



ARDEN WOOD

FALL 2025

Heart to Heart

SHARING PROGRESS WITH OUR FRIENDS



Arden Wood is here to stay!

By John W. Mitchell, CEO

In times when we most need to quiet thought, reboot as God's image and likeness, and refresh our spiritual sense, Arden Wood rises above the tree line and the rooftops as a beacon, a fortress, and a haven for spiritual growing and healing.

- A beacon brightens our outlook, dissolves fearful images, and enables us to see what's spiritually true and real.
- A fortress endures under attack and strengthens conviction and confidence in what's spiritually true and real.
- A haven shields and protects from interruptions and interference. It radiates the calm and quiet needed to realign with what's spiritually true and real.

This is and always will be Arden Wood. As a beacon, it draws you in. As a fortress, it is impregnable. As a haven, it inspires healing. If you need a place to receive care while you rely fully on God for healing through your study and practice of Christian Science, Arden Wood is that place. If you want to live and thrive in a community of "kindred tastes, motives, and aspirations" (SH 60:4), Arden Wood could be your home. If you're interested in learning about topics related to you and your loved one's

wellbeing, Arden Wood's online talks and webinars are available to you and for sharing.

And, if all of us want Arden Wood to be here for future generations, we must visibly cherish it — use it, support it, promote and recommend it — today. Arden Wood's rich, 95-year history does not guarantee its future. This remarkable history of care and healing, of teaching and training, and of day-to-day Christian Science living is a clarion call to on-going action. Your active love and sustained support of all Arden Wood services and activities are essential — and deeply appreciated.

In this issue, you'll read tender stories from decades past and from recent times, including this year. What stands out is God's care for us, especially when we open our hearts to Love and to loving one another. In this spirit, we wish you a Christmas season full of "Warm Hearts!" 🌿

It was an honor and a treat to have Jodie Maurer onsite for a few days to paint en plein air! Jodie's painting, "Springtime at Arden Wood," was generously commissioned by longtime Arden Wood resident Donna Ballenger.



Where warm hearts dwell

“I COULD LIVE HERE!”

By Tana Henderson

Arden Wood has been part of my life for as long as I can remember. As a native San Franciscan, I lived in the Lakeshore neighborhood, so Arden Wood was always nearby — both geographically and in my heart. When my sister and I were little girls, we loved visiting our aunt who was there for Rest & Study. I'll never forget the day we saw two lady residents walking arm in arm down the hall. We looked at each other and said, “That will be us one day when we're little ladies!”

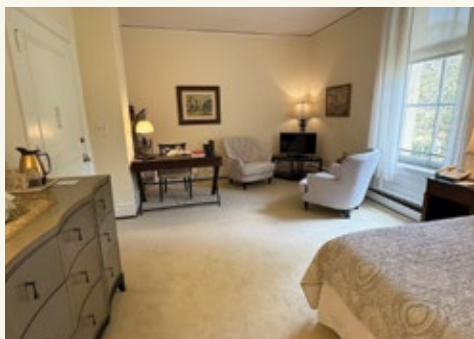
Later, I had the privilege of giving tours to visitors and marking the weekly Bible Lesson in the books on the Fifth Floor. Those experiences deepened my appreciation for the healing atmosphere and the devoted work that happens there every day.

Now, although I live in Miami, Florida with my husband and near our daughter, I still find myself talking about Arden Wood all the time — it truly is heaven on earth. I'll be back in January for a Rest & Study visit and again in June for my Christian Science Association meeting. There's nothing quite like walking those familiar halls and gathering in the chapel. Arden Wood is

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Home is where your heart is

We have studio and one-bedroom apartments in different sizes and shapes, all featuring high ceilings, big windows, a private bathroom, and plenty of closet space. You can bring your own furniture or rent ours. Utilities, cable TV, internet, telephone, three meals-a-day, weekly housekeeping, and enriching daily activities are included in your rent.



Large studio



Large studio



Does moving to Arden Wood mean giving up freedom?

By Nancy Stiner, Arden Wood resident

My fellow residents and I don't think so!

Many of us take trips to see family or for the sheer pleasure of traveling.

A move to Arden Wood is freeing! Home-owners are free from concerns about maintenance and rising costs of that maintenance. One is free from food shopping and preparing meals, free from housekeeping and yard work, even free from standing

in long lines at the post office. Arden Wood has a mailroom, and a lovely person will help wrap your packages. When I had been here for almost a year, I realized that I really didn't need a car any longer. I donated the car, received a tax credit, and was free from paying insurance fees.

**Lose your independence?
Not a chance!!!** 🌿



Every apartment has a unique floorplan; all have beautiful window views. Turn an apartment into a home of your design, featuring distinct living, home/office, and bedroom spaces.



Large studio



One bedroom



Continued from page 2

love itself — you always feel it when you're there.

Even my husband, who isn't a Christian Scientist, felt that love when we stayed there recently while visiting family. He loved it! One day, we invited relatives to join us for lunch, and they, too, felt the atmosphere of warmth and grace. My cousin exclaimed, "Who knew this existed? I could live here! The food is so delicious — everything is wonderful!"

Arden Wood truly is a magnificent setting — the best of the city — unique, beautiful, and radiant with love. Healing is happening there, and everyone feels it. Christian Science is credible, and at Arden Wood, you can see it, feel it, and know it through the unmistakable presence of God.

Arden Wood is a place of love, peace, and purpose — and I'm deeply grateful it's been part of my whole life. 🌿



Sisters Vicki Girimonte and Tana Henderson share a happy moment!

🌸 **THIS COULD BE YOUR NEW HOME!** 🌸



Where Love meets need

LIVING IN A CASTLE

I am writing to you all on behalf of my mother, who lived at Arden Wood for 4½ years. During her time there, she was loved and cared for by the most skilled and compassionate Christian Science nurses. I can easily say she was extremely happy every single day. She would often tell me how interesting her new friends were and how accomplished. She loved her new home and wanted for nothing in your nurturing environment. Many times, I visited her and after going out for lunch, she would say, “You can take me back to my castle now.” Words cannot express the gratitude her whole family feels for the opportunity to live in your loving, Christian Science community. —LK 🌿



Arden Wood was designed in the elegant French Provincial château style of the 18th century.

Love in action: My experience as a Visiting Christian Science Nurse

By Alice Mburu, Christian Science Nurse

During my training, I had the privilege of working alongside Arden Wood Visiting Christian Science Nursing Director Aïcha Langel, who mentored me in the art of caring for patients in their own homes. From giving showers and changing linens to shampooing hair and running laundry, every task was approached with love and compassion.

One patient shared how our visit means the world to her, and she was already looking forward to our next visit the next month. In that moment, I felt a deep sense of satisfaction and happiness. It was a reminder that our work is about showing love and kindness in action.

Working with Aïcha, I also learned valuable lessons about adaptability, such as how to work in patients’ homes, where resources and space might be limited. I discovered that with a little creativity and trust in God’s guidance, even seemingly impossible tasks

can be accomplished.

Another important aspect of my experience was learning how to work with family members who may not share our faith. Aïcha’s wisdom and approach showed me how to maintain a loving and respectful demeanor, even in challenging circumstances. The most important aspect is always turning to God.

The long rides to visit patients were also a highlight, providing an opportunity for reflection and prayer. Aïcha and I would often share insights and uplift each other metaphysically.

Working with Aïcha and caring for these patients taught me the true meaning of Christian Science nursing—that love and compassion uplift and support in many ways. This experience has left an indelible mark on my heart, and I’m grateful for the opportunity to serve others in this way. 🌿

The importance of an Advance Health Care Directive (AHCD)

An AHCD designates the kind of care you want if you are unable to speak for yourself. It’s a document you create that explains your wishes regarding Christian Science care, life-sustaining protocols, and more. It also designates your healthcare Power of Attorney (POA), who can make decisions on your behalf. An AHCD is often the only way to be released from the ER or hospital to move to a Christian Science care facility or your home.

It’s important to explain your care wishes

and reasoning to your family and your POA so they can make the decisions you want. Make sure your AHCD is readily accessible to your POA and family!

You can download a sample AHCD from our website and customize it to reflect your wishes and to comply with the state in which you live. Go to ardenwood.org, under *About*, then *Health Care*.

Please don’t underestimate the value of this document! 🌿



Photo courtesy of Chestnut Hill Benevolent Association

Joey Onyechi, Alice Mburu, and Nicodamus (Nic) Kosmas graduated from the Christian Science Nursing Arts training program in a beautiful ceremony at the Chestnut Hill Benevolent Association (CHBA) on October 12. All three are wonderful members of our Christian Science nursing staff—and we couldn't be more proud of their achievement and appreciative of their dedication!

The Christian Science Provider Network

www.csprovidernetwork.org

If you ever need Christian Science nursing care, you'll be grateful to know about the Christian Science Provider Network (CSPN).

Established with the support of The Mother Church as a nonprofit 501(c)(3), the CSPN has helped Christian Scientists and qualified Christian Science nursing facilities navigate the complexities of Medicare and commercial insurance reimbursement since 2012. It also ensures that facilities meet the standards required to receive those payments. Reimbursement claims and appeals can easily get delayed, lost, or stuck in limbo—the CSPN helps move

them forward and get results.

As care costs rise, so do the complexities of insurance reimbursement—making the CSPN's work more time-consuming and costly. **Your donations help keep this vital support available** to you, your loved ones, and qualified Christian Science nursing facilities.

Use the QR code to learn more about the CSPN's history and its value to the Christian Science field.



Thank you! The Network stands ready to serve. 🌿

MOM FELT LIKE A QUEEN

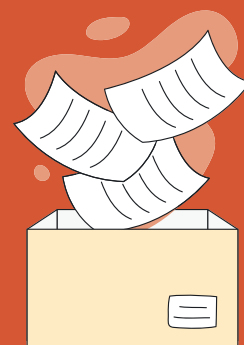
My mom was incredibly happy being at AW—and that made me so grateful. Staying at AW—both as a resident, a Sheltered Care guest, and a patient—was a very amazing experience for my mom. Many times, she mentioned to me how she loved her room, the Christian Science nursing staff, and being in the private dining room with various Sheltered Care guests. She was an interior designer and kept asking when the new hall carpet was coming. But after almost five years of living at Arden Wood, that was the only thing she would have changed. There was not one thing—large or small—Arden Wood could have done better to support my mom. She was so honored to be there. She felt like a queen. Thank you for giving her this experience. — MW 🌿

"LET'S GET IT DONE!"

Join our Estate Planning webinar series

Come, listen, and learn! It's not too late to participate in this series for the last three sessions. Participants are invisible and can confidently ask anonymous questions and receive “live” answers. As a nationally recognized estate planner, Rick Bailey is a terrific resource. Bring your questions and

get instant answers or guidance to finding the answer. The second half of this 6-part series runs once-a-month from January–March. You can register for each one-hour webinar on our website (ardenwood.org), by email (info@ardenwood.org) or by phone: (415) 379-2108.





Where Love leads

Ready for a change — a new chapter, a sweet, new home?

“Come & See” Arden Wood for 4 days/ 3 nights “on the house.”

Move in by April 1st, and your first month’s rent is free. (No joke!)



Home is what we love to support

By John Fairfield, Lieutenant General, USAF (retired)

Growing up in Oakland in the ‘40s with little money, we would take the ferry to San Francisco to hear free concerts at the Sigmund Stern Grove near the Benevolent Association (BA), as Arden Wood was called then. After the concerts, our parents would walk my brother and me through the beautiful Arden Wood grounds before catching the streetcar to the ferry terminal to return to Oakland. One day my mother told me that Arden Wood would always be “my home.” This was the same phrase my grandfather used when I first saw The Mother Church in 1946. I’ve often thought of this word “home” and associated it with the mission of our church — something to cherish and support.

Even better, while attending San Francisco State University (SFSU) on an athletic scholarship, I met a lifelong Christian

Scientist from Burlingame, named Donna Crawford. Her parents were both Christian Scientists, like my parents, and her mother was a *Journal*-listed practitioner who thought Donna would enjoy working at the BA. Donna applied and was hired as a server in your *fabulous* dining hall. Donna was employed during the summer of 1959 and then again in the summer and winter school breaks of 1960 while she also attended SFSU. I was still poor and always hungry and would wait for Donna to finish her nightly duties and then walk her to her apartment on 19th Avenue. Donna always had leftovers that she saved for me instead of disposing them in the garbage. What a treat!

What a demonstration!! Not only did I marry this angel from heaven, but here we are 64 years later still thinking about the beautiful refuge that Arden Wood continues to be for those in need and those who serve. Donna still remembers the care and patience from those who taught her the discipline of memorizing the menu and then mentally remembering who ordered what from those five-course meals that she would flawlessly serve to her table of four. She was taught not to worry about forgetting who asked for what as she was told that Mind governs all action and that man reflects this Principle — a lesson she always employed and that the guests at her tables always appreciated!

I have only the fondest memories of the mission of that haven my parents always told me would be a home to be cherished. You and your staff continue to make those words a reality — so, thank you! 🌿

One of 13 Christmas trees making Arden Wood “merry and bright!”





Christian Science Care—a natural choice

By Christine Raymond, Arden Wood Trustee

The opportunity to come to Arden Wood for Christian Science care and healing is the privilege of any sincere student of Christian Science, no matter how new or seasoned or renewed that dedication might be. Any student of Christian Science yearning for a deeper awareness of God's, divine Love's, ever-presence and all-power to regenerate, renew, and heal is encouraged to call for care. Our Christian Science nurses and support staff will work with you to remain spiritually awake, to separate the belief of sickness or disease from man's true being and nature, until healing occurs. There is no time limit to unfolding good! It's happening now...and now...and now. And we see it and experience it when we commit ourselves to living it.

A stay at Arden Wood invites and enables *full focus* on God, good, and steadfast insistence that every individual is a complete and whole “image and likeness” of God. Arden Wood is a working facility—every activity supports a patient's progress. Christian Science nurses provide practical care in terms of cleanliness, nourishment, and mobility, eliminating any concern, embarrassment, or fear, and empowering the spiritual impetus to rise above the material picture with increasing freedom.

A Christian Science nurse acts as a patient's “spiritual sentinel,” standing watch, unimpressed, unfazed and undeterred by the mortal picture, and fortified by the supremacy of Spirit, “with the banner of Christ

unfurled” (*Christian Science Hymnal*, 82).

Every purpose and function of this facility is focused on providing the atmosphere for scientific, demonstrable healing.

The advancing stages of Christian Science are gained through growth, not accretion; idleness is the foe of progress. And scientific growth manifests no weakness, no emasculation, no illusive vision, no dreamy absentness, no insubordination to the laws that be, no loss nor lack of what constitutes true manhood (Miscellaneous Writings 206:11).

More than a beacon of hope, Arden Wood is a beacon of effective, scientific, spiritual healing.

When a patient or family has made the decision to come to Arden Wood, it is a conscious stand for the clarity and conviction that Christian Science—the standard of Truth—heals effectively through spiritual means alone. It has already been proven to the patient in countless ways, so the choice is one for a *continuity* of demonstrated care. What a comfort for the patient and family to be wholeheartedly and whole-mindedly embraced in this practical, operative community of Christian Science!

Coming to Arden Wood feels like falling into the arms of Love, where the only “letting go” is of the false claim of life controlled by matter. Here is a safe and warm welcome to the fount of healing,

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ARDENWOOD

Arden Wood, Inc.
445 Wawona Street
San Francisco, CA 94116
(415) 681-5500 or (800) 767-0003
www.ardenwood.org

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CREDITS

Editor: Amy E. Sparkman
Designer: Laura Frank Design
Photographers:
Cheri Allen, Christie Francis, Amy Sparkman

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THANK YOU for your donations to the 2025 Associates Fund!

Our staff greatly appreciates your thoughtful recognition and generosity. Contributions to the Associates Fund are invited and welcome throughout the year.

Where hearts make a difference

What works for you and Arden Wood?

By Deborah Offenhauser

I've been giving monthly to Arden Wood for quite some time now — so long I can't even remember when I started!

I first learned about Arden Wood over 40 years ago, when a friend went through Christian Science nurses training there. Over the years, I've visited and seen firsthand how Arden Wood continues to serve an important need.

I also have a dear friend who lives there now as a resident and absolutely loves it —

she always has glowing things to say. What's not to love? Arden Wood has been faithfully serving the Christian Science community for over 95 years, and I'm so happy to keep supporting that good work. Switching to giving through a Qualified Charitable Distribution (QCD) from my IRA just makes sense — it helps save the credit card fees Arden Wood incurs from monthly gifts so that even more can go toward its healing mission. 🌿

Christian Science Care — a natural choice

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"Ho, every one that thirsteth, come ye to the waters" (Isaiah 55:1). To be at Arden Wood is to be the focus of alert meta-physicians, Christian Science nurses and practitioners, the human representatives of our ever-conscious God and bearing witness to what is already true: health and harmony. Everyone is blessed in this environment of 24/7 vigilant and responsive, loving care.

The standard of Christian Science,

supported at Arden Wood, is freeing, not limiting; is empowering, not restrictive; is healing, not enduring or languishing. Rather, it is a natural "step" in one's spiritual growth and demonstration over sin, disease, and death. Come and let us stand together — and see the mighty works of God.

"Beloved students, you have entered the path" (*Miscellaneous Writings*, 206:11-24). 🌿



SAVE THE DATES

Upcoming Events

Christmas Celebration

Sunday, December 7

Estate Planning #4

Tuesday, January 20

Medicare

Thursday, January 22

Estate Planning #5

Tuesday, February 24

Estate Planning #6

Tuesday, March 24

Arden Wood Annual Meeting

Sunday, May 3

Check our website and your email for event details and to register:
www.ardenwood.org

Warm Hearts ❤️ ❤️ ❤️

December Matching Opportunity

All donations to Arden Wood up to \$150,000 will be doubled throughout December!

Give online today: ardenwood.org