated the increased challenge of finding a site with another rig or two close on our heels with the same objective in a nearly full campground late in the day.

After arriving at a new park, John sometimes took Timon, park map, two-way radio, and compass to reconnoiter. After securing the spot, he called in the directions to me to bring Pumbaa. At other times, we'd either make a pass in Pumbaa or we'd park the coach, unhook Timon, and drive through the park together, scanning with as many of our senses as we could for: private patio orientation, preferably in an unobstructed end slot considerable distance from playgrounds, dumpsters, restrooms, highways, railroad tracks, construction sites, generator sections, and other noisy nuisances; shade from afternoon sun in the summer or a cozier orientation in winter; favorable wind direction in order to protect us as well as our satellite dish from both gusts and perhaps a nearby odoriferous feedlot or park dumpsters; unobstructed satellite and solar cell orientation.

Each campground had its idiosyncrasies. At Utah's Singletree campground it was imperative that we fill our solar cells early in the day before the clouds started rolling in off Boulder Mountain, at 11,317 feet the highest timbered plateau in North America and a serious weather-generating force. Sometimes, like at Lake Powell, registration clerks cautioned that we couldn't pull forward into a site because the hookups would be on the wrong side. John would say, "I'll take care of it" and then fed the lines under the coach. Because he had made an extension for Pumbaa's power cable, we were able to opt for an unobstructed 180-degree sweep of Lake Powell out our expansive windshield rather than face a parking lot full of other RVs.

Something about the best laid plans...On more than one occasion we were evacuated due to a forest fire.

We developed a proprietary notion of entire parks as well as specific sites. Not only were we elated if we were able to snag our PC, but we were really over the moon if we had an entire park or boondocking spot to ourselves. We joked that we liked to keep secret our PC gems. They were our special places to be shared only with the lizards.

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**Furnace Creek Campground,
Death Valley, California (L)**

**Red Canyon Campground,
Utah (R)**



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No Rearview Mirrors by Chaplain Paula Valle

I was on my last day of a visit to our son and his family in Montana last month. My son and I were trying to get to the Bozeman airport so I could catch a flight back to Phoenix. Running a bit late, of course we found ourselves behind a line of traffic on the country road. One by one the cars passed around the slow driver. Finally we came up behind the impediment: a beat-up old pickup truck. All you could see from behind were two hands on the steering wheel, a tuft of white hair and next to that -- two pointy ears.



As we passed I had to laugh. The truck was being driven by a tiny little woman who was laughing and talking to her companion, a scruffy brown dog. But my laughter was not so much from the image of the driver and her passenger, but from something surprising about the truck itself: there were no rearview mirrors - only a few wires hanging out of the sides where apparently mirrors were once attached.

As I got on the plane, I thought about this tiny little woman driving this beat-up old truck; how she was totally oblivious to the traffic turmoil behind; how her only focus was the joy of her companion beside her and the gifts of the road in front of her. It's not a bad lesson.

Given all the baggage we tend to carry around about the past, it made me wonder: How might our lives be different if we took off our rearview mirrors? What would happen if we stopped worrying about what has been and started enjoying what is here and now? Perhaps we might find a little joy like that woman in the truck. It wouldn't take that much effort. All we would need to do is forget what's behind us and focus on the road ahead.

Philippians 3: 13-14 "One thing I do, forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal, for the prize of the upward call of God".

Memorial Service - Tuesday, March 6 at 10:30 AM

You are invited to gather with friends and family members for a Service of Witness to the Resurrection and Celebration of Life. It is an opportunity to honor those friends who have passed, to share special remembrances, to share in uplifting music and worship, and to support those who have lost loved ones.

A brief service of devotions and Holy Communion is offered in the Chapel four times each month. All are welcome!

- ✝ The first Monday of each month at 11:00 AM, hosted by Willowbrook Methodist Church.
- ✝ The first Thursday of each month at 11:00 AM, hosted by Faith Presbyterian Church.
- ✝ The third Thursday of each month at 10:30 AM, hosted by American Lutheran Church.
- ✝ Every Saturday at 4:30 PM, Roman Catholic Mass.