



## Resident Profile: Stanley McCracken

Long-time residents tell you what brought them to Friends House and what it's like living here.



Stanley McCracken and Betty Parker had known each other since

1943, when they first met at an Orange Grove Friends Meeting, but they saw each other only occasionally through the years. But in 1981, Betty proposed they get married. She was 66, he 51, neither had married previously. They tied the knot. When Bob Schutz, a Friends House founding father, was in Southern California promoting a new Quaker retirement community in Sonoma County they decided it was the place to be. They moved in December of 1984, shortly after Friends House opened.

16 years later, Betty passed away after a long illness. Stanley then married Connie Arokiasamy and they continue to enjoy the beauty and peacefulness here. Actually, they contribute to the good feeling and harmonious spirit in this active community, commenting: "There are so many things one can get involved in here." Asked if they would do it again, both responded with a very genuine, "Yes."

## 22nd Annual Day on the Green



*The young, and the not-so-young, enjoy the animals (below) who visit Day on the Green — and the ice cream, too!*



Join us for this  
Community Event!

September 15, 2007

9:30 AM to 3:30 PM

684 Benicia Drive  
Santa Rosa

Info: 707-538-0152



*Handicrafts and handmade clothing from Guatemala are a special attraction and on sale for those who can't make the trip to South America.*

**Day on the Green**, this year a fiesta, will be an extraordinary community celebration including lunch under the trees; book, bake and craft sales; music all day long; exotic animals; games and activities for all ages; a silent auction and even door prizes. Admission is free.

Bring your treasures for the **Antique Evaluation** where a panel of local experts will evaluate your antiques for a donation of \$5 per item, limit of three. Proceeds from the day will support activities, programs, and services at Friends House.

Please join us on September 15 for:

- Antique Evaluation (\$5 per item – limit 3)
- Activities and Programs for All Ages
- Musicians and Storytellers
- Exotic Animals and Assistance Dogs
- Silent Auction
- Live Music
- Ice Cream
- Smoothies
- Lots of Fiesta Food
- Coffee Shop
- Baked Goods, Books and Craft Sales
- And more!

*Friends House is a  
Continuing Care  
Retirement Community  
where simplicity and  
vitality are valued.*

## Directory

### General Information

707-538-0152

Monday through Friday

9:00 AM - 4:00 PM

Jim Johnson

Executive Director

707-573-4501

Paddy Coreris

Director of Development

707-573-4508

Apartment Resident Services

707-573-4504

Skilled Nursing Station

707-573-4517

Assisted Living Facility

707-573-4523

Volunteer Services

707-538-0152

## Board of Directors

Liz Baker • Mike Bodkin  
Millie Burt • Paula Coulson  
Robert Duncan • Lanny Jay  
Joseph Magruder  
Dorothy Marshall  
Guy Micco • Jane Mills  
Sue Thomas  
Peter Trueblood  
Tom Whiteman  
Kale Williams (Clerk)



**Friends Association of  
Services for the Elderly**

684 Benicia Drive

Santa Rosa, CA 95409

707-538-0152

fase@friendshouse.org

[www.friendshouse.org](http://www.friendshouse.org)

*Please call us if you would like to  
be removed from our mailing list.*



Message from the Executive Director  
Jim Johnson

## Friends House as Intentionally Governed

Some would say there are just the right number of people who inhabit this vibrant community. We have about ninety in our sixty-seven apartments. That's few enough so you can get to know everyone, at least a little bit.

We sometimes think of Friends House as an intentional community and, certainly, in some ways, that's true. You could sit next to just about anyone during a meeting and feel quite comfortable in discussing the issue at hand with him or her. You could "break bread" with anyone. Most know what a "vegan" is. Politically, most feel at home. And when I sit in Admissions Committee meetings, I pretty much think, "Yes, here's another person that will fit right into Friends House." That's why they applied, they want to live their elder years in an age-based community where their values and way of life are shared. That's pretty intentional.

There's a simple way of life here reflected in the furniture in the lobby and the four Commons. There's very little status consciousness, there's simple dress, and quite a lot of concern for the well being of each other. Therefore, it was quite easy for about half of the population attending the Resident Association meeting last year to say that it was a good thing to share amongst everybody the high cost of medication management for a few, to keep the cost down for those few.

Not everyone who wants to live here can, though. There is an entry fee that some can't afford to pay. Donors are contributing to beef up the subsidy base so that more people can be financially supported. Of course, there is always the need for more contributions. The other day, a new member suggested that we plan subsidies for admission to include staff — who contribute many years of their working lives providing service infrastructure to the residents who so love to live here. Someone wrote in the Friends Journal last year to the effect that residents should radically distribute the appreciated value from the sale of their Bay Area homes so that more people who don't currently qualify, could live here. A radical notion indeed. I continue to be impressed by the incredibly generous

monetary contributions that individuals make to this community. There's a reason for this generosity.

We love Friends House. I don't know how many people can say that about the community they live in. We passionately love it and want it to thrive. It's a joy to be here pretty much every day; the gardens, the people, the connectivity. Our founding brothers and sisters, many of whom still inhabit the College Park Quarterly Meeting landscape, had a vision of such a vital community and worked painstakingly to raise the money and figure out how to make this work. They set up the community based on Quaker values, with fifty-one percent of the board to be from the Religious Society of Friends. That would ensure that principles of unity or consensus (depending on your point of view) could be used for making governing decisions. They established (or inheritors subsequently established) ten different committees to make policy and decisions that would be governing practices. The board would approve, or disapprove, and add the rest, providing direction and planning and responsibility for funding, while hiring an Executive Director to conduct day to day operations.

The Residents Association itself yearly selects two of their own to represent them on the board. I know of no other retirement community — within the California Aging Services community, the group of non-profit providers of home and community based services in California, nor for that matter, within the Friends Services for the Aging (FSA), our national group of non-profit Friends retirement communities — that does this. We have representative democracy right here. If someone knows of another such eldercare community, please let me know.

So, this is something special. And it's a special feature of governance. This ensures that fairness, thoughtfulness, and diversity of opinion will continue to be represented in our daily practice. Yes, someone has to make everyday decisions, and that someone is everyone, each according to his abilities, needs, and responsibilities.



## Introducing our New Development Director: Paddy Coreris

*“Make new friends but keep the old, one is silver and the other gold...”*

Now, isn't it a coincidence that this song seems so appropriate as we say “good-bye” to one Development Director and “hello” to the new one? So, it is with bittersweet emotions that Friends House wishes Michael Ingerman a very happy retirement.

Mike has been involved at Friends House for over 20 years — first as a volunteer and then as Director of Development. This easy-mannered, gentle man has played a key role in the acquisition of properties, giving Friends House the ability to expand to meet the needs of all our residents. His open-door policy and willingness to speak frankly about end-of-life planning issues contributed to his success in bringing in legacy gifts to Friends House.

Our new Development Director, Paddy Coreris, is a life-long Sonoma County resident who attended Santa Rosa schools as Paddy Robot-ham. She comes to us with broad-based experience in leading community organizations as a volunteer, employee and consultant. Her background includes executive administration, project management, event coordination and management, fund development and public relations. Certified in Fundraising and Resource Development, Annual Giving, Major Gifts and Capital Campaigns, Paddy is a member of the Association of Fundraising Professionals Wine Country Chapter and past member of the Association of Healthcare Philanthropy.



*Betsy Harrell and Steve Birdlebough celebrate with Mike Ingerman at his retirement party during Thursday afternoon tea in June. Mike was given a quilt handmade by Charlotte Smith and signed by residents and staff.*

Paddy's vision for her new post is to continue an open-door policy; to become acquainted with all the residents, board members, staff, and donors of Friends House; to learn more about Quaker values and tradition; to establish public relations and awareness on behalf of Friends House, not only in our own Sonoma County, but throughout California and across the nation; and to acquire the necessary funding to maintain our current facilities and expand to meet the needs of those who can no longer live independently.

Paddy says it is an honor and a joy to be at Friends House and she looks forward to meeting all of you.



## Staff Feature: Richard Welsch

Richard was employed by Friends House on March 15, 1984, shortly after it opened. That makes him our only original employee and the one who has worked here the longest. His education is in Management and Psychology, but his previous experience in another skilled nursing facility led to his being hired as an accountant in our finance department, where he takes care of the general ledger and accounts receivable. He does all the billing for residents in independent-living apartments, skilled nursing, and assisted living, whether they are insured through Medicare, Kaiser, or the Veterans Administration.

It's the informality at Friends House that appeals to Richard. “Friends House has a good feeling about it. Employees work hard and at the same time enjoy the residents and co-workers.” He especially appreciates the opportunity to play ping-pong during break time and after work — trying to stay even with his student, and fellow staff member, Miguel.



## Eye on Volunteers: Congratulations!



*Ernest Caldwell and Nancy at FH Annual Volunteer Luncheon*

**Volunteer Center's Senior Volunteer of the Year Award.** Yes, Nancy has been a volunteer,

Nancy Fitzpatrick, Volunteer Coordinator at Friends House for nearly 20 years, recently won the **Volunteer**

Coordinator all these years. She created long-established relationships at the Volunteer Center, enabling her to keep a steady stream of interested volunteers at Friends House. Volunteers are matched with meaningful positions, thanks to Nancy's relationships with key staff. Nancy provides orientation and ongoing support, and always acknowledges volunteers' efforts with sweet notes of appreciation. Friends House is lucky to have her. If you would like to volunteer at Friends House, please give Nancy a call at 539-7753.

## Did you Know?

There are over 100 fruit trees on the Friends House campus.

Residents say, "Friends House is a little slice of heaven."

Friends House is engaged in local disaster planning — watch for more information.

There are 67 independent living apartments and three homes on our campus.

We have a 34-bed skilled nursing facility.



# Friends House

[www.friendshouse.org](http://www.friendshouse.org)

**Friends Association of  
Services for the Elderly**  
684 Benicia Drive  
Santa Rosa, CA 95409

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Santa Rosa, CA

*Come and Join Us!*  
**Day on the Green**  
*September 15, 2007*  
*9:30 AM - 3:30 PM*

## Friends House Wish List

- New Computers (Windows based)
- New Flatware for serving meals to patients and residents.
- Carpet and Vertical Blinds for the skilled nursing facility.

## If you would like to tour our campus...

Please call for an appointment:  
707-538-0152.

We'd be delighted to show you around.

## Thank you for Your Donations!

Because of your generous donations, we have:

- Added second exits to many of our apartments, in compliance with CCRC licensing;
- Upgraded apartment fire alarm systems;
- Installed solar power for electricity and hot water in a few of our apartments;
- Increased our Resident Support Fund.

In addition to the above, your gifts have assisted us with general operations of Friends House. For this we are sincerely grateful.

Your continued gifts will help us proceed with the task of adding second exits to the rest of our apartments, increase our assisted living capacity, and support general day-to-day operations.

For more information about making a gift or donation, please contact Paddy Coreris, Director of Development at 707-573-4508, or email her at [pcoreris@friendshouse.org](mailto:pcoreris@friendshouse.org).

**Donations can be made in a variety of ways:**

- Cash, Check or Credit Card Contributions
- Pledges
- Memorial and Tribute Gifts
- Transfer of Stocks or Securities
- Planned Gifts: Charitable Gift Annuities, Charitable Remainder Trusts, Bequests
- Use your Community Smart Card and eScrip, designating Friends House as the non-profit recipient
- Through United Way
- Matching Gifts
- Donate Your Car (no older than 10 years)

