



Growing and Transforming = CHANGE

John W. Mitchell, Executive Director/CEO

Arden Wood is changing—growing with the times—in response to the changing care needs of today’s Christian Science field. And all of you are a big part of why and how we’re changing! You have prompted us to expand our Visiting Christian Science Nursing Service, to redouble our efforts to train skillful Christian Science nurses, to add many more enriching activities for our Independent Living and Sheltered Care residents, to offer our facilities to more Christian Science-based organizations for meetings and functions, and to plan a new care service that will support those with a claim of memory loss or dementia. We are heartened by your support of our efforts to meet these needs and very grateful to be able to respond.

Background

Change is taking place in other important ways, too. Arden Wood has always operated at a deficit. As a benevolent organization, our fees have never covered the full cost of

the services we provide. Instead, our goal has been to keep our rates as affordable as possible for as many as possible. In recent years, Arden Wood patients have paid only about two thirds of the actual cost of the care provided. We receive no funding from The Mother Church, and at present, we have a very modest endowment. So, in order to cover our expenses each year, we depend on generous, broad-based gifts we receive from you. The timing and amount of these revenues are difficult to predict, and that fact has resulted in some very challenging times for Arden Wood, this year especially.

Today

Earlier this year, we were surprised by a steep decline in the grant income we received. This coincided with a dip in occupancy on our Christian Science nursing floor. The result was a serious shortfall in our revenues. This forced us to consume most of our reserves and undergo some belt-tightening, but we are not out of the woods yet. The changes we are making in response to this situation started with a top-to-bottom review of our operations and of the way we do business. Our primary goal is to narrow the current gap between operating costs and operating revenues to make Arden Wood more self-supporting. More importantly, this critical time is forcing us to refresh our vision for Arden Wood and push our thinking in new directions based on Mrs. Eddy’s assurance that “[r]ight motives give pinions to thought, and

strength and freedom to speech and action” (*Science and Health with Key to the Scriptures*, p. 454:19-21).

In 1916, Mrs. Eddy’s personal secretary, Adam H. Dickey, wrote,

“Our Leader was for many years deeply impressed with the thought that the Christian Science movement should have places where people suffering from ills of various sorts could retire for treatment, rest, and recuperation. ...where they would receive proper care and attention as well as freedom from criticism while under Christian Science treatment.” (*Christian Science Sentinel*, Vol. 19, Dec. 16, 1916, p. 3)

Today, as in our Leader’s time, there are still so many human needs that need healing. As evidence of Mrs. Eddy’s vision for a “resort for the so-called sick” (quoted in the *Christian Science Sentinel*, vol. 19, Oct. 7, 1916, p. 110), Arden Wood is an up-to-date, vital, healing resource for all practicing Christian Scientists to use actively. We are continually looking to renew Arden Wood to better suit current needs, to protect individual rights, and to serve our Cause.

If you have already made a gift to Arden Wood, thank you! We hope you can feel the love of those who have been blessed by Arden Wood’s services this year. If you haven’t given lately or are giving for the first time, we warmly welcome you to Arden Wood’s family. The joy of giving to help those in need is soul-satisfying! We are profoundly grateful for your prayers and your contributions. 🌿

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TESTIMONY OF HEALING

We received a call from a branch church, which had been contacted by Adult Protective Services (APS) in its area, regarding a woman who identified herself as a Christian Scientist. The woman lived alone and had fallen in her bathtub. She called out for help, but no one heard her, so she slept in the tub. The next day, a neighbor checked on her and helped her into a chair. She had a vision challenge and a mobility challenge, and there was evidence of self-neglect, so when a second neighbor arrived to help, they decided to call 911. The next thing the woman knew, she was in the hospital. As a life-long Christian Scientist who had had healings through the years, she always expected to have an instantaneous healing—she never expected to be sick or to need extended care.

A hospital social worker came to visit her and learned that she was a Christian Scientist. The social worker had worked with a Christian Scientist in the past, so she knew the name of a branch church member, and that person immediately called Arden Wood. That same day, a visiting Christian Science nurse went to the hospital to visit with the woman. Over the next few days, one of our Christian Science nurses worked with the social worker to gain her release and move her to Arden Wood.

The minute she arrived, this woman felt instantly lifted up by the healing atmosphere, and she knew she would be healed and return home. For the first several weeks, she received all care in bed. Soon, she was eating well and moving more freely. With the assistance of two Christian Science nurses, she began to stand and take a few steps. In less than two months, she was walking the length of the hall with a walker.

At that point, she was able to return to her home with the support of friends and neighbors and an occasional visit from one of our visiting Christian

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Residents Peggy Forster, Edy Roberts, Barbara Frese, and Independent Living Manager Diane Speer grilling hotdogs at the beach!

Caring for Our Christian Science Parents

All members of a family might not be of the same faith. This article addresses several concerns recently shared with us by non-Christian Scientists who have called for information on behalf of a family member who is a Christian Scientist.

Is it wise and responsible of me to agree to my parent's request for Christian Science nursing care or to move to a Christian Science residential community? The answer to this question is multifaceted.

To a seasoned, practicing Christian Scientist, this request is a natural choice stemming from his/her commitment to a Christian Science way of life. Respecting a loved one's choice for personal care and comfort rather than forcing him or her into a situation that's alien and uncomfortable is just as natural. All of our patients and residents are lovingly cared for in a serene and beautiful setting.

Christian Science nursing care is based on the teachings of Christ Jesus and Christian Science. The response to individual care needs is highly skillful and professional as much as it is tender and personal. Care is available in our facility as an outpatient or an inpatient, or in the home through our Visiting Christian Science Nursing Service (VCSNS). Christian Science nursing care responds to the human need for uplifted thinking,

cleanliness, nourishment, safe living conditions, wholesome and engaging activity, and companionship as well as privacy. Our VCSNS helps Christian Scientists remain at home with some assistance.

Arden Wood's Christian Science nurses are thoroughly trained in the metaphysics and the ethics of Christian Science as well as in practical skills and the use of modern equipment to aid with mobility, personal care, and nourishment. They are equally well-trained in cleansing and bandaging techniques. What they do not do is diagnose, test, monitor vital signs or administer medication. Our Christian Science nurses are on duty around the clock, checking on patients regularly, offering comfort and care whenever they are needed. A Christian Science patient room is cheerful, clean and, most of all, quiet.

Arden Wood's Sheltered Care program is similar to Assisted Living elsewhere. Christian Science nursing care adjusts to individual needs, including light assistance,

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Arden Wood *Is* Affordable!

For Christian Science nursing patients:


Medicare Part A and certain supplemental healthcare insurance policies cover some of the costs of care in most Christian Science facilities, including Arden Wood. The cost of skilled Christian Science nursing care (vs. light assistance such as one might receive in an Assisted Living program) is proportionate to the number of hours/day that care is received. The base rate is considerably less than what it is for care in a hospital. For specific pricing, please call our Director of Christian Science Nursing, Lesleah De Frisco: (415) 379-2224.

For those interested in our residential communities:

To determine the affordability of our Independent Living program or our

Sheltered Care program, it is very helpful and insightful to use a cost comparison calculator, which is on our website: www.ardenwood.org/independentliving/rate-calculator. When factoring in three nourishing meals a day, utilities and housekeeping, on-site and off-site daily activities as well as transportation to church, Christian Science lectures and personal appointments, the monthly rent is more reasonable than one might imagine.

One of the nicest aspects of living at Arden Wood, according to our residents, is conversation that isn't about aches and pains or aging. Arden Wood is a place of purposeful activity. There's no better environment to live in and contribute to!

For more information, please contact Diane Speer: (415) 379-2320 or dspeer@ardenwood.org 

COME & SEE PROGRAM

"...where dwellest thou? He saith unto them, Come and see." (John 1:38-39)

Arden Wood's Come & See program is offered year-round and is for those considering a change in address. Spend two days and two nights at Arden Wood free of charge, and see why our residents love living here. You'll stay on the residential floor, enjoy meals in the main dining room, participate in Independent Living activities, and have a full tour of Arden Wood—all on us! "Come and see" if living at Arden Wood is right for you!

Please contact Diane Speer to schedule a visit: (415) 379-2320 or dspeer@ardenwood.org.


A Few Things to Put In Place Before You Come...

There are a few items to attend to before coming to Arden Wood for care.

A Christian Science practitioner listed in *The Christian Science Journal* must be available to pray for you daily while you are receiving Christian Science nursing care at Arden Wood. All care needs are addressed by both a Christian Science practitioner and a Christian Science nurse.

An Advance Health Care Directive (AHCD), formerly known as a "living will," must be completed, signed and notarized prior to your arrival at Arden Wood. It is a legal document that spells out your wishes for your care, and assigns a specific individual to fulfill these wishes in the event that you are incapacitated and unable to speak for yourself. An AHCD form is available to download from our website: www.ardenwood.org/

health-care/#advance-directives. *This document gives you sample language specifically for Christian Scientists in California.* It's important to find out if this language is acceptable in your home state.

Medicare Part A and certain supplemental healthcare insurance policies cover some of the costs of care in most Christian Science facilities, including Arden Wood. Arden Wood is considered to be a "religious non-medical health care institution (RNHCI)." A booklet describing the ins and outs of Medicare and health-care insurance is available on our website to read online or print out, free of charge: www.ardenwood.org/health-care/medicare-for-christian-scientists. We are happy to help you understand your coverage. Contact Rogers Speer: (415) 379-2344 or rspeer@ardenwood.org 



Want to know what an Arden Wood apartment looks like? Check out our NEW iGuide virtual tours, complete with pictures, floor plans, room dimensions and more. Go to: www.ardenwood.org/independentliving/apartments

IN ADDITION TO PROVIDING CHRISTIAN SCIENCE NURSING SERVICES, ARDEN WOOD IS HOME TO A GROWING COMMUNITY OF INDEPENDENT LIVING RESIDENTS AND SHELTERED CARE GUESTS, AND WELCOMES CHRISTIAN SCIENCE ASSOCIATION MEETINGS AND BOARD MEETINGS. TO LEARN MORE ABOUT OUR SERVICES, RESOURCES AND ACTIVITIES, PLEASE VISIT OUR WEBSITE: WWW.ARDENWOOD.ORG.



From a recent guest:

"Thank you for a most gracious stay! The room was light and airy, and we enjoyed the extra-ordinary hospitality of all the Arden Wood staff."

From a patient:

"I'm so grateful for...the loving care I received when I was unable to care for myself."

From a visitor:

"Thank you for providing so many lovely spaces and an inspiring atmosphere to study quietly. ...I am grateful for this sanctuary."

From a family member:

"I'm grateful that my Grandpa is so happy here! It's a pleasure to come visit – he has lovely nurses, and people who care for him!"



Arden Wood in the 1930s; Henry Gutterson, architect; AW construction site

Arden Wood Then and Now

Recollection by Arden Wood resident Evelyn Whitman

My family's house was built by Arden Wood's architect, Henry Gutterson, in St. Francis Wood, less than a mile away from here.

Gutterson was a Christian Scientist and incredibly handsome—6'2" with reddish brown hair, Paul Newman eyes, and a cleft chin. He designed the Christian Science Organization and the Sunday School buildings in Berkeley. For a couple of decades until WWII, he was on the committee that approved building styles in the elegant communities of San Francisco: Sea Cliff, Pacific Heights, and St. Francis Wood. Homes were generally Tudor style with roof tiles similar to those on Arden

Wood. Gutterson worked with Bernard Maybeck, who designed First Church, Berkeley, and many of the buildings on the Principia College campus. Henry was renowned in the Bay Area and beyond.

There was quite a kerfuffle over the French provincial furniture that Vernita Swezea Seeley purchased from Paris when she was invited to oversee the interior decorating of Arden Wood. Vernita was buying in 1928-29, at the time of the stock market crash. People who had donated a lot of money to have Arden Wood built were very upset with the amount of money being spent on the interior. But it was beautiful! *(Editor's note: much of what*

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Drone photo by Steve Graser



Arden Wood today; recently renovated Shelt'ring Wing

Vernita purchased is still in use!

Arden Wood today is so different from the way it looked in the '30s, '40s, and '50s. Back then, it was a cement color, which made it look very stark and cold. Plus, the inside was quite dark. Imagine incandescent 60-watt orangish light bulbs in the hallways, and green and peach tiles, which were so common in bathrooms at the time. The garden and parking lots didn't exist. Although it was very nice for the time, Arden Wood is so much more cheerful and welcoming now.

In the mid-1970s, Arden Wood opened

a residential community for Christian Scientists. People moved in and the place came to life! Beautiful gardens were planted and over the years, the trees have grown up and filled in. The roof tiles look much more cheerful with the terra cotta coloring of the walls now. The whole building, inside and out, is bright and light and inviting.

Now I live here—quite close to where I grew up in St. Francis Wood, but in a very different place than the Arden Wood I knew long ago. I love what Arden Wood has become! 🌿

WE'RE ALMOST READY TO GO!

As you've noted in our recent newsletters, our stated goal has been to care for our fellow Christian Scientists dealing with the claim of mental impositions or mild dementia. The past several months have caused us to pray carefully about the proper steps, timing and scale of this undertaking. That prayer has led to a wonderful unfoldment: We realized that we have empty rooms on our 2nd floor that we can easily and quickly convert for this specific purpose. Moving forward in this way will enable us to work out the proper training, the number of patients we can actually care for, and the appropriate pricing for this care BEFORE we make the commitment to build out the 4th floor wing.

In recognition of the immediate need for this type of care as well as the time needed to raise \$1.9M (anticipated cost) to build out the 4th floor wing, this "pilot program" is a progressive step forward. **So, we're going to do some minor renovations and launch this service in the first quarter of the new year.**

We're preparing to serve seven patients. After this service is up and running and full, we'll reopen the fundraising effort for the 4th floor New Wing, build out the space, train more staff and accept more patients.

We're ready to begin the necessary construction work, and we have patients who are ready to move in. If you know someone who would be blessed by this service, please call for details. We'll be ready to help sooner than we thought! And we thank you for your prayers and support of this interim step.

Contact Director of Christian Science Nursing Lesleah De Frisco: ldefrisco@ardenwood.org or (415)379-2224. 🌿

NOTA BENE

Recently, The Mother Church requested that we always use the words “Christian Science” in front of the words “nurse” or “nursing,” without exception or abbreviation. This is the legal means of distinguishing between Christian Science nursing care and medical nursing care. It is for the protection of this *Manual*-based activity that these phrases are used so frequently in all of our publications.



Christian Science nurse Vanessa Campbell returns a camper to camp -- ready to get back to activities!

Armed with Faith and Winged with Care

Lesleah De Frisco and Vanessa Campbell's extensive Christian Science nurse's training was put to the test at CedarS Camp in Lebanon, MO, last summer! This article is based on their experiences.

The paraphrased words above from the *Christian Science Hymnal* (hymn 166) epitomize Christian Science nursing. And it's doubly true for a Christian Science nurse working at a Christian Science summer camp where each day is full of patients and healings. Camp is an amazing, dynamic environment where Christian Science nurses are challenged to refine their metaphysical thinking and hone their practical skills. Christian Science nursing at camp is like a swinging door because children and young adults are so often healed in the time it takes for the care facility door to open and close. “Hear the truth, accept it, and get back to camp” is the motto. And that's exactly what happens day in and day out.

The camp environment is unlike any other when it comes to relying on God every moment and in-the-moment. Everyone is on the go there—to have fun, make friends and learn about Christian Science. If a care need arises, the campers (and counselors!) learn the right way to address it: not to ignore, nor to make a big deal of it, but to heal it, and to turn naturally for help from a Christian Science practitioner and a Christian Science nurse.

Getting help in Christian Science simply means being loved! And drawing one's attention away from the need to God, good. Healings are happening all the time because spiritual growth is taking place constantly—that's one of the amazing aspects of camp!

And that requires the Christian Science nurse to be fully prepared to meet the steady stream of demands before he or she arrives. Camp is a remarkable venue in which even the most well-trained Christian Science nurses will grow their ministry because they are learning to apply their skills in a unique environment.

The intensive hands-on experience brings all different Christian Science nursing skills into play at camp. There are innumerable opportunities to cleanse and bandage, to provide proper care for sports injuries, and, above all, to provide appropriate nourishment, rest and comfort. Sometimes, the Christian Science nurse works with non-Christian Science healthcare professionals. In general, a Christian Science nurse at camp is in an oversight role, meeting the needs of the camper, of the counselor who is supporting the camper,

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**Special
CHRISTMAS
Offer**

**Come for a special
5-night holiday stay
WED., NOV 30 to
MON., DEC 5**

Begin the season with friends,
enjoy festive events, delicious
meals, CS activities...

Join us for joyous celebration
and prayerful inspiration!

For details, contact Diane:
(415) 379-2320 or
dspeer@ardenwood.org

Caring for Our Parents

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general oversight and timely reminders or higher levels of assistance and supervision. Sheltered Care incorporates a variety of engaging daily activities, both individual and group. A key aspect of Christian Science care is an expectation of progress and healing rather than of decline.

If there's a sudden need for help and/or skilled care, our VCSNS is ready to respond anywhere in the greater Bay Area. We will come to the home, work place or school, even a hotel room. We'll also visit Christian Scientists in the hospital or a non-Christian Science care facility to read Christian Science literature or to make

an assessment. In all cases, we are ready to facilitate the transfer of a patient to Arden Wood. We offer Christian Science nursing care 24/7/365, and patients are admitted around the clock.

Care and residency at Arden Wood are safe, secure, and fully supportive of each individual's right to rely fully on Christian Science as a way of life and for healing. If you have any questions, please visit our website (www.ardenwood.org) or contact Director of Christian Science Nursing Lesleah De Frisco: (415) 379-2224 or ldefrisco@ardenwood.org. 🌿



EVERY SEAT IN OUR CHAPEL/AUDITORIUM WAS FULL FOR JANET HORTON'S TALK, "THE BIRTH OF A NEW IDEA." YOU CAN WATCH A REPLAY ON OUR WEBSITE:

WWW.ARDENWOOD.ORG/COMMUNICATIONS/PREVIOUS-EVENT-VIDEOS

Testimony of Healing

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Science nurses. Soon after she got home, a visiting Christian Science nurse took her to a noon Wednesday service, which she really enjoyed. Church members took over from there, picking her up for church each week. She is doing quite well at home, and she is determined not to go

to the hospital again.

Please note: Being admitted to the hospital does not disqualify you from receiving visits from a visiting Christian Science nurse or from transferring to Arden Wood for care. We are here to help in any way we can. 🌿

Armed with Faith and Winged with Care

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and of the camper's parent(s) who must be communicated with compassionately and professionally.

Parents have widely individual thoughts about Christian Science, care and healing. Not all camp parents are Christian Scientists, which requires the Christian Science nurse to explain the care needs as well as to honor the choice of care. The trust and support of parents are invaluable.

One of the most rewarding aspects of Christian Science nursing at camp is working side-by-side with an on-site Christian Science practitioner, providing a team of support that's in the presence of the patient instead of over the phone. Working with children inspires the Christian

Science nurse to see God's child without hesitation or interruption. Care has no opportunity to become stale or institution-alized. It's always fresh—and refreshing!

Facilities like Arden Wood supply Christian Science camps with trained Christian Science nurses to serve for 1 week, 2, 3, even 4 weeks, at a time, caring for the campers and staff around the clock. Christian Science nursing at camp is living proof of "one endless day"! (hymn 298) Sending a Christian Science nurse to camp quickly changes from a challenge to fill their shoes at their facility to manifold blessings—for the camp, for the Christian Science nurse, for the sponsoring care facility and for the Christian Science Movement. 🌿

WHAT'S NEW?

- **The look of this newsletter...**with more changes to come! In our constant effort to "wisely shape our course" as a nonprofit, charitable organization, we plan to make greater use of the internet and less use of paper to communicate with you. However, we will always have printed versions available to mail to those who request them.
- **Our website...**watch for a refreshed and updated look in early January! It will also be more user-friendly in order to listen to or download inspirational talks, to see our Independent Living apartments and guest rooms, to find out about upcoming events, and to learn about online giving options.
- **A rate increase...**for Christian Science nursing care and overnight accommodations. Our fees have never covered the actual cost of care and of the services we provide to our patients and guests. Recent increases in those costs have forced us to raise our rates to reflect our ongoing commitment to excellent care in a healing atmosphere. 🌿

SAVE THE DATES!

Sunday, December 4
Annual Christmas Celebration
featuring Désirée Goyette

IN 2017:

May 7
Arden Wood Annual Meeting
Emily Byquist, C.S., speaker

September 15-16
Madelon Maupin
Bible Workshop

ARDEN WOOD'S GUIDE TO GIVING IS NOW ONLINE!

- Proper language to make a bequest
- Elements of an estate plan

You'll find this and more on our website at:

www.ardenwood.org/guidetogiving

(A print version is available upon request.)

Funds Needed for Training

There is a great need for more Christian Science nurses throughout the country. Christian Scientists who would like care at home; those who need care in a Christian Science care facility, like Arden Wood; Christian Science schools and camps—all of us deserve the right to choose Christian Science nursing care in a time of need. But to protect that right, we must have trained, skillful Christian Science nurses ready to serve. Christian Science Nursing Arts (CSNA)

training is costly. It involves classroom training and on-the-job mentoring, and it takes 2-3 years to complete. Currently, most of the funds to cover training expenses come from our General Fund, which challenges that fund's ability to cover regular operating expenses. We are actively exploring alternate ways to generate the necessary training funds every year. In the meantime, Arden Wood's CSNA training program could use your financial support today! 🌱

Job Opportunities at Arden Wood

If you would like to contribute to the healing mission of Christian Science, consider being an employee at Arden Wood! Located in San Francisco, Arden Wood truly is a special place to work. We would love to hear from you. On-site housing is available!

Director of Personnel and Support Services

This individual manages the development, administration, and implementation of all phases of personnel, benefits and training. The position requires the utmost confidentiality and discretion, excellent communication skills, and a strong commitment

to teamwork, kindness, and Arden Wood's high standard of service.

Maintenance Worker

This individual is a significant support to the overall well-being of all Arden Wood buildings. Knowledge of routine building maintenance, carpentry, remodeling/refurbishing, equipment maintenance, and painting as well as some experience with plumbing and electrical work are desired.

To learn more, please visit our website: <http://ardenwood.org/about-us/employment-opportunities> or contact Tricia McNeil: (415) 379-2105 or tmcneil@ardenwood.org. 🌱



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