



SEASONS



Fall 2014

SEASONS is a quarterly publication of United Methodist Retirement Center

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Your support can help a senior stay in their home of choice. Please consider donating to the Willson House David Karr Benevolent Care Fund today.

United Methodist Retirement Center

- Willson House Residential Care Facility
- Willson House Child Development Center
- Jason Lee Manor Retirement Apartments

Annual Celebrations Bring Residents, Children, Families and Community Together

Helen Shafran, Development Director

We are thankful for many special opportunities here at UMRC, none more heart-warming than the built-in capacity to connect our senior residents, children, and family members with one another on a daily basis. It is particularly wonderful when we get to enjoy these connections at festive, seasonal celebrations to which we look forward all year long! Two such annual events were held during the beautiful summer months—the Carnival and the Tea Party.

August 2 was the day that the largest number ever of Salem community members attended the Carnival, our signature summer event. Residents, children, family and friends of all ages laughed, played, and relished fully-accessible activities typically featured at traditional carnivals, including a ring toss, a balloon pop, and a dunk tank (Board and staff members were good sports and allowed themselves to be “dunked” as a fundraiser for more inter-generational activities).

Cooki the Clown delighted participants with her balloon art and magic. Cute little faces were painted and transformed into Spiderman, princesses, Oregon Ducks and Beavers, and more. Added to the festivities this year were a petting zoo with horses, goats, and rabbits (thanks to the generous work of several local community members) and raffle prizes (thanks to generous local businesses); these features were such a hit that we definitely plan to include (and perhaps expand) them next time.



Chef Chris Feskens provided a terrific lunch from the barbecue grill, for a mere \$3, and our friends from KBZY 1490 AM broadcasted live from the event, to which attendees got a discounted entry fee if they brought a food donation for Marion-Polk Food Share. What a fantastic time we all had—we are already looking forward to next year!

(continued on page 4)

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*Please address
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Reminiscences of Autumn

I find it hard to believe it's already Fall, but it is easily my favorite season. I love to see the leaves dropping from the trees in fiery colors, heralding that winter is on its way. While the earth busies itself for winter, people begin to think about curling up in front of log fires sipping hot cocoa, and children hope for snow to play in and wonder what Santa will bring them. Before the winter weather truly hits the earth, though, we look forward to celebrating with family and friends during Thanksgiving.

The word "Thanksgiving" evokes images of football, family reunions, roast turkey with stuffing, pumpkin pie and, of course, the founders of the Thanksgiving feast. They gave thanks for their first successful harvest, and today we give thanks for all manner of things. I endeavor to be thankful for what I have on a daily basis, rather than lamenting on what I do not have. I feel particularly blessed to be part of a wonderful team who supply services to residents that enhance their quality of life. I have four grandchildren and as I watch them and other children learning about life, I cannot help but wonder how they will shape the world as they become working members of society. Our country's destiny will be in their hands, and it is important to give the next generation of leaders the guidance and tools needed to be successful in shaping the future America, just as the generation that went before us shaped what we enjoy today.

When I think about that, I am even more thankful to the residents I serve. I read articles about other countries that describe the limitations on people's freedom. I cannot imagine not being free to say I believe in Christ, voice my opinion, or being limited to how many children I may have. I know that I owe my freedom to the older generation of people who fought for my right to be free, who endured the Great Depression and struggled to help regain the American economy for the future generations, and I want to give back to them in any way I can. United Methodist Retirement Center is a non-profit organization, and relies on charitable donations to keep this 104-year-old community thriving. If you are able to help support us, please put a donation in the envelope provided, or simply donate online at www.umrcsalem.org.

Cathy Parkinson, Executive Director



Cathy Parkinson,
Executive Director

Resident Focus: Meet Ray Lutz

David Solomon, Development Committee Member



Ray Lutz

These days Ray can be found making his daily round of UMRC campus to take in the natural beauty surrounding the facility. He enjoys keeping up with current events on his Apple laptop and it's not uncommon to hear classical music drifting out of his room. Ray is soft-spoken and does not talk about himself much, so it took some prompting to get to hear some of his adventures.

After finishing his Bachelors and Masters degrees at University of Florida-Gainesville, Ray spent a couple of years working in Kentucky and Michigan for Dupont Chemical before going on to earn his Doctorate in chemistry from the California Institute of Technology (Caltech) in Pasadena. *(continued on page 4)*

Introducing Helen Shafran, Development Director

“Life’s most persistent and urgent question is, “What are you doing for others?” (Dr. Martin Luther King, Jr.). The dedicated donors, Board members, staff and volunteers of the UMRC have a ready answer as they devote resources, energy and time to the tender and loving care of some of Salem’s most vulnerable citizens—the residents of Willson House and Jason Lee Manor and the little children of Willson House Child Development Center. I am honored and excited to join this amazing intergenerational community that was founded so long ago and continues to this day as a caring home and extension of family.

I’ve lived in Salem for five years now and have had the pleasure to visit UMRC, but I—like many other Salem residents—was not fully aware of all this remarkable community has to offer not only its residents and students, but also the public. My passions have always revolved around building community. Previous professional engagements have been as the donor and community relations and events person for a number of non-profits in California, Oregon, Michigan, and Virginia, including the Oregon Bach Festival, the Caltech Alumni Association, the Boys and Girls Club, Albion College, two land trusts, and a community foundation. In my personal life, I’ve done similar work for my alma mater and for the American Diabetes Association. I have also been a very active participant/resident of two cohousing communities, and have cherished lifelong ties with retirement communities and the elderly. It is a joy to help organizations and their supporters thrive and connect with one another, and to witness how meaningful these experiences are to participants of all ages, backgrounds, and abilities; it has been proven to me countless times that absolutely everyone can help make a difference and gain something for themselves in the process!



Helen Shafran

Some UMRC folks might know me from other involvements: I am also starting my fourth year working half-time as the outreach and events person for LifeSource Natural Foods, I’m in my sixth season as a soprano in the Willamette Master Chorus, I’m a Leslie Middle School and Candalaria Elementary School parent, and I participate in local and regional distance running events annually with the Willamette Valley Road Runners, the Oregon Road Runners Club, and others (I just ran my 11th marathon)... and I help out my darling mom (aged 77), in West Salem, when she lets me (which isn’t often enough for my taste!). I grew up in Claremont, California and got my degree at Occidental College in Los Angeles, and am happy that my two children, my mother and I now call Salem home. I’m truly grateful for the warmth and welcome that have been extended to me by members of the UMRC Board, residents of Willson House and Jason Lee Manor, my new colleagues, and my predecessor Wendy, and I am eager to contribute to the well-being of this very special community. Please don’t hesitate to stop by for a visit, call me at (503) 585-6511, or email me at helens@umrcsalem.org. Let’s put our hearts and minds together on how we can bring gifts of time, effort, talent, dollars, connections and other resources to the UMRC and its residents, students, and families. Thank you so much! I look forward to meeting you!

Meet Shari Ridings, Resident Services Coordinator for Jason Lee Manor

Introducing Shari Ridings, Resident Services Coordinator for Jason Lee Manor. Shari views her role as one that empowers residents to live independently, safely and with dignity. More specifically, she provides resources, referrals, education and assistance accessing services to fulfill her role in a confidential, non-judgmental and non-intrusive manner.

As a long-time Salem area resident, Shari graduated from South Salem High School, Chemeketa Community College and Corban University with a focus on management, communication, psychology and accounting. Shari is passionate about providing education for seniors that enables them to take a holistic approach to their physical and mental well-being. Shari has taken classes from Dr. Winningham, a professor at Western Oregon University, so that she can teach older adults how to maximize their memory as they age. Shari enjoys working with people, especially seniors, and gains satisfaction when helping them to connect with area resources to improve their quality of life.

“I look forward to working together with the residents, staff and community partners to better meet the needs of residents,” Shari enthusiastically shared. She feels this position is a good fit for her. Her previous experience in working for nonprofit companies includes The Alzheimer’s Network, Northwest Senior & Disability Services (the Area Agency on Aging), and Thelma’s Place. Shari has also worked in senior living communities as the Community Outreach Director. On a more personal note, Shari and her husband Mark have raised three sons and welcomed their first grandchild last December. She will happily share photos if asked.



Shari Ridings

We Gratefully Acknowledge the Following Generous Donor Gifts Received Since January 1, 2014

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United Methodist Retirement Center is deeply grateful for every dollar of your charitable support. We always want to know the best way to thank you for your generosity; please let us know if you prefer your name to be printed differently in future acknowledgment lists.

Would you like to make a significant investment in the lives of seniors and children in our community? Please consider naming United Methodist Retirement Center in your estate plan or as a beneficiary to a donor-advised fund. The legacy you create today is guaranteed to make a meaningful difference for our residents and students. For more information, contact Helen Shafran, Development Director, at (503) 585-6511 or helens@umrcsalem.org. Thank you!





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Mission Statement

Open to all, the United Methodist Retirement Center is committed to providing a life-affirming community through end of life, by providing high-quality and affordable housing and support services in an atmosphere where residents, children and staff become an extension of family and each person's dignity, worth and choice are respected.

Please Join Us at the Creek View Bistro

(Willson House Restaurant ~ 1625 Center St. NE, Salem)



Thanksgiving Buffet Lunch, Saturday November 22, 11 am to 1 pm
Please call to RSVP (503) 585-6511
Guest meals \$12 adults & \$6 children under 10

Board-sponsored Christmas Party, Sunday December 7, 2 pm to 3 pm
Carols, cookies, sausage rolls, hot chocolate and punch
Gifts for everyone and an appearance from Santa
Please call to RSVP (503) 585-6511 • No Charge

Christmas Champagne Brunch, Saturday December 20, 11 am to 1 pm
Please call to RSVP (503) 585-6511
Guest meals \$12 adults & \$6 children under 10



ADDITIONAL HOLIDAY EVENT! Annual Craft Fair — vendors selling delicious edibles, unique gifts, homemade crafts. Get a start on your Christmas shopping! Dec. 5 & 6 • 10 am to 4 pm • UMRC 1625 Center St. NE, Salem