



September 2011

UPDATE ON THE NAPIER AWARDS

Students at the Claremont Colleges are now back from summer break, and some seniors among them will soon start the application process that will result in up to fifteen students being nominated by their schools for Pilgrim Place's Napier Awards for Creative Leadership.

Meanwhile, over the next five weeks, Pilgrim leaders of the Napier Initiative will be telling the Awards story at student gatherings at the colleges, and some of the students will be visiting Pilgrim Place to learn more about the Awards process and to meet Pilgrims involved in the student mentoring program.

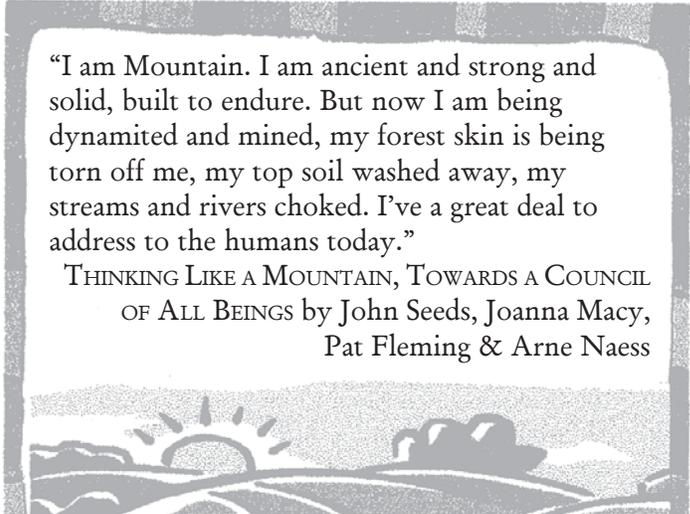
Feedback from students and Pilgrims participating in last year's launch of the Awards has resulted in several improvements being introduced into this year's process (notably a better way of matching students with their Pilgrim mentors). Also, plans are under way for a course at the colleges that will bring together potential future Napier nominees with Pilgrim auditors to consider leadership for social change (to be taught by Pomona College's Jerry Irish, assisted by Pilgrim David Mann).

Evaluations from Year One students showed a high level of appreciation for their experience. An affirmative word received recently from Napier Awardee Jacob Cohen has been especially gratifying. Said Cohen: *"The Napier Awards project has been one of the most meaningful, enriching experiences of my adult life, and certainly a perfect way to transition from college to the 'working world.' Through the Napier Awards, I have not only received the financial resources that I need to pursue an original project, but I have also received the guidance and wisdom of the Napier community. Every day in my work, I feel connected to a legacy of compassion and justice that traces back many generations. This sense of historical connectedness is uplifting. It helps give me the strength I need to continue my work each day."*

The second year of this innovative project in intergenerational learning comes to a head on Friday, February 10, 2012, at the Napier Awards Banquet & Program in Abernethy/Decker. On that occasion all the nominees will be introduced and the two recipients of the \$10,000 Awards will be announced.

At that celebratory event the principal speaker will be Denis Hayes, who was a student and protégé of Davie and Joy Napier at Stanford in the late 1960s. In 1970 Hayes became national coordinator of the first Earth Day, and in subsequent years he has been instrumental in extending Earth Day around the world, to some 180 nations. Declared "Hero of the Planet" by *Time Magazine* in 1999, he is now chief executive of the Bullitt Foundation in Seattle, which is working to make the Pacific Northwest a national leader in environmental sustainability. On February 10, Hayes will become the second recipient of Pilgrim Place's Napier Medal.

-Paul Minus



"I am Mountain. I am ancient and strong and solid, built to endure. But now I am being dynamited and mined, my forest skin is being torn off me, my top soil washed away, my streams and rivers choked. I've a great deal to address to the humans today."

THINKING LIKE A MOUNTAIN, TOWARDS A COUNCIL
OF ALL BEINGS by John Seeds, Joanna Macy,
Pat Fleming & Arne Naess

WELCOME

Introducing Rich & Sue Mayfield



Rich and Sue Mayfield come to us from Silverthorne, Colorado about 75 miles west of Denver at an elevation of 8990 ft. Until five years ago,

Rich was the pastor of Lord of the Mountains. Lutheran Church in Dillon, CO. They have lived up in the mountains since 1983. Sue taught elementary school and was active in their church community. Rich was born here in Los Angeles but Sue comes from Rochester, MN. They met at Pacific Lutheran University in Tacoma, WA and have been married 44 years. Rich did his undergraduate work and first stint in graduate school in Theatre Arts. He took his theological training at Pacific Lutheran Seminary in Berkeley. Sue studied education and received a MA in elementary language arts at the University of Colorado at Denver.

Rich plans to continue to develop his writing, participate in community theatre and, if time allows, continue his most recent avocation: working as an extra in television and film. He has written two books of daily readings and is a newspaper columnist now writing for the Sierralodestar weekly magazine. Sue participates in book discussion groups, has taught ESL for adults, and is a member of PEO International that promotes educational opportunities for women. They are both avid outdoor folk. Since retiring five years ago they have been traveling, volunteering and enjoying their retired lives. They also have provided a foster home for service dogs that are being trained to assist the disabled. They look forward to becoming more involved with their new neighbors and friends at Pilgrim Place.

Please welcome Rich and Sue Mayfield.

-Chris Chase

IN REMEMBRANCE

Harry Brunger

August 15

Entered Pilgrim Place 1992



Richard Harris

August 19

Entered Pilgrim Place 1993

Moderator's Moment

As we prepare to kick off another exciting autumn season of program and activity at Pilgrim Place (described elsewhere in these pages), as we continue to enjoy beautiful sunny weather, a part of me still marvels at the heavier-than-normal rainfall we received during our 2010-11 season. Do you realize we received 40% of our total annual rainfall during four, very wet December days?

Barbara and I shall never forget that monsoon because it seriously disabled our car, filling both headlamps & floorboards with inches of water.

How the rain was able to penetrate the exterior of our auto presented us with a mystery. All doors and windows had been closed tightly. We hadn't driven through any flooded streets. When we sought answers, even the experts were baffled and offered differing theories. The windshield must have a leak around its insulated edges. A water hose must have burst in the engine block. Oh, it has to be the sunroof. The conjecture marched forth with determination.

It was not until one expert conducted the time-tested "hose test," running pressurized water against all these vulnerable surfaces, that we discovered it was, indeed, a leaky sunroof which invited the rain into our car's interior. Armed with that essential knowledge, the problem was not difficult to repair.

Cause-and-effect is another helpful, time-tested tool that most of us employ, often unconsciously, everyday of our lives. Problem-solving always begins with "effect," challenging us to solve mysteries by tracing problems back to their source, or "cause."

This prompts me to call your attention to one of Pilgrim Place's key systems for problem-solving available to all residents. I speak of "Gold Slips." There's a little box bearing this name found in one of the cubbies located in the Garden Café. As many of you know, it serves as our community's "suggestion box."

As you have concerns or creative ideas which may contribute to making our community more livable, I encourage you to complete a gold slip and place it in the box. These slips are collected frequently and directed to the appropriate staff person, advisory group or committee for response. Most problems can be quickly resolved, and creative solutions implemented, when we are made aware of them. Thank you for your help.

-John Rogers, Moderator

REDUCE! REUSE! RECYCLE!

Considerations from the CEO

After a fairly busy summer for us all and with great anticipation for the new season upon us, here are a few issues that I'd like to address briefly to enhance communication and transparency:

- Pilgrim Place has had a few meetings this summer with the City of Claremont around the *possible* development of our lot at 731 Harrison Avenue. There seems to be more flexibility around use and schedule for development than originally anticipated. We'll be exploring over the next year or so a number of options that could benefit both Pilgrim Place and the City. As soon as we get clarity on those possibilities, I'll be sharing information with the Board, staff and residents before making any commitments. In the meantime, we will keep our options open! Stay tuned...
- Some residents have recently expressed interest in making an internal move in light of the number of homes now available by transitions to Pitzer Lodge. We're in the process of updating our "Internal Move Policies" through the lens of a CCRC and will publish revised guidelines this fall. However, given Festival and the number of new residents we're trying to accommodate over the next few months, no additional homes will be renovated and available for internal moves until 2012.
- The Management Executive Team guided by CFO Bernie Valek is working on both our Capital and Operations Budgets for 2012 as I write this column. So far, we have \$2.5 million in requests for capital improvements to the campus with a \$1.9 million budget ceiling. We're sharpening our pencils!
- Speaking of Budgets...Bernie and I will offer our 2012 Resident Budget Review Meetings earlier this year than in the past. We have scheduled sessions for Nov. 18 and Nov. 29 in Decker Hall and Dec. 6 for Pitzer residents. As always, copies of the budget, once approved by the Board in November, will be in the Library for examination.
- Thanks to the leadership of Admissions Director Gisele Tackoor and Associate Jennifer Tomes, Pilgrim Place is steadily filling vacated homes/apartments with new residents. Unlike some other CCRC's in our region who are experiencing occupancy rates around 75%, our campus is 92% occupied and challenged only by lack of time to renovate our inventory of homes for new residents!
- One of the requirements of being a CCRC is to have an annual resident satisfaction survey. We are currently in the process of scheduling distribution of a questionnaire during October. As in the past, the organization Vital Research will facilitate the collection and analysis of results. More information will follow in the October NEWS.
- And finally: Pilgrim Place has been acknowledged again for its leadership in environmental sustainability....this time by the group *Sustainable Claremont* for our creation of a "Sustainable Neighborhood." The recognition dovetails nicely with the work of the Energy Retrofit Group to foster a case for generating financial support to underwrite full energy audits of *all* our homes, apartments and central facilities...not just those homes being readied for new residents!

Your questions and concerns are always welcome. Please be in touch if you wish to discuss any of these or other issues in greater detail. Anticipating autumn, *Bill Cunitz, President/CEO*

ANNOUNCING

PILGRIM PICKERS "OPEN TO ALL" JAM SESSION

As our Pilgrim Place population has expanded, so too has the number of Pickers, AND our desire to find more play-time together. A monthly jam session, on first Sundays at 3:30 p.m in Decker, will be open to anyone desiring to play a musical instrument and/or sing together, whether or not you've ever played with the Pickers. As this jam-time evolves we can figure out as we go how best to organize the session. But we do mean to keep this a "jam-for-fun" time, free of pressure to rehearse for gigs; a time to explore new songs and new musical relationships among Pilgrim residents. And please bring at least 10 copies of your selection(s) to play or sing. Our next open jam session will be **Sunday, September 4, 3:30 p.m, Decker Hall.** *-Alice Cook*

FORUM ON CHAPLAINCY/SPIRITUAL CARE

The Pilgrim Place community is invited to a forum **Monday, September 12 at 11:00 a.m. in Decker Hall** to learn about proposed new directions for spiritual care at the Health Services Center. The spiritual life of the new household model being developed for HSC and the Health and Wellness Committee, responsible for chaplaincy, have been developing proposals for spiritual care that will be complimentary to the new directions.

The plan calls for the current chaplaincy program to be replaced with a team approach to addressing spiritual needs of residents. Each of the three neighborhoods would have a team of persons who would work with the neighborhood to foster spiritual life. Each team (3 to 6 people) would work only with that neighborhood (15-20 people) and serve for at least a year. Other resource people with special gifts would be utilized to augment the work of the team.

The forum September 12 will explain the new program, entertain concerns and invite the participation of the Pilgrim Place community. Joan Stock has been asked by Health and Wellness and the Spiritual Life team to coordinate our preparation for this. This includes visits with residents and current chaplains and with Pitzer.

It is anticipated that this new program would begin before the end of the year and closely coordinated with the work of the Steering Committee planning the new care model at HSC

You are urged to come to the forum both to learn and to express your ideas and concerns. *-Bob Wallace*

PEACE IS JUST A DREAM?

Come and hear Paul Chappell, recent recipient of Americans Who Speak the Truth Award, give a talk on "Peace Is Possible: This Is How To Do It" **Monday, September 12, 7:00 p.m. in Decker Hall.**

Paul Chappell is a 2002 West Point graduate who served in Iraq as a captain. Author of two groundbreaking books on ending war, he offers clear and compelling insights based on his military experience and extensive research in human nature and the myths that perpetuate war. His persuasive dialogue offers deeper solutions to our national and global problems.

His presentation will be followed by a dialogue with a panel of respondents who are men and women veterans of current US wars. Sponsored by Peace Vigil Committee (Pilgrim Place), The Napier Initiative; Claremont Graduate University, Progressive Christians Uniting (Pomona Valley Chapter) and the Korea Project of the Center for Process Studies at the Claremont School of Theology. *-Jim Lamb*

INTERPLAY

Cynthia Winton-Henry and Phil Porter are the co-founders of InterPlay. In their book, *WHAT THE BODY WANTS*, they say: "In play we entrust ourselves so deeply to the present moment that we forget about ourselves and enter into union with our playmates. Having chosen the moment, we forget that we have chosen it. It just happens....Play is not the opposite of work. It is the home of our best work. It is easier to play hard than to hardly play. Play can underlie the most challenging task. Those who feel they are playing find that work is meaningful and full of creative intent and power..."

For 15 years I played and trained with Cynthia and Phil as they were developing InterPlay. We use simple forms of movement, storytelling, melody, noticing and stillness in an atmosphere of affirmation. We honor all limitations, we celebrate all gifts. Some of us are finding it a fun, surprising, even poignant practice to move around together, in the present moment, attentive to whatever comes. Newcomers are always welcome.

Following are dates when you are invited to come and "play around" with fellow residents. All sessions in Napier Common Room.

Tues Sept 13 3:30-4:45 p.m.

Tues Oct 11 3:30-4:45 p.m.

Tues Nov 15 3:30-4:45 p.m.

Tues Dec 13 3:30-4:45 p.m. *-Penelope Mann*

WORLD AFFAIRS FORUM

World Affairs Forum meets **Wednesday, September 14 at 10:30 a.m.** (rather than the regular 11:00 a.m.) in Decker Hall for a 'labor day' panel in association with CLUE (Clergy and Laity United For Economic Justice.) Hear current insider updates on local organizing, warehouse workers, food service and grocery workers, farm workers, and the nation-wide and world-wide attacks to undo worker's wages, benefits, opportunities, and influence in economic matters. Brief presentations by a series of workers and their allies. *-Gene Boutilier*

WOMAN'S PERSPECTIVE BOOK DISCUSSION

The Woman's Perspective Forum will begin the new schedule of Book Discussions for the 2011-2012 year on **Thursday, September 15, at 3:30 p.m. in Pitzer North Lounge.** At this time, we will begin discussing our selected book for the year, *TALKING BACK TO GOD: AMERICAN WOMEN RISING UP FOR RELIGIOUS EQUALITY* by Leora Tanenbaum, a Jewish woman author.

Our Book Discussion group is open to any Pilgrim woman interested in discussing religious/theological books by women authors on a wide variety of subjects. *TALKING BACK TO GOD* includes chapters on mainline protestant, evangelical, Catholic, Jewish, and Muslim women plus topics of concern to all these groups.

Participants take turns leading the discussion, currently held each month (September through May) on the third Thursday in Pitzer North Lounge from 3:30 - 5:00 p.m. Plenty of time to order a copy of the book. Two copies are in Library. Contact Carolyn Kingshill.

SEPTEMBER AT THE PETERSON MUSEUM

Participating in the City of Claremont's "9.17.11 Celebration" **Saturday, September 17** - the Museum Friends will be hosting a special open house, 12:00-4:00 p.m. at the Museum. Event features a special exhibit, "Remembering the Dead, Honoring the Fallen," with Dia de los Muertos artifacts along with "The 9/11 Series," seven watercolor paintings by Eleanor Scott Meyers that were completed during week of 9/11 as she sought to struggle personally with horrific events.

Also, at 2:00 p.m. that day, the Chaffey College Latin Jazz Group will be performing.

NOTE: above exhibits, along with art and culture of countries of Southern Africa, will be on display throughout September. *-Carol Gil, Curator*

THE GROUP

Long illnesses, searing losses, changing lives are normative at Pilgrim Place, and, when these events happen, we, as a community, respond with empathy and compassion. Although there has long been an ongoing group at Pilgrim Place for caregivers, for the past two years The Group has offered support to those who have suffered a loss, whether of spouse, child, parent, significant other, et al.

Led by resident volunteer Lois Gilliland, who is a licensed Marriage, Family, Individual Counselor of 20 years in practice, The Group meets from 9:30-11:00 a.m. the third Wednesday each month in The Quiet Room in the Health Center, opposite the Mabel Long Dining Room. The next meeting will be **Wednesday, September 21 from 9:30-11:00 a.m.**

Grieving is the common bond, and experiences are shared in confidence, guided by Lois' expertise. Persons enter the group as they and we are aware of a need and leave as they feel strengthened for the challenges of living. The organizational tasks are handled by contact person Elsie Harber, 621-2166.

The Group would appreciate the Pilgrim Place community embracing this resource for those embarking on a different and difficult journey.

DOING THEOLOGY 7

On Wednesday, September 21, 3:00-4:30 p.m. in Porter Conference Room, a circle of residents will gather to begin our seventh year of conversation we call Doing Theology. As we say in the introduction of our sixth volume: "This Doing Theology Project is not about recognized scholars. We do not gather at the feet of academic stars. We gather to 'hear each other into speech,' as Nelle Morton has put it. Like Nelle, we have been more interested in hearing each other say where we are in our relationship to God, to each other and to the world. We are interested in getting to know each other deeply, to accompany each other into a more profound understanding of what is important." We are eager to have new participants. We take turns preparing papers to share. Tom Ambrogi will start us off.

To get on the list, contact Paul with your address. And watch for Wednesday Announcements by Pat. Paul Kittlaus, Pat Patterson, Donna Blackstock

*All the beautiful sentiments in the world
weigh less than a single lovely action.*

-James Russell Lowell

“MANAGE CHRONIC PAIN AND THRIVE!”

Pilgrim Place offers significant health-related help for many of its intermediate care and full care residents. Along with those suffering from acute medical crises, a fair number of our residents including independent residents suffer from chronic pain caused by nerve and muscular damage. For them, the pain never goes away, even if the original cause may no longer exist.

Unlike acute pain that surges then decreases and disappears in three months or so after which brain signals return to normal, with chronic pain the brain “forgets” what normal feels like. In fact it reproduces this new signal and sends it elsewhere in the body, taking the pain signal to be the “new normal.”

While chronic pain cannot be eradicated, it can be effectively managed. The brain can be taught new ways to cope and temporarily override these signals. The sufferer can begin intentionally to do new things he or she has never done before, that feel good and that combat pain signals by bringing about good endorphin release. Then the pain no longer manages the sufferer but the person, by being vigilant, effectively manages his or her pain. And suffering turns into thriving. Some people may credit their chronic pain for changing their life for the better. An appropriate question from a caring friend might be, “How are you managing your pain these days?”

To explain more about thriving with chronic pain, Dr. Andrea Sircable, D.O. and Maria Bacera, BRN, of Kaiser Permanente’s Integrated Pain Management Chronic Pain Program, will present a Health and Wellness Forum on **Wednesday, September 21 at 10:30 a.m. in Decker Hall**. The two will discuss the nature of chronic pain and some strategies for effectively managing it. They will also raise the value of working with a multidisciplinary health care team like Kaiser’s that includes pharmacological and alternative medicine management, pain-reducing oriented physical therapy, and practices coming from cognitive behavioral therapy.

Dr. Sircable D.O., a graduate of Western University of Health Sciences in 1996, completed family medicine residency at San Bernardino County Medical Center in 1999, and has been practicing chronic pain management since 2005. She is the Physician in Charge of Kaiser Fontana’s Integrated Pain Management Center. Maria Bacera, BRN received her Bachelor Degree of nursing from University of Phoenix and has been Nurse Case Manager for Kaiser Fontana’s Integrated Pain Management Center since 2006.

-Lois McAfee

“HARRIET TUBMAN” VISITS PILGRIM PLACE A Celebration of the Arts & Social Change



The Rev. Dr. Patricia Walton becomes Harriet Tubman—abolitionist, humanitarian, Union spy—in Walton’s carefully researched and deeply personal portrayal of the life and times of this remarkable and important historical figure. This Scrooby Club Special was conceived by Pilgrim Place residents Louilyn and Jim Hargett - personal friends of Dr. Walton who is a UCC pastor as well as an actress.

The one-woman dramatic presentation will take place on the **Decker Hall stage at 7:00 p.m. on Saturday, September 24**, followed by a reception in the Napier Common Room.

Over a year ago, the Napier Committee contacted the Art Selection Team - our committee that works to oversee the display of art in public spaces on the Pilgrim Place campus: “May we request,” the Napier Committee asked, “that the art selected for the Napier Center for Creative Social Change demonstrate the importance of the role of art in movements of social change.”

Once the building was completed, the Art Selection Team for Napier, consisting of Audrey Sorrento, Mary Douglas, Janet Evans, Jerry Bedford, Louilyn Hargett and Eleanor Scott Meyers, went to work. Selections for display in the rooms of the Napier Center represent a wide variety of cultural art forms many of which lift up the theme of social change. The work of this team was supported by donations of art from several Pilgrim Place residents, including the Hargett’s gift of a portrait of Harriet Tubman created by artist Margaret Burroughs (pictured), Paul Kittlaus and Janet Vandevender, Pat Patterson and Ruth Harris, and others, including art donated by Festival Fine Arts booth community volunteer, Mary Humbolt. Other selections have been culled from donations to our Fine Arts booth from the Pilgrim Place Furniture Store and Miscellaneous.

Plan to attend this special performance by the actress Patricia Walton and enjoy the ‘after show’ celebrations. Members of the Art Selection Committee and others will be stationed throughout the building to describe the art displayed in each room. The use of art - performance art and fine arts - in social change is rooted in a belief that cultural and creative expression can be a means to affect deep and lasting change . . . sparking new ideas, inspiring and creating visions for a more just society. The Scrooby Club hopes this evening celebrating the arts at Pilgrim Place will continue to inspire all of us in many ways!

-Eleanor Scott Meyers

WOMEN=CHURCH

The theme for Women Church **Sunday, September 15 at 10:00 a.m. in the Napier Common Room** will be "God, the Source of All Life," led by Audrey Sorrento.

TMX=SPONSORED FORUM

Last May, residents experienced a spirited Town Meeting. The meeting had been designed by your Town Meeting Executive Committee (TMX) to provide residents opportunities for speaking their minds — and no one was disappointed.

A long list of concerns, dreams, questions and suggestions were offered up by residents, old and new. To refresh your memory, many of the articulated concerns had to do with Buildings and Grounds, with the financing of our life together, with dietary issues and with health services offered. A thorough record of these offerings was maintained and quickly distributed to staff and advisory groups soliciting their studied response.

Now, having given these persons and bodies some time to wrestle with your stated concerns, we invite you to return **Tuesday, September 27, 3:00 p.m. in Decker Hall** to receive their progress report. Of course, what has occurred between our Spring Town Meeting and this September date is called "summer." Time has not allowed for a thorough or exhaustive response, which is why TMX sees this as a "progress report."

Come, hear how your staff and elected representatives are responding to your concerns.

-John Rogers, Moderator

WOMAN'S PERSPECTIVE FORUM

We're delighted that Pilgrim Rosemary Radford Ruether will be our first speaker **Wednesday, September 28, 11:00 a.m. in Decker Hall**. Her topic is "New Dimensions of Feminism in the 21st Century." Moving from feminist theologies of the 1960's, Ruether describes today's feminist liberation theology as increasingly opening to multicultural, global and interfaith encounters. Her discussion will incorporate new voices—those of the post-colonial and marginalized Fourth World women.

Rosemary Radford Ruether, Ph.D., is Professor of Feminist Theology at the Claremont Graduate University and Claremont Lincoln School of Theology. One of the foremost founders of the feminist theology movement, she has written extensively in that field and others. She directs those interested in reading before this Forum to the second edition of *WOMEN AND REDEMPTION: A THEOLOGICAL HISTORY*.

-Susan Craig

PILGRIM TOURS

Beach Party, Wednesday, September 28—\$25

It's finally time for our big beach party! Our bus will leave Porter at 2:00 p.m. with arrival in San Clemente in time to enjoy the nicest part of the day. You can walk the beach, swim in the surf, scarf down grilled hot dogs, toast marshmallow S'mores, gaze at the spectacular sunset and sing around the campfire. All this and home again about 9:30 p.m.! The sign-up board can be found in the usual place in the Garden Café. Be sure to sign up early because we are limited to just one bus. There is, however, another way to enjoy the beach party experience. Contact Judy O'Neill to make arrangements to be part of an overnight camping experience.

Mexico Cruise News

Sixty-eight happy folks have made deposits on our 4-night Carnival Fun Cruise to Avalon and Ensenada January 23 to 27! While we can no longer guarantee the same low price, it is still possible (and affordable) to join in on the fun! Deadline for our second installment payment of \$100 each (check payable to PilgrimTours) is September 16. Please include a photocopy of the inside information page of your passport. On the same page, copy credit card you plan to use on the trip. Give to Dale Morgan or Jeanne Halverson (we promise not to shop!)

A GATHERING OF MEN

We believe that there are some important things men need to talk about and some of those things we, likely, will not talk about if women are present. Many of us realize that we have been formed to show our strength, our competence, our decisiveness. We have lived our lives defined by what we do, not who we are. And retirement is a time when what we do (for a living and for our identity) is removed from our lives. Many of us have little experience forming close, nurturing relationships. Many of us have never learned to be vulnerable with other men, to share our weaknesses, our confusion, our uncertainty and our pain. Yet, we have many years yet to live and probably need to learn some new skills, some new ways of being in the world and in connection with others.

We invite interested men to gather **Wednesday, October 5 at 10:00 a.m. in Napier Common Room** to hear a panel of men share our experience of this transition. It is sometimes very hard, and we yearn for a safe place to walk this new path, to hear other's stories.

*-Paul Kittlaus, Chris Hartmire, Joe Hough,
Jim Lamb, Ernest Newborn, Jack Jackson,
Herman Ruether, Charles Bayer, Howard Fuller*

➤HSC CULTURE CHANGE UPDATE➤

Pilgrim Place recently conducted a market study to help us understand how our Health Services Center is viewed within the greater Claremont community. The findings of this study further reinforced our decision to embark on a journey to establish a person-centered “household” or “neighborhood” model of care that will provide a more intimate environment where daily activities and routines are based on the needs of the resident, not on the facility or its staff.

To that end, you will begin to see not only physical changes to various public areas within the Health Services Center over the next several months, but some additional modifications in staffing and **rehabilitative services**.

Expanding our rehabilitative services to include additional equipment and indoor and outdoor space options to improve outcomes for our short term residents as well as providing programs for long-term Health Center residents, and exploring a potential for outpatient services are a few of the benefits we expect to see. Consequently we have contracted with a *new* therapy company called **Therapy Specialists**. They are a privately owned, company established in 1976 for the purpose of making a positive contribution to the physical and psychological health of patients and other health care community customers. They have worked with other not-for-profit CCRCs in California to help increase skilled census and produce positive resident outcomes, by utilizing tools for greater efficiencies and accountability for their provider partners.

They have already met and had conversations with our regular therapist in hopes of offering them positions here at HSC so there would remain continuity of care for residents, but it will be up to the individual therapist if they decide to move forward with the new company.

We look forward to the future with this new therapy group and the promise of a higher quality of care for our residents. *–Sue Fairley, VP Health Services*

This year, Residents’ Annual Giving is going towards our Health Center Culture Change Initiative. The goal is \$200,000. This tangible support is allowing us to proceed with campus-wide on-site training with PersonFirst, site visits to organizations that have successfully implemented Culture Change, and to begin the design process needed to develop neighborhoods, and eventually households.

PersonFirst Training is making a Difference

Part of the educational process of Culture Change for staff, residents and family members is experiencing PersonFirst training and using those principles to help nurture and grow our efforts to bring about deeper, more purposeful relationships at the Health Services Center (HSC).

Recently our clinic nurse, Liz Kelly, participated in the PersonFirst training. It was an eye opener even for a seasoned individual like Liz. The training began by placing participants in the shoes of a person with dementia. “Experiencing that world gives you far greater empathy and understanding,” states Liz “It hit home that *meaningful* contact must happen in order to enrich the life of a resident; saying hello isn’t enough!” PersonFirst guides us in building purposeful relationships and asks - *How can we help a person experience relationships each day?* Being a friend to a person with dementia means we have to dig a little deeper into their interests, their history, their identity.

PersonFirst is scheduling training with residents, staff and family members – and not just for those who have direct contact with HSC. Interaction with residents goes beyond nurses and aids; staff from every department will experience the training. Rosdy Sultan, RN supervisor, is one of the trainers - he is excited about the results he has witnessed. “Giving care that is respectful, from the heart and based on a deeper understanding of dementia provides residents with a more vital, happy life!”

Interacting with residents at HSC gives volunteers and staff alike opportunities to grow and learn more about themselves also. Rosdy is observing and feeling the enthusiasm of those who have been through PersonFirst training; they are recognizing that persons with dementia have many continuing abilities. Taking the time to learn more about the person; looking beyond the disease is bringing about real change.

Almost all of us know or have encountered a person with dementia and many of us are unsure how to conduct a conversation with that individual. We all want a better life for the elders we love, especially for those who are living in the setting of a nursing home. PersonFirst is helping us do just that! If you have not had the opportunity to do so yet, sign up for one of the upcoming training sessions by contacting Andrea Smith at 399-5535.

*–Joyce Yarborough,
PersonFirst Action team member*

SEPTEMBER THOUGHTS

It's September- that time of year when our thoughts slowly start to turn from summer adventures to autumn events. School has started and students are trudging the streets with backpacks instead of towels and swimsuits. One event stands out every fall clearly in contrast to all others- our Pilgrim Place Festival which is only 10 weeks away!!! We start to think about what has to be done and timetables to accomplish it all.

Volunteer lists must be gathered and volunteers notified and scheduled for their shifts and particular assignments. Sign orders have to be placed with Howard Towne so he can order the necessary parts and assemble them. Booth and activity chairs need to have an idea of your location needs- even 10 weeks in advance. The chairs also have to calculate their merchandise: quantity on hand and what is additionally needed and how to produce it in the allotted amount of time.

Pilgrim Place staff is involved in Festival preparations as well. Sue Likens, communications coordinator, has started the communication process with tour groups, community businesses, and church organizations. These groups are vital to the Festival's success. The large banner that will soon go up on Indian Hill, use of church parking lots, shuttle bus routes, financial contributions from businesses and organizations, thousands of post-cards mailed throughout the southland, and newspaper publicity. All endeavors are the result of Sue's outreach.

Along with Sue Likens is our Pilgrim PR coordinator, Sue Gallagher, who will be approaching us soon to help hand out posters and flyers to neighborhood business windows and to help staff our PP booth at Village Venture on Saturday- October 22. Village Venture is a Claremont village fair with booths of craft and civic organizations- one of which is Pilgrim Place, where we advertise our upcoming Festival.

In all these ongoing activities, it would be gravely amiss to forget to mention Mary Russell and the need to contact her if you haven't as yet decided on your Pilgrim costume. She has lots of ideas from the very fancy to the simplest. We STRONGLY urge ALL Pilgrims to dress in costume for these two days and enter into the spirit and fun of our Festival!

So in the next 10 weeks many of us will be busy with Festival preparations- visible and invisible. We can use everyone's help to make our 63rd annual Pilgrim Place Festival a giant success. Just put up your hand and say "Sure I'll help"!! *-Pudge Hartmire, 2011 Festival Chair*



PILGRIM FESTIVAL SHOW

Once again, and for the third year in a row, there will be an entirely new show on the Festival Stage. This year's entertainment will focus on two historic events of the 1960's, the Civil Rights Movement and the Farm Workers' Movement. For the former, show hosts Joan Forsberg and Don Chatfield will interview residents Louilyn and Jim Hargett, leaders in the Southern Christian Leadership Conference and friends of Dr. King. Resident Chris Hartmire, who worked side-by-side with Cesar Chavez for 27 years, will share memories of the farm worker's struggle. Interspersed with these narratives, actors on stage will present scenes illustrating the stories and, of course, the Pilgrim Pickers will lead the audience in singing familiar songs of the period such as "We Shall Overcome," "O Freedom," and "De Colores." Before the end of the show, six women will be heard from describing their unique role in the struggles of the sixties. The presentation begins and ends with Jim Manley's rousing "Festival Dance."

The Festival Show can be seen on stage at 1:45 p.m. Friday and Saturday and at a special preview performance for residents, staff, Festival volunteers, and guests on Thursday, November 10, at 3:00 p.m.

PILGRIM KIN RECEPTION

The 12th Annual Pilgrim Kin Reception will be held Friday, November 11, 4:30-6:30 p.m. in the newly-remodeled Napier Center. This is a chance for "PKs" - daughters, sons, sisters, brothers, or those related in any way to current or past Pilgrim Place residents - to get to know one another, enjoy refreshments and hear about important Pilgrim Place initiatives from CEO Bill Cunitz. If your family members plan to be here for the Festival, please encourage them to attend, if only for a brief time. Please RSVP to Sharen Hodges at 909.399.5501 or shodges@pilgrimplace.org.

FESTIVAL PUBLICITY

2011 Festival postcards will be available after Labor Day for your personal use in spreading the word about this year's Festival - at meetings, doctor visits, etc.

Also, you can request a PDF file of the Festival flyer from Sue Likens at slikens@pilgrimplace.org, so you can send flyer online to friends, family and colleagues.

WOMEN'S SUPPORT GROUPS

Since the early 80's many women residents at Pilgrim Place have participated in support groups. Some of these groups have called themselves "Sister Circles". Others have been described simply as "my women's group." Some groups have been meeting for 15 or more years while others are quite new. Many have found a women's group to be a safe place to share life stories, celebrations, health issues, joys, sorrows and spiritual concerns. Many groups meet monthly, some less often.

How does one go about becoming a member of a support group? Years ago the Woman's Perspective Steering Committee started up some "Sister Circles." Quoting from the Purple Book which the Women's Steering Committee provides for each new woman resident. "Groups of 6-8 **women meet regularly to share deeply the concerns of their lives**, in Nelle Morton's words: "to hear each other into speech."

We are currently aware of some concerns regarding support groups for women and we want to acknowledge and address some of them:

- There are many *new* female residents who may be interested in being in a support group.
- There are existing support groups whose numbers have been reduced due to the failing health or death of a member.
- There are groups, who because of a shared history and connection, prefer not to expand their group to new members.
- There are women who would like to be in a support group but have not been invited to do so.
- There are some women who have started their own support groups and invited others to join them.

Given this information, the Woman's Perspective Steering Committee is willing to make a commitment to act as a broker in helping women find a group. We hope that you will respond to us in one of the following areas:

- If your support group *is open* to receiving a new member or members, please let us know.
- If you wish to join a support group, please let us know. (whether you are a new or longer time resident).

I will keep a list of those who want to be in a support group and will find a time and place to bring the interested women together for a conversation and use a process to help each person find a group.

Thank you for your input. Please feel free to telephone me. I will keep your information confidential.

-Jane Harmes

For the Woman's Perspective Steering Committee

RESIDENTS' ANNUAL GIVING

as of August 26, 2011

		Goal #2	\$200,000 Annual Giving for 2011
Goal #1	100% Participation 219 Pilgrim Households		\$111,723 Donations received
	67% of Pilgrim Households Contributed So Far		\$38,635 Pledges to be paid
			\$150,358 Total Giving to Date
To Meet Goal #1	33% of Pilgrim Households Yet to Contribute	To Meet Goal #2	\$49,642 Remains for 2011 Giving

If you have any questions about your pledge or you are uncertain whether you have contributed to Residents' Annual Giving, please contact Susan Maire at 399-5513.

YOU CAN HELP!

Bookstore Manager Wanted

The Pilgrim Authors booth at Festival, sort of like Brigadoon, appears once a year for two days. It sells books and recordings authored by or about residents of Pilgrim Place and is a repository of the intellectual property of our community. In 2010 the booth showed 147 titles in 5 languages. The authors provide the books for sale. The booth netted \$2700 to the Residents' Health and Support Fund. The booth is primarily a way to demonstrate to the public the lives, vocations, intellectual work and passions of current residents. Conversations with booth visitors are rich and interesting. Getting to know other residents through their writing deepens connections. I will retire from this booth and am ready to turn it over to a qualified and interested person or persons. I will be happy to train and mentor new leadership. Please contact me if you'd like to explore this position. Note to new residents: if you are an author and would be interested in showing and/or selling your book this year please let me know.

-Paul Kittlaus

Plant and Produce Committee needs extra help from mid-summer until the end of October. Those of you who have citrus trees adjacent to your homes, please apply water from your garden hose around the drip line about once a week, assuring a good crop for next winter and spring.

Our second need is that you do not use your bird feeders as long as we are dealing with the explosion of the red tailed squirrels. Beside liking bird seed, they also like, and have decimated, our peaches, apricots, and plums. (Hummingbird feeders are o.k.) Many thanks, Dean Freudenberger

Focus on Exercise Center

Pilgrims are known as involved and energetic folks, even for years beyond what many others consider reasonable or possible at our stage of life.

Our new Exercise Center and an influx of new residents have brought even greater demands on the programs and resources that help to keep us fit. This being Pilgrim Place, an Exercise Center Task Force has come into being. Its purpose: to identify activities in place, how many know of them or use them and what further programs may be desired.

You will be asked to answer those questions; the Task Force will listen and learn. On Wednesday, September 14 at noon in both Abernethy and Pitzer, a questionnaire will be distributed. You'll be asked to remain past the meal for a few minutes longer to fill it out. If you can't do it then, you'll find boxes in the two dining areas to leave your questionnaire—no later than Monday, September 19.

From your responses, additions and/or changes will be offered. We don't know what they will be; you will tell us by your comments on the questionnaires you return.

Let us **LIVE** while we live!

-John Najarian

About Pilgrims

Marilee Scaff has been named Senior Person of the Year for Claremont Day at the LA County Fair on Thursday, September 29. Congratulations!

Eloise Dale will give an organ concert Sunday, September 25, 3:30 p.m. at Claremont United Church of Christ. Music of composers from Baroque to living composers of today will be played.

Peg Wallace's poem, "By the Rivers of Babylon," was published in summer edition of *Baptist Peacemaker*.

The Los Pobladores Walk to Los Angeles - founded over three decades ago by the late Pilgrim Place resident **Willard Hunter** - will take place Saturday, September 3. See Gail Duggan for details.

Thanks

Heartfelt thanks to our Pilgrim Place family, residents and staff alike. You were beside us every step of Harry's journey. Your love and support, shown in so many different ways, has carried us through. Thank you, thank you.

-Marilyn Isler Brunger

Dearest Pilgrim Place Family. You have nurtured our souls and sent beloved Richard off on his journey in great peace. I feel held by your prayers and love.

-Carol Billings Harris

Happy September Birthdays!

Genie Holmes	3	Mary Hill	16
Genevieve Ewert	8	John Washington	19
Ruth Phillips	8	Ward McAfee	20
Millie Carroll	9	Howard Fuller	21
Judy Fiske	9	Elizabeth Clarke	23
Laura Fukada	10	Teresa Wilson	23
George Aki	11	Audrey Sorrento	25
Donna Danielson	12	Jean Minus	26
Dick Moore	15	Rupert Nelson	29
Cheryl Brown	16	Jane Harnes	30



Policy regarding Exercise Center & Groups

At its July meeting, TMX approved the following recommendations from the Exercise Center Task Force:

- The Exercise Center is **NOT** open for use by Pilgrim Place guests at this time.

- Guests will continue to be allowed to visit the various exercise classes at the discretion of the instructor, without charge, as long as there is space in the class.

If you have questions about this policy please see Barbara Troxell, TM Vice Moderator, or Jane Douglass, chair of the Exercise Center Task Force.

Calendar

Thursday, September 1

7:00 p.m. Vespers
 Leaders: Barb & Donald Deer, Wes Brown
 "Profiting from Other's Work"
 Musicians: Eleanor Dornon with Donald Deer

Sunday, September 4

10:15 a.m. HSC Worship
 Leader: Jim Fiske
 Pianist: Yasuko Shorrock
 Soloist: Judy Fiske
 3:30 p.m. "Jam Session" •

Monday, September 5 - Labor Day - Office Closed

Tuesdays, September 6, 13, 20, 27

11:30 a.m. Eucharistic Circle

Thursday, September 8

7:00 p.m. Vespers
 Leaders: Judy & Don Chatfield
 "Lifted Up"
 Musicians: Yasuko Shorrock & Judy Fiske

Sunday, September 11

10:15 a.m. HSC Worship
 Leader: Henry Hayden
 Pianist: Eloise Dale
 Soloist: Mary Russell

Monday, September 12

11:00 a.m. Health & Wellness Forum •
 7:00 p.m. Peace Talk •

Tuesday, September 13

3:30 - 4:45 p.m. InterPlay •

Wednesday, September 14

10:30 a.m. World Affairs Forum •
 Noon meal Exercise Center Survey •
 7:00 p.m. Emily Dickinson Conversation

Thursday, September 15

3:30 pm. Book Discussion •
 7:00 p.m. Vespers
 Leader: Jackie Brown

Saturday, September 17

2:00 p.m. Chaffey College Latin Jazz Group •

Sunday, September 18

10:15 a.m. HSC Worship
 Leader: Peggy Wallace
 Pianist: Barbara Mensendiek
 Soloist: Jean Underwood

Tuesday, September 20

1:30 p.m. Copy deadline for October NEWS

Wednesday, September 21

9:30 a.m. Meeting of The Group •
 10:30 a.m. Health and Wellness Forum •
 3:00 p.m.,. Doing Theology •

Thursday, September 22

7:00 p.m. Vespers
 Leader: Mary Hornberger
 "Sing to the Lord a New Song"
 Pianist: Yasuko Shorrock

Saturday, September 24

7:00 p.m. Harriet Tubman Presentation •

Sunday, September 24

10:00 a.m. Women-Church •
 10:15 a.m. HSC Worship
 Leader: Judy Chatfield
 Pianist: Donna Danielson
 Soloist: Don Chatfield

Tuesday, September 27

3:00 p.m. TMX Forum •

Wednesday, September 28

11:00 a.m. Woman's Perspective Forum •
 2:00 p.m. Pilgrim Tour •

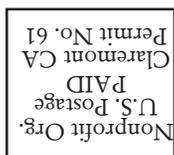
Thursday, September 29

8:45 a.m. First rehearsal of Pilgrim Place Chorale
 7:00 p.m. Vespers
 Leader: Jane Harmes

• Denotes NEWS Article

Health Center Chaplain
 Judy Fiske

September Guest Rooms
 Pat Beswick - 626-6624
 Jean Rosewall - 624-9640



RETURN SERVICE REQUESTED

625 Mayflower Road
 Claremont CA 91711
PILGRIM PLACE