

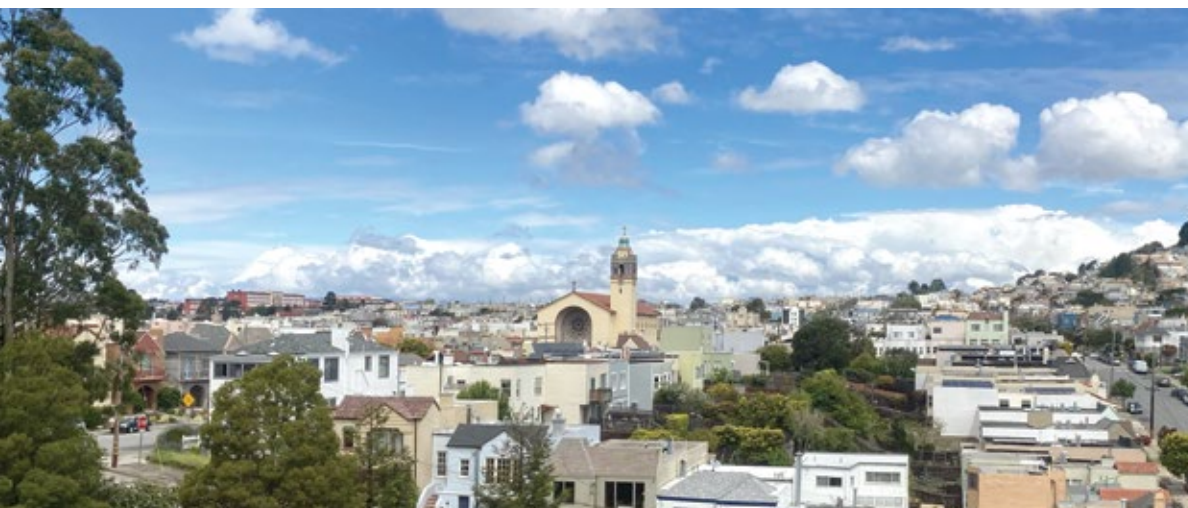
HearttoHeart

SHARING PROGRESS WITH OUR FRIENDS



ARDEN WOOD

WINTER 2023



A new model— Planning Ahead Committee (PAC) update

John W. Mitchell, Executive Director / CEO

We believe the field is calling for a new model—one that's more cooperative, collaborative, efficient, self-sustaining, up-to-date, and responsive to the needs of today, one that inspires all of us to be more engaged in caregiving, more aware of our own fulfillment of the *Manual By-Laws* regarding a Christian Science practitioner and a Christian Science nurse. A new model doesn't appear overnight. We are demonstrating the truth of the familiar words in the Christian Science textbook, "Emerge gently from matter into Spirit. Think not to thwart the spiritual ultimate of all things, but come naturally into Spirit through better health and morals and as the result of spiritual growth" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, 485:14-17). Gentle emerging is a beautiful thing to behold—it's a process of praying, listening, and following step by step, of letting go of self-will, self-justification, and self-love, of willingly, gladly, letting God, Principle, Mind, Spirit, lead every step and of not wavering in our trust.

What that looks like humanly is this: We have a team searching for a new location

on which to build or renovate, while we determine a more appropriate capacity to serve in the future. We are realigning our workplace culture to reflect the same qualities of engagement in spiritual growth, tender care, and a place where "the dear Christ enters in" (*Christian Science Hymnal*, 222 & 544). We're actively collaborating with other CS nursing facilities in the western region to share services and to mentor CS nurses more expansively through more field-wide internships and CS nursing exchange opportunities. Our long-term vision is to operate a smaller facility and to advance our outreach to the field through new care initiatives, such as a wider range of visiting CS nursing services and on-going care workshops for church members. The overarching goal is to care for people the way they wish to be cared for, educate people in ways they can support one another without needing to go to a care facility, and have more CS nurses available

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Photo, above: Looking beyond its current setting, Arden Wood sees a promising horizon.

MENTORING THROUGH PATIENT CARE AND HEALING

*Aïcha Langel,
Director, AW's Visiting
CSN Service*

I recently received a call from Twelveacres, a residential community for Christian Scientists with special needs. One of their residents had fallen and cut their forehead.

It came to me to ask one of our Christian Science nursing trainees if she would like to come with me as I thought it would be a good opportunity to expand her Christian Science nursing practice. Without hesitation she said, "Yes!"

We arrived at the patient's residence and made an assessment. The wound was deep, and there was a need for Steri-Strips (often used instead of stitches). The trainee assisted me with meticulously placing Steri-Strips over the wound to close and cover it. We were both beholding the perfect man who is, Mrs. Eddy tells us, made in God's image, and affirming that man is unfallen, upright, and free. The trainee's presence was invaluable in terms of the

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Joy and Growth at Camp

MENTORING...

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specific skilled nursing required in this case and in supporting the situation metaphysically.

The trainee and I returned the next day and saw that the wound was already healing nicely. Two days later, I changed the bandage and witnessed more progress. A week later, the two of us visited the patient, and we all rejoiced that the wound was completely closed. The Christian Science nurse trainee had gained a new healing care experience. Our work was done! 🌱

Left: Roseterah (Terah) Wema will graduate from the CS Nursing Arts program in April, 2024. Right: Christian Science nurse Nic Kosmas applies his Computer Science skills at Arden Wood.

All three agree: “I can’t wait to go back!”

Roseterah Wema, AW CSN Level IV

All different ages have care needs at Camp—that’s what makes it fun.

What struck me is that every age group is different—how you interact with a 7-year-old is very different from talking with a 15-year-old. You want to support their prayers before you give them care. And then, when sharing truths, you don’t want to overwhelm the young camper or belittle the older one.

I loved that there was something new to address every day and different care needs all day. I had to be alert and prepared so I could help wherever and whenever there was a need. It could be providing water on a very hot day, removing a tick or a splinter, or teaching a camper how to use crutches—something I had to learn first. Metaphysics is a huge part of camp. It teaches you to be ready all the time.

One of the highlights was taking charge of situations that came up and expressing my individual qualities and talents. Camp is a great opportunity to show you what you’re capable of doing. One week was too short!

Ore Ajayi, AW CSN, Level IV

It was truly a great experience! You have to be spontaneous and alert every minute of the day. I like structure and step-by-step order. Camp nursing is completely free flowing! I learned to care for splinters, ticks, poison ivy, and heat. One day, I was sitting quietly in the care center when I was compelled to stand at the open door and look out. Within seconds I saw a counselor carrying a camper in his arms toward me. I was standing exactly where I needed to be to see and then run to assist. It was amazing!

In every situation, I was listening for how to nurse. Working in a facility, I talk with adults. You need a childlike attitude to talk to children, to learn how they’re feeling and why. It was so enriching to see these children inspired in their practice of Christian Science. They say things so clearly and simply. I helped one camper with a conflict in his cabin. At the end of our conversation, he said, “I think I’m just going to forgive him because that’s not who he is.” The understanding of truth is already there.



Camp is a great place to expand your ministry beyond nursing in a facility. I loved it!

Linda Luciano, AW CSN Level IV

I am much more aware of how important readiness is to provide truly healing care.

The way the camp CSNs (including me) were tending thought day and night impressed me. Camp also taught me to express more oversight—to see the overall picture in addition to the details, like supplies and care kits.

The CSN is answering needs of young people and staff 24/7—it's non-stop, and it's amazing. When seeing everyone as God's children, there's no difference between generations. Simple truths break

the mesmerism for all ages.

I experienced instances in which the camper and his/her family chose medical care. In these cases, the CSN steps aside, and the ED or the Camp director becomes the liaison between the patient and the family. The medical nurse who came to care for her camp patients was inspired by Christian Science. She observed, asked questions, and read our literature, all of which helped her calm the nearby hospital's fear for the campers' wellbeing.

What I like most about camp is the joyfulness of the campers and staff who get to step away from the world and be free. I would love to go back! 🌿

At CS summer camp, many young campers have their first experiences with the effectiveness of healing in Christian Science, often supported by a CS practitioner and a CS nurse.

A-Dub Dining

Arden Wood dining is going digital!

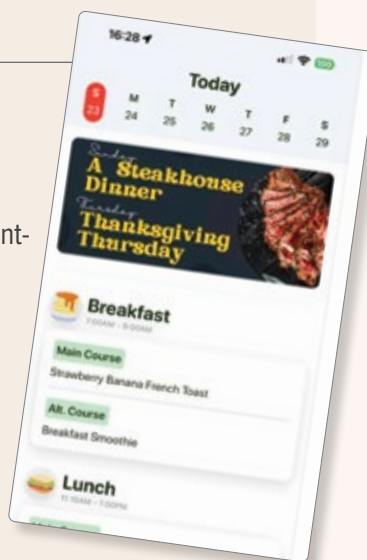
A-Dub Dining is a new app created by Nic Kosmas, a level III Christian Science Nursing student. This app is for employees, residents, and guests to see the daily dining menu at Arden Wood right from their phones, wherever they are!

Not long after arriving in the CS nurses training program at Arden Wood, Nic noticed that many systems were still handled the “old school” way, i.e. lots of paper, manually, etc. Putting his computer science skills to good use, Nic decided to tackle one such problem and dedicated his time to creating this new app. Now, anyone with an iPhone can download the app to see the week's meal options. While paper menus are still posted around Arden Wood and available in the dining room, this app makes viewing the menu more accessible

and helps significantly cut down on the amount of paper menus needed.

Nic holds a bachelor's degree in Computer Science from Principia College and used Apple's Xcode development software to code the app in Swift programming language. Now, he's working on scaling it up to having an app available for Android users and also the ability to order food right from the app. Go, Nic! 🌿

Above: Screenshot image of the A-Dub Dining app.



Linda Luciano (center) served at CedarS Camp with Patricia Brugioni (left) and Lesleah De Frisco (right).



ARDEN WOOD

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Jobs, Events, & Opportunities

SAVE THE DATES

- **Christmas Concert, "Sing, choir of angels"**
Sunday, December 3, 2 PM
at Arden Wood & online
(Reception following)
- **Medicare and Health Care webinar**
Thursday, January 18, 2024
Online presentation/Q&A
- **Effulgence Foundation, "The Story of John Randall Dunn"**
Saturday, January 20, 2024
at Arden Wood
- **Effulgence Presentation, "The Story of Elizabeth Earl Jones"**
Sunday, January 21, 2024
at Twelveacres, San Jose
- **Analytical Reading seminar by Candice M. (Candy) Coleman, Ph.D.**
Saturday, January 27, 2024
at Arden Wood
- **Annual Meeting**
Sunday, May 5, 2024
at Arden Wood & online

Is Christian Science nursing for YOU?

By Linda Luciani, AW CSN Level IV

Being a mom led me to go with my children to summer camp as the Camp Mom. At this particular CS camp, I was engaged in light nursing, in meeting simple needs that came up throughout the day and every day. (The camp had a CS nurse on staff, who focused on bigger care needs.) I played a varied, active role, and I loved it. But I didn't think about becoming a CSN—my own five children claimed my full attention!

Eventually, we moved to St. Louis for the children to attend The Principia, and I worked with early childhood and special education students. Then the pandemic came, and after just 10 minutes of Zoom-teaching very young children, I knew I had to find a better fit for my talents. One of my daughters learned about the internship

opportunities through the Christian Science Nursing Youth Service Corps (CSN-YSC). I realized the program was perfect for me... but it didn't exist for adults.

About that time, I was privy to an outstanding healing, which impelled me to become a CSN assistant at Peace Haven. Very quickly, I moved into Level I training and on to Level II. Most of my children moved to California, so I looked into CSN training opportunities there and applied to Arden Wood. Now, I'm being mentored as a Level IV CSN and expecting to graduate next April. The path to becoming a fully trained CSN has been long, but the process has been very adaptable to my family situation and has allowed my skills and talents to shine. 🌱

A new model *(continued from page 1)*

when and where they are needed.

As to the sale of our current location, there is plenty of developer interest, but as you are aware, current conditions are challenging in terms of capital funding sources and socio-political issues. We envision being at our current location in San Francisco for at least two more years. When we do move,

it will be a natural transition to a new site without interruption of our services. So, yes, we are moving, and no, we are not closing.

Arden Wood's healing mission is permanent wherever it goes and however it's expressed. We are deeply grateful to you for staying with us on this spiritual path forward! 🌱




Healing Hearts Match 

\$100K Matching Opportunity

All donations made to Arden Wood will be **DOUBLED** throughout the month of December!

www.ardenwood.org/donate  