



## Resident Profile: Ken Stocking



Friends House would be a very different place if Ken Stocking

had not been involved from the beginning. With a Ph.D. in Botany and a lifelong interest in native plants, he was well prepared to work with the landscape architect, choosing the plantings most suitable for our micro-climate, with emphasis on edible and native species. Now, at the age of 97, he still travels around the campus on his three-wheeled bike checking on the flora and working with the gardeners.



Ken taught at Stockton College, Fresno State and College of the Pacific. He founded the School of Environmental Studies at Sonoma State University. He traveled around the world studying the environment with his beloved wife Mary. They also hiked and backpacked extensively.

Ken was widowed in 2004 after a marriage of almost 70 years. During the last years of her life, when Mary was in Skilled Nursing, Ken brought her home daily to spend half of each day with him. Mary was 91 when she passed away.

## 6th Graders Meet Friends House

Hands flew up in the sixth-grade classroom at Madrone School. Sparkling eyes took in the 77-year-old visiting reporter, a Friends House resident. She was questioning the 11- and 12-year-olds about their experience from several weeks ago, when they had nervously walked from Madrone to Friends House to interview residents about their lives and interests.

Each child, bearing sheets of questions, had been paired with an elderly resident. All over the public spaces of Friends House a hum of earnest conversation was heard. Later, the students would write biographies from their scribbled notes.

Now, the interviewer was asking them questions and taking rapid notes. She inquired whether anything unexpected had happened during the visit, receiving these responses: "My guy made funny jokes." "I saw a paper shredder for the first time." "She owns an elephant foot." "He knew my grandpa." "I saw persimmons and he picked one for me." "She talked too fast and needed to repeat." "The person made me feel comfortable." "I saw lots of acorns and an oak ball and a worm came out."

The reporter's question, "What did you learn from that whole interviewing process?" drew articulate responses. In their enthusiasm, the students vied to answer: "It's hard to take notes while somebody's talking." "She was a traveler, so I learned how other places are different from Santa Rosa." "You can't judge someone from the outside; you need to talk." "You can have a lot in common with someone you don't know." "It's hard to meet somebody for the first time." "Old people can actually be fun." "I learned that anybody can have humor." "Old people can be

really interesting." "Interviewing is fun!"

One youngster's biography read: "I am so happy that I got to interview 'my' senior because I totally enjoyed asking her all those questions and her telling me... about her favorites and childhood... I hope I can see her again."

Back at Friends House, the reporter interviewed several seniors who had partnered with the children. Why had the residents volunteered? What had they experienced?



"It's nice when somebody takes an interest in what we did when we were young." "We don't often get asked questions about our previous lives; it's fun to tell about some things we don't gener-

ally talk about — such as riding horseback." "I like finding out about students nowadays, because what interests them seems different from what interested me when I was a kid." "The hardest question the youth asked me was, 'What was your sixth grade like?'" "After questions-and-answers, to put him more at ease, I walked him around campus and some friendly people spoke to him."

"Talking with children," remembered another resident, "has been a lifelong passion and career of mine. My young interviewer was relaxed, unafraid, and wonderful. When he asked about my childhood on a little ranch, I liked answering. I'd be glad to participate in this project if it happens again."

The Friends House residents are eagerly awaiting the sixth-graders' biographies.

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

## 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 • Robert Duncan  
Lanny Jay • Joseph Magruder  
Dorothy Marshall • Guy Micco  
Jane Mills • Susan Stanley  
Sue Thomas • David Tracy  
Peter Trueblood  
Tom Whiteman  
Kale Williams (Clerk)

## Newsletter Contributors

Paul Burks • Betsy Harrell  
Barbara Hodgkinson  
Jay Johnson • Harry Zollinger



**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)

RCFE # 496801929  
SNS # 010000123 • COA # 220

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



Message from the Executive Director  
Jim Johnson

## Living in Community

Certainly, choosing to spend — or as some say, investing — over \$100,000 in coming to Friends House is not something a person does lightly. From my perspective, a person or couple choose this option in order to live in community and to ensure a measure of security. The Religious Society of Friends has “community” as a testimony, or article of faith, recognizing the basic value of communing with others. And Friends have always opened their arms to like-minded people. I can imagine a conversation in the living room of Elizabeth Boardman back in the late 1970s, where the founding visionaries talked about their friends being able to join them in a community with shared values. This community would become Friends House.



In addition to a strong sense of community, we also have security. Our staff ensures that operations run smoothly, bills are paid, planning is done, funds are raised, and most importantly, people are “cared for.” It’s always the *caring* that is highlighted by the clerk of the Admissions Committee when we interview people for admission. “What do you think you would do if the staff approached you and said they thought you needed more care?” The point being, there IS more care available at Friends House. How residents deal with such a query when the time comes is the subject of much “Sturm und Drang” and is the subject for a future essay.

But, I want to think a little about eldercare communities in the not-to-distant future, say 15 years, when 78 million baby-boomers reflect upon the need for community and security in older age. There won’t be enough Friends Houses to accommodate all of them. And, as far as public policy goes, the American leadership hasn’t even come to grips with the 47 million uninsured now, let alone 78 more million who will need some personal security, a sense of community, and perhaps care because of their older age. So, what’s going to happen?



Some will have the foresight to be in line to live at Friends House or another community-based place. Some will choose to live in a profit-based entity that creates a community for them, much the way a country club does for those who might like golfing or having a place to make business contacts. But moving into a retirement community will be somewhat of a luxury because, due to sheer numbers and expense, everyone will not be able to do it.

From a public policy standpoint, other ways to create community have to be imagined and created. There are some neighborhoods in Boston and Washington D.C. where the homeowners are coming into community by paying fees and mutually assembling a team of contractors who can do all sorts of things — from fixing the furnace to helping someone shower. There are Programs for All-Inclusive Care for the Elderly (PACE) where people who are eligible for nursing home placement receive case management, medical care and adult day services in order to stay in their homes.

But, in these two examples, what is missing is the ability, at any time of the day or evening, to speak to the person — who comes into the Lobby or Commons, or who is a short amble next door or down the path — and find shared values, friendship, and even love. These things are at the heart of the Friends House community.



## Tricia Walden, Director of Nursing Services, Promotes Peace in the Skilled Nursing Health Care Unit

A little over five years ago, Tricia Walden arrived at Friends House to apply as head of nursing in our health care unit. Having turned off a noisy Rincon Valley boulevard, she parked, stepped out and right away was “completely struck with such feelings of peace” that she knew it was the place she wished to be. She heard no sound of the outside world, only birdsong in the air.

Since then, Tricia has been Director of Nursing Services at our Skilled Nursing facility, whose formal name is the Health Care Unit (HCU). Her multi-faceted job forever keeps her juggling many tasks at once. The HCU operates under intense regulations of the California Department of Public Health. Tricia’s most important task is knowing and scrupulously implementing these, along with Friends House policies and procedures, for the benefit of the unit’s patient-residents.

Describing Friends House HCU, Tricia says we offer all the services which any stand-alone healthcare facility offers. We accept Medicare (but not MediCal) patients for rehabilitation, such as after a heart attack or knee surgery. Six days a week, therapists from Aegis come to perform all the therapies (speech, physical and occupational) to rehabilitate patient-residents to previous strength. We also take long-term, private-pay people who are stable but need skilled care. We work with the four local hospices. We also act as a hospice for Kaiser, since we maintain an “end-of-life room” for any Kaiser patient requiring palliative care.

The HCU patient-residents come from both inside and outside of the Friends House community. Food is so good that they look forward to mealtimes. Most eat very well; for many it is their last pleasure. Entertainment, too, is of high quality, with singers, violinists, pianists and the like. Patient-residents appreciate being outdoors in the fresh air. They enjoy sitting on the patio. Relatives visit on weekends and wheel them about the 7-acre campus, around the little Ring Road and on charming paths among flowers, fruit trees and oaks. “The grounds are gorgeous and it’s healing to be outside,” says Tricia.

However, what gives the Director her greatest comfort and reward is seeing how her staff of 40 incorporate their charges into their everyday lives. She watches the marvel of how the staff love and respect, learn the personalities of, and create special places in their hearts, for their patient-residents. All the staff are committed to doing their best.

With a gentle smile, Tricia claims that no matter how stressful the day at Skilled Nursing, and “some days are quite stressful,” she returns home “feeling satisfied every day.” She says it is so fine to work in an ambiance where the Quaker values of simplicity, respect for others and caring for each individual are prevalent. She observes how this philosophy has “a great effect on every staff member and the residents of the HCU as well.”

Evidently, Tricia’s original sense of peace and contentment remains to this day.



## Day on the Green

The weather was lovely for our Day on the Green Fiesta in September. Add a camel; a talented dog who can read; music; delicious food; sale of crafts, international, and gently-used items; a silent auction; an antique evaluation and you have a GREAT event. We appreciate all the residents and volunteers who planned and staffed the many venues, and all of our donors who helped to make this year’s Day on the Green a success.

### Special thanks to:

Ernie Link & Kim Winkler, Railroad Square Basement Antiques ~ Rick Petteford and Bob Voliva, Whistlestop Antiques ~ Eric Iskin, Olde Towne Jewelers

Andy’s Market ~ Arrowood Vineyards & Winery ~ Ann Boone ~ Tammerlaine Burwell ~ Chateau St. Jean ~ China Room ~ Cline Cellars ~ Clover Stormetta Farms ~ Cokas-Diko ~ Paddy Coreris ~ Pedersen’s ~ Farmers Brothers ~ Flamingo Resort Hotel ~ Flavor Bistro ~ Freeman Toyota Lexus and Celebrate Community ~ Jhanthong Banbua Thai Restaurant ~ Joy Hahn ~ Kenwood Vineyards ~ Korbel Champagne Cellars ~ LaGare French Restaurant ~ La Tortilla Factory ~ Sybille Minault ~ Devra Newhouse ~ Oliver’s Market ~ Osmosis Day Spa Sanctuary ~ Pedroncelli Winery ~ Prickett’s Nursery ~ Quaker Center ~ Quill ~ Rialto Cinemas Lakeside ~ Round Table ~ Santa Rosa Symphony ~ Schug Carneros Estate Winery ~ Charles M. Schulz Museum ~ Donna Scornavacca ~ The Seafood Brasserie ~ Mary Lou Sefton ~ Charlotte Smith ~ Otto Steinhardt ~ Edwin Stephenson ~ Tempo Styling Salon ~ Tone – Pilates, Dance, Yoga ~ Valley of the Moon Winery ~ Willie Bird’s Restaurant

(We apologize if we have inadvertently omitted your name.)



Residents and staff enjoy Halloween and Christmas activities at Friends House.

## Did you Know?

Friends House library contains 5,500 catalogued volumes, a fireplace and a grand piano.

There are four redwoods and one palm tree on campus.

Small, well-behaved pets are welcome.

All seniors 60+ are invited to apply.

Tours are available by appointment. Call 707-538-0152.



# Friends House

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

*Support Friends House through the Human Race — May 10, 2008*

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

Non-Profit Org.  
US POSTAGE  
PAID  
Permit 417  
Santa Rosa, CA

## Support Friends House

Charitable Gift Annuity applications are available from Paddy Coreris at 707-573-4508, or email [pcoreris@friendshouse.org](mailto:pcoreris@friendshouse.org). Friends Fiduciary Corporation and the Mennonite Brethren Foundation can provide services to process your application.

We have received \$1,522 since supporters began using their **Community Smart cards!** Go to [www.communitysmart.com](http://www.communitysmart.com) to sign up. Please designate Friends House as the beneficiary of donations from participating merchants.

## Human Race — One Community, One Dream



The Human Race is Sonoma County's largest community fundraiser. It provides an opportunity for all nonprofit organizations in Sonoma County to raise money for their programs. Walkers and runners (and wheelchair rollers) solicit pledges from friends and supporters for contributions to a favorite participating nonprofit organization. Race day consists of a 3K and 10K run and walk (and roll), a pancake breakfast and lots of celebration, contests, prizes and music. We hope you will join us in support of Friends House! To find out how you can help, email [Paddy Coreris](mailto:pcoreris@friendshouse.org) at [pcoreris@friendshouse.org](mailto:pcoreris@friendshouse.org) or give her a call at 707-573-4508.

We're off — Running, Walking and Rolling!

## The Buses Celebrate 70 Years of Marriage

Harold and Amy Bush celebrated 70 years of marriage in December. After living for 52 years in a big Berkeley home, the only house they ever owned, Amy and Harold moved to Friends House. Now at 93 years young, they not only enjoy walks around the Ring Road and pathways at Friends House, they are ever so happy to call this special place home. They love it here. Happy Anniversary, Amy and Harold.



Happy 70th Wedding Anniversary