

Exercise at the Manor



“If exercise were a pill, everyone would be taking it.”

This old statement contains a great truth, particularly for the residents of the Manor; happily, most of our residents are engaged in exercise activities. Our Fitness Committee, led by Jack Enbom, wants to understand what more the Fitness Committee can do, both to provide additional help to those residents who do exercise regularly and those who do not have an exercise program. Our “Full time” physical therapists—Mercedes and Matt—are anxious to enlist and to instruct all residents in the exercises best suited for them.

The Committee is aware that exercise comes in many forms and that residents have strong feelings about what they would like to do. Walking with the Half Fast Walkers is great exercise—unless you have lumbar spine disease or arthritis of your hips or knees. Swimming is great exercise—unless you don’t like to swim.

Many residents are using walkers or other aids to ambulation; exercise designed around your specific problems can help you ambulate more easily. Some of you have movement disorders, and these, too, can be helped with appropriate—and to my mind, very interesting exercises. Many of you heard earlier this year the lecture on Parkinsonism presented by Matt Ackerman.

To better know how our experts and our facilities can better serve you, the Fitness Committee is working on a questionnaire which we want ALL residents to complete. We hope to work with the Michael J. Fox Foundation’s questionnaire concerning Parkinson’s Disease, and Ackerman is one who participates in this ongoing questionnaire—which appears on the Internet and which is secure and anonymous. The Fox Foundation

already has 50,000 participants who are completing the questionnaire, but an older population such as the Manor has will be particularly valuable.

The questionnaire is designed to find out what is “normal” as we age with respect to the motor activities which we can and cannot perform. That input can be combined with specific findings made by imaging studies hopefully to discover and provide more specific treatments. This all comes under the heading of what we understand as “Personalized Medicine.”

If the Council and the Board agree that the study can be pursued by Manor residents, I will have more to say in a subsequent article. (I, who do not have Parkinson’s plan to participate in the study.)

At present, we are thinking that we will ask basic questions, such as, “do you exercise?” If the answer is YES, we will proceed with further questions about the amount of time spent, the number of times and the type of exercise being performed.

If the answer is NO, then we plan to probe to find out why and then to discover what can be done to facilitate appropriate suggestions of exercises which will enable activity and (hopefully) reduce discomfort.

Mel Britton



EVENTS

SAT MAR 21 MUSIC ON THE MENU – 6-7:30 – DR

Tim Carroll (Jack O'Neil's grandson) will play for our listening and dancing enjoyment.

SUN MAR 22 MOVIE – 1:30 – MH (see BB)

MON MAR 23 MONDAY MORNING FORUM

CANCELED

THU MAR 26 HALF-FAST WALKERS PLAN TO WALK

CANCELED

SUN MAR 29 MOVIE – 1:30 – MH (see BB)

THU APR 1 HALF-FAST WALKERS PLAN TO WALK

CANCELED

The R.O.S.E. will be open for business as long as we have staff and customers and obey the “social distancing” guidelines.

We hear that many of you are using this “shelter in place” time to organize closets. Keep the R.O.S.E. in mind for any donations!

KNOWLT HOHEIMER

I was in the first fruits of the battle of Missionary Ridge.

When I felt the bullet enter my heart
I wished I had staid at home and gone to jail
For stealing the hogs of Curl Trenary,
Instead of running away and joining the army.
Rather a thousand times the county jail
Than to lie under this marble figure with wings,
And this granite pedestal
Bearing the words “Pro Patria”.
What do they mean, anyway?

LYDIA PUCKETT

Knowlt Hoheimer ran away to the war
The day before Curl Trenary
Swore out a warrant through Justice Arnett
For stealing hogs.
But that's not the reason he turned a soldier.
He caught me running with Lucius Ather-
ton.
We quarreled and I told him never again
To cross my path.
Then he stole the hogs and went to the
war—
Back of every soldier is a woman.
SPOON RIVER ANTHOLOGY, Edgar Lee Masters



Monterey County Free Library
will be closed until further
notice, all checked out books
will be renewed.



Dear Lulean,
I baked this stuff for you yesterday, going to take it
to you to-day. Leo is here so will send it with him.
Everything went wrong. The bread is heavy, yeast too
old I guess, but, used two packages ran out of eggs for
pie so used cornstarch made em too heavy had no pan
to put the rolls in so got the big pan out in the bar Bob
had paint in, put paint remover in it to clean it out, but,
took longer than I thought so the stuff in the oven got
too done, put the beans in during skating, turned oven
to low so baked until 11:30. Hope you can eat em if not
feed it to Pom Pom. Take care of yourself now hope to
get down there next week don't look for us.

Love
Mom

PS Sorry we didn't pay you for the last two times you
brought us eggs. I got 13 so far.

One little birdie I seen she won't get off the nest.

From Manor resident Lorraine Schmit whose sister is
Lulean. Their Mom wrote this letter around 1950 at
a frustrated moment of life on her Midwestern farm.
Lorraine says that Mom had only 7 years of country
school education...

NEW/SOON-TO-BE RESIDENTS

Sherry Morse
Nancy Wright
Jeffrey & Marilyn Riehl

James & Betty Kasson
Martin (Marty) & Karen Wiskoff
Sandy Storm

HAPPY BIRTHDAY

3/20	Joan R.	3/27	Bera B.
3/21	Mary Kay C.	3/27	Norma F.
3/26	Rosalie H.		
3/26	Jo I.		

ONGOING ACTIVITIES

See also Master Schedule of Ongoing Activities
(C 10,11 Residents' Handbook)

MON	Chair Exercise MH Monday Morning Forum (4th) MH Advanced Exercise MH Duplicate Bridge GR Dominoes GR	8:30-8:45AM 10:30AM 11:00-11:45AM 1:00PM 7:15PM	THUR	Chair Exercise MH Half-Fast Walkers Adv. Water Exercise SP Games GR Tai Chi MH	8:30-8:45AM 9:00AM 9:30-10:15AM 1:00PM 1:00PM
TUES	Chair Exercise MH Council Meeting (2nd) CR Adv. Water Exercise SP Worship Services (1st) H Communion Services (3rd) HC Tai Chi MH Ukulele Class WP Lawn Bowling PG Sing For Fun (1st) WP	8:30-8:45AM 9:30AM 9:30-10:15AM 10:30AM 10:30AM 1:00PM 1:00-2:00PM 1:15-3:15PM 2:30PM	FRI	Chair Exercise MH Yoga MH Bookmobile Every other Friday (Feb 20) Lawn Bowling PG Social Bridge GR	8:30-8:45AM 2:00-3:00PM 12:45-1:30PM 1:15-3:15PM 3:00PM
WED	Chair Exercise MH Advanced Exercise MH Communion Service (2nd) WP Mahjong	8:30-8:45AM 11:00-11:45AM 11:15AM 2:00-4:00PM	SAT	Chair Exercise MH Putting (2nd) PG Ice Cream Social (1st) PL Wine Dinner Group (2nd) PDR	8:30-8:45AM 10:00-11:30AM Noon 5:30PM
			SUN	Movie MH	1:30PM

LOCATION LEGEND

CR	Conference Room(s)	DR	Dining Room	FC	Fitness Center	GR	Game Room
H	Hillcrest	HC	Health Center	HG	Hall Gallery	L	Library
MH	Meeting House	PDR	Private Dining Room	PG	Putting Green	PL	Pavilion Lounge
SP	Swimming Pool	WP	West Parlor	BB	Sign-up and/or Information on Bulletin Board		

LIBRARY NOTES

BOOKS SELECTED FOR APRIL 2020

Fiction

OLIVE, AGAIN*

Elizabeth Strout

Health

ON GRIEF AND GRIEVING

Elizabeth Kübler-Ross & David Kessler

THE CANCER WHISPERER*

Sophie Sabbage

Mystery

**WHEN YOU SEE ME
A BEAUTIFUL CRIME
THE LAST PASSENGER*
HOUSE ON FIRE***

Lisa Gardner
Chris Bollen
Chas. Finch
Joseph Finder

*Donation **MacCullough ***Wagner Fund

NEW DVDS FOR APRIL 2020

HONEYLAND

KNIVES OUT

LINDA RONSTADT

OPHELIA

PARASITE

TRANSIT

U. S. History

FRANKLIN & WASHINGTON

Edward Larson

English History

THE SPLENDID AND THE VILE

Erik Larson

Chinese History

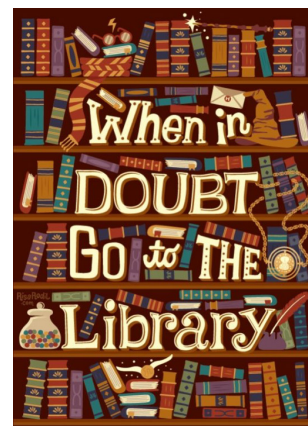
CHINESE COMMUNIST ESPIONAGE

Peter Mattis and Matthew Brazil

Saudi Arabian History

DISCOVERY

Wallace Stegner



Early Spring Beauty



PUBLICATION STAFF
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Editor Janet McDaniel
janlaine@comcast.net

Editor in Training Janet McDaniel

Publisher: Celina Manzanarez

Proofreader: Arden Hoppe

Photographers: Kass Schwin
Carolyn Sanders

Contributors: Mel Britton
Lorraine Schmit

Information regarding the Manor can be obtained from
WWW.CVMANOR.COM
or from the Director of Community Relations, Angie Machado

(831) 626-4867 or (800) 544-5546

ADDRESS SERVICE REQUESTED