

Meet Advisory Board Member Marge Bruno

Pilgrim Haven figured large in neighbor Marge Bruno's 1987 campaign for Los Altos City Council.

Bruno's concerns about the community's planned expansion compelled her to run for office. But the successful reconfiguration of the campus was one of the highlights of her two terms. Today, she serves on Pilgrim Haven's Board of Advisors.

For 33 years, Bruno has lived just a block from Pilgrim Haven on Pine Lane where she and her husband raised their two sons. In the mid-1980s, when Pilgrim Haven introduced its plans to build new homes and create additional parking, Bruno and other neighbors were worried. The original plans called for street parking, with cars backing out into traffic. New buildings were envisioned near the street.

Fears about the development led Bruno to throw her hat into the council race. But sometime in the campaign, Bruno says, she became convinced that Pilgrim Haven's expansion was needed.

"I became convinced that we had to find a way to make this happen, but in an acceptable way," she says.



Marge Bruno

Once on the council, Bruno convinced her colleagues to appoint a committee to work through the expansion plans. Parking was reconfigured to allow for easy entrance and exit behind a fence and attractive landscaping. And the new buildings were set back farther on the campus.

When the Birch and Willow buildings were completed in 1991, neighbors were relieved once they saw how nice the structures were, Bruno says.

She came to appreciate what a "high-quality" place Pilgrim Haven is, she says. And she experienced this quality firsthand.

Bruno's mother went through rehabilitation at Pilgrim Haven's Health Center. The level of care was "unequaled in every way," she adds.

Nine years ago, after coming off the city council, Bruno decided that helping maintain Pilgrim Haven's quality would be a good investment of her time. She accepted a seat on the Pilgrim Haven board, which advises Executive Director Tara McGuinness and encourages community involvement at Pilgrim Haven.

Bruno also serves on the boards of the Los Altos Mediation Program and the Los Altos Library Endowment Fund. She co-facilitates a one-year leadership training program that encourages civic engagement in Los Altos.

Coming Soon...

www.pilgrim-haven.com



373 Pine Lane
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 (650) 948-8291

Inside . . .

Community's Deep Roots
Meet Advisory Board Member
Marge Bruno
Landscaping Award



Los Altos Landmark

Located in the quaint village of Los Altos, Calif., Pilgrim Haven has been a local landmark for 56 years. The continuing care retirement community offers comfort, security, and a quality lifestyle on an idyllic garden campus.

For more information about Pilgrim Haven, contact Marilyn Sell at 650-948-8384, ext. 103.

Pilgrim Haven Retirement Community
 373 Pine Lane, Los Altos, CA 94022
 CA license #430708050

Pilgrim Haven Board of Advisors

Paul Appling	Guy Farthing
Vinnie Biberdorf	George Limbach
Henry Brook	Rick Meyer
Marge Bruno	Eric Millar
Curtis Chamberlain	Jane Reed
Charles H. Chicks	Steve Shepherd
Claudia Coleman	Bob Stanfield
Willis Corkern	Judy Van Dyck

American Baptist Homes of the West

Founded in 1949, Pilgrim Haven was the first retirement community for American Baptist Homes of the West, one of the most respected senior living communities in the U.S. A nonprofit, nonsectarian organization headquartered in Pleasanton, ABHOW operates 10 continuing care retirement communities — including Pilgrim Haven and The Terraces of Los Gatos — and 18 affordable housing communities in three Western states.

insight

Perspective

A Message from the Executive Director

Physicians, gerontologists, and leaders in the field of senior living are increasingly asking, "What makes for successful aging?"

In the early 1990s, the MacArthur Foundation said successful aging is the ability to maintain three characteristics: low risk of disease and disease-related disability; high mental and physical function; and active engagement with life.

If you wanted to see these characteristics in practice, you'd need just a short stroll through our campus. Everywhere you look, you can see evidence of healthy living.

A husband and wife are tending spring annuals outside their patio. Neighbors are enjoying coffee and talking politics over the morning paper. Others gather for one of our four support groups.

While the roses bloom and the bees pollinate the incredibly blue flowers of a giant Pride of Madeira plant, a vibrant community flourishes. This has always been true of Pilgrim Haven. For 56 years, we've been about nurturing a community that provides just the right setting for an active engagement with life.

It's not difficult to see why Pilgrim Haven is so special. We invite you to discover this treasure today.

Tara McGuinness
Executive Director

Chaplain Engages Community with Spirit

Bran Scott brings a palpable passion to his work as chaplain at Pilgrim Haven. He moves about campus with purpose, sleeves rolled up, hands gesturing, a smile on his face.

Whether facilitating a resident study on suffering in the Book of Job or talking about the spiritual aspects of healthy living, Rev. Scott is clearly a man on a mission. And his enthusiasm is a perfect match for the vibrant lives he has encountered at Pilgrim Haven.

"God is still working with every person on this campus," he says, "and that's always a wonderful thing to see."

Continuing growth is a key theme in Scott's work with residents. And it's related to a core principle in Pilgrim Haven's philosophy of successful aging: healthy living is marked by an active engagement with life.

What does spirituality have to do with successful aging?



Chaplain Bran Scott chats with resident Rowena Ramires.

"Everything!" Scott exclaims.

A vibrant spirituality in older age is a hallmark of many biblical stories, he notes. From Abraham and Sarah to Moses to Simeon, biblical characters often have revelations in later age and then go on to lead other people, Scott says. What Scott takes from these stories is that there are active tasks ahead of us as we age.

"You may think your work's done, but it's really just beginning," he says.

Part of the work for seniors, he
continued inside

Resident Enjoys Bohemian Life

Fred Wellmerling is on. He's regaling us with stories, joshing with his neighbors, enjoying the playful banter with a photographer.

"All the world's a stage," said Shakespeare, and so it is for this Pilgrim Haven resident: former ad man, longtime Bohemian Club member, and tenor in a barber-shop quartet.

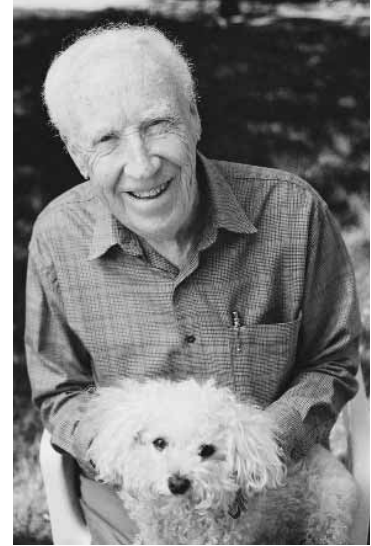
The performing bug bit Wellmerling early on. His childhood town, Spencer, Iowa, is straight out of "The Music Man." Everyone learned how to play instruments — Wellmerling picked up the trombone — and town life was marked by parades and concerts at the bandstand.

It's fitting that Wellmerling met his wife on the dance floor. That was at Lake Tahoe, July 1945, after three years of fighting in the Pacific. Ruth and Fred have been married for 58 years now. They have two children and three grandkids.

After the war, Wellmerling went into marketing and advertising. He worked for Carnation, then Safeway before joining the big ad agency Young & Rubicon. For the last 18 years of his career, he was an officer with the agency D'Arcy Masius Benton & Bowles. His contract called for retirement at age 65, but he kept going with his own show, FW Assets, for another five years or so.

Wellmerling joined the legendary Bohemian Club in 1960. Every summer he spends several long weekends at The Grove, the club's North Coast retreat organized around the arts. Wellmerling has performed in hundreds of Bohemian shows.

He and three fellow Bohemians formed a barbershop quartet in 1960, calling it The Barbary Coasters — "very San Francisco-ey," he says. The members have changed, but the quartet is still



going strong. They performed at Pilgrim Haven last year.

Longtime Los Altos residents, Fred and Ruth were on the waiting list for Pilgrim Haven for several years. They did a lot of research on area communities, but the location and comfortable size of Pilgrim Haven made it their top choice. So when an ideal apartment became available in December 2002, they made the move.

Wellmerling is president of the Residents Council. He and the other officers meet monthly with Executive Director Tara McGuinness. He says the council provides a forum for residents to share concerns and sift priorities. And it's got other perks for Wellmerling.

"It helps keep me busy," he says.



Wellmerling (far left) and his barbershop quartet, The Barbary Coasters, performed at Pilgrim Haven last year.

Community's Roots Run Deep

The land on which Pilgrim Haven sits is full of stories. Three hundred years ago, it was home to the Ohlone Indians. It was at the edge of Mission Santa Clara through the early 1800s and a corner of Rancho San Antonio until the 1850s.

Cattle grazed here. Farms eventually took root. Then vineyards grew and orchards thrived with apricots, cherries, and plums.

In the early 1900s, the railroad brought San Franciscans retreating to the country for weekends and summer vacations. Large estates and grand homes were built, including Wisteria Manor in 1911. The house became the Pine Lane Rest Home in 1931. Eighteen years later, American Baptist Homes of the West acquired the property and thus began Pilgrim Haven Retirement Community.

That's a lot of history to summarize in a few paragraphs and a lot to envision across more than 300 years. It helps to have some visuals. Los Altos resident and local historian Don McDonald has just that — maps and aerial photographs that chart the development of this land. He brought his presentation to Pilgrim Haven last September.



Pilgrim Haven neighbor Don McDonald is gathering details about life in old Los Altos.



McDonald, who lives about a mile from the retirement community, is a volunteer for the Los Altos History Museum. He retired to Los Altos 33 years ago after a career as a cryptanalyst with the National Security Agency.

Ten years ago, McDonald got into oral history, gathering first-person accounts of what life was like in old Los Altos. He draws a parallel between the work of a historian and a gumshoe detective: both are very curious about small details.

Some of these details will be preserved soon at Pilgrim Haven through a new heritage room opening in July. The community is using software called ORGANIZE! Your Collection to catalog historical

materials. The software, which is also used by the Los Altos History Museum, was identified by John Mandel, a former Los Altos resident who now lives at another American Baptist Homes of the West community, Valle Verde in Santa Barbara.

“We are excited about the opportunity to preserve and promote Los Altos history,” says Executive Director Tara McGuinness. “Pilgrim Haven’s roots run deep in this community, and we are enriched by remembering the stories of this area.”





Award-Winning Landscape



Residents of Pilgrim Haven know what a treasure their community grounds are. Now the word is out, thanks to a statewide award from the California Landscape Contractors Association.



Pilgrim Haven won first place in the large commercial maintenance category for 2004. The community's grounds, which include luxuriant lawns and beautiful trees, annuals, and roses, are maintained by Gachina Landscape Management.

Chaplain

continued from cover

explains, is to look back and make sense of their lives. And then to consider what their spiritual legacy may be. "What are those values, interactions, relationships that have made the world a better place?" Scott asks.

For the past two years, he's been finding ways to engage people in these questions at Pilgrim Haven. He leads several small group studies. Along with social worker Lisa Thompson, Scott facilitates support groups on caregiving, grief, and illness.

Scott delights in the stories he hears at Pilgrim Haven. As the youngest of three children, he grew up listening to adults talk around the dinner table. "So I love hearing and being part of those stories," he says.

Scott's biggest day each week is Sunday, when he leads two worship services at Pilgrim Haven: a 9:15 a.m. service in Fellowship Hall and a 4 p.m. service in the Health Center. Scott often spends time with residents' families who come to visit in the Health Center. In between these services, he leads worship at his San José congregation, New Community of Faith, where he has been pastor for two years. "Sunday's a full day," he says.

The 9:15 a.m. service is now open to the wider community of Los Altos. Why worship at Pilgrim Haven? Scott says visitors will find

services that are welcoming and friendly to elders. And they can count on having fellowship with people who share similar concerns.

Residents plan the services with Scott and participate in worship, reading scripture, and saying prayers. During Lent, four residents brought biblical characters to life, sharing first-person narratives.

The active engagement in spirituality at Pilgrim Haven — the lively conversations and questions and feedback about his sermons — has left an indelible impression upon Scott.

"They love theology here," he says.

