

# ARDEN WOOD Heart to Heart

SHARING PROGRESS WITH OUR FRIENDS



Our hospitality associates are at your service!

## Committed to Health and Care

John W. Mitchell, Executive Director/CEO

In this season of Thanksgiving and celebration of the Christ in our lives, we are ever grateful for your support and encouragement.

I think of Arden Wood's service to the Cause of Christian Science as an extension of Mary Baker Eddy's definition of Church:

*Arden Wood is an institution, "which affords proof of its utility and is found elevating the race, rousing the dormant understanding from material beliefs to the apprehension of spiritual ideas and the demonstration of divine Science...and healing the sick" (Mary Baker Eddy, Science and Health with Key to the Scriptures, 383:14).*

Arden Wood fulfills this vision by providing a full-fledged health and care system for Christian Scientists year-round and around-the-clock with healing as the expected outcome. You can turn to Arden Wood for any need. This is the message we most want to share with you.

To get the word out, we're visiting the Field more often and more widely. We're providing workshops to explain our Christian Science nursing services. We're sharing the good news that they are affordable. And we're explaining the importance of having a health and care plan as well as an estate plan.

We want to encourage everyone to be both metaphysically alert and humanly prepared.

Looking back over the past year, I am most grateful for the dedicated prayers and hard work of our leadership team and trustees, which have led to innovative human footsteps and generous support from our Field. As a result, we're embarking on key projects: 1) to update and expand our services, 2) to upgrade our buildings for code-compliance and energy-efficiency, and 3) to restore our grounds and forest to be ecologically and environmentally responsible.

Arden Wood exists to meet your needs for care and to provide a community of "kindred tastes, motives, and aspirations" (S&H 60:4). Our active training program is preparing highly skillful Christian Science nurses to serve in Christian Science facilities, schools, camps, and private homes anywhere in the world. As a nonprofit, charitable organization, we value both your financial investment and your active engagement in our work.

Each day I feel more certain that Arden Wood represents the future of health and care. We warmly invite you to call anytime and plan to come for a visit to experience it for yourself! 

**ARDEN WOOD FULFILLS THIS VISION BY PROVIDING A FULL-FLEDGED HEALTH AND CARE SYSTEM FOR CHRISTIAN SCIENTISTS YEAR-ROUND AND AROUND-THE-CLOCK WITH HEALING AS THE EXPECTED OUTCOME.**

## SAVE THE DATES IN 2019

### Come & See Events

Tuesday–Thursday

February 12-14

April 9-11

### Christian Science and the Arts

Friday–Saturday

March 1-2

*A workshop led by recognized Los Angeles painter and sculptor, Nancy Mooslin*

### Care Committee Workshop

Saturday, March 30

### Arden Wood Annual Meeting

Sunday, May 5

*Inspirational speaker  
Dr. Tom Fuller*



## ADVANCING, NOT AGING

Author Anonymous

**M**y mom came to Arden Wood in what appeared to be a fragile and anxious state. After living independently in her own home for many years, she had moved to a well-regarded senior living community. It quickly became obvious that rather than providing a daily support to mom, the new people, new activities and routine—new everything—were a challenge. In my discussions with the very kind and caring administrators, it was clear that the community was geared for the aging diminishment of the residents' mental and physical capacities. Oh, no, that couldn't be the verdict for my mom!

On my initial visit to Arden Wood, I found the opposite: the expectation is for every resident to experience life-expanding progress. This is divinely-directed advancement of life, not an advancing of aging years!

Very soon, Mom came for a two-week stay to see if living at Arden Wood would be a good fit. Mom was ok with the idea of it, but when we arrived, it all seemed to be overwhelming. Fear of the unknown threatened to overpower her. But three absolutely clear and mentally strong Christian Science nurses surrounded her with unconditional love and comfort—and refused to give in to false fear! Only divine Mind is governing and expressing and revealing in this beautiful place—and there's no separation from that!

I knew with all my heart that these voices of truth were the only power in Mom's room and that the cloud of anxiousness would disappear. For the first time in many weeks, I was free of anxiety myself—I knew my mom was safe.

A couple of days later, I had evidence of the breakthrough. I was speaking with my mom on the phone when someone knocked on her door. Mom said expectantly, "Come in...!" This might not

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*Friends Barbara Frese, Mary Ann Cahill and Mardi Watson enjoy an Arden Wood garden stroll.*

## Arden Wood—Home and Heaven

*Diane Speer, Director of Residential Programs*

***Arden Wood is home to a group of Christian Scientists who are dedicated to growing—to ageless living. While some know it as a Christian Science Nursing facility and others may liken it to a beautiful “retirement home,” based on a popular world view, the reality of Arden Wood as home extends beyond both descriptions. Our residents represent diverse backgrounds and their paths to living here have been just as varied. No one knows better than they do what being home at Arden Wood means. In their own words:***

“Arden Wood provides an atmosphere that has (in no particular order) safety, love, peace, quiet, strength, confidence, activity, opportunity, sharing, fun, independence, privacy and togetherness—a nice balance. Those things make Arden Wood home. And, of course, we have a sense of unity with others who are practicing Christian Science. That is a primary thing for people moving here. You get tired of your friends in other places talking about their aches and pains. It's rather nice to talk about other things here and have your privacy respected. That is something we all appreciate here.”

“The feeling here is one of so much love. It's family, bigger than what I was used to.

Everyone here is helpful. As soon as I was inside the building with my luggage on a luggage cart, I felt embraced and I had a real sense of home right from the start. I brought my sense of home with me, but there were people that stepped up to help me right away, like brothers and sisters. They made me feel welcome.”

“The warmth and friendliness of the staff; the oneness; the beauty and upkeep and care at Arden Wood are expressions of home. Residents bring their own ideas and perspectives; friendliness and love, oneness—we're all working toward the same goal.”

*Continued on next page*

Home and Heaven, *continued*

**Because everyone brings something special to the home environment here, residents were then asked, "What have you brought? What do you see others having brought?"**

"I think I have brought joy. Others bring their own sense of home. Sometimes they bring aspects of home you haven't thought about, and you've brought aspects they haven't thought about. It is a sharing. We learn from each other. Curiosity is good. I think we need to keep up-to-date with the world. We need to live outwardly."

"I came in under extreme circumstances and needed to be on the Christian Science nursing floor in the beginning, so I have very close friends that are Christian Science nurses!"

"I hope that I have brought tolerance and patience, and maybe humor—I love to laugh!"

**Home should not be a stagnant place. Are you growing here? Has your sense of home grown?**

"I am being forced to grow. My sense of home has grown. When you come to live in a group situation, you have to adjust. You have to be willing to say, okay—new experience. It will be different, but it will be expansive. I lived on my own a good part of my life. Different can be good!"

"I've grown since I arrived. All the things that I was used to having and thought I needed...they're not so important to me now."

"I definitely feel this is a place for growth. Arden Wood, since its inception as a haven for Christian Science, has developed that. I came out of a year of strenuous activity, so when I arrived I didn't want to do anything. I have grown out of that feeling of lethargy. I have grown a lot..."

Mary Baker Eddy ends the chapter, "Footsteps of Truth," in *Science and Health* by encouraging Christian Scientists "to abandon so fast as practical the material, and to work out the spiritual which determines the outward and actual" (SH 254:20). She then highlights the unmatched benefit of taking up the cross, taking a stand for the truth of being. Residents at Arden Wood are doing their part. They are working daily to uphold a Christian Science way of life and to support one's right to rely on Christian Science for healing. To some degree, they are experiencing this loving benediction, "Pilgrim on earth, thy home is heaven;" (SH 254:31-32). 🌿



Director Diane Speer and resident Anne Brosius share ideas in the sunshine on Arden Wood's main terrace.



**ARDEN WOOD RESIDENTS ARE ACTIVE THINKERS AND DOERS!**

**"COME & SEE" FOR YOURSELF:** call Diane Speer, Director of Residential Programs, to schedule a free visit to *The Residences at Arden Wood*: (415) 379-2320

## ADVANCING, NOT AGING

*Continued from page 2*

seem like a big deal, but for several months, Mom had been fearful about anyone coming to her door for any reason. In fact, she would not answer the knock. So, to hear her welcome someone into her room spoke volumes about her comfort and feeling of well-being. Immediately, Mom said to me, "Bye, honey..." and off she went to an activity!

In all my visits and phone conversations with Mom, all I see and hear is progress: she is settled, not anxious or struggling, she is engaged with all the activities, and her humor is coming forth again! This is my "advancing" mom. 🌿

## PROGRESSIVE STEPS

Author Anonymous

Recently, walking became painfully difficult for me. My apartment seemed especially inhospitable, with incessant street noise and a loft bed reached only by ladder. I pondered going to Arden Wood. "I'm too young to go there" was the first argument that needed to be silenced, and "I can't afford it" was the second.

I decided to spend one night in a Rest and Study room for a change of atmosphere. The next morning, a conversation with the Director of Christian Science Nursing convinced me that accepting the principled care that Christian Science nurses provide was the best next step. She spoke encouragingly of how the National Fund for Christian Science Nursing had assisted patients financially. I dismissed suggestions of age, vanity, and unworthiness that attempted to thwart my progress. A hymn sing in the chapel soon set the tone for my stay. The words, "The Lord has promised good to me," from Hymn 438 (*Christian Science Hymnal*) moved me. It was time to trust God.

I had been emerging from a years-long period during which my study and practice of Christian Science was spotty. A vestige of that era was a reliance on two prescription medications. I hadn't brought them with me to Arden Wood, and I grew anxious that I wouldn't be ready for the withdrawal. My stalwart practitioner reminded me that trusting God was the only aid I needed. I felt strengthened by having aligned myself with the healing mission of Arden Wood as well as of the branch church I had just joined. Quiet study in my room reoriented my routine from taking pills to seeking truths in the Bible Lesson and claiming freedom for myself and others from the belief in chronic disease and prescription drugs.

With the Christian Science nurses' watchful support, I progressed from a

*Continued on next page*



*Assistant Director of Christian Science Nurses Training Shannon Nordling leads a mini-class as part of our celebration of International Christian Science Nursing Day on September 30th. Guests stopped at four stations around Arden Wood to gain an insider's view of the metaphysics and the skills taught in our training program and put into practice both on our Christian Science nursing floor and throughout the Field. We encourage you to call any time should you have a Christian Science nursing question or a need for care: (415) 379-2224.*

## Cherishing the Christian Science Nursing Practice

*Fiona Ouma, Journal-listed Christian Science Nurse and Mentor at Arden Wood*

When I started training in the Christian Science Nursing Arts (CSNA) program at Arden Wood three and a half years ago, I did not know that God was graciously creating the most beautiful tapestry in my career as a Christian Science nurse. It's been a pleasure working with Arden Wood's Visiting Christian Science nursing services, humbly serving at Cedars Camp, and now mentoring Christian Science nurses at Arden Wood.

### Metaphysics and Ethics

The CSNA training program requires conscientious study of the Bible, *Science and Health with Key to the Scriptures*, and other writings by Mary Baker Eddy. These books are the pillars in one's practice. At the core of this healing ministry are love and compassion for mankind. To support this, the training program focuses specifically on ethics and practical skills to ensure safe, compassionate, and practical care for those who seek healing in Christian Science.

### Practical Skills

Training consists of four courses that include classroom learning followed by working with patients under the guidance of *Journal*-listed Christian Science Nurse mentors. In class, we focused on several key topics that prepared us for a sound practice of Christian Science nursing. These topics included ministering to the patients and their needs: communication, cleanliness, comfort, nourishment, activity, rest, and surroundings. Under each topic, we learned how to properly assess a patient's need, practical skills, and ethical guidelines to ensure proper care.

For instance, we learned how to prepare different kinds of nourishment (soft, semi-soft, liquid, etc.), how to modify foods, and feeding skills. In the topic of activity, we learned how to settle a patient in a chair, a wheel chair, and a bed in ways that are safe for both the patient and the Christian

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## Cherishing the Christian Science Nursing practice, *continued*

Science nurse. We learned how and when to use mobility aids, such as walkers, canes, and crutches. We had hypotheticals that helped us cultivate a thinking practice, make assessments, and refine our skills.

### Mentoring

Arden Wood's training department ensures that mentoring is consistently provided after the 4-5 weeks of class. I always appreciated my mentor's spiritual-mindedness, calmness, cheerfulness, and punctuality in the sick room. The mentors worked with those in the training program in various care situations to ensure that there was a right ministry in the room. During my mentoring period, I secured skills in the various topics we learned in class, and I gained confidence in making initial assessments and writing care plans. The mentors were a great support in helping me blossom in my Christian Science nursing practice.

### Outcomes

Throughout my training and mentorship, I learned to:

- Trust God wholeheartedly and follow His command: "Fear not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee, yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness" (Isaiah 41:10)
- Respond to the needs of mankind with metaphysical clarity
- Be cheerful, grateful, and expectant of healing



Fiona Ouma

### In the Field

While serving at Cedars Camp this past summer, I was blessed to mentor one Christian Science nurse from Peace Haven and another from Tenacre. As the lead Christian Science nurse, I learned the importance of maintaining a clear and punctual communication with the camp directors and the practitioner; of being metaphysically clear and firm on the supremacy of God's presence and potency; and of being patient and gentle with the Christian Science nurses I mentored, just as my mentor was with me. Of course, I let God go before me in every situation.

It is wonderful to now be a full-time mentor and to share what I have gleaned from my ministry with my fellow Christian Science nurses. My prayer each morning is "God give me humility" because it takes humility to teach and also to learn from others. I keep reminding myself that "whatever blesses one blesses all" (SH 234:4-8). 🌿

## INTERESTED IN CHRISTIAN SCIENCE NURSING?

Apply now for our June 2019 CSNA I class. For details, please visit: [ardenwood.org](http://ardenwood.org) or call the Registrar: (415)379-2220

THE NATIONAL FUND FOR CHRISTIAN SCIENCE NURSING HELPS COVER THE COST OF CHRISTIAN SCIENCE NURSING CARE AT HOME OR AT A CHRISTIAN SCIENCE CARE FACILITY LIKE ARDEN WOOD. THE APPLICATION IS EASY TO COMPLETE, AND THE RESPONSE TIME IS VERY QUICK! FOR MORE INFORMATION, PLEASE VISIT [NFCSN.ORG](http://NFCSN.ORG) OR CALL (800)873-2843.

## PROGRESSIVE STEPS

*Continued from page 4*

walker, to crutches, to walking unaided. After four weeks, I was ready to bring the peaceful outlook I had gained back to my downtown apartment. The practitioner continues to support me while the complete healing unfolds.

Thanks to the quick action of the National Fund for Christian Science Nursing, costs for my stay at Arden Wood and the practitioner were completely affordable. I am very grateful! Indeed, "God's promises are kept" (Hymn 269). 🌿

## NOW SERVING THE MONTEREY BAY AREA!

Christian Science Visiting Nurses are available twice a month to make home visits to Christian Scientists who attend the Santa Cruz/Soquel, Watsonville, Salinas, Monterey, and Carmel churches. There is no charge for this service, thanks to a generous donor. Please call to schedule an appointment: (415)740-0460.

## HERE'S AN IDEA!

Add the number of the Christian Science care facility near you into your cell phone.

Arden Wood numbers are:

**(415) 681-5500**  
for care at AW or  
**(415) 740-0460**  
for our Visiting  
Christian Science  
Nursing Service.



Barbara Frese has created a cozy home with her artwork and other treasures.

## Home: The Dearest Spot on Earth

Désirée Goyette

Excerpts from a talk given at the Organization of Residential Homes (ORH) conference at Arden Wood in September.

It's wonderful to ponder the concept of home—as Mrs. Eddy puts it in *Science and Health*, “the dearest spot on earth” (S&H 58:21). We know that home is dear to us. Just think of all the songs and expressions we use every day that refer to home:

“Make yourself at home”  
“Home is where the heart is”  
“There’s no place like home”  
“Home away from home”  
“Any place I hang my hat is home”

That last one hints at the idea that home is not a specific place; rather, it’s something we carry with us. In a sense, we’re more like turtles than tenants!

Mrs. Eddy goes on to say that home “should be the center though not the boundary of our affections” (S&H 58:21). I used to take this pretty literally: you make your physical home and family the primary focus of your love and draw comfort and fresh energy from it so that you are able to share it with others outside of your home. But Christian Scientists know that

home is not a physical place—not some urban loft, a mansion, or a mid-century modern place. Home isn’t a cottage or a shack—nor is it the street.

In her definition of Jerusalem, the spiritual home of the world’s three great religions, Mrs. Eddy defines true Jerusalem as “Home, heaven” (S&H 589:15). And she defines heaven as “Harmony; the reign of Spirit; government by divine Principle; spirituality; bliss; the atmosphere of Soul” (S&H 587:25).

With beautiful imagery, the ninety-first Psalm brings an even more expansive sense to our idea of home: “He that dwells in the secret place of the most High shall abide under the shadow of the Almighty.” Dwelling in our most elevated concept of home places us in the care of the Almighty. The verse continues, “I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.”

And in later verses:

“Because thou hast made the Lord, which

*Continued on next page*

## Home: The Dearest Spot, *continued*

is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways." Here, David refers to the Lord as our "refuge," So, our "dearest spot" certainly includes the qualities of safety and security.

I love the idea of making the "most High" our "habitation" as it confirms that we dwell in the highest concept of good. Of course, the word, "habit," also refers to something one wears—for example, a nun's habit. Isn't it lovely to consider that we "wear" our good—our God—everywhere we go?

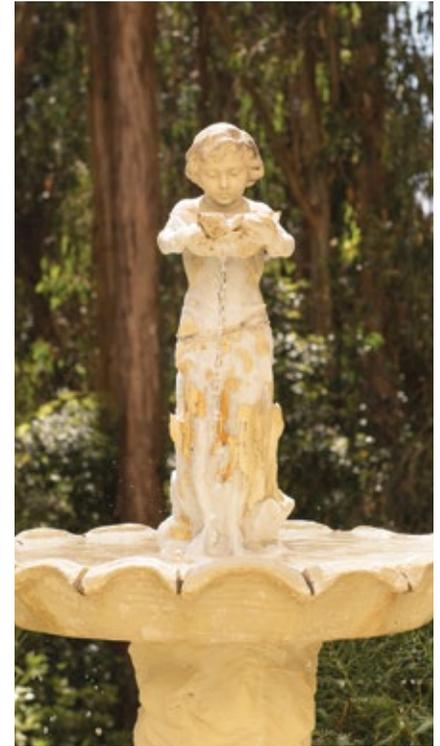
As we dwell in the elevated consciousness of Divine Good, we find ourselves abiding in health, heaven, and harmony. In fact, their opposites can't even cross our minds because we are at one with the only Mind and the only consciousness that is actually conscious. This is the consciousness of the Christ, the awareness of the perfect child of God's creating—whole, complete—with turtle shell intact at all times!

We return home again and again, fully present to the spiritual fact that you and I, and all of God's children, dwell already in the consciousness of Divine Love, with all of its varied and beautiful qualities. And we can do this because there truly is no other place to dwell.

In Proverbs, we read: "By wisdom a house is built, and through understanding it is established. Through knowledge its rooms are filled with rare and beautiful treasures" (NIV, Prov. 24:3-4). This description of "the dearest spot" reminds me of Arden Wood!

And in Irving C. Tomlinson's book, *Twelve Years with Mary Baker Eddy*, Mrs. Eddy is quoted as saying, "Home is not a place, but a power. We find home when we arrive at the full understanding of God."

We carry this power of home with us everywhere—like the turtle with his shell—not to hide under, but to stride with proudly, with the assurance that we are safe, that we are sound, that we are dwelling in the secret place of the most high, and that "anywhere we hang our hat" is, in fact, "the dearest spot on earth"! 🌿



Arden Wood fountain



**ARDENWOOD**

Arden Wood, Inc.

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(415) 681-5500 or (800) 767-0003  
[www.ardenwood.org](http://www.ardenwood.org)

## JOIN OUR DYNAMIC TEAM!

- Human Resources Generalist/Manager (Full-time)
- Guest Services Manager (Full-time)
- Marketing Manager (Full-time)
- Development Assistant (Full-time)
- Front Desk Reservationist/Receptionist (Part-time)

These positions require *Journal*-listing:

- Christian Science Nurse (Full-time)
- Visiting Christian Science Nurse (Part- or Full-time)
- Christian Science Nursing Supervisor (Full-time)
- Christian Science Nursing Arts Mentor/Instructor (Full-time)

Please visit our website for job descriptions and an application: [ardenwood.org/about-us/employment-opportunities](http://ardenwood.org/about-us/employment-opportunities) OR contact our Director of Personnel and Support Services, Tricia McNeil: (415) 379-2105 or [tmcneil@ardenwood.org](mailto:tmcneil@ardenwood.org)

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## PLAN YOUR BLESSING

Edie Seymour

**M**y husband and I believe strongly in planning ahead to protect one's assets. We wanted ours to go to funds and groups that coincide with our values, that promote the ideals we have, and that will carry on those ideas. Drawing up our estate plan was an act of love that we did together. It's a really nice feeling to know that your actions—designating where your assets will go—will be a blessing. (For the full article, please visit [ardenwood.planmygift.org](http://ardenwood.planmygift.org))

## MAKE IT COUNT IN 2018

**If you have not yet taken your minimum distribution for the year, your IRA charitable rollover gift can satisfy all or part of that requirement up to \$100,000. To ensure your gift qualifies for 2018, you must make the transfer by December 31st!**

Please call **Christopher Minnes** for help with a bequest, with a gift of stock, or to answer any questions:  
**(415) 379-2116**

# We All Need an Estate Plan

*John T. Ostler, Senior Vice-President & Philanthropic Client Director for U.S. Trust, Los Angeles*

**N**early all of us use and enjoy some type of property. We might own a home, have an IRA or 401k and a bank account. Perhaps we have antiques, family jewelry, heirlooms, collectibles, electronics, or other personal property. All of the property we own is referred to as our 'estate.' While we currently use and enjoy this property, we may want to bless others with its benefit or use after we pass on. Developing an advance plan of where we would like our estate to go is referred to as our 'estate plan.'



If we do not have an estate plan, then the laws of the state where we officially reside will dictate how our property will be distributed. As a result, what happens to our property may very well conflict with our actual wishes! Plus, the process of administering an unplanned estate can be costly and time-consuming. The only way to ensure that our estate goes where we want it to go quickly and economically is to develop a basic estate plan.

At a minimum, our estate plan should involve a simple will with specific bequests to individuals and/or charitable organizations. Wills ultimately go through a legal process called 'probate', and in some cases, probate is time-consuming and expensive. In order to avoid probate, some individuals may want to establish and fund a revocable trust. Finally, IRAs, 401ks, and other

retirement plans, along with life insurance policies, may allow for the transfer of plan assets or policy benefits directly to individuals or organizations through a specific naming process (sometimes referred to as a 'beneficiary designation'). These components will lead to an effective estate plan.

The first step in establishing an estate plan (or reviewing an existing one) is to inventory what we own and how it is titled. We might discover that we are not the sole owner of certain property, and the titling may convey the property automati-

cally to a joint owner upon our passing. After the inventory is done, we should decide which people or charitable organizations we would like to benefit. The benefit can be described as a specific dollar amount (i.e., \$5,000 to Jane Smith), or it can be structured as a percentage (i.e., 50% of my estate to Arden Wood).

Deciding on the structure of an estate can sometimes involve complex legal or tax considerations, so we should not rely on internet forms or do-it-yourself documents. In fact, most individuals get help from an estate planning attorney or financial advisor. With an inventory in hand and help from a professional, we will be well prepared to establish an estate plan or review and update our existing plan. It is wisdom to be prepared!

**...THE PROPERTY WE OWN IS REFERRED TO AS OUR 'ESTATE.'...DEVELOPING AN ADVANCE PLAN OF WHERE WE WOULD LIKE OUR ESTATE TO GO IS REFERRED TO AS OUR 'ESTATE PLAN.'**