

# Community service doesn't stop for active senior

**AFTER 10 YEARS TEACHING** high school, Dr. Shirley McCracken left Rochester, New York, and relocated to Southern California. McCracken may have left the cold eastern winters behind, but her passion for education and community service followed her west.

"I never left education," McCracken explained, chronicling her academic pursuits which include a master's in mathematics and Ph.D. in human behavior. McCracken continued to teach in California, including a stint at Anaheim Unified, workshops, training seminars, church and nonprofit groups.

McCracken views it as "where you can see you're most effective."

Persistent arthritis, plus knee and hips replacements, wouldn't deter McCracken's community involvement. At 82, she still drives, but felt that household chores and cooking were falling by the wayside. With her two children living out of state, "you know it's time to move," McCracken said.

McCracken visited Emerald Court over Memorial Day Weekend 2019, and moved in on June 30. While that might seem like a quick turn, Emerald Court made the process easier, providing references for moving companies and main-

*"This is where I can continue to be involved in the community and have my needs met."*

- DR. SHIRLEY MCCracken, EMERALD COURT RESIDENT

McCracken and her late husband, local attorney Paul McCracken, have two children. They settled in Anaheim Hills in the 1970s and, along with raising a family, McCracken continued her work in education and added volunteer commitments like serving in the American Association of University Women, which she joined in 1971, and the Arts Council. She is still a Kiwanis member.

Her background in education, and agility in math and finance, strengthened her voice in local government. She served as a council member for the City of Anaheim and counts campaigning for a new fire engine for West Anaheim among her achievements. While some may consider local politics fraught with red tape,

tenance support to help her move in and "even hanging the paintings on the walls," McCracken said.

Still, McCracken admits packing up a house and organizing 22 years of memories was daunting. "Things are challenging," McCracken said, advising to "give yourself goals" and break up the moving process into smaller tasks such as sorting clothes or packing a few boxes daily.

Emerald Court's independent living solutions proved to be the right fit for McCracken. Her two-bedroom apartment has a private patio with a bit of personal green space. She keeps a car at Emerald Court, along with her dog. Cleaning, cooking, gardening and maintenance are all provided by Emerald Court staff.



AT 82, SHIRLEY MCCracken IS A YOUNGER, "BUT NOT THE YOUNGEST" MEMBER OF THE EMERALD COURT COMMUNITY. ARTHRITIS AND JOINT REPLACEMENTS MOTIVATED HER TO CONSIDER THE MOVE. "YOU HAVE TO HAVE THE VISION TO LOOK AHEAD," MCCracken EXPLAINED.

For her out-of-state family, knowing McCracken has assistance when she needs it, "Oh, it's reassuring!" McCracken enthused.

The move to Emerald Court has also been a healthy choice. Her blood pressure has dropped, which McCracken attributes to a better, more nutritional diet and less stress. "This is where I can continue to be involved in the community and have my needs met," McCracken said, adding, "You are not giving up on your life. You can still make a difference"

*Emerald Court is available for personal tours by calling 714-450-7445 or connecting online at [lifeatemeraldcourt.com](http://lifeatemeraldcourt.com).*

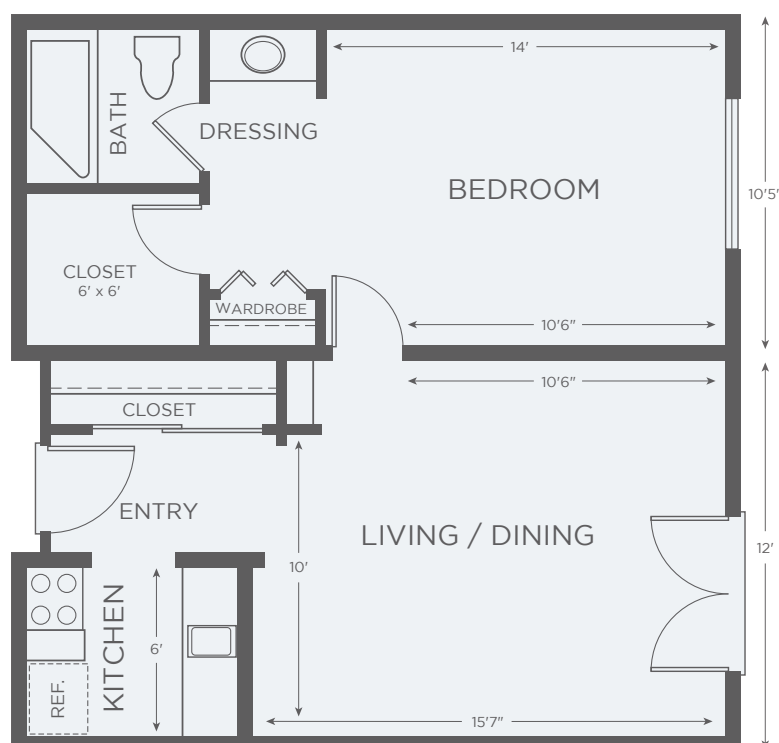


SHIRLEY MCCracken CHATS WITH A NEIGHBOR AT EMERALD COURT. MANY RESIDENTS STAY ENGAGED WITH COMMUNITY SERVICE BOTH INSIDE AND OUTSIDE OF EMERALD COURT. "WE HAVE A NUCLEUS OF THOSE PEOPLE HERE," MCCracken SAID, ADDING, "IT'S KIND OF EXCITING."



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