

THE *Hummingbird*
- 2020 -

Happy New Year



JANUARY 2020

New Year – New You!

As you begin a New Year, new decade, new community, new buildings and spaces, new neighbors, and new friends; it is wonderful and amazing to witness your contributions to your community, your sharing, your open arms, and your ability to adapt to the new Mary's Woods. It is truly a different place this January 1, 2020 as compared to the great anticipation and even anxiety of last January 1, 2019. You had concerns, worries, and excitement and look what you created! You are all pioneers!



In 2020 you can look forward to settling into all this newness and change – creating and adding new team member leaders to provide services and resources to you, and in response to your input! Our Leadership Team and all team members will be working more closely with the Residents' Council and all the strong resident lead committees, fine tuning policies, practices, and procedures; and continuing to strategize for the future.

Please attend the January 21, 2020 Town Hall – 2019 A Year in Review and 2020 A Clear Vision for the Future. You can hear what happened, what worked, what didn't work, and what is in planning for 2020 and beyond. Your great Board – with three resident members representing YOU – will be working on a Strategic Plan and Vision for the future. Your board is planning for a Board Retreat in January and has invited your Residents' Council members. Your Leadership Team will be working to implement those ideas and strategies with input and direction from you.

You will hear the Holleran Annual Survey Results and help develop and create the work plan to address any concerns. Your input, feedback, and support are crucial as we move forward creating community and outreach on campus and beyond our walls.

January is a great time to reflect on 2019 and plan for 2020. Most of you know that I am not big on resolutions – I plan to do more being and less “doing” – be more present in the moment – and continue to lead your community with strength, gratitude, and grace – with commitment to our Mission.

Happy New Year to each and every one of you! May 2020 bring blessings to you and may your prayers be answered.

Diane,

Diane Hood, CPA

Mary's Woods Chief Executive Officer

MARY'S WOODS TOWN HALL

Tuesday, January 21 at 1:30pm

Provincial House Auditorium

2019 • A Year in Review

2020 • A Clear Vision for the Future

10 Dimensions of Celebrating Life

A NEW YEAR A NEW YOU!

As we head into 2020, a new year and a new decade, what better time than now to make a renewed commitment to your wellness? At Mary's Woods, we've created the 10 Dimensions of Celebrating Life as a way to support and enhance your overall wellness. This year, every Hummingbird issue focuses on a different dimension and highlights the many programming opportunities meant to enrich your life. So be sure to read this page! *Try using our Wellness Wheel to assess how your 10 Dimensions are balanced in your life! For questions contact Jessica Munson in Community Life or Corrina Stellflug in Wellness and Fitness.*

Social



ENGAGE IN OPPORTUNITIES TO CONNECT WITH OTHER PEOPLE

Environmental



ENDEAVOR TO LIVE IN AN ENVIRONMENT OF BEAUTY AND RECOGNIZE INDIVIDUAL ACCOUNTABILITY IN CARING FOR THE EARTH

Hospitality



COMMIT TO WELCOMING AND SHARING YOUR LIFE WITH OTHERS

Community & Cultural Engagement



ENGAGE IN THE COMMUNITY AND HONOR DIVERSITY BY MAKING A POSITIVE IMPACT

Emotional & Compassionate



TAKE TIME TO BETTER UNDERSTAND OURSELVES AND HOW WE RELATE TO OTHERS

Lifelong Learning



INNOVATE, EXPLORE, GROW AND OPEN OUR MINDS TO NEW IDEAS AND EXPERIENCES

Philanthropy



SHARE OUR RESOURCES AND SUPPORT NEEDS GREATER THAN OUR OWN

Spiritual



SEEK OPPORTUNITIES AND SUPPORT THAT HELP US FIND PURPOSE, STRENGTHEN AND BRING MEANING TO OUR LIVES

Life Work



CONTRIBUTE BASED ON OUR TALENTS, OCCUPATIONS, INTERESTS AND PROFESSIONAL EXPERIENCES

Physical & Nutritional



WORK TOGETHER TO MAKE CHOICES THAT MAINTAIN A HEALTHY QUALITY OF LIFE

Mission Statement

Mary's Woods at Marylhurst is a caring community inspired by the vision and values of the Sisters of the Holy Names of Jesus and Mary providing for individuals a continuum of housing, health, and educational services. • Mary's Woods responds to the Gospel's vision of full development for every individual at each life stage. Mary's Woods seeks to ensure the dignity, independence, well being, and security of older persons through the provision of a range of service and educational options. An array of services enriches the physical, emotional, and spiritual well being of each resident, employee, and all others affiliated with our community. • Sponsored by the Sisters of the Holy Names and rooted in Catholic ethical values, Mary's Woods is characterized by a commitment to: An environment of beauty • A celebration of life • Hospitality and compassion • Reverence and integrity • A spirit of service • The exploration of the journey of aging.

— September 2010

MARY'S WOODS

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New & Favorite Classes Start in the New Year

New Classes

Watercolor with Pen & Ink (AM)

Wednesdays - 9:00am to Noon

8 weeks: 1/8 to 2/26

Provincial House Art Studio

Watercolor with Pen & Ink (PM)

Wednesdays - 1:00pm to 4:00pm

8 weeks: 1/8 to 2/26

Collin Creative Studio

Color Workshop I

Tuesday - January 21: 10:00am to 4:00pm

Collin Creative Studio

Color Workshop II

Tuesday - February 18: 10:00am to 4:00pm

Collin Creative Studio

Italic Calligraphy

Mondays - 9:30am to 11:30am

11 weeks: 1/6 to 3/16

Collin Creative Studio

Favorite Classes

Watercolor (AM)

Thursdays - 9:30am to Noon

8 weeks: 1/9 to 2/27

Collin Creative Studio

Watercolor (PM)

Thursdays - 1:00pm to 3:30pm

8 weeks: 1/9 to 2/27

Provincial House Art Studio (*room change*)

Ceramics (AM)

Fridays - 9:00am to Noon

8 weeks: 1/3 to 2/21

Provincial House Art Studio

Ceramics (PM)

Fridays - 1:00pm to 4:00pm

8 weeks: 1/3 to 2/21

Provincial House Art Studio

MW's Players

Fridays - 3:00pm to 4:30pm

11 weeks: 1/10 to 3/20

Meadowlark

MW's Singers

Tuesdays: 12:45pm to 2:00pm

12 weeks - 1/28 to 4/10

Chapel of the Holy Names

Writers for Life

Thursdays: 1:30pm to 2:30pm

8 weeks: 1/9 to 2/27

Chapel of the Holy Names

See the January Calendar for class details including registration, cost, and more.

We Can Fix It!

One thing that makes a community a great place to live are the volunteer organizations whose goal is service to the larger community. Mary's Woods has its share of those, the newest one being the Man Cave. Besides an excuse for guys to get out of the house, the thing that has captured the group's imagination is the plan to be available to fix things that need fixing. As Rod



Kerr and Bill Warner pointed out at a recent meeting, the goal is not to make money for the organization. Labor is donated for these little jobs. These images are an example.

A cutting board had an unfortunate encounter with a stove burner. It might have been discarded but the board had been created by a friend 20 years ago. Al and Dee volunteered to plane it. The photos show the before and after.

Mary's Woods Village Fitness & Wellness Center

Opening January 2020 - 1st floor of the Gallagher Building

Take your wellness to a new level. Get ready for:

★ 9,500 sq ft of fitness space ★ Two group exercise rooms ★ Massage Room ★ A classroom for speakers, nutrition demos, movies and more! ★ Juice & Smoothie bar: Grab a quick snack or a juice after a class ★ Infrared sauna providing relief from joint pain, help with sleep, improved circulation, and more ★ Relaxation Room for post workout, sauna session, or before a massage ★ Keiser Strength - Pneumatic Technology reduces shock on joints and keeps muscles engaged throughout the entire range of motion

★ *Look for an exciting grand opening day announcement!* ★



Big Things Can Happen

Mary's Woods has always had an active and innovative Green Team. Over the years, members have worked with various departments to become stewards of the environment and protectors of our historic land. Previous achievements include reducing energy consumption with motion sensors, replacing plastic straws with paper straws, and meeting the requirements for Gold Certification as a Leader in Sustainability by Clackamas County.

Heading into 2020, green-minded residents and staff have joined forces to create a more ambitious Green Team. Its central goal is to incorporate the ideals of sustainability into every facet of our community's life.

"When residents and staff work together, big things can happen," said Michael Portillo, Dining Room Manager and leader of the Green Team.

Take for example, the new partnership with Sunnyhill Blooms, a local florist who shares our commitment to sustainability and now provides our dining rooms with beautiful succulents that last longer than traditional flower arrangements, thus, saving water and money.



In addition, the group has recently teamed up with neighboring CCRCs to discuss hot topics for sustainability and ways to achieve success in helping each other.

"One of the keys to becoming a model community in environmental stewardship is by being more inclusive of the people who live and work here," added Michael. "As a team, we generate great ideas. And then find ways to put ideas into action."

If you want to learn how you can get involved, attend the next Green Team meeting on Thursday, January 9, 2020, at 11:00am in the Mt. Hood Dining Room or Private Dining Room. Meetings will be the Second Thursday of every month at 11:00am.

Writers in the Woods

The words have been flowing in the Mary's Woods Writers in the Woods group, which meets every Saturday at 10:00am in the Sandpiper Room. One member, Rie Luft, recently had a historical book published, (*Memories of Glendale's Doctors House: 1979 -1984 A Labor of Love*), and six others have book projects in the works.

Dan Roberts (*Drug Fever*), Irene Ertell (*Never Say Goodbye*), and Cecil Denney (*The Intruder*) are writing novels. Three others are preparing memoir books: Jo Ann Parsons (*My Life in Review*), Loretta Hoagland (*The Girl from Small-town Idaho: Hoping to get to Boise*) and Bob Robinson (*Family Tales: A selection of essays*). If you would like to join the group or have questions, please contact Bob Robinson at bobrobinson1934@gmail.com



CLINIC CORNER: Beating the Cold Weather Doldrums



As the nice weather and sunny days come to a close we find ourselves indoors for longer periods of time with little to do and even less motivation to do it with. During the fall and winter it is not uncommon for folks to get a bad case of the "blahs".

Seasonal affective disorder (SAD) is a potential medical condition that we in the Northwest are more prone to because of the longer seasons of precipitation and cloud cover. The shorter days of winter and longer hours of darkness can also play a part. Reduced activity can contribute to the winter-time blues and the unhealthy by-products of the season.

Some helpful tips:

Make it a point to keep active. Activity and exercise contribute to a sense of well-being, clarity of thought, and better overall physical health. Make use of our large facility to get some indoor walking in. If weather permits and paths and walkways are dry and free of ice, get some outdoor walking in. Take advantage of the wellness center and pool. If you are a homebody, find some senior exercise videos to move along with.

Take advantage of the sun! On those days or

times the sun does appear, make it a point to step outside and enjoy. Time in the sun can help a person feel energized and optimistic.

Stay Healthy. As cold and flu season come upon us practice some extra healthy hygiene habits. Wash your hands more often, especially after touching common hand rails and door handles. Use hand sanitizer when out and about. Use a sanitizer to clean the most touched items in your home - phones, microwave buttons, door knobs, and cupboard handles - on a frequent basis.

Be Social! Get out and mingle. Watch for social events to take part in here at Mary's Woods and locally. Social engagement can lift the spirit.

Give of yourself. Nothing can warm your heart more than being there for a neighbor or friend who needs a lift or a listening ear. Pay some folks a friendly visit; give a hug; even a smile and a greeting in passing can be encouraging. Giving of yourself can give you sense of purpose and the recipient of your kindness some cheer.

"No winter lasts forever; no spring skips its turn."

– Hal Borland

Showing Them Someone Cares

What compels Mary's Woods residents to give back? When asked, members of the Marie Rose Community Service Group offered several heartfelt reasons:

"For people who are in need, it is really important that someone shows them that someone cares."

"Doing something for others brings me joy."

"It makes me feel happy to do something to help other people."

So when the opportunity came to help the Shepherd's Door Rescue Mission, an organization that provides housing and services to at-risk single women with children, resident volunteers rose to the occasion.

"We decided it would be a good idea to make blankets for the women who live there," said Hank Knowlen, Marie Rose Life Enrichment Manager. "The blankets will serve as a beautiful reminder that residents at Mary's Woods care about them and wish them the best in their future."

The volunteers gathered in the Marie Rose living room with their scissors and went about creating several tie-blankets — seventeen by the end of the project. With each knot and shared smile, a mission to serve others was carried out.

In late November, the group delivered the blankets along with a giant Hersey chocolate bar wrapped with a ribbon to Shepherd's Door community.



Blanket makers include: (L to R) Patty O'Halloren, Sr. Beverly Miller, Hank, Mary Robertson, Sr. Mary Sullivan, Sr. Rosemary Antonich, and Esther Regula. Not pictured: Helen Ahlschwede, Robin Bebeau, Sally White, and Michelle Kay.

Almost Too Good To Eat

Everybody knows that you're not supposed to play with your food—but no one ever said anything about crafting it! Created entirely from food, Social Lounge culinarian Slavica Matic enjoys creating edible sculptures and conceptual cuisine. Her culinary work is a special part of the Social Lounge menu, and includes items that portray bicycles made from oranges, rose blossoms from ham, and a poinsettia from Roma tomatoes, spinach, and corn.

"It makes me happy to put a smile on your face," said Slavica. "Food is a treat. It can be good for the mouth and eyes."



On the Move

We are excited about the growth at Mary's Woods and how much enjoyment the new features and amenities will bring for all of you.

A part of the final expansion project is several office relocations within the Provincial House and to the Reis building, including vacating offices from the SNJM hallway.

In late January Diane Hood and Assistant Carrie Meldgaard, Sister Roswitha Frawley, Kimberly Scott, Cheri Mussotto-Conyers, Nancy Koerner, Lynne Michaelson, Ralf Brabandt and Andy King are relocating.

We plan to introduce a set of open door hours at locations throughout our campus where you can visit each week for a chat, share feedback, new ideas, and be part of the growth at Mary's Woods.

Stay tuned!



MUSIC in the WOODS

2020 Spring Festival Series



Mary's Woods presents *Music in the Woods 2020 Spring Festival Series*

February 16 – Musical Emergency Response Team: “An urgent return to friends.” Not only because they’ve missed their Mary’s Woods friends terribly since last appearing on this series nearly two years ago, but because they’ve got great new tunes to render a lively

opening for the 7th season, the Musical Emergency Response Team will be back with urgent, if not downright emergency, chamber music. Should be a very peppy antidote to the grey days of winter!

March 22 – St. Paul’s Episcopal Choir: “Sing on, sing on, sing on.” Our beloved Music in the Woods crowd has so often asked for a great choir and this program will present the best of the best: St. Paul’s Episcopal Choir (from Salem). Be prepared to be thrilled with how they fill the wonderful acoustics of the Chapel of the Holy Names.

April 19 – Sine Nomine: “Going for baroque.” Bad pun, but great music. The vivid rhythms, wonderful harmonies, and touching pathos of baroque music are so widely admired — who couldn’t be thrilled when “Sine Nomine,” the intimate, special baroque ensemble featuring local virtuosi playing real 18th-century instruments brings a program of their favorite works to us? Up for dancing a sarabande, anyone?

May 17 – Duo Tenebroso: “12 Strings vibrating in wacky ways.” The most suave of all possible ways to slide into the delights of spring awaits us as Duo Tenebroso brings the delight of two guitars in rapturous ensemble together with music from all corners of the world of the guitar. Andalusian fire to baroque bravado to the romance of Brahms to even some unforeseen corners of this intimate musical world.

Performances are complimentary to Mary’s Woods residents, staff and Sisters. Concert tickets: \$30 per adult/\$10 per youth (12 and under) purchased online or pay at the door for \$35. Concerts take place on Sundays at 2:00pm in the Chapel of the Holy Names.

HAPPY BIRTHDAY!

January

1	Diana Gough Sr. Ann Toback	11	Norma Silver George Walters Gerri Alexander AnnaMarie Jones	19	Kristine Gates Mary Ellen Kulawiec Pat Michaud	24	Bob Kalez John Sanders Carolyn Snow
2	Ruthe Aldrich	12	Marilyn Hillier	20	George Adlhoch Shirley Faris Gary Goldstick	25	Sr. Magdalen Basick
3	Carmen Rowe Bill Vaughan	13	Millie Ferguson Bobbie Tokola Mildred Wheeler	21	Robin Bebeau John Coles Jeanne Michels	26	John Hammerstad
4	Leigh Merriman	14	Liz Johnston Sylvia Takeuchi Mary Jo Williams	22	Beppie Cook Patricia Demmin Sr. Donna Hortsch Jean Northrup John Smee Katherine Smith	27	Irene Ertell Jeri Mcfarlane Elisabet Thor Sally White
5	Jane Kleinheinz	15	Nora Fairley-Parker Mary Lou Hyde	23	Janice Brown Ann Martindale Jarrett Powell	28	Verona Lynam
6	Bettie Moore	16				29	Connie Chambers Mary Kayser Sr. Joanne Maney Dan Roberts
7	Jean George	17				30	Jim Post
8	Cecil Denney Alice Pittenger Bing Ting	18				31	Ardelle Morris Virginia Post
10	Donald Daly						

Thank You 2019 Gala Sponsors!

Below is a list of our most generous donors and business partners who bring their expertise to our mission-driven work at Mary's Woods. Their work helps us provide exceptional services to residents.

As top Gala sponsors for 2019, they have given back to Mary's Woods and we invite you to help them grow their organizations with your support.

FOUNDING SPONSORS



GOLD SPONSORS



Resident Photography Display

Social Lounge slide show offers glimpse behind the lens

If you have dropped into the Social Lounge in the Provincial House at Mary's Woods for a cup of coffee or a cocktail, or even just to read the newspaper, you probably noticed the slide show appearing on the fifty-inch Samsung television over the coffee counter.

The slide show is a continuing project of the Mary's Woods Photography Club. "It might surprise you to know that each show is made up of one hundred slides," said member Jack McNally, "all photographs taken by club members."

If you would like to include some of your photos in this slide show, attend one of the group's mid-monthly meetings. The next meeting is January 15 at 10:30am in the Sandpiper Room.

The Photography Club was started by four Mary's Woods residents in early 2017 who wanted to meet to discuss cameras, photography tips, and share photos. Since that time, several members

have put their works on display on the Social Lounge television, at the art display in Dufresne, and have shared their works on the portal and in the Hummingbird. You don't have to be a "professional photographer" to join the club, just have a love for photography.



Mary's Woods 6th Annual MLK Celebration

Saturday, January 18th at 2:00pm

Provincial House, Chapel of the Holy Names

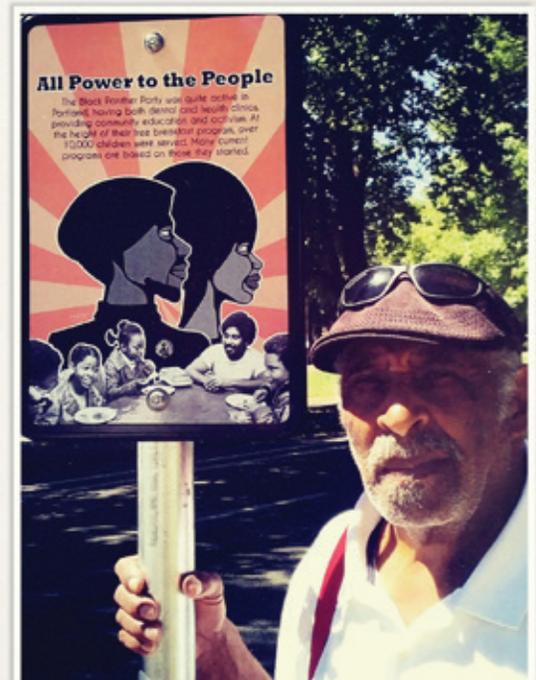
You are invited to a special program featuring guest speaker Kent Ford, founder of the Portland chapter of the Black Panthers along with the Northwest Freedom Singers.

In his presentation "*Power to the People*", Mr. Ford will share his personal memories of revolutionary activism and community service, and talk about Dr. King and the peace movement.

Please join us for this celebration and a meet and greet reception immediately following.

MARY'S WOODS

17400 Holy Names Drive
Lake Oswego, OR 97034



Spiritual Care

Introducing the newest member of the Spiritual Care Team, Patrick Murray, MA - Spiritual Care Associate

I came to spiritual care a few years ago following a career in legal technology. Originally from Ohio, I moved to the San Francisco Bay area where I attended the Graduate Theological Union, with the Jesuit School of Theology as my home school. I became aware of spiritual care from several of my classmates and followed my graduate studies with a residency in chaplaincy at St. Francis Memorial Hospital in San Francisco. I did an additional year of study at UC San Francisco in palliative care, which is a particular area of interest of mine. I am on the road to becoming a Board Certified Chaplain. While trained as an ecumenical chaplain, I follow the Roman Catholic tradition.

I have been at Mary's Woods for a few months now in addition to working part-time at Providence Milwaukie Medical Center. I have come to appreciate the balance between acute care in a hospital setting and having the opportunity to get to know residents and employees on a more personal level. I am grateful for the warm welcome which I have received from the residents and Sisters and am inspired by the compassionate care exhibited by my colleagues on a daily basis.

I have three adult children all living in Ohio and became a grandparent for the first time one year ago this month. My two brothers and sister reside in Ohio and my mother is in assisted living at Hamlet Hills in Chagrin Falls, Ohio. I am planning on visiting them in the New Year!



*"We joyfully pray with grateful hearts to
welcome blessings in New Year."*

— Lailah Gifty Akita



In Memoriam

Mary LaBarre

April 21, 1945 – November 16, 2019

Dr. Theodore Rinck

August 6, 1921 – November 20, 2019

Bill Weber

April 25, 1936 – November 26, 2019

Inez Becic

August 24, 1932 – November 26, 2019

MW's Dining DISH

New Year's Day - Wednesday, January 1

Bistro: Closed for Lunch & Dinner.

Social Lounge: Open from 11:00am to 8:00pm.

Mt. Hood: Brunch: 11:30am to 2:30pm. Closed for Dinner.

Three Sisters Café: Open from 11:00am to 5:00pm.

Three Sisters Restaurant: Brunch: 11:30am to 2:30pm.
Closed for Dinner.

Dagostino: Open from 11:00am to 5:00pm.

Wed. Happy Hour - Social Lounge: 4:30pm to 5:45pm

January 8: *New Year's Resolution Toast* with Colette & Ralf

January 15: *The Healthy Cocktail* with Corrina & Kevin

January 22: *Gin & Tonic* with Diane & Kim

January 29: *Surprise Cocktail* with Cheri & Janet

Thurs. Cocktail Specials at Dagostino Lounge

January 2: *Coffee Nudge*

January 9: *Gin & Tonic with Pink Peppercorn*

January 16: *Spiced Cuba Libre*

January 23: *Dewar's Highball*

January 30: *Cherry Limeade*

Food & Beverage Updates:

Mt. Hood Menu Launch

The new Mt. Hood restaurant concept menu was rolled out – is live and in action! Residents now enjoy Chef Ryan's traditional American cuisine in an elegant setting with a new menu format and exciting new menu items plus a separate heart healthy menu.

It's Mary's Woods second distinctive culinary concept after Three Sisters much heralded modern, organic and locally inspired cuisine spearheaded by Chef Moss.

The Bistro renovation will see the third new culinary concept launch with a healthier and lighter Mediterranean approach, slated for May 2020.

We are grateful for the culinary talents and proud of the diverse dining options at Mary's Woods!

New Year's Day "Battle of the Brunches"

Let us pamper you on the very 1st day of 2020! The choice is yours as Chef Ryan and Chef Moss battle for the best brunch to kick in the New Year. Celebrate in style with family and friends and let us know what your favorites were!

Gala Appreciation

Oh, What a Night! – that sums it up. What a weekend of fun and celebrations. So much to be grateful for this past year. Thank you for joining us and for contributing to a great cause.

Now it's time to plan for 2020. The Summer Party on Wednesday, July 15 – a new Gala theme – the fun continues at Mary's Woods!

Catering BITES

Happy New Year and welcome to 2020 from your Catering team of Todd, Alison, Ciarra and Kathy. We are excited about flipping the calendar and look forward to the next 12 months.

In late January the Nathman event space will be complete which will give you more options for small to medium sized gatherings inside and out. In collaboration with Chef Ryan and Chef Paul we'll roll out our new Spring/Summer menus in April. And as we turn the page to a new year it's never too early to think about St. Patrick's Day, Easter, Mother's Day or Father's Day and how best to celebrate these occasions with friends and family.

The new year brings new opportunities and we look forward to a fun and festive time filled with great food and fond memories!



Thank you to the following residents for contributing to this issue.

Glenda Anderson, Betty Burke, Bob Dwyer, Sr. Donna Hortsch, Jim Hough, Judy Kruppenbacher, Rie Luft, Alvi McWilliams, John Schilke, Marilyn Taylor, Nancy Tolin, Barbara Warner, Sr. Anna Weisner.

Interested in submitting an article for consideration? Please contact Rob West to discuss your idea at 503-697-6419 or rwest@maryswoods.org.