



Inside Friends House

Everyday Life Inside the Friends House Neighborhood



Resident Profile: John and Polly Post

by George Sackman

John Post and Polly Mansfield dated while students at the University of California in Berkeley. John, who grew up in Berkeley, had returned to college after three years in the Army Air Corps during World War II; he graduated in 1949. Finishing in 1948, Polly spent the summer in Europe with International Student Services (ISS), an organization promoting mutual understanding after the devastation of war, among European and American university students.

Polly remained a year in London working for ISS. Then she went to Paris! After surviving two months by selling her return ticket to the U.S., she landed a secretarial job with the Marshall Plan European Headquarters, lived with a French family and became fluent in the language.

John had married in 1951 and pursued his career in sales and marketing with Pfizer

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Home is a Room

by Betsy Harrell

Over winter holidays, two Friends House women moved from their Independent Living apartments to Assisted Living. Each left a one-bedroom home for her present one room with adjoining bath, closet and small patio. The first woman speaks as though the adaptations to a new life with new regimens are relatively unvexing, while the second recognizes certain differences which need adjusting to. Still, both acknowledge the benefits which come with being residents here.



Jay Johnson

Jay had resided since 1998 in the same garden apartment. The recent move from there to here was a period of confusion for her. However, she recalls with spirited

gratitude the off-campus friends who efficiently carried out the physical move, as well as the former neighbor, Charlotte Smith, who did so much to help with preliminary arrangements. “They managed the whole move,” Jay says. “They readied the room for me. Look, here’s a photo of the little black dog I used to own.” She sums up: “One day, I just looked around, and I was here. Everyone’s helpful here. See, somebody attached my bookcase to the wall.”

A shadow clouds Jay’s face as she glances down at dozens of books still in boxes on the rug, while other books lie stacked in piles. She explains, “Little by little I’ll go through them, making decisions about what to do with them, squeezing a few into the [already crowded] bookcase. It’s a difficult process... I don’t feel moved in yet, until the books are taken care of.” What revealing words, thinks the visitor. Books—of course. In her career, Jay had been a professor of English literature.

“Come, you haven’t seen how nice my patio is!” she invites. She gestures fondly toward a small frog statue. “I call him ‘Traveling Frog’ because he’s often gone back and forth between my previous neighbor Dennie’s patios and mine.” Ah, Dennie Wyatt is the reason Jay is already fairly

well adjusted here. In bygone years, after Dennie had moved from Independent into Assisted Living, Jay came frequently to visit and thus intimately learned its rooms, routines and rules. Daily Jay and Dennie strolled the Ring Road and later Jay pushed her friend’s wheelchair.

Further reasons for Jay’s current composure are that she feels she can, as previously, roam around campus. And she can order scrambled eggs or whatever for breakfast to be prepared and served up. And, finally, in just a few steps she can continue her volunteer services in the library, assessing donated books and recommending to the librarian which ones to keep.



Rosemary Hayes

After ten years of residing on campus in Independent

Living, Rosemary Hayes made the crucial decision to live with a higher order of assistance. That she needed help had become obvious to her, and there was a room available. She told this visitor, “I had thought that moving would be a cinch. But it was monumental.”

There was scant time to prepare. Friends House staff transported the large furniture to Rosemary’s new room. Her two “efficient, imaginative” daughters, plus the partner of one, did all the rest of the sorting, disposing, and

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Meet the Members: FASE Board of Directors

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Monday through Friday

9:00 AM - 4:00 PM

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Brandy Songer
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Eloise Tweeten

My affiliation with Friends House seems to have been “meant to be.” Shortly after moving to Santa Rosa in 1992, I became involved with Redwood Empire Conflict Resolution Services (RECOURSE) where I served as a founding board member and volunteer mediator alongside Edwin (Red) Stephensen, who I considered a true friend. I visited Red at both Monan’s Rill and Friends House. He was instrumental in helping shape my views of intentional community.

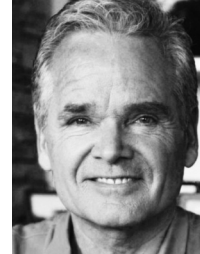
In 2005, I became one of the first residents of Yulupa Cohousing, where I deepened my understanding of both intentional community and consensus decision making. There, I served on the finance committee with Ed Flowers, a former Friends House board member, before moving to Oakmont in 2012 with my husband, Jack.

My chosen profession for the past 8 years has been to serve elders and their families through assisted living placement services, which I find to be incredibly rewarding work. In this capacity I met Kay Kerriden, who recommended me for FASE board service. And here I am!

“Home is a Room” continued...

transporting of belongings. The young people would hold up objects for her, asking: “Mom, give or keep?” They donated books to the library, packed and mailed 37 boxes of treasures to family and friends, and toted loads of miscellany to Assisted Living. The young team visualized what could fit where in the one room, and the partner hung all 30 framed pictures. “I didn’t lift a finger!” Rosemary vividly remembers.

After four weeks here, Rosemary’s mind is balancing positives and negatives. She appreciates that she may leave and return to her room at the Assisted Living Center at will. She misses the delicious soups she used to enjoy for lunch in the Friends Café. She often finds the lunch and dinner portions larger than she wants to eat,



Ben Cushman

Ben Cushman spent 30 years building high growth consumer businesses ranging from high tech (Atari) to low tech (Supercuts) in senior executive positions including president and CEO. Since retiring from the corporate world in 2004 he has served in leadership roles on non-profit boards primarily in the education field, including Hampshire College, Sonoma Academy, 10,000 Degrees, and The New School / Lang College. His Board roles have included board chair, governance chair, development chair, and strategic planning leader.

A seasoned and effective thought leader, general manager and problem solver with strong results in corporate and non-profit environments, Ben has particular strengths in strategic planning and board development. He also brings deep operational expertise in marketing, sales, operations, capitalization and organizational development, particularly in high change and/or high growth environments.

Ben is a world traveller, fitness buff, grows pinot noir grapes and raises honeybees on his farm in Sonoma County with his partner, George.

but breakfast is perfect. She relishes being close to the Fitness Center, lobby and activities. She readily praises the staff on duty who are “extremely responsive and friendly.” Yet it isn’t easy accustoming herself to a different daily rhythm because “life is carefully scheduled here.” She’s grateful that they take care of her medications and that if she pushes her call button someone will come. Rosemary concludes: “There’s something wonderful about paring down. I’m truly thankful to have come. Living here will keep me going as long as I can.”

Rising, the visitor casts a last glance around the chamber, thinking how the white bedspread, shelves of books, wall pictures, deep-pile crimson carpet, four crimson flowers of a housewarming amaryllis gift, and handsome desk all add up to such warm, home-like surroundings.

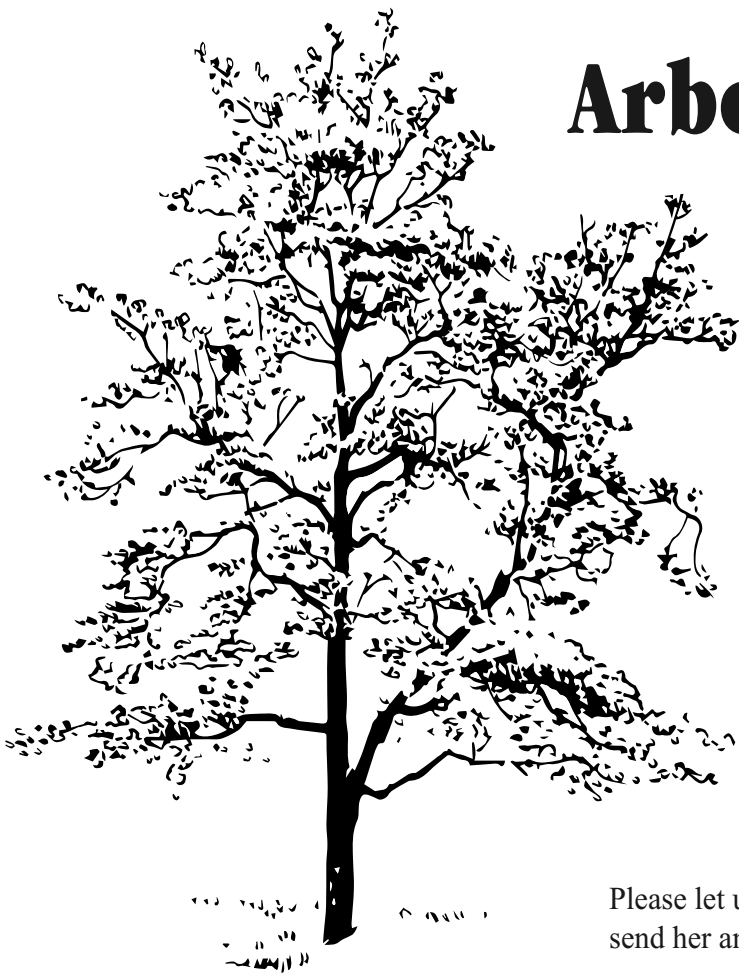
Join Friends House for an

Arbor Day Celebration

April 29, 2016 • 1:00 - 4:00 PM

In celebration of National Arbor Day, not only will we plant a pink dogwood tree, enjoy music and refreshments, but throughout the afternoon there will also be:

- Tours though the Arboretum and Botanical Gardens
- Experts will be on hand to talk about trees, plants, and shrubs
- Meet internationally-known sculptor, Bruce Johnson, who will have one of his artistic sculptures on display
- Sonoma County Wood Carvers will demonstrate their craft
- Select apartments will be open for viewing
- Craft projects will be available for you to make and take home
- Garden tools, pots, plants, and decorations will be available for sale



Please let us know you plan to attend by calling Paddy at 707-573-4508 or send her an email at pcoreris@retirement.org.

“John and Polly Post” continued...

Chemical Division that took him to both the east and west coast, at a time when a new process first made penicillin widely available.

Polly returned to her hometown, San Francisco, and worked for the American Association for the United Nations, promoting international relations and support for the UN. As Executive Secretary of Northern California AAUN she made arrangements for Eleanor Roosevelt's visits giving public speeches and meeting with local chapters.

Her organizational experience with human service agencies led Polly to pursue a Masters degree in Community Organization and Social Planning at Bryn Mawr Graduate School of Social Work near Philadelphia. Fifteen years in Boston followed, working for the Legal Assistance Program during the Lyndon Johnson administration's War on Poverty, and for Home Care for Low-Income Elderly under the Older Americans Act. During this period, Polly attended a program at Pendle Hill and

subsequently became a member of the Society of Friends.

It was in Cambridge, MA that John and Polly found each other again, and married a year later in 1986 at the local Friends Meeting. He had retired four years earlier due to his wife's terminal illness.

By then John's four children were on their own. Two of them lived in the San Francisco Bay area. He and Polly moved to Santa Rosa, CA where they learned about Friends House through Polly's membership in the Redwood Forest Friends Meeting. John attends the Presbyterian Church of the Roses in Santa Rosa.

They have traveled to Europe and Asia, including a trek around Annapurna in Nepal, as well as hiking in the High Sierra and the southwest. They volunteer with local social service and environmental organizations. John enjoys birding with the local Audubon Society, and donated three collections of rare books to libraries and institutions. At Friends House, Polly has been active on Residents Association committees.

Donate Your Books to the Friends House Library



Friends House Library needs used books.

Contact
Harriett Gordon at
707-576-6606 or
frybooks2@gmail.com

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**FRIENDS
HOUSE**

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Join us on April 29 for our

Arbor Day Celebration

(see page 3)



~ Save the Date ~



*Holiday
Faire &
Quaker Tea*

**Saturday,
November 19,
2016**

Pre-sale tickets for the
Holiday Faire will be
available in October on
our website or in person
at Friends House.



Friends House cordially invites you to...

Jazz in July

Friday, July 22, 2016

6:00 to 8:00 PM

**Friends House
Patio on the Green**

684 Benicia Drive, Santa Rosa, CA 95409

- Surprise door prizes
- Delicious and refreshing hors d'oeuvres
 - Wine coolers and spritzers
 - Live jazz music

Invite a friend, or come solo, to
celebrate a few happy hours at our
Jazz in July party. The Friends
House talented culinary team will
serve summertime refreshments and
savory appetizers with the back-beat
of live jazz.

**This event is complimentary but
is by reservation only as seating
is limited.**

RSVP by July 15 to Paddy Coreris
phone: 707-573-4508
email: pcoreris@retirement.org

For a map and directions, visit
www.friendshouse.org.

