



## Demonstrating Life, Truth and Love Day by Day

By John W. Mitchell, Executive Director/CEO

Vibrancy fills Arden Wood these days, radiating and embracing everyone who walks through our doors. It's a warm and compelling testament to the alignment of our services and programs with our Leader's divine purpose for such a "place of refuge" and healing. And it reflects our strong desire to grow and ever-better meet the needs of the times.

The changes made over the last six months are extraordinary, visible and palpable!

- Our support of Christian Science healing has taken on new dimensions as we deeply reflect on the importance of quick and whole healing.
- Our finances have significantly improved and show sustainable strength.
  - Our path forward is clear and bright, and we know what it will take to maintain our momentum.
- And the spirit of our entire team is energized.

At the center of our thinking is our standard: to "behold the perfect man" of God's creating (*Christian Science Hymnal*, 370). "Vibrant living" guides our actions. Arden Wood promotes peace, inspiration, and an ever-expanding sense of life. We provide comfort, safety and care with

the full expectation of healing, without exception! As a beacon of hope and healing, Arden Wood exists to demonstrate Life, Truth and Love.

### What this means for you

You'll see a wider range of services and improvements in the quality of our care. We aspire to expand our Christian Science nursing services and to more effectively address today's questions about care needs and cost concerns. Our Sheltered Care community and **The Residences at Arden Wood** are thriving and active, and we're ready to welcome more residents. Underlying these efforts is a continuous commitment to utilize Arden Wood's spacious facility more effectively and to manage this positive growth. And we remain devoted to growing our crucial donor base by being wise stewards of every gift we receive.

### Thank you!

It's the perfect time of year to take note of our blessings—indeed, there are many—and we count you among the most important! Arden Wood exists and will continue long into the future because of all of you—our friends, visitors, guests, patients, residents, employees, and donors—who join us every day in living vibrantly! 🌿

## HAVEN FROM FIRES

Arden Wood is a haven and a home for any Christian Scientist. When the wild fires in northern California were raging a few weeks ago, we turned first to prayer and then to emailing branch churches and individuals we knew in the affected areas to offer free accommodations for as long as needed.

### In the words of two evacuees:

*"I escaped from the threat of fire, anxiety, and fear, to a place of love and calm. The affliction of the fire "purified and elevated" me as I was surrounded by the love and peace of Arden Wood."*

*"We cannot begin to express our gratitude for your generosity... The offer landed upon us like rain from the heavens, allowing us not only to have practical accommodations, but a peaceful calm oasis from where we were able to effectively address the false claim of destruction. This cannot be emphasized enough as we felt the deep love and support towards our community in such a real and practical way."*

It is our pleasure to offer practical help and metaphysical support whenever it's needed. Call any time! 🌿

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AT THE CENTER OF OUR THINKING IS OUR STANDARD: TO "BEHOLD THE PERFECT MAN" OF GOD'S CREATING.



Resident Edy Roberts participates in Rise Up!, our morning stretching and movement activity, which always culminates with the thought "Infinite Love fills all space and embraces the world and me!"

## RESIDENTS FIND WONDERFUL WAYS TO BE ACTIVE BRANCH CHURCH MEMBERS IN SAN FRANCISCO.

Would you like to know more about *The Residences at Arden Wood*? Please call Residential Programs Director Diane Speer at (415) 379-2320.

# Arden Wood Residents Embrace the World

By Diane Speer, Director of Residential Programs

Recently, I received emails from two residents participating in a Principia Lifelong Learning arts tour in New York City. One of them wrote, "Some of the highlights so far: Carnegie Hall with a fabulous piano piece and *Rhapsody in Blue* with wonderful improvisation. The art galleries were impressive, different! Saw *Star Wars* along with a great concert. The music was impressive. Dinners have been especially delicious... wonderful lectures on what we have heard and what we will see. And we are having lovely weather." Wow!, I thought. *It will be great to hear the stories when these travelers return.* But, I knew we'd have to wait because one resident was extending her NYC trip to visit friends and relatives on the East Coast. Arden Wood residents live right here, but their experiences continue to grow when they move in. Wonderful off-site as well as on-site activity adds substance and color to group conversation and individual metaphysical work, and no one is left out!

Arden Wood residents regularly explore the city. One resident uses the MUNI (subway/train) system to re-acquaint himself with sites he recalls from his college days. He actively participates in professional groups around town, attending different functions and concerts. Another resident participates frequently in family activities, centered around her 7-year-old granddaughter or involving her daughter-in-law's extended family members, who live locally. A resident who grew up in the Arden Wood neighborhood has a longtime, local friend who shares a mutual love of great San Francisco restaurants. The two of them often head off for a day of good food and scenery and sometimes a movie. This resident keeps us all up-to-date on her favorite restaurants, which other residents then visit.

One of our favorite dining spots is the Arden Wood dining room! The son of

one resident joins his mom weekly for a delicious lunch. And on Thursdays, several join the weekly Current Events lunch, led by a resident who came up with the idea. The table is surrounded by residents and staff members. The news and news sources are diverse, and the respect for different outlooks is clear. Participants seek to find healing thoughts that apply to any reported situation. The Current Events lunch is an invigorating highlight of each week!

Residents are encouraged to initiate new activities or reshape existing ones. One resident suggested a group reading of *Prose Works* by reading its articles in the order they were written. Combined with reading a biography of Mary Baker Eddy, this activity has helped clarify the context in which our Leader wrote as well as the meaning of each article. The shared growth stemming from this dual activity is just the right incentive to keep reading and learning!

Residents find wonderful ways to be active branch church members in San Francisco Bay. On Wednesdays and Sundays, they are visibly serving as ushers, Sunday School teachers, and substitute Readers. Working in the Reading Room around the corner from Arden Wood is another popular activity. One resident serves at the Jointly Maintained Christian Science Reading Room at San Francisco International Airport, which is open 14 hours a day, seven days a week. Two residents are active *Journal*-listed Christian Science practitioners. And behind the scenes, residents are chairing church committees and actively engaged in prayerful support of both their branch churches and the worldwide Cause of Christian Science.

Arden Wood residents embrace the world through a wide array of activity and dedicated prayerful work that inspires each new day! 🌿



## FROM OUR RESIDENTS

*"I came to Arden Wood as a patient, and then moved to Sheltered Care for 2 1/2 years, and now I'm in The Residences! I wouldn't leave Arden Wood in 100 years!"* —Resident

*"I love the variety of activities and the opportunity to pick and choose. You don't have to do anything if you don't want to, but everyone loves to be doing most everything! And that's special. You have the opportunity to grow in your Christian Science understanding using our Bible Research Library or the Reading Room, and listening to the Bible Lesson, Science and Health and hymns on the TV. We meet to listen to JSH-online, and we're reading Prose Works. We have all that support!"* —Resident



*"I came from Texas for two weeks and felt so much love, and interest in me, and the opportunities to grow spiritually and to be with others. I'm learning more about San Francisco! I love to go on the public transit to different places, like the San Francisco Symphony. I meet my family in the city, too. The friendship and the love and the ability to do things are unique about Arden Wood. All of it is causing me to grow."* —Resident



Arden Wood residents:

Arden Wood Associate Pam Spittler visits with Peggy Forster in Peggy's sunlit apartment.

Frederika lives with her mistress, Danna Gonyea.

Meredith Steinhauser welcomes visitors. (L-to-R) Judy Reigle and Mary Ann Cahill serve at the local Reading Room.

## FROM OUR CHRISTIAN SCIENCE NURSES

*"The Arden Wood training program has really equipped me with the skills to do this job... I'm ready to help others because I know I can do it in a compassionate, skilled, safe and practical way. I'm grateful I chose Arden Wood for my training."*

—Christian Science Nurse

*"I wanted to study the Christian Science Nursing Arts because I believe in the structure it offers. With the skills I have acquired, I know I can support both people here and at home. In Africa, they are really loving Christian Science, and they are ready to embrace Christian Science Nursing. I [want to] be one of the assets to support both."*

—Christian Science Nurse

For Christian Science nursing needs, call us any time, day or night — (415) 379-2224 from 8AM-6PM, or (415) 379-2215 after hours and on weekends.



Christian Science nurse Shannon Nordling arrives at a patient's door with hot tea and a warm smile.

## Your Questions about Christian Science Nursing Care Answered!

By Lesleah De Frisco, Director of Christian Science Nursing

**M**aking the decision to come to Arden Wood for care is making the decision to be healed, return home, and continue your full life! There's no reason NOT to call and come. We will walk you through the steps to being admitted and help you get here from wherever you are.

*Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; (Isaiah 41:10).*

We are often asked good questions related to Christian Science nursing care. The answers often clear up misconceptions and turn concerns into confidence. We hope you'll read them and share them with family and friends. And then, please call us for comfort and care!

### **What must I do to be admitted to Arden Wood?**

There are two requirements: the first is full reliance on Christian Science for healing and the second is daily treatment from a *Journal*-listed Christian Science practitioner. If these requirements are in place, the next step is to call us!

### **Do you always have Christian Science nursing rooms available?**

Yes! We have a regular turnover as people come for care, are healed, and go home. We can accommodate you!

### **Can you help me get to Arden Wood?**

### ***I can't get myself there.***

Yes! Our Visiting Christian Science Nurse Service (VCSNS) may be able to pick you up or help you arrange for transportation.

### ***Can a Christian Science nurse come to my home to give me care?***

Yes! Our visiting Christian Science nurses travel all over the greater Bay Area every day (and night), from Monterey to Santa Rosa, and even further for assessment visits. If you live outside our area, call us and we'll try to connect you with nearby resources. For VCSN service, call (415)740-0460.

### ***How much does it cost to receive skilled Christian Science nursing care at Arden Wood?***

The out-of-pocket cost to you depends on the level of care needed and on the financial resources available to you. Here are two scenarios:

**If you're over 65**, and you require skilled Christian Science nursing care, you can use your Medicare, Part A benefit. If you also have supplemental insurance, the two together almost always cover all care expenses.

**Regardless of your age**, the National Fund for Christian Science Nursing (NFCSN) is available to any Christian Scientist for any level of Christian Science Nursing care and practitioner fees. The fund's goal is to

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# Your Questions about Christian Science Nursing Care Answered!

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remove the barrier of thinking you can't afford care. For more information and a fund application, visit [NFCSN.org](http://NFCSN.org) or call (800) 873-2843.

## **What does Medicare, Part A cover?**

Room, meals, and Christian Science nursing—except for practitioner fees. There is a deductible, which can be covered by Medicare Supplemental Insurance (also called Medigap/MSI).

## **Does a Medicare Advantage plan cover Christian Science nursing care?**

The simplest answer is, "Maybe." The plan is "supposed to" cover everything that's covered by Medicare, Part A, but it is often difficult to get the authorization from the plan for care at Arden Wood (even though we are certified as a Part A provider), which has led to a denial of payment in many instances. Plan to attend the January 13th workshop!

## **What if I can't find my Medicare card?**

We can help you get a new one—and you can come to Arden Wood for care in the meantime.

## **Do you participate in Medi-Cal (Medicaid)?**

We do not. There are only a few Christian Science facilities that do. Check the AOCASN website for details: [www.aocasn.org](http://www.aocasn.org).

## **Does the new National Fund for Christian Science Nursing (NFCSN) only help with care at a Christian Science care facility?**

No! The NFCSN will help with care in your home, too.

## **How do I find out if I have Medicare?**

We can find out for you—it just takes a few minutes. Almost everyone over 65 is eligible for Part A. Any time after you

turn 65, you can sign up. If a care situation arises, you can sign up and the coverage will begin immediately and may be used at Arden Wood.

## **My dad fell and the neighbor called 911, but Dad doesn't want to be in the hospital. Can he be moved to Arden Wood?**

We will accept anyone who refuses medical care and wants to be at Arden Wood, even after having an X-ray or a bone-set or an accident. Other situations in which a patient would like to transfer from medical care to Arden Wood are considered on a case-by-case basis. A Christian Science nurse will be happy to talk with the patient and work with the hospital to facilitate the patient's discharge and transfer.

## **My mom shouldn't be living alone anymore. What are her options?**

We offer several options. If your mom is fully independent but would like to simplify her life, then consider *The Residences at Arden Wood*. If she's in need of light Christian Science nursing or oversight, then our Sheltered Care program would be a good choice. If there's a need for skilled care, then our Christian Science nursing floor is open to her.

## **Do you have a Memory Care program?**

It's in the development stage! Please call if you or a loved one has a need. We may be able to help right now or take you in the future. We can also tell you about other resources around the country.

**If you have ANY questions about ANY of these issues, please don't hesitate to call our Director of Christian Science Nursing, Lesleah De Frisco: (415) 379-2224.** 🍃



Outpatient care is available 24/7—walk in and out the same day!

## **CALL EARLY!**

Our ever-compassionate and practical Leader gives us wise and specific counsel on seeking care in a time of need:

*If students do not readily heal themselves, they should early call an experienced Christian Scientist to aid them. If they are unwilling to do this for themselves, they need only to know that error cannot produce this unnatural reluctance (Science and Health with Key to the Scriptures, by Mary Baker Eddy, 420:4).*

Don't let finances or fear confound and discourage. Come soon for proper care, and receive the tender ministrings of an experienced Christian Science nurse in a private, supportive, healing atmosphere—and leave upright on two feet!

*...Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee (Mark 5:19).*  
Early call! 🍃

**MAKING THE DECISION TO COME TO ARDEN WOOD FOR CARE IS MAKING THE DECISION TO BE HEALED, RETURN HOME, AND CONTINUE YOUR FULL LIFE!**



"Magnolias," painting by resident Barbara Frese.

## A WORKSHOP ON MEDICARE AND HEALTHCARE INSURANCE

Saturday, January 13, 2018  
led by Leslie Connery,  
Government Relations  
Counsel for  
The Mother Church

Details will be on our  
website shortly!

If you have any questions  
during the upcoming  
enrollment periods, please  
call—we are happy to  
help you understand  
and navigate the issues:  
(415) 379-2344.

# Trust, Training and Experience Required!

*Based on a conversation with Christian Science nurse Kim McDaniel*

**W**hat does it take to become a well-seasoned, broadly experienced, and highly qualified Christian Science nurse? And why are these qualities important to the future of Christian Science and to Christian Science nursing? These questions were the basis of a recent phone interview with Christian Science nurse Kim McDaniel.

Kim went through Arden Wood's Christian Science Nursing Arts (CSNA) training program. She spent seven years training and nursing at Arden Wood and taking private duty cases, i.e., providing care in a patient's home. Eventually, Kim moved back to her home state of Alabama, where she continues to serve all over the country as a private duty Christian Science nurse. A few years ago, Kim took an additional CSNA course in newborn and baby care at the Chestnut Hill Benevolent Association (CHBA). Kim knows firsthand that turning to and trusting God is the foundation of Christian Science nursing; solid training and mentoring create a sturdy framework; and extensive time in the field builds strong walls. All three are essential preparation for a Christian Science nurse to lovingly and effectively address a wide variety of needs in a wide range of circumstances.

## What does a Christian Science nurse need?

Above all, a Christian Science nurse needs to rely fully on God. The first thing a Christian Science nurse does is pray and listen for God's direction before entering a patient's room and while providing care. After that, it's important to have a wealth and variety of experience. A lot of learning comes from doing and seeing and practicing necessary practical skills, through training and mentoring as well as hands-on experience.

I have four children and cared for two family members with challenges for extended periods of time: I thought I

had a background for Christian Science nursing. But, I didn't yet know how much prayer and listening I would be doing in order to know how to handle different situations. Both the Christian Science nurse and the patient are constantly turning to and trusting God. While they may be at different points in their understanding and practice of Christian Science—in their ability and willingness to maintain their thinking—both are praying and listening for guidance. And that's what leads to practical steps and ultimate healing.

## Working for a Christian Science care facility

Facility work is a valuable kind of Christian Science nursing experience. Things are well set up—like the care room and supplies and mobility equipment. You have help at your fingertips. You can easily ask for a second set of hands to assist with mobility or cleansing and bandaging. A supervisor or mentor is nearby, instead of being a phone call or a time zone away. It's a good place to learn and a good place to work. But it is very different from working in the Field, doing visiting Christian Science nursing, private duty nursing or school, and summer camp nursing.

## Christian Science nursing in the Field

Of course, you still turn to God first! But, you're much more on your own. You have resources to call for ideas and guidance, but you're the only one with eyes on the situation, and you're making the care decisions.

Serving at a Christian Science summer camp is a unique and wonderful experience. A few years ago, I served at a camp for a week, where both the practitioner and I were new. Some unusual situations came up—nothing we couldn't handle, but they

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*Christian Science nurse Jonathan Tetteh brings years of trust, training, and experience to Arden Wood.*

## Trust, Training and Experience Required!

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weren't what we had expected. And so, we both grew a lot. This past summer, I served at a different camp for two weeks. Another Christian Science nurse worked with me. She had 20 years of experience, and it was a real treat to work with her. There was a steady flow of campers with all kinds of different claims. We worked diligently to remain calm and to slow down, to take the time to respond prayerfully rather than react quickly. Camp nursing has decidedly deepened my understanding of Christian Science nursing.

### Visiting Christian Science nursing

Working as a visiting Christian Science nurse provides another type of experience. You only work for 1-2 hours at a time on each case. You receive spontaneous calls for care in addition to making scheduled visits. There's a growing demand for visiting Christian Science nurses, and it's just as important to be wholeheartedly trusting and turning to God in home situations. You're on your own, but by

leaning on God, there is always an answer!

### A well-seasoned perspective

The world really needs what Christian Science nursing offers. Putting God first is the pathway to proper care and ultimately to healing. Giving good and proper care requires skill that comes from training and experience. The more skillful you are, the less often a situation appears to be "new." Also, Christian Science nurses need to be trained in new techniques because "what to do" is always improving. Knowing how to make someone comfortable goes far beyond fluffing pillows. Ideas for cleansing and bandaging are constantly changing. Knowing what and how to prepare something nourishing that someone will eat when there's a challenge with eating is essential. Trust and confidence in God comes first. Then come invaluable practical skills, and last, but not least, there's a wealth of experience to be gained. The essence of Christian Science nursing is to provide proper care, clearing the pathway to healing. 🌿

## TESTIMONY OF HEALING

While throwing out the trash, a broken pie plate cut my elbow. Usually, my husband helps me bandage when I can't do it for myself, but he was alarmed by the depth of the cut and concerned there might still be something in it. I had called a Christian Science practitioner, but now I called a Christian Science nurse, knowing this would give my husband a sense of peace. I drove myself to Arden Wood for outpatient care. I didn't realize how much of a sense of burden would be lifted with the Christian Science nurse's support. Instantly, I felt at peace. Her care was so gentle, and her thought was beautifully uplifted. I was hugely appreciative of such skillful care. The healing was quick and left absolutely no scar!

Shortly after my complete healing, a glass water bottle hit my son's arm during day camp. The cut alarmed the camp counselors, who thought he needed stitches. They felt very responsible and worried about the possibility of a lawsuit! I was praying while I drove to the camp. I thought of my own experience of feeling that instant support from the Christian Science nurse, and I realized that this camp needed to know that all was well and that we would take proper, professional care of the arm. Using outpatient care at Arden Wood would also provide a nice opportunity for my son to see what Christian Science nursing is, and it would calm his thought. Again, the Christian Science nursing care was so sweet and tender, making my son feel comfortable and at ease. We called camp right away to say that all was well. The deep wound naturally healed in a matter of days!

To Arden Wood's Christian Science nurses, "Thank you from the bottom of my heart! Our family is so grateful for the professional healing services you provide." 🌿

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**...TURNING TO AND TRUSTING GOD IS THE FOUNDATION OF CHRISTIAN SCIENCE NURSING.**

## EVENTS AT ARDEN WOOD!

December 3, Sunday  
Christmas celebration  
"O Come, All Ye Faithful"

January 13, Saturday  
Medicare and Healthcare  
Insurance workshop  
with Leslie Connery,  
The Mother Church

February 13-15,  
Tuesday-Thursday  
Discover Arden Wood on a  
free "Come and See" visit

March 24, Saturday  
Care Committee Workshop

April 10-12,  
Tuesday-Thursday  
Discover Arden Wood on a  
free "Come and See" visit

May 6, Sunday  
Arden Wood Annual Meeting

*Caption for the photo on front page:  
Resident Jackie Laver enjoys weekly  
art workshops at Arden Wood.*

# Endowment Funds: Being Part of the Future Today

*By Grace Kirchner, Arden Wood resident*

Looking back over my career and past experiences, I can see God's guidance and protection in so many ways that I did not recognize at the time. He led me to a career that suited my talents perfectly and enabled me to live a simple yet very sufficient lifestyle.

As I had been helped by others during my school years, when I began earning more than a subsistence wage, I was inspired to start giving to causes that were important to me. Of course, church was at the top of the list once I identified myself as a Christian Scientist. I remember how happy I was when I could afford to subscribe to the Christian Science periodicals one by one!

Gradually, I learned various ways to save and invest.

Each step in this process unfolded naturally—without human reasoning, just gentle inner direction. Somehow, I learned about Principia and started making small contributions, and that relationship grew. I learned of their Pooled Income Fund (PIF) and Charitable Gift Annuities (CGA). Then The Mother Church also advertised its PIF, and I started contributing to both.

It was through these two funds—reading the regular reports of proposed uses—

that I became aware of the idea of endowments: funds to be kept separate, and added to, with only income from their investment to be used for current needs.

Six years ago, I moved to Arden Wood and found a diverse, loving family and the most incredibly supportive spiritual atmosphere. When I heard the Arden Wood Endowment Fund mentioned, I thought, "I'd love to give toward that. Other people built Arden Wood and have maintained it so that now it fulfills my need. I'd like to be

part of providing for future Christian Scientists who need its welcoming arms." I found that the small amount I could contribute would be acceptable to the Arden Wood Endowment Fund. I contributed that amount then and the same sum each year since.

I am grateful to have been able to give. I feel like David (1 Chron 29:14):

*"...who am I...that (I) should be able to offer so willingly after this sort? for all things come of thee, and of thine own have (I) given thee."*

Except for certain funds set aside for another purpose, everything will go to Arden Wood. 🌿



**"I'D LOVE TO GIVE  
TOWARD THAT."**



**ARDEN WOOD**

Arden Wood, Inc.

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

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