



# Friends House

## NEWSLETTER

### Resident Profile: Joe and Yvonne Hammerquist

by Barbara Hodgkinson



The Hammerquists were recently honored on the front page of the Southern Poverty Law Center's Gift Planning Newsletter for the four charitable gift annuities they share with SPLC. Joe's strong support for SPLC began when it won a landmark settlement against the Aryan Nations for a racist hate crime that occurred in Idaho in 1998, and Yvonne deeply shares his feelings about racial justice.

Joe and Yvonne share many values, including peace and justice, saving the environment, a love for outdoor recreation—but they have divergent individual interests as well. They met at the Unitarian-Universalist Congregation of Marin and they have been married for twenty-nine years (each was married previously). Their marriage created a merged family of five children, sadly diminished when

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### Landmarks with Memories

by Betsy Harrell

*We Friends House residents regard our campus affectionately. Old-timers cherish certain campus landmarks which revive memories of former residents. Recently arriving residents know nothing of these. If all of us knew more about its landmarks, our affection would deepen...*

**"I**t's a Russian pear you're eating," commented biologist Ken Stocking as he watched this reporter slurping one opposite the creek bridge, "because this tree started as a cutting from a tree at the Russians' Fort Ross settlement." Subsequent investigation led to resident Frieda Tomlin providing Fort Ross essays collected by her husband and printed by the FRIA.

"The Orchards" essay relates how in 1820 Kiril Khlebnikov acquired 100 trees in Monterey. The pears, apples, cherries and peaches planted outside the fort formed the nucleus of the extensive Russian Orchard. Some gnarled and moss-covered trees still flower and fruit after nigh on two centuries.



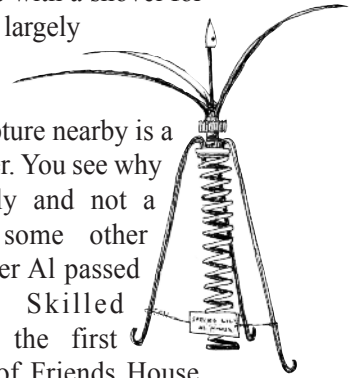
Old-timers remember the towering Christmas tree in the midst of the Green as a wee thing. No wonder the tradition of arraying lights on it has been abandoned since 2002. In earlier days, the Skilled Nursing staff would gather around the perfect little blue-green spruce to decorate it for the holidays. Each took up an ornament, affixed a tag indicating his/her name and date of hiring,

hung it on a branch, and then proceeded indoors to carol through the nursing unit corridors.

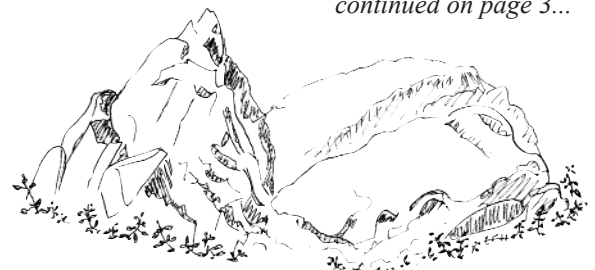
In rocks beside the Green is a long-legged junk sculpture of a crane with a shovel for a body. Its origin is largely a mystery. However, the smaller "Spring Lily" sculpture nearby is a creation of Al Miner. You see why it's a spring lily and not a flower of some other season. After Al passed away in Skilled Nursing, the first director of Friends House,

Elizabeth Boardman, told his wife Molly that it'd be nice to have one of Al's sculptures as a memento. Upon retirement, he'd taken up collecting metal junk and producing sculptures, and exhibited his welded works in San Francisco and Santa Rosa.

Fifteen boulders by Commons B's south entrance remind those in-the-know of one of the earliest Friends House residents, Red Newcomb. His profession as construction inspector for national parks and monuments had given him deep familiarity with many in the West. After his death, his daughters, using funds that his neighbors raised for a memorial, selected these varied stones to represent favorite parks. The Santa Rosa daughter, Paula Coulson, says the Teton-like cluster of pale boulders represents Yosemite; the volcanic stone with air-bubble holes, and other black rocks, are emblematic



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



Message from the Executive Director  
Jim Johnson

## The Road Ahead

### 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

Health Care Unit  
707-573-4517

Assisted Living Center  
707-573-4523

Volunteer Services  
707-538-0152

### Board of Directors

Liz Baker  
Ann Boone  
Millie Burt  
Suzanne Brown  
Betsy Harrell  
Stratton Jaquette  
Richard Kavinoky  
Kay Kerriden  
Joseph Magruder  
Dorothy Marshall  
Sam Miller  
Jan Moore  
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Scott Smith  
Susan Stanley  
Tom Whiteman  
Kale Williams (Clerk)



**Friends Association of  
Services for the Elderly**

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Santa Rosa, CA 95409  
707-538-0152

fase@friendshouse.org  
www.friendshouse.org

RCFE # 496801929  
SNF # 010000123 • COA # 220

“Community, vitality, simplicity,” these are the “branding” words for Friends House. Sometimes organizational slogans sound trite, and maybe to some, ours sounds trite. But those of us who live and work here know the meaning. Community is one of our essential components. We’re small enough that everyone can at least know who the others are. And true community is supported by residents and staff taking meals in the same lunchroom, at the same outdoor picnic tables, or eating chef Paul Redcloud’s meat or veggie treats at the afternoon tea.

Vitality is reflected in the do-it-yourself feel in the resident community. No Activity Director designs programs; residents do it themselves, and have programs that any self-respecting community center would take pride in. Participation in governance is also key: two residents elected by their peers to the board have equal voting and voicing rights with all the board. Residents face the challenges that come with our age, and aging community, with gusto. They have no dearth of ideas as to how to plan for the future.

As important as the preceding qualities are, simplicity is a way we really stand out. Our community is reflective of the 1960’s California ethos: not fancy, just comfortable with that down-home feel. People are more important than things. Where else can you live in an intentional retirement community, sit in the lobby or any commons room, see a welcoming pride flag, and not feel as if you’ve just entered a fancy hotel for a vacation, with staff asking you what else they may do for you? (Of course Friends House has the best staff in Northern California.) Commons furniture comes from resident donations, and library books come from many friends. Apartments are modest in size, so down-sizing before arrival is necessary. Most

residents experience a true change in lifestyle. I don’t believe the American economy would maintain itself very long if it just depended on Friends House residents’ spending habits. But it feels right to us. Giving is more important than spending.

Does this sound like a place you would like to be? Then come with us as we take the road into the future, and re-vision the Friends House that our Quaker founders began. You will probably be a person interested in peace and justice for all, exercising to stay healthy, enjoying a lush outdoors in our semi-rural environment, and appreciating camaraderie in many weekly opportunities to come together with friends who think similarly.

And you have a part in planning. A loud contingent of baby boomers tell us we need some larger apartments, perhaps with small offices in some. We need more two-bedroom units for couples, gay or straight. As I see it, a two-story building is in our future on the eastern acreage near the creek and off our gravel road, a perfect place tucked away to offer a new model for living at Friends House. The board will decide soon whether to exit the “skilled nursing business,” created by the founders as outreach to the greater community and as a place for comfort and care to those who live here. But today many of us believe we can provide that in Assisted Living, a model which as we know it today, did not exist in 1984. Assisted Living has replaced Intermediate Care in California and across the nation, big time.

So now is the time, the seminal time, that the Friends House community pulls together and moves into the future, creating a new sustainability for future generations of Friends and their fellow travelers.



# Laundry Labors

by Betsy Harrell

The hum of a massive washing machine, the whirr of a towering dryer, and the task of folding piles upon piles of the Skilled Nursing Facility's (SNF) laundry have been constants in Ceceilia Sales' fulltime worklife for the past two years. She is in charge of washing the SNF's linens and its residents' personal belongings, while two part-timers keep the operation going during her off-hours. A busy woman, Ceceilia does laundry pretty much continuously from 6:00 AM till 2:30 PM, and in between loads, helps clean the SNF in mornings.

Touring a visitor through her small domain, Ceceilia appears plenty contented. One sees large detergent buckets plus hampers on wheels loaded with all-white items for the dryer. There are folded piles of white washcloths on the table. Ceceilia shows off the wide 35-lb. washer, the small one (like apartment residents use) and the huge dryer, which has been at Friends House as long as she has. One time she learned the critical importance of her labors when the great washer broke down and Friends House had to contract with an outside laundry company. The broken appliance got fixed pretty fast.

Ceceilia appreciates that, during the summer, the dryer's heat is vented to the outdoors and a portable A/C cools the laundry area. During winter the machines keep it toasty. "I've got it made," she smiles, "because everybody likes to drop in to visit!"

She has spent her entire 25-year, Friends House career employed in the Housekeeping Department, principally cleaning Skilled Nursing. Other times she has been assigned to housekeeping for the Independent-Living residents' apartments. There also she enjoyed the people contact, and liked learning useful new ideas—for example, sprinkling pepper in ants' pathways will keep them out.

In 1985 after she found employment here, Ceceilia "fell in love with the people. This wasn't like other jobs," she notes. "The atmosphere, it was just like a big family, loving and caring. My 8-year-old daughter, Kaela, has been coming to Friends House since she was little." That's why she knows her way around campus and why many apartment residents are acquainted with her. It seems Cecilia has never changed her mind about the big, loving family at Friends House.



*"Resident Profile" continued...*

Yvonne lost a son; it has now grown to include nine grandchildren and five great-grandchildren. Both families were involved in the 1987 construction of an ocean-front vacation home at Timber Cove, which they all enjoyed for many years. After retirement Joe and Yvonne spent four-and-a-half months traveling through Western Europe and Scandinavia in a VW camper.

A conscientious objector in World War II, Joe left Cal Tech to work the family farm in Idaho. He finished his degree after the war and worked as an engineer, later becoming a buyer and a manager of the Berkeley Co-op, where he was able to promote a consumer focus on societal concerns; he spent 37 happy and meaningful years there.

Yvonne taught in Special Education for thirty years and always volunteered in community support activities, including Unitarian-Universalist outreach programs.

At Friends House, Yvonne led a volunteer program bringing together residents and students at a nearby elementary school, while also serving as co-chair of the Hospitality Committee. She participates in two handicraft groups. When an apartment must be emptied after the loss of a resident, Yvonne is available to assist in the rummage sales, which she feels build community spirit between residents and staff.

Joe initiated a Men's Group that meets for a brown-bag lunch and a structured discussion once a week. A Sight-and-Sound Committee was also initiated by Joe, who recruited and

*"Landmarks" continued...*

of Hawaii's City of Refuge; the pinkish glaciated boulder toward the west symbolizes Alaska's Glacier Bay.



*all sketches by Betsy Harrell*

The row of 13 rosebushes opposite the creek bridge is at the height of beauty every May, with upstanding stems hoisting a sea of pink blooms. Long-time residents cherish these particular "Hartsough roses," reminding them of tiny Ruth Hartsough who'd brought them from her Portland home. She was the kind of person who would write, "At Friends House we are creating the Beloved Community, each one [of us] dear and precious, and irreplaceable." In apt. 32, Ruth and Ray began the Morning Meditation tradition which continues to this day.

helped train residents to operate our complex audio-visual system. He also serves on the Building and Grounds Committee and the Film Committee that chooses our Saturday Night movies.

The Hammerquists are highly valued here for their contributions to the life of Friends House, and agree they are happier in this community than in any previous one.

Together they say "Hail to Friends House residents and staff!"

## Did You Know?

### Oasis of Silence

Friends House has an Oasis of Silence serenely tucked away under the majesty of redwood trees. Come sit a spell and release the cares of the world.

### Book Donations

Friends House Library needs used books. Contact Harriett Gordon at 707-576-6606 or [ffrybooks@yahoo.com](mailto:ffrybooks@yahoo.com).



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## FRIENDS HOUSE

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

**Save-the-Date**  
Saturday, November 20, 2010  
Holiday Faire and Quaker Tea

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## A Legacy of Giving

Giving can be very satisfying and rewarding, especially when donors combine it with their financial and estate planning. This process of planned giving is becoming increasingly popular with donors — and for good reason. Many donors are able to do more for their favorite charities while also enjoying greater tax and financial benefits, as Joe and Yvonne Hammerquist do. They have a deep love for and dedication to Friends House and have also included Friends House as beneficiary on three Charitable Gift Annuities (CGA) — a Lasting Legacy.

The benefits of a CGA, as stated on the Friends Fiduciary website, are:

- A charitable deduction when you make the gift and a portion of the annual income amount tax free when you are an annuitant
- Fixed payments for life based on the rates from the American Council on Gift Annuities
- Assurance that ongoing investment and gift administration is in accordance with state and federal laws
- Confidence that your gift is invested responsibly in harmony with Friends concerns for peace, the environment, and social and economic justice
- Assurance that the designated Quaker charity or Friends concern [e.g., Friends House] will benefit from the charitable remainder

Currently, the Friends House Charitable Gift Annuity program is offered in partnership with Friends Fiduciary Corporation (FFC), a Quaker nonprofit corporation, which supplies financial services to other Quaker nonprofit organizations and Meetings. Rates offered by FFC are those recommended by the American Council on Gift Annuities. When you establish a CGA with your

irrevocable transfer of cash or appreciated securities to benefit Friends House, you enter into a legally binding written contract with FFC. FFC will manage all aspects of your CGA including beneficiary payments, income tax reporting, and investment, if you choose to use FFC as the administrator for your annuity. The minimum gift through FFC is \$10,000.

For information about other planned giving opportunities, contact Paddy Coreris, Director of Development, at 707-573-4508 or email her at [pcoreris@friendshouse.org](mailto:pcoreris@friendshouse.org). Information about all our planned giving opportunities can also be found on the Friends House website: [www.friendshouse.org](http://www.friendshouse.org).

Friends House is not engaged in rendering legal or tax advisory service. When considering a planned gift, the advice and assistance of an attorney or other professional advisor should be obtained.

If you do not wish to receive future newsletters and/or fundraising solicitations from Friends House, please contact Paddy Coreris.