

SUMMER 2019: Justice

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Justice...
For All?
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"Those monkeys
had something
I didn't ... a job!"



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Justice:

Focusing on what's right in a world full of change

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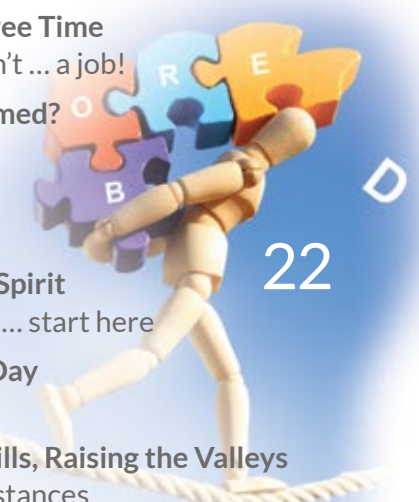
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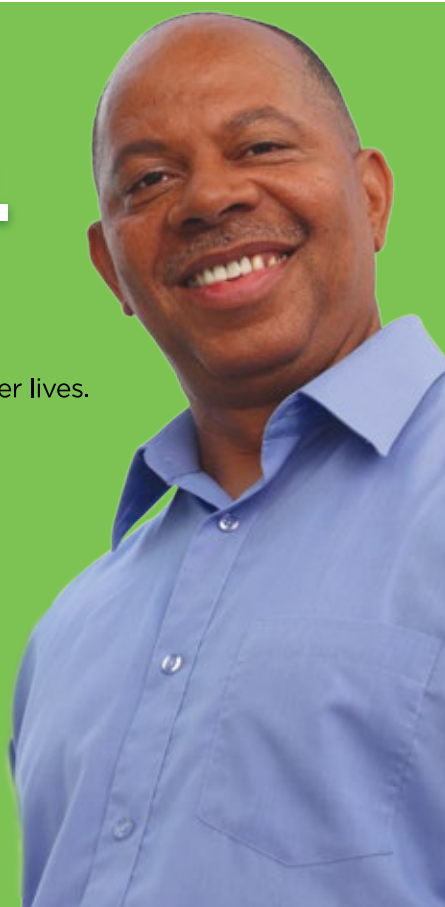
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THOUGHTS FROM THE HOME OFFICE

On Life, Liberty, and the Pursuit of Happiness



Summer is officially upon us, bringing long beach days, warmer weather, backyard barbecues, family reunions and road trips — all surrounded by the people we love. At Leisure Care, summer is a time to slow down, enjoy the weather, and purposefully make time for friends and family.

Summer is also a time to celebrate our national heritage and reflect on our values as a country. As we think about those truths that our Founding Fathers held to be self-evident, we pause to consider how those truths impact what we do and how we treat those around us.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness."

At Leisure Care, these values come to life in our passion to empower residents to enjoy a higher quality of life while pursuing their own happiness.

Creating a dream retirement looks different for every person, and Leisure Care senior communities allow each resident to decide what that looks like. From our dynamic social calendars to *a la carte* assisted living services, retirement at Leisure Care is all about the choices and preferences of our residents.

Building a life you're proud of is the American Dream — and we honor that at Leisure Care. We believe every resident and team member is deserving of empathy, service, compassion and fairness. It's more than an ideal; these core values in our corporate culture reflect our country's heritage.

That's why we promise that "Doing the Right Thing" is always our goal. We strive to treat every resident with the respect and freedom that any person deserves. We want our residents to know they are our primary mission. Their life, their liberty, and the pursuit of their happiness are the focus of our efforts, and we will do what it takes to make their retirement dreams a reality.

Much like building a nation, building a company is a group effort. To ensure we get it right, we understand we need to really listen to what our residents, their families, our employees, and our community partners are telling us. We have an open-door policy in effect 365 days a year, seven days a week, 24 hours a day. We are here to improve the lives of those around us, to serve our communities and our residents with a willing spirit and a grateful heart.

We look forward to helping our residents make their American Dream of retirement a reality.

We have a passion for life and a passion for our residents, empowering them to pursue the self-evident truths of life, liberty and happiness in retirement. It's both what we do and how we do it. It matters ... and we are proud to be a part of it.

Best regards,

Greg Clark
Executive Vice President
Leisure Care



AND FASHION FOR ALL

If Fashion Week is a barometer,
the weather is changing in
the world of style.

by Carol Pearson

Writer, editor and somewhat fashionable beach walker

*"You have to be yourself,
and when you act in that way
you'll be a much happier person ...
and you'll look a hell of a lot better."*

— Iris Apfel

Her

steely eyes seemed to dare the cameras to look away as Jan de Villeneuve strode down the runway during London's 2017 Fashion Week. The 72-year-old model's chic silver bob set off the dark, rich look of the faux fur she wore to beautiful effect, as she modeled the latest creations of fashion designer Simone Rocha.

"This is my customer," Rocha said after the show about the stunning de Villeneuve. "What I do is for all types of women, and that's what I wanted to reflect in my casting." (Holt, 2017)

Rocha's show with de Villeneuve included several other models who began modeling long before many of today's younger catwalk stars were born. She wasn't the only designer to expand the idea of what a model looks like. De Villeneuve walked another show for designer Osman and has high praise for designers who celebrate fashion at any age.

"Life doesn't end when you start getting a pension," de Villeneuve, who started modeling in 1966, told *The Telegraph* after her catwalk appearances. "Older women love fashion too. I've always thought it would be nice if people of all ages, shapes and sizes were included, because that's more relevant to day-to-day life."

Her thoughts are becoming reality, and it's not only age that is more broadly represented in the halls of fashions of late. When actress Selma Blair, 46, revealed her multiple sclerosis diagnosis last fall, she lamented the lack of fashion choices for people like herself who were dealing with disabilities. (Kratofil, 2019)

No stranger to the red carpet, Blair looked absolutely stunning at the Vanity Fair Oscars party in a gorgeously flowing pink and black gown ... and a custom-made cane, designed especially to provide the support she needed due to her health challenges while looking smashing and so stylish.

Blair's no-nonsense and no-limits approach to her disability is inspiring designer Christian Siriano, who has gained a reputation of inclusivity by designing fashion not limited to the pencil thin, to consider a line of clothing for people with physical challenges.

Fashion has always struck a balance between influencing culture, and representing it. Spring 2019 Fashion Week in New York last fall drove that point home beautifully, as the diversity of models reached what fashion blogger Cordelia Tai called "an all-time high." (Tai, 2018)

Tai notes more inclusion of plus-size models among the notoriously waif-like ranks of the runways, a sharp spike in transgender models, and some representation of physical disabilities too.

"Season in and season out, our diversity report takeaways stay much the same: that the industry has a long way to go when it comes to inclusion, that the principle always seems to be one step forward, two steps back," Tai writes. "But this season's results were more straightforwardly optimistic with a startling number of New York designers making serious strides toward genuine diversity."

While our own sense of style may adapt as our personal circumstances change, the basic essence of who we are remains. And for 97-year-old fashion designer Iris Apfel, it's essential to remain true to one's personal style. In her signature gigantic, owl-eyed black glasses, she's garnered 1.2 million followers on Instagram; it's no wonder the fashion industry has taken notice of this self-named "accidental style icon." (Apfel, 2016)

"You can't really give specific advice about style, because style to me is an extremely personal thing," Apfel says in a video on HSN's website, where she sells her line of clothing and accessories. "What's my style and what looks good on me might look absolutely ghastly on someone else. I hope with what I do I can show people that you have to be yourself and when you act in that way you'll be a much happier person ... and you'll look a hell of a lot better."

Is the fashion industry driving our recognition of the need for self-expression for all? Or are designers just playing catch-up to what society has already decided? The jury is out. Yet this we know: There are more people like you, me and our best friends on the catwalks lately than ever before.

Fashion belongs to us all. ♦

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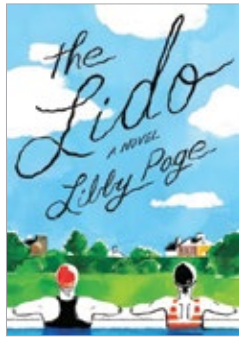
Entertain Your Brain: Books

by Misha Stone

Readers' advisory librarian & Booklist Magazine blogger

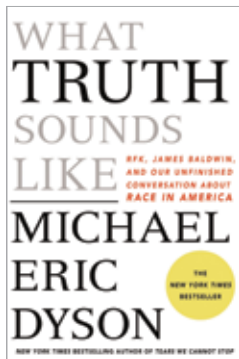
“I think the first duty of society is justice.”

— Alexander Hamilton



The Lido by Libby Page (Simon & Schuster, \$25)

Kate is a fledgling reporter in Brixton, London, trying to get her footing in life when she is asked to report on the local lido, or outdoor pool, which is under threat of development. It's there she meets 87-year-old Rosemary, a devoted daily swimmer, who met her husband at the pool on the eve of the end of World War II. The pool is now a dear place to her, a reminder of her husband, George, who passed away two years prior. But Paradise Living, the group that wants to pave over the lido to make room for housing estates and a private tennis court, doesn't care about the ways in which public institutions create connection for Kate and many others in the community. Kate and Rosemary form an unlikely friendship and alliance, and Kate finds herself embroiled in the lido's story and pulled into the orbit of the people who love the space. This lovely debut will delight readers looking for a character-driven novel with heart.



What Truth Sounds Like: RFK, James Baldwin, and Our Unfinished Conversation About Race in America by Michael Eric Dyson (St. Martin's Press, \$24.99)

“America, Baldwin believed, was split in two — not between the North and the South, but between the powerful and the disenfranchised.” In 1963, Attorney General Robert F. Kennedy and black writer and activist James Baldwin, along with black luminaries like entertainers Harry Belafonte and Lena Horne and the playwright Lorraine Hansberry, met to discuss race in America. They met in Kennedy's penthouse apartment for a frank, wide-ranging and contentious conversation about the matters that vexed our nation then, and plague it still. This meeting was consequently flagged by the FBI, and the participants were followed afterwards. Dyson believes this momentous occasion, from which not enough was heeded, could serve as the blueprint for the healing of our nation now. Justice will not be served, Dyson implores, until we separate whiteness from America's core identity and institutions and live up to the better angels of our true ideals. This recounting of history is delivered with searing insight, historical context and hope.



The Cassandra by Sharma Shields (Henry Holt & Co., \$28)

In a recent article for *The Washington Post*, science fiction author Charlie Jane Anders touted the need for pop culture to remind us of the still-present threat of nuclear war. “It's hard to imagine the enormity of nuclear war — which is why books, movies and TV shows were so vitally important in helping us visualize the worst scenarios,” she said. Spokane author Sharma Shields, winner of the Washington State Book Award for *The Sasquatch Hunter's Almanac*, takes on this mantle in her sophomore novel. Set in Washington State's Hanford project on the Columbia River, a troubled young woman, Mildred Groves, leaves her controlling mother behind to work on a secret project during World War II. Although initially proud of her war effort contributions, she learns the secretive and dangerous nature of the work and starts seeing dark visions of what the project could mean for humanity. At the heart of this novel about the men and women at work on the Hanford nuclear project is a complex and strange heroine; Mildred may not always make sense to those around her, yet her insistent voice reminds us how often we are told to ignore the truth that might just save us.

Entertain Your Brain: Movies

by Robert Horton

Member, National Society of Film Critics

“There ain't no use flappin' your wings, 'cause we are stuck in the flypaper of life!”

— Helene, Sweet Charity



Glory (1989)

The fascinating true story of the 54th Regiment Massachusetts Infantry, an all-black Civil War fighting regiment, is well-told in this Oscar-winning drama. The unit's struggles began well before they hit the battlefield: Not only did their white superiors believe that African-American troops were not fit for the military, they also paid them less than white soldiers — a situation that leads to a crisis of conscience for the unit's white commander, Colonel Robert Gould Shaw (Matthew Broderick). When they went to war, the men of the 54th had to prove themselves at the highest possible level; if they failed, the idea of a black military might be unfairly and harshly judged. These predicaments make for potent storytelling, and director Edward Zwick is lucky to have a powerhouse cast to make the case, including Denzel Washington (his first Oscar performance), Morgan Freeman, and Andre Braugher. (Available streaming on Amazon, YouTube, Vudu, GooglePlay and iTunes; on DVD at Netflix.)



Nights of Cabiria (1957)

In the nocturnal bustle of postwar Rome, a courtesan named Cabiria wends her way from one bittersweet situation to the next, her modest hopes and dreams laid bare for all — including us — to see. As embodied by the magnificent Giulietta Masina, Cabiria is bounteously alive; she strides into each new encounter with the indomitable attitude that something better might be around the corner. Director Federico Fellini, Masina's husband, creates this world with great, sympathetic detail — he never judges the outcasts who lives here, except for the people who could help out but refuse to. Beneath every scene is an unstated question: Where is the fairness when someone as full of life as Cabiria must walk the streets for her survival? And how can things change? Lest this sound like a bummer, it should be noted that this classic film (later reshaped by Bob Fosse as the musical *Sweet Charity*) is often joyful and funny, and it leads to one of the great final scenes in movie history. (Available streaming on Amazon Prime, YouTube, Vudu, GooglePlay and iTunes.)



Crown Heights (2017)

After being wrongly convicted on a murder charge, a Brooklyn man (Lakeith Stanfield, from the TV series *Atlanta*) must go through a years-long process of trying to reopen the case. This procedural film, based on a true story and admirably non-melodramatic in its style, is precise in showing the toll of the ordeal on both the convict and the people helping him on the outside. Halfway through the story, director Matt Ruskin shifts the focus from the man in jail to his best friend (former NFL player Nnamdi Asomugha), who works so hard to gather new evidence he essentially sacrifices his own life to the cause. The movie's lunch-pail style (even a romantic subplot is blended into the overall flow) probably worked against it finding an audience, but it's a gripping, no-nonsense account of system-wide injustice. Despite its clipped rhythm, *Crown Heights* seems to cover a huge amount of territory; after watching it, you'll be amazed that its running time is only 94 minutes. (Available streaming on Amazon Prime, YouTube, Vudu, GooglePlay and iTunes; on DVD at Netflix.)

Entertain Your Brain: Music

by John Pearson

Retired musician and lifelong enthusiast

“Took a stranger to teach me to look into justice’s beautiful face
and to see an eye for an eye and a tooth for a tooth.”

— Bob Dylan




When the Ship Comes In (Album cut) — Bob Dylan, *The Times They Are a-Changin'*, 1964
Recorded in 1963 and released on Dylan’s *The Times They Are a-Changin'* the following year, this cut remains as powerful and as engaging as ever. While some have argued the meaning of the symbolism, this reviewer believes it best represents the biblical Judgment Day. Not in a quiet, solemn manner where each is called to account for his cumulative deeds. No, not like that, but with the rip-roaring arrival of a ship on the shore of mankind after which the captain dispenses swift and final justice to all, appropriately tailored to each individual’s deserved reward or punishment. The imagery is wonderful and fits the theme exactly; the tempo and rousing finish make for a joyous and uplifting listen.



Funny How Time Slips Away (Single) — Willie Nelson, ... And Then I Wrote, 1962
Nelson wrote this number during a spectacularly creative period around 1960 in which he penned “Crazy,” “Hello Walls,” and others. Although originally recorded and released by other artists, these hits helped bring Nelson to national attention. The arrangement of “Funny ...” has a lilting, romantic quality leading this listener, at first blush, to assume what we have here is a more-or-less standard love song. The lyrics, however, say something quite different. What once was, perhaps, love has morphed over time into something else; something more like the pleasure of anticipating a come-uppance for the party that had done him wrong, as they say. He expresses confidence that a kind of justice will indeed prevail as time relentlessly slips away.



Black and Blue (Single) — Ethel Waters, 1930
“Black and Blue” was written in 1929 by “Fats” Waller, Harry Brooks and Andy Razaf and was introduced in the Broadway musical *Hot Chocolates* by Edith Wilson. In 1930 Ethel Waters’ cover was a hit, and the tune has since been covered multiple times by the likes of Louis Armstrong and Frankie Laine. Contrasted with the social justice movement and awareness of the present day, “Black and Blue” provides, to this reviewer, a rather shocking glimpse into a morose mindset that must have prevailed, at least to some degree, in our recent past. There is a depressed and hopeless tone that pervades, made even sadder when the singer assumes they must have done something wrong to deserve their perceived fate. ♦



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Vacation Dollar\$ That Make Change

**‘Travel like a local’ is bunk.
Try spending local instead.**

by Pam Mandel

Freelance travel writer and photographer

It seems like you can’t open a newspaper travel section (or magazine or website) without seeing the words “travel like a local.” This method is presented as peak virtue for travelers, as though disappearing into the wallpaper of a lesser-visited neighborhood makes you a better person. Traveling “like a local” allows us to engage in the game of claiming “we’re not tourists; we’re travelers” and to feel a sense of superiority over the clichéd Hawaiian shirt and white sneaker wearers who stand in for the insensitive or entitled fellow wanderers we see in the airport departure lounge.

Setting aside the tired jockeying for first place between tourist and traveler (a rant for another time), the unsettling

truth is that, often, your vacation rental helps displace the very locals you want to be perceived as helping during your four-day stay in Boulder, Colorado, or Barcelona, Spain. It’s simply a numbers game — those who own second homes (or condos) in places that attract tourists have found it’s more profitable to rent them out short term to tourists than long term to the kinds of people who work in the businesses tourists frequent.

What’s a social justice-minded traveler to do? It’s our vacation, after all; we want to indulge, but can we do so in ways that, instead of encouraging us to pretend we’re local, actually help the local people we’re trying to be like?

The vacation rental thing is sticky. Renting a room in someone else’s

home isn’t for everyone. Full disclosure, the one time I did it, the room was lovely, but I was annoyed to find I had paid so much nightly only to have to wait my turn for the bathroom. The underwear waiting for me on the floor of the shared facilities didn’t help. But renting an entire apartment in a busy city where housing is tight doesn’t feel right either.

Now, I split the difference and only rent mother-in-law-type units where the owners live in the house and rent out a small studio or one bedroom on the same property. It’s not a perfect solution, but it’s a start toward not taking standalone housing out of tight markets. And the money goes to the family who lives there.

“I’m all for Starbucks when I’m in the airport, but local cafes are a hundred times more interesting.”

Spending money locally might be the best way to have your travels leave a positive impact on the places you visit. I’m all for Starbucks when I’m in the airport, but local cafes are a hundred times more interesting. Fast food is fine when I’m filling the tank on a road trip and there’s nothing at the interchange but a Burger King, but the side roads hold who-knows-what surprises? Sandwiches on homemade bread and overheard conversation about that new pony with the blue eyes in the paddock just outside the center of town. Fridge magnets are fun souvenirs, but art purchased at street fairs is a one-of-a-kind gift that puts money in a working artist’s pocket. Yes, the supermarket is a con-

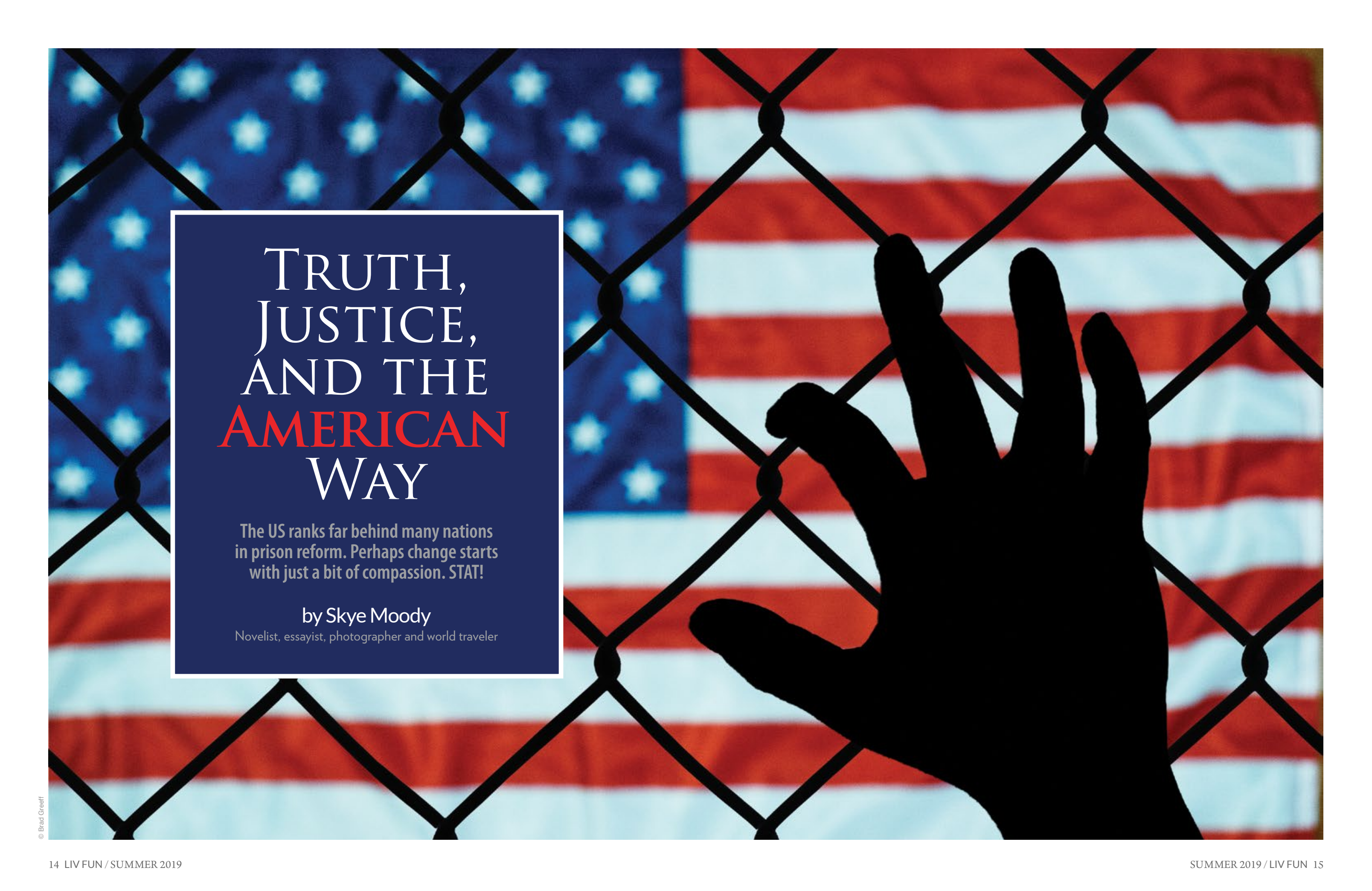
venient place to stock the kitchen of that vacation rental, but the farmer’s market will have you eating in season and supporting local agriculture. You get the gist, right?

I’m not saying you should trade your oceanfront room at a swank resort for a remodeled basement apartment, and I’m not saying you shouldn’t buy that fleece sweatshirt, though unless you’re in Vietnam or China, odds are high it wasn’t made locally. It’s your vacation, enjoy it! And practicality is important — if the clouds roll in on your sunbreak holiday and you need layers, go get ‘em. Who can blame you? But traveling gives us time to think too — why not think about how our travels impact the places we go and the efforts

we can make to leave those places better than we find them.

There are lots of ways to give back to locals when we travel, but perhaps the most direct way is also the most basic: Spend locally. It’s not always easy or obvious, and the further we get from home and our native language, the harder it becomes to find out if a business is local. That’s OK, because the more we ask, “Is it local?” the more businesses learn that’s something tourists want. Giving tourists what they want — easily identified, local businesses — is good for business and good for locals.

And it gives us great experiences. That’s good for travelers. Everyone wins. ♦



TRUTH, JUSTICE, AND THE **AMERICAN** WAY

The US ranks far behind many nations
in prison reform. Perhaps change starts
with just a bit of compassion. STAT!

by Skye Moody

Novelist, essayist, photographer and world traveler

Ever been to prison? I have, many times, seated among a group of male lifers, murderers mostly, in a maximum-security room at Leavenworth Penitentiary in Washington State. All male except me, the only female in the room. The lifers were unshackled, free of handcuffs, and each held a powerful weapon in their hands. That weapon was a pencil.

For several weeks, I visited Leavenworth's lifers as part of a project started by a group of writers aiming to humanize the prison experience just a little. Convincing state prison authorities to permit the trial project took time and lots of documentation of similar projects carried out in prisons in Norway and other countries with advanced criminal justice systems. Finally, we got the green light.

Escalating Violence in the Prison System

Despite the United States being the world's most democratic society,

with a free press and high scores for a corruption-free judicial system, U.S. correctional facilities rank far behind many countries in prison reform. Today, the U.S. prison system ranks among the world's harshest, most violent, and least successful in rehabilitating its populations. Recidivism in the U.S. prison system is among the highest in the world. (Alper et al., 2018)

Since violence breeds more violence, our prisons create a life-threatening environment every single day of every convict's life, whether or not they are model prisoners or innocent of the crimes a judge or jury ruled they'd committed. Inmate fights, drug smuggling, inmates killing other inmates, gang violence, rape, a guard's sadism are just some examples of what prisoners endure in U.S. correctional facilities. Survival becomes the number-one objective for inmates locked up behind bars in crowded

cells or solitary confinement, lacking sufficient fresh air and sunshine and enduring degrading living conditions. These conditions fuel the frequent violence among inmates.

Progress, though, is being achieved in some corners. In October 2018, outgoing California Governor Jerry Brown commuted the sentence of Earlonne Woods, who spent 20 years of a 31-years-to-life sentence for an armed robbery he was involved in during his 20s. Woods was released at the age of 47; Governor Brown found that 20-plus years of internment inside the notoriously violent and hostile environs of San Quentin State Prison was more than enough time to serve for armed robbery.

A year earlier, in 2017, with the encouragement of prison volunteer worker Nigel Poor, Woods started a podcast called *Ear Hustle* in which as an inmate he talked to the outside world about living conditions inside

San Quentin. *The New York Times* and *NPR* picked up on *Ear Hustle*, and today it ranks among the nation's award-winning online podcasts.

"What we did was humanize [prisoners] just by telling their stories," says Poor. "Once you commit your crime, people think that's what it is, but individuals change. They don't stay the same people that they were when they committed their crime. They grow up — literally." (Ruiz-Grossman, 2018)

Sadly, the current U.S. prison system fails to turn out many model prisoners like Earlonne Woods. In a 2014 study of recidivism in U.S. prisons, the National Institute of Justice found that within five years of release about 77%, or three-quarters, of released prisoners were rearrested. Of those, 56%, or more than half, were rearrested before the end of their first year on the outside. (NIJ data, 2014)

Conversely, Norway sits at the top of the world's rehabilitation successes, with a recidivism rate of around 20%. Norway also enjoys low levels of crime compared to the U.S., according to the International Bureau of Diplomatic Security. The majority of crimes in Norway are thefts; violent crimes are mostly confined to the international epidemics of drug trafficking and gang wars.

A popular misconception held globally is that immigrants are all criminals. What makes Norway, with its high population of foreign immigrants, so much more successful in reducing national crime rates? Simply, Norway, like other countries with very low crime rates, has adopted a concept known as "restorative justice," which aims to repair the harm caused by crime: Rather than punish people, restorative justice focuses on rehabilitating prisoners.

*"Before you embark on
a journey of revenge,
dig two graves."*

— Confucius

Norway's Halden Prison is a 75-acre facility, maintaining as much resemblance to living on the outside as possible. There are no bars on windows; the kitchen facility accessed by prisoners is fully equipped, including knives and other sharp objects. A recording studio and musical instruments are available for inmates' use. Friendship is encouraged between guards and prisoners. Norway's philosophy is removing people's freedom is enough of a punishment.

Revenge and the Desire to Punish

Anthropologists can demonstrate that even before humans evolved into a culture bearing upright walking species, the lust for revenge existed. Many animals, including chimps, employ food as bribes to acquire friendships. And upon being robbed of their bananas, they retaliate. What if the potential friend chimp, being offered a banana, recalls a past insult



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from the banana briber, and in revenge for the past insult absconds with all the bananas? Retaliation has been practiced for millennia. But how, even among more advanced Homo sapiens, did revenge and justice become synonymous? From an evolutionary perspective, revenge grew out of a "... motivation to avoid being exploited by others. ... The easiest way to prevent exploitation is to hit back, or simply avoid the exploiter. ... The urge to retaliate is very deeply rooted in evolutionary history." (Lopez, 2015)

Acts of revenge are well documented throughout evolutionary history, and among humans, ancient, often illogical, rules are frequently invoked to justify retaliation. We've all grown up hearing Hammurabi's Code, which dictates: "An eye for an eye, and a tooth for a tooth."

As human society evolved, with incrementally fairer laws and more humanitarian practices, some disciplinary practices also evolved, including among advanced societies, trading punishment

for the more successful treatment of rehabilitation. Sadly, many societies cling to Hammurabi's ancient "eye for an eye" style of punishment. Today in the U.S., where the death penalty is still legal in 30 states, the ancient "eye for an eye" decree still largely rules; meanwhile North European nations, where capital punishment has been abolished, consistently rank at the top of the most-effective correctional systems. Rehabilitation, not revenge, is their overriding philosophy. Due punishment for crimes committed is just and mandated, yet revenge plays no role in these judicial systems.

Justice, Forgiveness and the Mandela Solution

The psychologist Leon F. Seltzer, Ph.D., has defined the differences between revenge and justice. Revenge, he believes, is predominantly emotional, while justice is primarily rational. Revenge is personal, while justice is impersonal. Ultimately, revenge is about vindictiveness and leads to cyclical response, while justice is about

vindication, restoring balance and finding closure. (Seltzer, 2014)

Importantly, true justice holds the aggressor accountable for their actions while giving the victim a sense of closure and finality. When justice is served, it gives the victim some sense of relief that the perpetrator was handled according to the rule of law, not emotions. Few would suggest that criminals don't deserve to be incarcerated for their crimes. Prisons do serve an important function in our criminal justice system. Yet we err on the side on revenge if we allow inhumane conditions to fester for all in a system designed to dispense appropriate punishment individually.

When Nelson Mandela was released from prison in 1990 after more than 27 years in solitary confinement (and despite his own brief dalliance with armed conflict, which he later condemned), he was elected President of South Africa. During his time in office, Mandela's National Unity Party established

Truth, Justice: *Continued on page 43*



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Brain Games

John Pearson, Puzzle Editor

Crossword Puzzle

Treat Me Right

- ACROSS
- 1 First part of a quote by Alexander Hamilton

4 Seasoning or sailor

8 Hindu mark of distinction

13 Serling for one

14 After lay or before time

16 White poplar

17 Collectible category

19 Moon of Saturn

20 Type of colony

21 2nd part of quote

23 One briefly crying foul?

25 Eyelid affliction

26 Cause of royal sleeplessness, perhaps

27 Ennui

31 Eddie Eagle org.

33 Before date, empt, or, most fittingly, fix

34 Condition on some laborers' hands

39 Come together

41 Out of this world?

42 Target

44 3rd part of quote

46 Literary initials

47 Keyboard key

48 Extracted metal

51 No. cruncher

54 Typographic unit

57 __ Lanka

58 Speech payments, sometimes

61 Flower name meaning "star"

65 Without assistance

66 Last part of quote

68 In an illogical way

69 Unimpressed

70 Oui antonym

71 Hunts game

72 Notable periods

73 Explosive initials
- DOWN
- 1 Catch

2 Something to steal

3 Barbara or Anthony

4 Arrived by junk

5 Start of a children's rhyme

6 Bakery unit

7 North African capital

8 Rags

9 Footnote abbreviation

10 Abated

11 Having wings

12 Home to Lake Turkana

15 Sour

18 Uncommon

22 Catalog, listing, register and roll

24 Flat Italian herb bread

27 Metronome setting, briefly

28 Snack introduced in 1912

29 Shipping hazard

30 French republic

32 Multinational insurance co.

35 Mickelson concern

36 Possible response to "Shall we?"

37 Wrongful act

38 Source of some locks

40 When doubled, an African pest

43 Leary trip "vehicle," for short

45 Sea hawk

49 Performs a schoolroom chore

50 Lean to one side, at sea

51 Bit action?

52 Type of region or vortex

53 Type of terminal

55 Type of bed or sheet

56 Seating selection

59 Just

60 Cracked

62 Hue

63 Univ. curriculum option

64 Broadway hit with a 12-year run

67 Cold War participant

1	2	3		4	5	6	7		8	9	10	11	12
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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6	8			7			5	
			1					
	7	1	8			2		
8		9						
	2	4		5	9			
			2					
			5					8
				9	6			
4	5	2	7	1				9

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BRAIN GAMES ANSWERS ON PAGE 42



© Hailey Richman

36 Pieces

How a granddaughter created a movement to help people with dementia

by David Tumbarello, freelance writer in Michigan

It was summertime. My wife and I were shopping at a boutique toy store in Saugatuck, Michigan, the type of browsing where I reply “window shopping” when the clerk asks if we needed any help. We turned into the last aisle and found ourselves looking at the section of the store that contained puzzles. Large puzzles, small puzzles, and even some 3D puzzles. My wife pulled a puzzle off the shelf. It was an old-fashioned picture of a downtown area, with a street made of cobblestone, street lamps and lovers holding hands.

“Thirty-six pieces,” I said. “Are you sure that’s for us?”

She turned it over, and together we read the back of the box. This 36-piece puzzle was specifically designed for people who may be dealing with Alzheimer’s or dementia. The idea is to allow family members the opportunity to work on the puzzle with their loved one, providing large, manageable pieces and bright, colorful scenes designed to resonate with adults, not kids.

As we were already planning a trip halfway across the country to see her mom, my wife bought it on the spot.

Weeks later, we brought the puzzle to the memory facility, and, over the span of three days, Nana, my wife and I completed the puzzle several times. We would get lost in conversation — about the cobblestone downtown and about her history. Holding a piece, Nana would sometimes forget what we were doing. Or she might need help fitting a piece into its designed spot. We discussed horses, streetlights, windows, lovers. Speed didn’t matter. We were working on this task together — we were family, making the most of the moment.

I later learned the origin of these 36 pieces. Four-year-old Hailey Richman wanted quality time with her grandmother, who was afflicted with Alzheimer’s. She started “puzzle time” with her grandmother — and then other residents at the facility. By age 11, she founded the non-profit Puzzles to Remember. With the help of a manufacturer, she designed and produced 36-piece puzzles, specifical-

ly targeted for people with Alzheimer’s and their families.

The puzzles help to stimulate the visual cortex inside the brain and produce a calming influence. They also help create opportunities to connect, so important to people dealing with cognitive issues. (CBS News, 2018)

Through the non-profit, Hailey has distributed over 35,000 puzzles across the country to help families and caregivers have quality time with their loved ones.

So the next time you plan to visit a loved one, think about puzzle time. Visit a boutique toy store or search for these products on Amazon. Thirty-six pieces might not sound like a lot; but they’ll generate quality time that you’ll remember. ♦

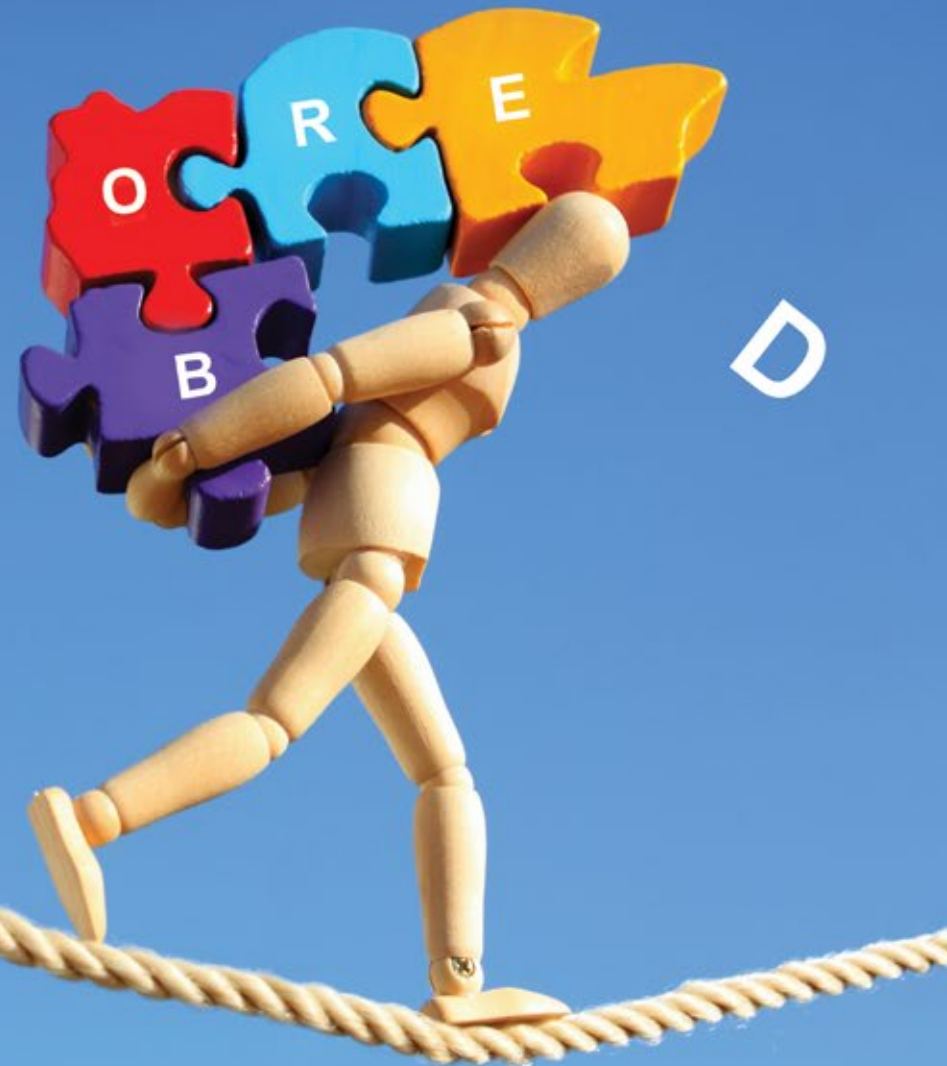
Read more:
CBS News. (2018) “Girl, 11, Uses Puzzles to Help the Elderly Combat Alzheimer’s.” CBS. Retrieved February 7, 2019, from www.newyork.cbslocal.com.

For more information on Puzzles to Remember, visit www.puzzlestoremember.org.

The Real Cost of All that Free Time

Often slighted, planning for emotional well-being throughout retirement is critical.

by Dave Cuzzolina
Freelance writer and retired journalist



When planning for retirement, how many people spend as much time on emotional health as they do financial health?

Save your gray cells. It's a rhetorical question.

Money issues surrounding retirement deserve all the attention they get. No argument here. But life issues, caused by radical lifestyle changes, can also jeopardize retirement happiness and deserve a level of scrutiny many fail to apply.

I'm guilty. I devoted 80% of my retirement prep time to the financial; 1% to the emotional; and 19% to staring out the kitchen window. Squirrels can be mesmerizing little scamps.

Soon, the big day saw me boogying from my workplace singing a rousing chorus of "Born Free." Euphoria lit me up like a fireworks finale as I strode joyfully into an exciting new life, with massive amounts of free time to do ... uhh ...

What exactly?

Cue the cold sweat.

Many coworkers warned me, albeit unwittingly, by asking, "What are you going to do with all your time?" Seemed like a silly thing to ask. How can free time be a problem, right? I laughed and replied, "Anything I want."

That, my friends, is not a plan. When forced to give the matter serious thought, my mind shot blanks. No hobbies to pursue; no grandchildren to spoil; no interest in working again (or so I thought). And no *Bonanza* reruns I hadn't seen 10 times already, including the so-called "lost" episodes, which, by the way, were lost for good reason.

In my case, the handwringing started quickly, but the same can happen five, 10, even 20 years into retirement. And more than once. Maybe your part-time job at the hardware store loses its charm. Or you lose interest in gardening. Or TV westerns. And those grandkids won't stay young forever.

To be clear, I had a vague plan to fill my time. It entailed a lot of puttering and moseying. Then an overwhelming need to feel productive blindsided me.

For me, "free time" always meant time off work. Like money, I earned it by working so it delivered a certain satisfaction. Suddenly, all time was free time, unearned and remarkably troubling. Struggling to convince myself that 40-plus years of work had stamped this permanent vacation "Paid in Full" proved futile. My brain kept calling it loafing.

My brain also reminded me of an earlier experience with a similar problem, back in the days of disco and busy signals. With a young family to support, quitting a job before having another lined up might have been unwise, but I was burned out and impulsive. Besides, the offers would come rolling in as soon as word of my availability spread.

They didn't. The ensuing three jobless months drove home what people mean when they say unemployment takes away more than a paycheck. For the first time, a feeling of uselessness gnawed at my self-worth.

Looking for a diversion, I took my son to a circus. It worked. The black cloud of extended unemployment dissipated amidst lion tamers, high-wire acts, and my 4-year-old's giggling laughter. Then came the chimpanzees, with beach balls, roller skates and a humbling reminder.

"Hey, cheer up," I told my wounded self facetiously as they scampered out. "You'll always be superior to these little guys." The grin inside vanished when it hit me they had something I didn't ... a job.

The experience should have ingrained in me the importance of feeling productive and useful. Sadly, 20 years later, history repeated itself. After soul-searching, parallels to my first experience became obvious and triggered a self-kicking party for not recognizing it sooner.

My path appeared before me, clear and twofold: First, stay away from the circus. Second, update my resume.

All it took to end my handwringing was some part-time work. And while everybody's situation is different, some may learn from my mistakes.

Hopefully, in your own retirement planning, you put a priority on issues beyond finances. Along with a plan for spending money, you've made a well-thought-out plan — and backup plan(s) — for spending time.

If dissatisfaction with your job was a contributing factor in your retirement decision, don't mistake lack of enthusiasm for one job with a lack of enthusiasm for working.

Post-retirement, even if you're soaring with the eagles, at least give some thought to backup plans should the winds change. People lose interest in hobbies. Health concerns can interfere with daily golf games. Grandchildren do grow up and move on.

Being prepared for shifting winds, you can avoid the blindside hit I took and keep soaring with the eagles. ♦



"The grin inside vanished when it hit me those monkeys had something I didn't ... a job."

Finding Peace at the Edge of Change

by **Susie Kearley**

Lifestyle, health and travel writer

Adapting to change needn't be arduous. With a positive outlook and a sense of optimism, it's possible to see the bright side even when things aren't going quite as you'd planned.

Change happens all around us, and we're constantly adapting our lives to suit our circumstances. Technology moves on, governments come and go, health challenges arise, and even our social lives move with the times. We can't control everything or always get what we want. But in a world of constant change, it's important to find peace of mind, even when things don't go our way or we long to cry out, "It's not fair!"

Peace of mind comes with understanding what you can and cannot control, and then making positive changes when you can and letting go of the rest.



Sally

Coping in an Age of Political Change

Sally Edwards, 73, lives in Buckinghamshire, England. She voted to remain in the European Union, but despite the defeat, she's cautiously optimistic about the future.

"We're going to leave anyway now, so let's get on with it!" she says. "I hope we can strike a good deal for the economy!"

Sally voted to remain in the EU because she likes being part of a multicultural society. "I think we isolate ourselves if we leave, and that's dangerous because we have less support and protection on our own," she says.

When the result of the EU Referendum was first announced back in 2016, Sally felt awful. "I was gutted, inconsolable, just dreadful," she says. "But time heals, and I got over it. As an older person, I don't have a job that depends on us staying in the EU. If the country went bankrupt and my pension suffered, I'd be badly affected, but I hope our economy is strong enough to cope with these challenges."

Today Sally's looking on the bright side. "Immigration has brought down salaries in the care sector, so if less immigration means salaries increase for the lowest paid, that's a good thing," she says. "The ability to control immigration and deport criminals is important too. I care about wildlife, and we need to retain our farmland because we're an island. Being overly dependent on overseas produce isn't good."

The UK is in the midst of a housing crisis, and new housing developments are going up everywhere. Construction work can threaten both wildlife habitats and swallow up valuable agricultural land, so Sally feels that slowing the rate of population growth may have some merit.

Our democratic systems don't always deliver the results we want, but there's often an upside if you look for it. Focus on the positives, be proactive, and be optimistic about the future, even when it's out of your control.

Unwind, relax, and let go of stress. Meet up with friends for a coffee, a movie, the theater or a craft activity. Make new friends by going to local events and talking to people. Join clubs so that your world is full of positive activities and there's lots going on.



Hilary

Staying Active Despite the Aches and Pains

Hilary Hardwick, 68, plays badminton five times a week. When her knees started hurting, she wondered if she'd be able to continue, but the specialists were keen to keep her moving. She was given strengthening and stretching exercises and had to commit to a new routine.

Health challenges can force a change in lifestyle, but it doesn't always mean you have to stop doing things you enjoy. "It definitely is a case of working through the pain and keep doing the exercises," Hilary says. Staying active is important too, and that's where badminton comes in.

"I love it! The exercise gives me a buzz and keeps me fit. I'm no long-distance runner, but badminton requires short bursts of activity," she says. "This suits me and keep me flexible. It's really sociable too. I'm a member of three badminton clubs, so I meet lots of lovely people and go to three Christmas dinners every year!"

"Once I get on court, the adrenaline starts pumping," Hilary continues. "Hitting the shuttlecock gives me a buzz, and the whole experience

is exhilarating. And playing keeps me focused and alert. It's supposed to improve your driving as you age because it keeps your mind sharp, so I think my driving may be better for it too."

Hilary looks after her knees by visiting a masseur. "She finds all the knotted areas on my legs and gives me exercises to reduce the impact on my knees," she says.

As you get older, you might have to slow down or start a gentle exercise routine, depending on your circumstances. Either way, finding other people working toward similar goals can be motivating. Look for groups where you can enjoy something new. Badminton is great if you're reasonably fit; and swimming or yoga are lower-impact sports that also often have a supportive social scene.

There are many different groups and classes around to help you achieve a range of lifestyle goals, whether it's making social connections, getting fit or getting creative. You may not be able to run a marathon anymore, but you can find ways to thrive as your body changes.

Social activities improve your mood. The more social connections you have, the happier you feel. Studies link social connections to improved immunity and a longer life. So join clubs, meet others in the communal lounge, and play games regularly. It's good for you!



Douglas

The Technology Enthusiast, Looking for What's Next

Douglas McPherson Jack will soon turn 90. He's a big technology enthusiast who's been using computers for the past 15 years. Today he loves nothing more than asking Google questions. "You can ask it anything, and it'll give you an answer in seconds! It's amazing!" he says.

Douglas got his first computer when he was 75 years old. He was volunteering at the local Young Offenders Institute and wanted to understand what the youngsters were talking about.

"My friend's grandchildren would come by and talk about their gadgets too," he says. "You've got to catch them up. It's no good letting the world pass you by! If you don't keep up, you don't know what young people are talking about." So he bought a computer, mobile phone and an iPad.

A very active 90-year-old, Douglas is no stranger to new ideas.

"My first computer was a big, chunky thing," he says, "but now I've got a laptop. I catch up with TV shows on my computer and talk to my friend and helper every day on FaceTime. I also ask Google lots of questions!" he says. "It knows so much!"

Even though he loves technology, Douglas takes cybersecurity very seriously. "I won't buy anything online. I'm afraid that someone will steal my money!" he says.

He also avoids social media. "I say you shouldn't go into the kitchen if you can't stand the heat," he says. "The youngsters get upset because someone on social media said something disagreeable."

Douglas also uses his computer for typing and keeping records. "It's better than writing longhand because your writing deteriorates as you age, and mine's quite bad," he grins.

What would he miss the most if he didn't have his technology? "Google," he says. "It's great. I used to know the answers to quizzes, but sometimes my memory evades me now, so I look the answer up on Google and think, I know that really! It's a great reference if you get stuck."

"I have a digital photo frame too," he says. "It scrolls through my photographs of a recent holiday in the Scottish Hebrides. For my 90th birthday, I want to take a plane from Glasgow to Barra in the Outer Hebrides, where the planes land on the beach."

Does the idea of using new technologies seem overwhelming to you? Don't be put off. Douglas' retirement village has a weekly technology session on Tuesday afternoons. You can probably find something similar

in your own community or in a computer course at your local library. Being able to use the internet can open up an exciting new world, including video calls with your friends and family.



Maybe Life's Not Fair, But We Can Adapt

Getting older inevitably presents challenges. If you ever feel that life's not fair, consider how you can improve the situation. Ask for help, be sociable, attend classes, and take on new opportunities. Change what you can control and find healthy ways to cope with what you can't.

When faced with a health challenge, perhaps that's a chance to try

new foods and new recipes. Better health, achieved through diet, can make you feel empowered. Gentle exercise can improve your mood and do wonders for your social life if you do it with other people.

Look for the silver lining in bad situations, focus on the good things in life, and don't let those disappointments get you down. ♦



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Advice for the Journey: Personal Advice and Expert Opinions

Changing Fortunes



by Julia Hogan, LCPC

Chicago-based counselor and author of *It's Okay to Start With You*

Question: I always considered myself a savvy person. I made smart financial decisions in working years and made several wise investments that have paid off. A few months ago, I received a phone call from someone who claimed to be a nurse in the ER who was calling on behalf of my grandson. She told me my

grandson had been in a car accident but his insurance wouldn't cover the treatment he needed.

I was so distraught by this news and wanted to help in any way I could, so I gave her my credit card info. It was only after I called my daughter to check up on my grandson that I found out that he was

perfectly fine and I was the victim of a scam. I feel like such a fool and am devastated I fell for this scammer's story. I'm also furious there are people out there who prey upon loving grandparents and their grandchildren. I'm having trouble trusting others and my own judgment after this devastating experience.

Answer: You've experienced the unfortunate reality that there are people out there who prey upon the elderly. There are email and phishing scams, Medicare and insurance fraud, counterfeit prescription drugs, funeral scams, telephone scammers, and fake sweepstakes and lottery winnings. You've worked so hard for the life you have right now, and you should be free to enjoy this season of life.

While it's natural to experience some self-doubt and embarrassment after an experience like this, know that you're not alone. Recent research from MIT and UCLA indicates that older individuals have a higher level of trust in others compared to younger generations. Older adults also tend to focus on and look for positive information instead of negative informa-

tion. (DaDalt, 2016) It is important to not let this experience rob you of trusting yourself and others. It's easy to blame yourself for not spotting the scam, but remember, scammers like the one you encountered are highly skilled in what they do. It can be tricky to know what they're really up to. It's not your fault.

Instead of blaming yourself, try self-compassion. You've heard the old adage, "Hindsight is 20/20," and it certainly applies in this case. You might be tempted to play the "I should have known better" game, but that only fuels self-blame. Acknowledge that, while you wish you hadn't sent money to this thief, you were doing what you thought was right at the time with the information you had. Be compassionate toward yourself, and treat yourself with

kindness whenever you are tempted to blame yourself.

You may also find it healing to report the scam to authorities if you haven't already; this will also increase the odds of this person being brought to justice. It might also be empowering for you to share your story with others in your community so they don't fall prey to this scam. By sharing your story, you are taking your negative experience and creating something good and helpful out of it. This can help as you recover from this experience and begin to enjoy this season of life again. ♦

Source:

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“I’m doing the best I can right now.”

Your Life Well Lived: Wellness Advice for Mind, Body and Spirit



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MIND, BODY *and* SPIRIT

For caregivers, self-care is not a luxury — it’s a necessity

by Liza Long

Author and college writing professor

Providing care for a loved one is one of the most compassionate experiences we may ever have. Depending on the type of care we provide, the experience can also be physically, mentally and emotionally exhausting. Have you ever found yourself staring blankly out the window, wondering, in a rare moment of time to yourself, *What should I be doing?* Maybe the best answer in this situation is the one that occurs least often to caregivers: You should really take some time for yourself.

Yes, I know how trite the phrase “self-care” can seem, especially when we are in the midst of myriad daily tasks, from doctors’ appointments to medication management to caring for our loved one’s personal hygiene. But our ability to remain positive in the face of challenges is important to maintaining a sense of meaning and purpose in our own lives. I don’t think there’s one right answer for better mental health. But when I was caring for my son who had mental health and developmental challenges, these three daily activities — one for my mind, one for my body, and one for my spirit — kept me focused and able to not only function, but also to find joy in my day.

Mind: Do something just for you. In an article for Alzheimer’s caregivers, the National Institute on Aging (2017) advises that caregivers keep up their hobbies and interests and find a community of friends for support. For me, my local yoga studio combines both of these essentials while helping relieve my stress and anxiety through a daily hour of physical meditation. As an added bonus, regular exercise has been shown to help people maintain emotional resilience even in difficult and stressful situations like caregiving. (Childs and de Wit, 2014)

When I look at my daily tasks, it seems like taking an hour to calm my mind will be impossible. But just knowing that I have an hour on my mat each day keeps me going through difficult times. Caregivers often don’t know what their days will look like from one minute to the next — but I know that 60 minutes of each day will be spent on me, with friends who support me and care about me.

Body: Eat a healthy diet. When we are focused on others’ needs, sometimes it can be hard to pay attention to our own needs. Eating a healthy diet rich in leafy greens and colorful vegetables and fruits and low in processed carbohydrates or refined sugars can give our bodies the fuel we need to deal with the multiple stresses of caregiving.

But with the time crunch so many of us face, it can be hard to maintain a healthy diet. I subscribe to a local organic farm’s weekly produce box, which saves me time I would otherwise spend at the grocery store and also ensures that I always have a variety of healthy food choices to fuel my days. Of course, it’s important to remember that life is short; sometimes it’s OK to eat the cake.

Spirit: Keep a gratitude journal. I’m a writer and college writing instructor, so it seems obvious to me that writing about the things I am grateful for is an important part of mental wellness. Researchers have demonstrated that reflective positive journaling can actually improve both mental and physical health, especially during stressful life circumstances. For example, in a 2016 study, researchers observed that daily gratitude journaling may even help reduce inflammation in patients with heart disease. (Redwine et al., 2016) Taking a few minutes each day to reflect on the good things in our lives, both past and present, can help us to prepare for a more positive future.

Whatever daily path you choose to promote your own mental, physical and spiritual health, one of the most important things is to be kind to yourself, no matter what. One of my favorite authors and role models Brené Brown wrote in her book, *Rising Strong*, “Sometimes when we are beating ourselves up, we need to stop and say to that harassing voice inside, ‘Man, I’m doing the very best I can right now.’ It’s OK to be doing the best you can with what you’ve got — and what you’ve got to give is enough.” (Brown, 2017)

Focusing on our own mental health makes us stronger for the people we care for — and it gives our lives meaning and purpose. Take care of yourself. ♦

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At Work Every Day Building a Five-Star Community

Every single day, we make a promise to our residents, staff and communities to provide five-star service with five-star fun.

by Alissa Sauer

Blogger and Leisure Care writer based in Japan

At Leisure Care, we know that working with seniors is a serious job, and an extremely fulfilling one. A job in senior care means the opportunity to make a tangible difference in someone's life every day, and we embrace it. We are invested in our residents, communities and staff. It's all part of the "Three-Thirds Lifestyle," focused around family first, giving back to the community second, and making meaningful contributions to the company third.

We make sure our employees can be there for their families when they need to. Whether it's coaching a kid's soccer game, helping an aging parent with appointments, or anything in between, family comes first.

We build strong communities for seniors and staff alike, and that strong sense of community overflows into the larger surrounding areas. We consider the wider geographical location surrounding our communities as part of our global family. We encourage our communities to spend time and energy giving back and making a positive impact in the larger community.

Of course, Leisure Care is a family unto itself. We work hard and play harder, always challenging each other to be our best selves, deliver exceptional results, and have loads of fun in the process. Greater than the sum of our parts, the Leisure Care family is truly extraordinary. When we live by the Three-Thirds Lifestyle, we trust that our employees are fulfilled. They can pour that fulfillment and love into our communities and residents, making meaningful connections and a real impact in the lives of those around them — and they do it every day.



Caring Beyond Our Communities

As part of our Three-Thirds Lifestyle, Leisure Care communities across the country prioritize giving back to their surrounding communities. From appreciation luncheons for first responders to holiday shopping with foster children to making dinners at cancer centers, community service is a big deal at Leisure Care communities. Here are some examples of our communities truly living out the Three-Thirds Lifestyle and making their communities a better place.

Fairwinds - Spokane (Spokane, WA)

To show appreciation for local law enforcement, residents at Fairwinds - Spokane filled 40 goodie bags with miscellaneous items and a note that said, "Thank you for keeping us safe — Fairwinds Residents." Then, on National Law Enforcement Appreciation Day, residents delivered the bags to the Spokane Police Station. The officers truly appreciated their gifts and were humbled by the gesture.

"Gestures like this make such a huge impact on our officers and staff in letting them know how much they are appreciated. It is humbling that you would be so giving towards our department!" says Craig Meidl, chief of police.

Van Mall (Vancouver, WA)

This past holiday season, Van Mall supported Babies in Need, a nonprofit that serves needy newborns and their families in Southwest Washington. Through the month of December, they accepted donation boxes — and the Van Mall community gave joyfully and generously! Babies in Need received donations from Van Mall all month long!

San Marino (Westminster, CO)

The week before Christmas, San Marino residents stuffed and delivered 300 Christmas stockings for each student at

the Harris Park Elementary School. Residents thoughtfully stuffed each stocking with toy cars, hats, gloves, oranges and more. Plus, residents will also be volunteering one hour per week in the school throughout the year, striving to develop a true mentor relationship with students.

"Please pass on our deepest thanks on behalf of the families who need help and get it because of people like the generous, loving Van Mall residents," says Kitty Ash, director of Babies in Need — San Marino.

The Village at Unity (Rochester, NY)

The Village at Unity's Food Service Team worked together to deliver and serve a three-course meal to 40 people in the prostate cancer support group at Gilda's Club of Rochester. Gilda's Club offers programs and support to families coping with cancer.

The food service team remarked, "It was an amazing experience to see the immediate joy we brought to people going through a difficult time in their lives. It's nice to give back to a local organization and see the difference we made."

The Landing of Stow (Stow, OH)

Staff at The Landing of Stow lent a helping hand to a stranded driver, named Dan, in the bitter cold. This kind act really showed the caring spirit of Leisure Care employees.

"On one bad winter day, my car got stuck on the road right in front of The Landing of Stow. I was there for about 20 minutes and was almost ready to call a tow truck when four to five employees from The Landing of Stow came out," Dan says. "I cannot express how grateful I am for their willingness to come out in the bitter cold and help a stranger."

Leisure Care and One Eighty

Leisure Care, our parent company One Eighty Foundation, and Treehouse (a non-profit organization dedicated to giving foster children a childhood and a future), team up each year to help children in foster care have a cozy pair of pajamas for the winter months. For the past 14 years, we have worked together to help children have a cozy and comfortable pair of pajamas for the holidays.

Collecting donations from participating senior living communities, we have donated over 1,000 pairs of pajamas to be distributed in Treehouse free stores. Children in the foster care program then choose their own pajamas and leave with them — for free. While many of the

pajamas are purchased and then donated, many are also made by senior living residents. This year, we collected 949 pairs of pajamas, 54 accessories, and 23 pairs of socks. We also provided 34 volunteers and 84.45 hours to process all of our donations in just shy of 6 hours.

When it comes to volunteering, we know that we get more than we give. In participating in these community events and charities, our communities are stronger, our relationships are more meaningful, and our lives are more purposeful. We are incredibly proud of our communities, our residents, and our employees for embracing the Three-Thirds Lifestyle and making their communities a better place to live and work! ♦

"We know that what we do and how we do it is important, and we want to do it right. For us, that means being an active part of community life beyond our senior living communities."



REBEL WITH AN AARP CARD

**What really goes on in those
oh-so-innocent social meetings?**

by Jeff Wozer
Humorist and stand-up comedian



*“Mom, fortunately,
received no jail time,
sparing me the dilemma
of trying to hide a hack-
saw in her Metamucil.”*

My mom is 90 years old. She lives alone in her house of 64 years. After my dad passed almost two years ago I anticipated spending more time around the house, helping with tasks that aging had atrophied into burdens; changing light bulbs and opening jars, shopping for large-item groceries, weeding the petunia beds, replacing batteries in the clocks, rotating hanging flower baskets, removing, for seemingly the billionth time, closed captioning from the TV screen while she, with hands on hips, incisively theorizes, “I must have hit something on the remote.”

What I did not expect was hearing myself say, “I’m taking my 90-year-old mom to traffic court to fight a ticket for eluding the police.”

Eluding the police and 90-year-old moms are words not usually used in the same sentence. Consequently, there are no tips on AARP’s website on how best to deal with an elderly mother with the escape instincts of El Chapo.

Most kids worry about receiving calls that a parent has fallen. I, because of this incident, now worry about receiving a call that the police have uncovered a clandestine tunnel leading from my mom’s kitchen to the nearby Rite-Aid’s laxative aisle.

My mom, until recently, was always known as the quiet one, content with baking blueberry pies and chocolate chip cookies, reading Nicholas Sparks novels, and calling to ask, while watching CNN, how to remove closed captioning.

Her only youthful transgression — an endless source of laughter at family gatherings — occurred when she got caught under her bed smoking corn silks. (If you’re unfamiliar with corn silk, it’s the gateway rollick to lemonade and, in extreme cases, watching Danny Kaye movies.)

Nothing in her past hinted at this new lawless behavior. What spurred the change? Boredom? A coping mechanism in dealing with my dad’s passing? Or was she radicalized by the Red Hat Society? She only joined this cult, disguised as a female social group, a few years ago. I know nothing about it other than when together wearing their red hats they suspiciously resemble a fascist rebel unit from the Spanish Civil War.

Maybe they aren’t meeting once a month to innocently socialize over decaf tea and cherry dot cookies. Maybe they’re gathering in clandestine basements, before wall posters of Betty White, espousing angry rhetoric, claiming

AARP is code for “Aged Are Really Pissed” or “Antiquated Anarchists Resist Police.”

Or maybe not.

Maybe with so many people living longer my mom is society’s bellwether for an emerging phase in life. A phase that’s a reverse version of a toddler’s Terrible Twos. A phase called the Nihilistic Nineties.

If attracting attention is her motive, she succeeded with the police chase. It began, or so she claims, at a stoplight. She was driving westbound. Three police cars, with lights flashing, were parked, just beyond the intersection, in the southbound lane. Since no officer was directing traffic and she had the green light, she interpreted it as safe to proceed. The police saw otherwise, prompting one of the officers to give chase with lights flashing.

But just as the full moon turns men into werewolves, flashing police lights turns my mom into El Chapo. Instead of stopping she kept driving, leading the police on an 11-block chase that reached speeds of 20 mph — her neighborhood’s speed limit — and included two stops at stop signs. She said she didn’t pull over because she didn’t think she had done anything to warrant the police

action and only stopped out of fear of what the neighbors would think if he followed her home. And, she added, the officer was “nasty.”

The officer’s anger, I’m guessing, stemmed from the mocking he received from dispatch:

OFFICER: The suspect has reached a speed of 17 mph.

DISPATCH: Bwahahahahahah! You chasing James Bond?

OFFICER: Suspect is pulling over, finally ... No wait! ... She was only stopping for a stop sign!

DISPATCH: Bwahahahahahah! Who stops at a stop sign when being chased? Bwahahahah! Need me to call the National Guard for backup?

My mom, fortunately, received no jail time, sparing me the dilemma of trying to hide a hacksaw in her Metamucil. Nor did she lose her license. The town prosecutor offered a reduced charge of two parking tickets and proof of completing a traffic safety course, which she, without hesitation, accepted. Proof, perhaps, that the Red Hats also taught her that when it comes to justice, AARP is also code for “Always Accept Reduced Penalties.” ♦

Leveling the Hills and Raising the Valleys

We can close our social distances by making listening to one another a spiritual practice.

by Elana Zaiman
Seattle-based Rabbi, chaplain and author

The Rev. Dr. Kelle Brown is the first African American woman Lead Pastor at Plymouth Congregational Church in Seattle, Washington — and she is a powerhouse.

Aside from preaching and ministering to her congregants, she is often seen around the state championing human and civil rights. She’s on the coordinating committee of The Poor People’s Campaign, whose mission is to unite people across the country to challenge the evils of systemic racism, poverty, ecological devastation, and “the nation’s distorted morality.” She’s also part of a local faith-based movement to help sanctuary and asylum seekers at the borders.

For Brown, the story of justice is woven throughout both Hebrew and Christian sacred texts in the way God impacts the lives of those who seek help from a source greater than themselves. This translates into her calling to tune her ears to voices often muted and love people others see as unlovable.

Brown’s path to becoming a champion for justice comes from personal experience. Born to military parents in Columbus, Georgia, a historical mill town populated by black and low-income white families, she grew up at a time in history when the United States was just getting rid of segregated water

fountains. Brown’s ministerial gifts were affirmed at Spelman College, a historically black liberal college for woman in Atlanta, where she learned about Fannie Lou Hamer, a black civil rights leader who refused to be invisible in a world that tried to make her so. Among the many things Hamer worked toward was getting blacks in Mississippi to vote.

“When I liberate myself, I liberate others. If you don’t speak out, ain’t nobody going to speak out for you,” Hamer said. She was a “shero” who inspired Brown greatly toward public ministry.

It was also at Spelman that Brown met the Reverend Dr. Flora Wilson Bridges and served as the minister of music in her church. She was inspired by this woman minister who was ordained and legitimate, fearless and passionate, and who was one of the first people to preach on LGBTQ concerns and how the church was in sin for not seeing all people. Brown felt empowered. She began to notice her God-given gift, the courage to speak truth to power and to tend to the vulnerable and marginalized.

Brown understands what it’s like not to be seen. She faced issues of sexism and misogyny in the ministry when, shortly after she became licensed as a Southern



Rev. Dr. Kelle Brown
Lead Pastor, Plymouth Congregational Church
Seattle, Washington

Leveling Hills: Continued on page 42

Leveling Hills: *Continued from page 40*

Baptist minister, the Southern Baptist Church stopped ordaining women. She faced racism seeking ordination in the Presbyterian Church, and then in finding placement.

“My choice in life is not to be a permanent victim,” she told me. “My choice is to take what has happened to me and transform it for the good to help others. I know that our human experiences are so similar, that there are so many who want to breathe freely without a boot on their neck. My life’s purpose is to work so that people can be free to breathe.”

A great injustice perpetrated today is that oppressed people’s plight is too often not believed, according to Brown. “We’re not listening to Muslim women who are afraid to wear hijabs in public in the midst of Islamophobia. Antisemitism, some say, isn’t real because Jews are doing well in this country. And if you’re homeless, it was your bad planning and drug addiction that put you there.”

She contends we need to believe each other first before the social distance can be closed. And it’s not always easy. A white female congregant in her 90s asked to meet with Brown three days before her death.

“You think I don’t like you,” the woman said. “It’s not that I don’t like you. I like a lot of things about you. I

just want to make clear that many of us don’t have any experience of being led by a black woman.”

Her honesty was deeply meaningful and affirmed Brown’s ministry at Plymouth. Brown sees the opportunities for black and white Americans to come together by doing the work of real introspection and by honoring and believing the stories of those who are on the bottom. To do this successfully, we need to understand the true nature of intersectionality, that there are people who are oppressed in not just one way, but in many different ways that converge to keep them down.

For Brown, closing the distance can start by listening to one another as spiritual practice and by taking classes and adding to our reading lists authors and thinkers who don’t look like us and who don’t identify the way we do. In her words, “By discerning who we are and by making choices about who we will be, we are making manifest a more just world.”

The scripture she often quotes is Isaiah 40, which speaks of leveling the hills and raising the valleys. Her hope for America is a greater understanding that there has to be forward motion — and while it may look different for whites,

blacks and other ethnicities, this motion has the possibility of bringing justice closer for all. ♦

Read more:

The Rev. Doctor Kelle Brown serves as lead pastor at Plymouth Church United Church of Christ. Learn more about the church and its ministry at: www.plymouthchurchseattle.org.

Learn more about the work of The Poor People’s Campaign at: www.poorpeoplescampaign.org.

Read more about the life and work of Fannie Lou Hamer at: www.womenshistory.org. For more information about Rev. Dr. Flora Wilson Bridges, check out her book *Resurrection Song* at books.google.com.



BRAIN GAMES ANSWERS / From Page 20

Answers to Crossword Puzzle

THE	SALT	TILAK
ROD	ABOUT	ABELE
AMERICAN	TITAN	
PENAL	FIRST	DUTY
REF	STYE	PEA
BOREDOM	NRA	
PRE	CALLOSITY	
MEET	ALIEN	GOAL
OF	SOCIETY	RLS
ESC	SMELTED	
CPA	PICA	SRI
HONORARIA	ASTER	
ALONE	IS	JUSTICE
MADLY	BLASE	NON
PREYS	ERAS	TNT

Answers to Sudoku

6	8	3	9	7	2	4	5	1
2	4	5	1	6	3	9	8	7
9	7	1	8	4	5	2	3	6
8	6	9	4	3	7	1	2	5
1	2	4	6	5	9	8	7	3
5	3	7	2	8	1	6	9	4
3	9	6	5	2	4	7	1	8
7	1	8	3	9	6	5	4	2
4	5	2	7	1	8	3	6	9



NEW YORK - JUNE 21: Unidentified child in front of the Nelson Mandela mural in the Williamsburg section of Brooklyn on June 21, 2014

Truth, Justice: *Continued from page 18*

South Africa’s “Truth and Reconciliation Commission” to address the injustices perpetrated by both sides during the violent civil war to end apartheid. The Commission allowed a safe environment for perpetrators of hatred and violence on both sides of the apartheid struggle to step up before the public, truthfully admit their crimes, offer atonement, and receive a just form of earning the public’s forgiveness, without hatred, revenge, incarceration, or the threat of capital punishment; the goal was to accomplish both forgiveness for the individual and justice for society in general.

Imagine how Earlonne Woods felt after enduring 20 years in a U.S. prison when he reunited with his

mother for the first time in more than two decades. Imagine how Nigel Poor felt when her devotion to humanizing incarcerated offenders (some innocent of the crime they were found guilty of) paid off. Imagine how you would feel volunteering your time and talents inside a U.S. penitentiary, rekindling the light of human compassion in men and women who may have lost all hope of being treated as a human being, who, too often, are treated worse than animals in a zoo. Your reward? Witnessing a spark of gratitude, even hope, in the eye of a lifer as you, a stranger from the outside, befriend him or her, offer to teach a craft, or take time to listen passionately to an inmate’s story,

perhaps even offering hope that soon the nation’s penal system will follow other advanced countries’ examples by humanizing the treatment of convicted offenders.

I wonder, if by rising up from our easy chairs and volunteering — say, an hour a week at a local prison facility — we each could make small but profound improvements in the lives of incarcerated human beings and a lasting improvement in our antiquated prison system and the justice it can, with positive changes, deliver to the incarcerated, the victim, and society in general.

Listen to Earlonne Wood’s podcasts of life inside prison at www.earhustlesq.com. ♦

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The One Eighty Foundation
provides grants to
non-profit organizations
that immediately impact the
lives of children and families
in our community.

{ Our mission: to give when there are needs,
to mentor when guidance is sought and
to create opportunities for better lives. }



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