

Pastor Discovers New Parish in Campus

The Rev. Esther Hargis, Pilgrim Haven's new chaplain, has been preaching a series on the New Testament book of James, a text that includes the famous passage "faith without works is dead."

Her first sermon in this series was titled "Practical Christianity," and she has continued to develop the theme – with a very positive reaction from residents.

"Judging by the responses I've been getting, I think folks here like to be challenged and enjoy sermons that give a different perspective than they might expect," Hargis says. "I would say that's a pretty healthy spiritual life. This kind of openness sure makes Sunday mornings fun for me!"



For more than 20 years, Hargis spent her Sunday mornings in Bay Area congregations. For 14 years, she was pastor of First Baptist Church of Berkeley.

During that time, she was part of the regular rotation of

The Rev. Esther Hargis joined the staff of Pilgrim Haven in the spring. She chats with resident Phyllis Cairns (below).



Vesper preachers for Piedmont Gardens, Pilgrim Haven's sister community in Oakland. She also counseled older members in her church and worked with hospice professionally and personally.

So while being a chaplain is a new post for Hargis, she's not unfamiliar with retirement community life or issues of aging. And some pastoral issues are constant wherever people live.

That's why Hargis preaches

She leads two services on Sundays at Pilgrim Haven: a 9:15 a.m. service in Fellowship Hall and a 10:15 a.m. service in the Health Center. The 9:15 a.m. service is open to the wider Los Altos community.

A native of Kentucky, Hargis earned her bachelor's degree from Georgetown College. She was a social worker for a while before entering Louisville's Southern Baptist Theological Seminary. She found her first love was pastoring.

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the same kinds of messages she shared in Berkeley – a mix of pastoral and social justice themes. Pilgrim Haven residents appreciate that she doesn't assume they aren't interested in the world outside, Hargis notes.

The community of Pilgrim Haven is a different sort of congregation, but a parish nonetheless – and a place for Hargis to live out her vocation.

"I feel called to be a pastor," she says.



Smell the Roses

The Power of Story

Inside . . .

373 Pine Lane
Los Altos, CA 94022
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Los Altos Landmark

Located in the quaint village of Los Altos, Calif., Pilgrim Haven has been a local landmark for 57 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
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Pilgrim Haven Board of Advisors

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Marge Bruno	Jane Reed
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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 19 affordable housing communities in three Western states.

insight

Perspective

A Message From the Executive Director

We are reminded regularly of the power of story at Pilgrim Haven. As resident Alice Crenshaw notes in this issue, ordinary life is full of stories. Some tales make us laugh, others bring tears. Every story connects us with another person.

Stories also inspire. I'm always amazed and encouraged by the extraordinary lives of our residents. It is a privilege for my colleagues and me to listen to these stories. They make Pilgrim Haven such a rich community.

I'm reminded that Pilgrim Haven also has a story. For more than 57 years, we've been a Los Altos landmark, providing essential services to seniors and their families. Through our quiet garden campus, we've offered a quality alternative for those who otherwise live alone.

We provide services and amenities that free seniors from the daily chores of home maintenance. That means more time to enjoy hobbies and the company of interesting neighbors. The health care we offer, should residents ever need it, provides security and peace of mind. All of this makes for a community that enhances the independence of seniors.

That's a powerful story. And we're proud to share it.

Karen Jenney
Executive Director

Resident Lives a Storied Life

If you sit down for dinner at Pilgrim Haven with Alice Crenshaw, expect to hear something interesting. She's bound to tell a story.

This one begins in Chicago, where Crenshaw was born in 1916. Every Sunday, Crenshaw's big family gathered for a meal, then retired to the living room for conversation. Crenshaw sat on the floor with her siblings and cousins, circled by the adults in chairs. First one adult then another would tell a story. When visitors came, they were invited to tell a story, too. If they demurred, the family would insist.

"I thought everybody did this," Crenshaw says. She knew that one day she would sit in the chairs and be expected to share a story. So she started paying attention, collecting material.



She soaked up details at her grandmother's table when friends came for tea and poured out their problems to her grandmother. Crenshaw says she'd make herself small, so the adults barely noticed her, then just listen. "It was fascinating, really," she says. She discovered ordinary life is full of stories. And that's how she started

continued inside



sharing tales with others.

In 1936, she and Fred married. They raised five children and lived in the Greenmeadow neighborhood of Palo Alto. Crenshaw knew about Pilgrim Haven. Her eldest daughter, Linda, worked here as a teenager and met her future husband, Lyndon, who worked in the kitchen.

After Crenshaw's husband died in 1996, she lived alone for a while. When it came time to consider a retirement community, Pilgrim Haven was a natural choice. She moved to the community in 2000.

She hasn't given a formal storytelling presentation at Pilgrim Haven, but she takes her tales on the road. For 50 years, Crenshaw was a member of the Peninsula Storytellers Guild – the last living member – and today she's part of the South Bay Storytellers. She shares stories at schools, retirement communities, and hospitals.

What makes a good story? Good listeners, first of all, Crenshaw says. Plus, every story has several basic ingredients: a beginning, something in the middle, and a good ending. And if it's a mystery, the storyteller has to be frustrated two to three times, she explains.

Without missing a beat, she illustrates her point – with a story of course, about the time she got locked in the cemetery at Mission Dolores in San Francisco.

It was late in the day. While Crenshaw looked for a gravestone featured in Alfred Hitchcock's film *Vertigo*, the entrance was locked behind her. Night was coming on, and the wind kicked up. "Help me!" she shouted to a boy passing by the cemetery. "I want to get out!" That was the wrong thing to say, she notes. The boy ran away. But she eventually got out – and exited with a story.

"All I had to do was let it happen," she says.

Crenshaw enjoys attending festivals to listen to professional storytellers. Twice a year, she goes to Hawaii to hear their tales. She stays in the same hotel, one block from Waikiki Beach and a block from the bus stop. And she strikes up conversations with strangers. "I go there alone, but I'm never lonely," she says.

Interestingly, she finds it hard to tell stories to people she knows. "I'm a very shy person," she explains. But dinner conversation is another matter. When she sits down in the Pilgrim Haven dining room, Crenshaw starts with the storyteller's hook: "Guess what?" she says.

"Then I'm off and running."



Community Keeps Fit in New Center

Staying fit at Pilgrim Haven is a lot more convenient today, thanks to the Henderson Center, a new campus space with state-of-the-art exercise equipment.



Muriel Perkins exercises in the new fitness center.

Opened in February, the fitness center is accessible to residents any time of the day. They can use the equipment on their own or, for a fee, work with a personal trainer who structures workouts based on residents' fitness goals.

The equipment includes NuStep, a cross trainer with a swivel seat that makes it easy to enter and exit. NuStep exercises the arms and legs at the same time. An easy-to-read display allows residents to monitor heart rate, total steps, and calories burned. "It's very easy for any level, and it's very safe," says Karen Jenney, Pilgrim Haven's executive director. "And it does a very good workout, better than a bicycle."

Weights, a balance bar, and exercise balls are also available. A large mirror covers one entire wall. Plus, the

center has a table for the physical therapist to work with residents.

Later this year, Pilgrim Haven hopes to offer outpatient therapy services through the fitness center. That will ensure continuity with services provided by the Health Center and enable residents to transition to therapy without delay.

"Anytime you can have continuity of care with the same therapist, you're so far ahead," Jenney notes.

The Henderson Center, which includes the fitness room, an activity room, and lounge, is named in honor of the late Dorothy Henderson, a resident and longtime resident services director. She left an endowment to be used to improve the campus. "This definitely will make Pilgrim Haven better," Jenney says.

Campus' Favored Flower Is the



Walking the pathways of Pilgrim Haven is a joy in every season. There's always something to notice in the community's award-winning landscape – luxuriant lawns, colorful beds of annuals, unique perennials, and stately trees. But the most favored – and most famous – of Pilgrim Haven's botanical residents are the roses.

Roses are everywhere, the signature flowers of Pilgrim Haven for more than 50 years. They line walkways and bloom in resident gardens. But they get their biggest play in three campus areas: at Jennings Court, along the east side of The Lodge, and within the south plaza of the Health Center.

Resident Bernice MacKay cultivated the roses at Jennings Court following her move to the community in 1992. Drawing on her experience as a docent at the famous Filoli Garden in Woodside, she created a parterre, surrounding the rosebushes in her garden walkways with a low Japanese hedge that curves around each bed.

The rose walk alongside The Lodge, Pilgrim Haven's assisted living center, contains 35 rosebushes of various colors and varieties. Many of the bushes are identified with plaques.

Meet Pilgrim Haven Advisory Board Members

e Rose



The Health Center rose garden was created by Sunset magazine founder William Lane in honor of his mother, Estelle, a Pilgrim Haven resident. The brick-edged garden has a built-in watering system.

Peter Pan author J.M. Barrie said, "God gave us our memories so that we might have roses in December." But residents of Pilgrim Haven enjoy the memories and the roses yearlong, with a profusion of color across the campus.



Steve Shepherd has lived within walking distance of Pilgrim Haven for 36 years. He says he has always regarded the retirement community as "well-managed, well-maintained and a good neighbor of our neighborhood."

So when the invitation came to serve on Pilgrim Haven's Board of Advisors eight years ago, Shepherd gladly accepted.



Shepherd

A vice president/senior relationship manager for Northern Trust Bank, Shepherd serves on the boards of the Los Alto Chamber of Commerce and Los Altos Community Foundation. And he is a past board member of the Los Altos Rotary Club.

As a banker, Shepherd is often asked to serve on nonprofit boards looking for financial expertise – and that rationale was at work in Pilgrim Haven's invitation. Yet there were other reasons why Shepherd said yes, not the least of which was his own awareness of aging.

A baby boomer, Shepherd says serving on the board is an opportunity to prepare for his own future and that of his cohort. He

foresees the need for larger living spaces with better services that accommodate more active lifestyles. "I'm very concerned about having the right mix of services and amenities for the next generation," he says.

A desire to strengthen Pilgrim Haven also motivated Jane Reed to serve on the board. Like Shepherd, Reed is a longtime resident of Los Altos (38 years). Raised in the small town of Claremont, Calif., where her parents were active citizens, Reed wanted that kind of life for her own family.

She and her husband, John, raised their two children in Los Altos. Early on, Reed got involved in the community. She served on the City Council for two terms and was mayor twice.



Reed

When she came off the council in 1988, she saw an opportunity to help Pilgrim Haven navigate governmental and community relations. Today, she chairs the board's outreach efforts.

Reed believes Pilgrim Haven plays an important role in Los Altos by providing a quality senior living option. She wants Pilgrim Haven to continue to be "a viable part of our community."