



### Resident Profile: John Boles

by Barbara Hodgkinson

A creative science and ecology teacher, editor, volunteer EMT and ambulance driver, Boy Scout leader, and Board member and volunteer for Friends House—all of this describes John Boles, but there is more.



Paul Burks

John maintains lifelong friendships with former students from Germantown Friends School (GFS) in Pennsylvania and the Athenian School; he feels that the most enjoyable years of his life were the ten spent at GFS, where he created an extended science class for seniors called “Study of Society,” emphasizing the environment through field trips; many of the students became lifelong ecologists or biologists. His wife, Chris, taught drama and dance at GFS and other schools where he taught. They shared a year on staff at Pendle Hill and a year as resident couple at Honolulu Friends Meeting. Their life of working together continued in Santa Rosa, where they had a huge garden and orchard, and for

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### Removing the Mystery of the Fitness Center

by Betsy Harrell

“Older people tend to be uneducated about using them,” so says Diane Wardlaw, the trainer at our Friends House Fitness Center. We seniors grew up in a time before the fitness boom, and the machines appear mysterious and intimidating. The elder population really needs guidance. We need a trainer more than younger people do!

Experts agree that exercising is a very important factor in avoiding or ameliorating problems and losses in these areas: Alzheimer’s, arthritis, balance, high blood pressure, high cholesterol, flexibility, heart disease, strength, stress, stroke, weight gain, dementia and depression. Exercise—working our bodies—is extremely effective in maintaining mental abilities.

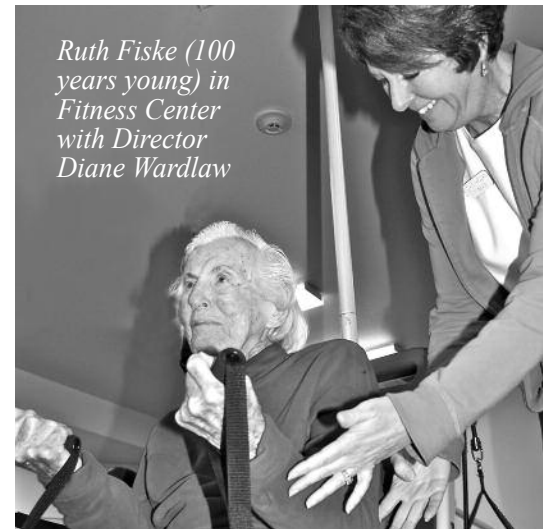
Some elders say, “I don’t need the Fitness Center because I stay active anyhow.” However, Diane explains that “staying active isn’t enough, because after the age of 30 we’re losing muscle mass, which means loss of strength. But we can do something about it; we can exercise and rebuild those muscles.” For those with osteoporosis, weight-bearing exercises are important.

Diane enjoys working with Friends House seniors, offering both individual and group instruction. She tells us, “I get so much from you, hearing about your experience, your stories.” Employees are also welcome. In earlier years, Diane was in dance, became a jazzercise trainer, worked in the YMCA and earned certifications in personal training and group fitness instruction; she still teaches fitness at the Y.

Those who originally set up our Center did a “fantastic job,” says Diane. The equipment is appropriate for the population. Other fitness centers sport huge rooms packed with machines, but ours doesn’t need all those. Our equipment

is safe. It provides everything needed for total body workouts. Recently, a benefactor gave our Center a second Nustep machine and another treadmill.

Diane’s biggest challenge is convincing more of us community members to come—and once we start, we see the benefits of guided exercise. Charlotte Smith, chair of the Residents’ Association’s standing committee on the Fitness Center, speaks of its value to her: “The Fitness Center is part of my daily routine—10 minutes on the stationary bike, 10 minutes on the treadmill and 10 minutes of stretching exercises. If I miss a few days, I find breathing harder when I pump the bike, and my legs get wobbly at my usual speed on the treadmill, and my knees and shoulders ache” from lack of stretching. Edwin Stephenson continues, “If I’m still on my feet and still able to walk, it’s in great measure because I use the Fitness Center twice a week. I do stretching exercises and light weight-lifting.” Hall Cushman adds, “I go to our Fitness Center to strengthen my body and mind but also for the camaraderie that is there.”



*Ruth Fiske (100 years young) in Fitness Center with Director Diane Wardlaw*

Paul Burks

Other benefits, such as stress reduction, aren’t immediately obvious; our trainer helps us recognize them. Diane practices what she teaches, declaring, “When I’m stressed, it’s exercising that makes me feel better.”

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



Message from the Executive Director  
Jim Johnson

## Changes in Long-Term Health Care

### General Information

707-538-0152

Monday through Friday  
9:00 AM - 4:00 PM

Jim Johnson  
Executive Director  
707-573-4501

Joy Hahn  
Financial Officer  
707-573-4509

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

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Services for the Elderly**  
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Things have changed a lot since Friends House opened in 1984. For instance, many baby-boomers like me are becoming elders now, swelling those ranks each day. Some of our founders have died. Because we live or work in an elder community, we see friends and acquaintances go “the way of all flesh” with regularity. Conversely, there are always new people entering our community. It’s a community that falls within the social welfare rubric of “long-term care,” and this field or aspect of health care delivery continues to evolve.

A skilled nursing facility was not even in the original conception for Friends House. The early plan was simply that residents’ health care be provided by Adult Day Healthcare (ADH), a four hour per day program. But the founders recognized the need for full-time skilled nursing, so included it as our Health Care Unit. (Much later the Friends House board transferred ADH to Southwest Community Health Center, although we still provide day health services within our buildings; it remains the only ADH in Sonoma County, offering a truly important respite for caregivers.)

In 1984 Friends House had no Assisted Living care; that paradigm was just getting off the ground in California. But in less than ten years we added an Assisted Living Center to our campus. Then about five years ago, another big change occurred. We began the process of licensing all the apartments under a special category of Assisted Living that comes under Continuing Care Retirement Community (CCRC) statutes. This meant that care services like bathing and dressing could be provided in the apartments, allowing residents to remain at home more easily.

About this time Friends House joined Friends Services for the Aging (FSA), a national Quaker provider group. Some of us from Santa Rosa attend their East Coast meetings where we discuss national trends and receive updates

about how other retirement places are faring. For example, we visited Foulkeways in Pennsylvania, an FSA member with state-of-the-art skilled nursing and assisted living domiciles. Its principle paradigm is having the centers look home-like rather than remind one of healthcare and service delivery facilities. Each living center of no more than 10 to 12 people presents a social, rather than a medical, model.

There’s also a new national innovation to provide health care in “small houses,” which aren’t institutions. They don’t even have nursing leadership (licensed nurses play a smaller role) but are staffed by universal caregivers—persons with multiple skills who work with not more than 14 people “to a house.” Regulation waivers for this innovation must be obtained from licensing agencies. But this also sounds a lot like our Assisted Living Center. Care that was originally delivered in skilled nursing is now going on in Assisted Living houses.

Although competent, loving care is delivered here in our Health Care Unit, the unit itself is showing its age and looks like the small hospital it is. Units like this have not been built in retirement places for years now. Indeed, new CCRCs do not even build skilled nursing units. They rely instead on this modified “assisted living” interpretation to meet their residents’ needs as the Assisted Living paradigm continues to evolve. In California as of January 1, 2010, residents can live in the Assisted Living Center (as long as it is well staffed) even if they can’t get out of bed themselves. This is a big rule change.

Such are the types of ideas and questions about long term health care delivery that are evolving across America. Friends House must take note of changing circumstances and innovations. Our board must grapple with what future pathways might be best and most appropriate for Friends House as we evolve.

# Destined to Work at Friends House

by Betsy Harrell

Whether or not Miguel Giron really believes in fate is not certain, but he cheerfully says, “It looks like I was destined to work at Friends House.”

When newly arrived from Guatemala, Miguel had found lodging at a Quaker community called Monan’s Rill, secluded in hilly country between Santa Rosa and St. Helena. Since he needed a job and money, he mastered numerous skills like plumbing, painting, construction, electronics and gardening, and applied for jobs in those areas, but with no success. Each time he mastered a new skill but was rebuffed; Miguel felt down-hearted. Finally destiny, or luck, led him in 1996 to a full time job in the Friends House Maintenance Department, and he soon realized that the skills he’d been learning weren’t wasted efforts but had prepared him to meet all the requirements needed for this position.

Today his job title is Technician II. When asked, he says that during his years at Friends House he has been honored as Employee-of-the-Month nine times.

He uses his varied abilities in every campus cranny, and enjoys the fact that each day is like none other. He’s always been a quick learner. Content with a simple task like changing a lightbulb, he also enjoys repairing complex machines and maintaining them in working order. Examples include the kitchen’s ice machine and steamers. He’s

especially keen about electronics. However, the manuals he studies which accompany new equipment strike him as tough challenges.

If destiny had a hand in Miguel’s employment at Friends House, we who live and work here are grateful. For Miguel is indeed a happy person, delightful to be around. He laughs often, amuses residents by calling a greeting like, “Hi, Chief!” and cracks jokes with everybody. Our community has become a part of him, as well as of his wife and four children.

Graciously, he gives residents praise. His daughters and son learn good manners through contacts with all their “grandpas and grandmas” here. He speaks of “learning wisdom and kindness from residents. And we workers appreciate the respect you show us. When a resident dies, it hurts me just as much as it grieves you. You all accept me into your hearts, as I accept you into mine.”

Besides his Friends House maintenance duties, Miguel works two off-campus jobs and finds time for recreation. He is proud to be a volunteer fire-fighter with Rincon Valley Fire Department. With help from Friends House and Redwood Forest Friends Meeting in Santa Rosa, this department donated a fire truck to his home state of Santa Cruz del Quiché. The truck also delivers water to villages there. The second off-campus job is doing gardening and odd jobs for a landscape architect in

Rincon Valley. For recreation Miguel and the children play soccer, while wife Marlene watches—remembering how back in Guatemala he used to play soccer professionally.



Paul Burks

*Whether or not destiny had a hand in Miguel’s employment, we are grateful.*

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ten years managed the Day on the Green, an annual event that included the sale of rummage items and books, of which they sorted and priced all year. Chris also led a “Stretch-to-Music” class at Friends House for many years.

John’s undergraduate years were spent at Berkeley and the University of Texas, where he met Chris. Their courtship was interrupted by the war. He was a Hospital Corpsman in the

“Resident Profile” continued

Navy; he then returned to Berkeley to finish his B.S. and continued at Cornell for his M.S. in Ornithology and Ecology. After a brief start in teaching, he served as Science Editor for the Princeton University Press, but after three years he returned to teaching.

John was the production editor for the Friends of the Earth newsletter in San Francisco, where he came to know and love David Brower. That job ended when a health crisis called them back to a Princeton farmhouse as caregivers for both of Chris’ parents until they died. While there, John was editor of the Textile Research Journal.

The need to care for John’s mother brought them back to California. In 1989 they bought a home near Friends House and became active members of the community. John served on the FASE Board for six years before they moved into Friends House; he later served another year as Resident Representative. He served on many Board committees, is currently on Planning and Personnel, and is Chair of the Apartment Residents’ Association.

John and Chris suffered a tragic loss when their only child, Johnny, drowned in 2001. John remembers many happy camping and back-packing experiences with Johnny, his best friend. When Chris contracted Alzheimer’s, John was her caregiver until it became too difficult. She died in an Assisted Living home nearby in 2008. John is now happy and in a loving relationship with Friends House resident, Ruth Hyde Paine.

## Did You Know?

### Friends House has 17 Interest Groups:

Art and Décor  
Art Corridor  
Autobiographical Writing  
Bead Workshop  
Clothing for the Homeless  
Food Interest  
Friends of the Homeless  
Games Night  
Home Concerts  
Life Stories  
Madrone School Program

*To be continued in our next issue...*



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## FRIENDS HOUSE

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### Book Donations

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

### More Holiday Faire Photos



*Bake Shoppe volunteers Betsy Harrell, Barbara Rafferty, Gimmy Friedland, and George Sackman.*



*Volunteer dishwashers Harry Zollinger, Joe Hammerquist and Steve Birdlebough.*

## Holiday Events and Donations Update



*Jeanne Overcashier counts the cash.*

### Over \$4,000 Raised!

The holidays have come and gone but we are still remembering what a wonderful time we all had at the Holiday Faire and Quaker Tea fundraiser

on November 21. Many thanks to all who attended and to those who volunteered to make this the joyful occasion it was.

### Thank You!

To help us keep our fees as low as possible, a percentage of the Friends House budget depends on donations. We are grateful for all donations that come in throughout the year that help us meet our budget. We are also grateful to those who support Friends House in other ways too, like our long-term partnership with Richard Lambert and his team at The ARM Group. We appreciate and thank them for their commitment in providing Friends House with excellent computer and phone service.

### Speaking of "Budget"...

While we are so very grateful that our loyal donors continued their support this past year (even in this downturned economy) donations were down. If you have been contemplating a donation to Friends House but have not yet made it, check out our new website at [www.friendshouse.org](http://www.friendshouse.org), where you can make donations online! It's quick and easy.

Gifts and bequests to Friends House are vital to the future of our mission and programs. General contributions of all sizes are needed and welcomed at all times. Deferred giving provides another avenue for forward-thinking donors to make a meaningful gift.

For more information about making a donation to Friends House, or setting up a deferred or legacy gift, please call Director of Development, Paddy Coreris, at 707-573-4508 or send an email to [pcoreris@friendshouse.org](mailto:pcoreris@friendshouse.org).

If you do not want to receive future fundraising solicitations, please contact Paddy.