

FERN LODGE, Inc.

A Non-Profit Nursing Home for Christian Scientists
Accredited by the Department of Care of
The Mother Church

18457 Madison Avenue, Castro Valley, California 94546 • (415) 886-2448

THANKSGIVING 1975

Dear Fern Friends:

We invite all of you to rejoice with us. Expansion at Fern Lodge will begin within the next couple of weeks! The Alameda County Planning Commission has granted a permit to expand guest occupancy from 25 to 31. Approval has been obtained from the Department of Care of The Mother Church and the contract for new construction has been signed. Total cost will approximate \$125,000. Three-fourths of that amount already has been made available to us through donations and bequests from our Fern Friends.

This expansion will add to the Annex building two more double occupancy rooms plus bath, a large dining-recreation room and a larger, more up-to-date kitchen. Remodeling will allow us to move the offices to a more central location, thereby making space for another large double room and bath in the Main House. A new nurse's station will permit quicker and easier work for the whole nursing staff. And an all-staff lounge will at last provide a place to eat lunch, rest and study during breaks, store coats, etc. These enlarged facilities will continue to upgrade Fern Lodge both in quantity and quality of service.

The need for a nursing home like Fern Lodge is recognized by the Christian Science Field and the community. Our waiting list continues to grow. We are the only accredited nursing facility in California which admits a very substantial number of students of Christian Science whose funds have been exhausted. Close to two-thirds of our guests are on welfare (Medi-Cal). As you have probably read in the daily papers lately, reimbursement from the State has increased, but it is still considerably less than the cost of caring for a patient. Continuing support is needed from the Field.

As most Fern Friends know, it is because of the generosity of our friends that we have been able to continue to operate and to expand. Several thousand donations have been received during the four years since the present Board of Directors assumed ownership and administration. Some churches and individuals send a check every month! And there have been several substantial bequests. Our gratitude is deep. It is encouraging to know that the evidences of love and care for our fellow man are abundant no matter what the tenor of the time.

A reply envelope is enclosed for those who see the need for what we are doing and who want to forward our program of improvement and expansion.

Sincerely,

THE BOARD OF DIRECTORS

President: Herbert H. Mitchell, Berkeley; Vice President: E. Alfaretta Ballou, Oakland; Secretary: Hazel Wilson, Hayward; Treasurer: Carrie E. Donaldson, Castro Valley; Directors: Arthur W. Brandenburg, Hayward; Bernice Bryan Brown, Berkeley; Eugene F. DeBolt, Danville; Elizabeth S. Dempsey, Castro Valley; Dorothy Gordon, Pleasanton; Arliss B. Harmon, Hayward; Ronald MacDonald, Oakland; Marion D. Nawman, Piedmont; Robert A. Young, Hayward.



FERN FRIEND NEWSLETTER

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NOVEMBER 1975

(415) 886-2448

ANNUAL MEETING WELL ATTENDED

Hugh Martin Niemoeller, CSB, of Berkeley, was guest speaker at our Annual Meeting last May. Excerpts from his talk: "WILT THOU BE MADE WHOLE?" are included on the inner pages of the Newsletter.

Earlier, brief reports by Board Members and our Administrator brought the audience up-to-date on Fern Lodge activities and acquainted them with our plans for the future.

Of the several hundred people attending, about 75 accepted our invitation to take a car-shuttle to tour the Lodge, have punch and cookies, and visit with our guests (much to their delight.)

OUR ADMINISTRATOR AND HER ASSISTANT ATTEND WEEK-LONG SEMINAR IN BOSTON

Movies and slides to assist in teaching and reviewing nursing procedures will be available to Care Facilities the first of the year. This is just one of several new developments Mrs. Valentine and Mr. McVey learned when they attended an Administrators' Seminar in Boston recently given by the Department of Care.

Changes are inevitable, they were told, and a helpful statement made by one of the inspiring speakers was, "Never be afraid of change, for the Principle which inspires change, protects the change, and you with it."

The Administrators were assured of a lively interest in their work, and of a deep desire to aid each one in bringing comfort, inspiration, and healing to beloved church members in their care.



FUN WITH BLUE PRINTS

For the past six months Board Members have been happily discussing and refining the expansion program blue prints, drawn and patiently redrawn by fellow Board Member Eugene DeBolt. By next year's Annual Meeting and to Fern Lodge (if indeed you don't get here sooner) you will see the of the extensive remodeling and expansion program soon to be undertaken.



COMMUNITY PICNIC

It took four cars and a pickup truck to take 14 of our guests to a community-sponsored picnic at beautiful Lake Chabot. Set in the wooded hills behind Castro Valley, the lake makes a lovely setting with picnic tables and lawns for games, and sitting in the sunshine. Castro Valley Adult Education's Recreation Dept. sponsored the outing for all seven of the local nursing homes.

First activity on the program was getting acquainted with other residents. We were pleased, though not surprised, to hear that our people are known as the "happy" group. One of the coordinators, Ellen Foster, was pictured in our last Newsletter playing ball & horseshoes with guests at Fern Lodge.

Most popular activity of course was the eating. Each nursing home contributed. How does this menu sound?

Grilled hamburgers & hot dogs; macaroni, potato, jello, fruit and tossed salads; potato chips, pickles, cherry tomatoes, olives; cake, watermelon, cookies; soft drinks & lemonade.

Because it was such a success, the recreation department intends to make it an annual event. We'd like that, too.

"OUR INDIVIDUAL COMMUNION WITH DIVINE LOVE DETERMINES HOW AND WHAT WE COMMUNICATE TO OTHERS"

We are quoting from a talk given by Mrs. Esther Markwell, a local practitioner, to the staff and Board Members at their last quarterly metaphysical mtng.

Mrs. Markwell is one of nine dedicated practitioners who come faithfully to visit patients, and so is very qualified to speak to us in our efforts to provide the most loving atmosphere.

"Love is compassionate, not sympathetic with error, but tender and considerate to each one. Following the Christ in daily life requires deep compassion for others.

"How important it is to obey Mrs. Eddy's command to be insensible to every claim of error, for if you acknowledge it in any way you have become its prisoner. The more instant the rejection of error, the more immediate the awakening.

"Are we bearing false witness to God's creation? How often we hear people say, 'Be careful or you'll hurt yourself.' To whom are they talking? The suggestion that anyone can be punished is impossible. God is Love! Man is not controlled by material circumstances no matter what these circumstances may seem to include. Anxiety, false responsibility, fear, and worry—these are the lies that immobilize us.

"The cycle that seemingly begins with the child dependent upon the parent, afterward to be self-sufficient for a while, only to return to dependence again, is not of God's creating, and each individual must see through this evil and see its unreality."



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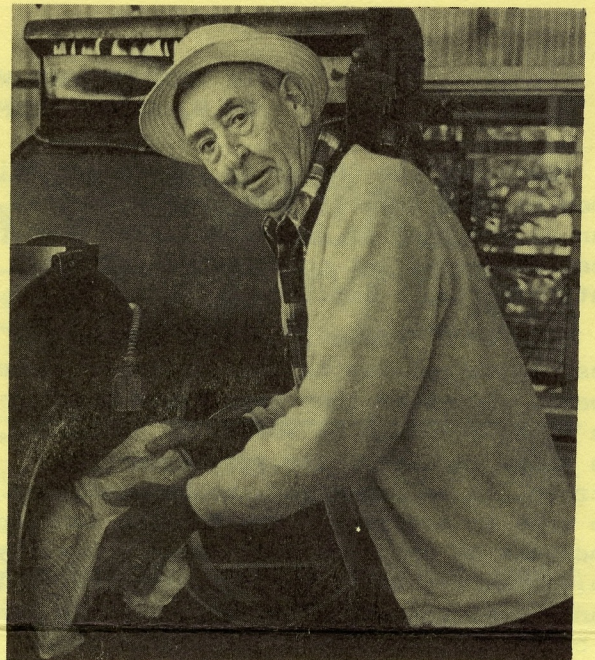
PEOPLE

What makes an idea effective is the kind of activity it instigates in people. What makes Fern Lodge worthwhile is the component of people who give it quality. What better way to acquaint you with us than to bring you closer to our people? Each Newsletter will introduce to you one or two of the employees and/or the boosters. Part of our backbone is strengthened by two men who were on the staff before the Board assumed responsibility.

ROBERT HONEYCUTT, official gardner, unofficial maintenance man, carpenter, odd-job man, came to us in 1969. No job is too small for Bob to give his full attention: hang a picture for a guest, install a bulletin board, cut a daily rose for one who especially loves them, or rig up a tricky recorder for a blind patient. Nor is anything too big to tackle, like cutting and fitting a door into a storeroom wall where none had been before.

All this with not a whit of neglect for the lovely gardens surrounding the Lodge. Under his capable hands, every season produces its array of blooms and blossoms. Just now the roses are still in a profusion of color, as are snap dragons, petunias, marigolds, fuchsias, marguerites, pentstemons, and mexican sunflowers.

Bob's son Richard has spent a good deal of time as his father's assistant and as a general helper in the maintenance department.



RALPH McCAFFREY came to Fern Lodge in 1971 after retiring as a Safeway meat department manager. He took on a new part-time career here as laundryman.

"Mac" cares about what he does, from heavy-duty bedding and kitchen linen to delicate underthings. And he cares other ways also, like painting the halls and rooms (last such efforts turned common areas into a lovely sunny yellow) or shampooing the carpeting in Main House.

Last Christmas Mac's wife made the most delicious holiday cakes we've tasted. They were made months ahead, wrapped in foil and stored until ready for delivery. That was one of our special delights of the season. Now she has agreed to share her recipe with other Fern Friends. Try it, you'll like it!

HOLIDAY CAKE

SIFT: 2 cups flour
 2 tsp. baking powder
 1 tsp. each of baking soda,
 nutmeg, cinnamon
 ½ tsp. cloves
 CREAM: ½ cup shortening, or oil
 1 cup sugar
 ADD ALTERNATELY: sifted dry ingredients
 and 1 can tomato soup
 ADD: 1 cup scalded raisins
 1 cup chopped walnuts
 BAKE: 350 degrees, about 50 minutes.
 Use two greased loaf pans with waxed paper in bottom, OR, double recipe to get two large and three small loafs. Make ahead, wrap in foil, store in cool place, or in refrigerator. Happy eating!

"WILT THOU BE MADE WHOLE?" ANNUAL MEETING TALK
BY H. MARTIN NIEMOELLER, CSB, OF BERKELEY

"Each day the Christ is asking us, 'Wilt thou be made whole?' just as Jesus asked the man at the pool of Bethesda... Not only physical wellness, but completeness of one's entire being is implied.

"The word 'whole', as used in the New Testament, relates to four different Greek roots. Together they have broad meaning; to be whole means to be saved, to be healed, to be able. Additionally, it means to be strong, to be preserved, to be good, and to be true in doctrine. The English language includes as synonyms for 'whole': healthy, hale, hearty, holy, perfect, incorruptible, sane, even the word 'brave'. A whole man is a brave man, one who is free from fear. Wilt thou be made free from fear? The Science of the Christ points us to the understanding of a good God, and man in His image and likeness, as the means to be free from fear and all inharmony.

"What does God's wholeness mean? It means the length and breadth of the Life that is God. It means the height and depth of that infinite Mind which we are blessed in knowing in 'the Scientific Statement of Being'; the entirety of that Spirit which is immortal Truth, the real and eternal. It means the integrity of immutable Principle, the indivisibility of Spirit, the fullness of Soul and the perfection of Love.

"To the question, 'wilt thou be made whole', each of us can reply 'yes, I am willing to acknowledge, receive, and express present wholeness, health and harmony.' The Christ within each one of us urges that we be whole, saved, free from every suggestion of limited being. The Christ and Christian Science show the way. Each day we can know of ourselves, 'I am not mortal, I am immortal; I am not material, I am spiritual.' Step by step we can move into the wholeness of being. Let us humbly pray for more loving consistency in demonstrating God's presence in the various aspects of the seven scientific synonyms for God. We can claim that we do have the wholeness of health of the Life that is God; that we have the truthfulness of Truth; that we manifest intelligence in accordance with infinite Mind, divine Love; we have the motivation and activity of Soul, Spirit. And we can be constantly grateful that we know these spiritual facts of the wholeness of being. It should be obvious that as we grow in our realization of the

completeness of man, every false sense of self disappears.

"There may be demanded of us a considerable amount of persistence before the completeness of being is attained and realized. Calvin Coolidge once said: 'Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race.' To the Christian Scientist what President Coolidge termed 'pressing on' is holding to that divine Love which meets 'every human need.' Without spirituality and persistence therein one can never realize the wholeness of being.

"Assured of man's wholeness and God's eternal love, we can always move forward, confidently expecting that more and more of our real beauty, purpose and sufficiency will appear. We find our spiritual understanding unfolding more and more clearly. Let us not be timid about loving this real being. Claim it, honor it, be grateful for it, protect it. We must see ourselves as worthy of receiving. Paul admonished the Romans: 'Be not conformed to this world.' In the Greek, the same word is used for age as for world, so we might consider Paul's expression as, be not conformed to this age. How much are you and I influenced by current beliefs? In an age of human movement, seemingly good and bad, are we able to have the stationary power of the rock of Truth? In an age of numberless, false, temporal attractions are we enabled to resist them and to embody that Spirit that is eternal? Through prayer we gain conformity with the divine laws of Life, Truth and Love, and these laws bring healing, wholeness.

"Let us be ready to conform the image and likeness of God which is the real man. Readiness is a must to all who would be whole. Be ready and willing to be healed and to heal. How much easier the work of the practitioner would be if the patient were only willing to dwell in the present spiritual reality. Mortal mind sorrows over past unrealities thereby making them appear to be actual.

"You and I know there are not many places to which one in need can turn and expect to

be made better spiritually as well as physically. Fern Lodge is such a place. What an opportunity we have to support the work and service of Fern Lodge as it aims to demonstrate the power of Truth to overcome every imperfection and reveal the man whom God has made, the whole image and likeness, the complete representation of the Mind that is good, that is God. Everyone shares equally in the Father's love. Such recognition is basic to the expression of loving, constructive compassion.

"The whole man has that wide, comprehensive love that sees his brother's need and does something about it. Our care and nursing facilities throughout the Christian Science field exist for the special need of aiding those who seek to be whole and harmonious. When we remember that our care-oriented services, nursing homes and sanatoriums are demonstrating the government of Soul, thereby bringing harmony to those in special need, we feel emphatic justification for our full support of their humanitarian activities. As Scientists, it is important that we see and claim that spiritual understanding is supreme in ourselves and others. No one can believe another to be 90 percent the divine image, or 50 or 40 percent and at the same time honestly say 'Thou art whole.' Man is the complete reflection of all-loving Principle; he knows it, he is grateful that he knows it; and nothing else is the Truth. This is not mental science. It is the Science of the Christ."



Henry Curran loved the poem About Ben Adhem by Leigh Hunt. "Write me as one who loves his fellow man" is a line deeply descriptive of Henry.

As our Director Emeritus, he will always be remembered for his vision of the role of caring. Appreciating and expressing the inspired meaning of the word "nurse" he nurtured us through to establishment on July 1, 1971 as a non-profit Nursing Home. This included his bringing out of retirement, Mrs. Emily Valentine to be our Administrator.

Serving as our President when we were acquainting the Field with our existence, he invited experienced Christian Scientists in the Bay Area to join us as Board Members while we were finding our direction.

Seeing the need for attracting young people to support the healing work by going into nursing as a career, he conceived and helped launch our successful "Spring Adventure — An Introduction to Christian Science Nursing."

He inspired us to accomplishments far above what we thought were our capabilities. His rejection of limits of all kind hurdled so-called impossible obstacles of red tape and government, staffing and upgrading.

Our present plans for expansion have had his enthusiastic encouragement. He and his wife Jeanette have given their personal financial support as well as that of their "Brother Birds Foundation."

His ardent appreciation of the efforts of others found him constantly praising and uplifting everyone with whom he came in contact. It was impossible to be in his presence without feeling that deep personal love. His impelled progress is ever in action and we are eternally grateful to him.

UP-TO-DATE

Updating our mailing list to keep abreast of your movings, and all the other paper work a Newsletter entails has been a joy rather than a burden because your response has been so immediate, so constant, and so bountiful.

Fern Lodge is truly all demonstration, a joint effort, a lesson in unity — you giving us your support, love and trust, and we listening and being directed by God to use it wisely. Thank you.