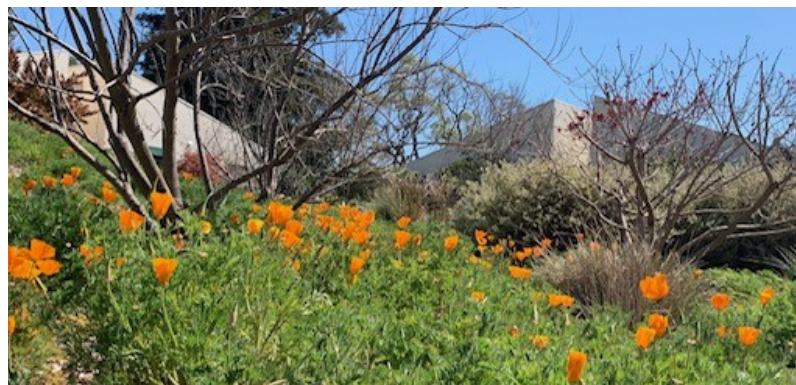
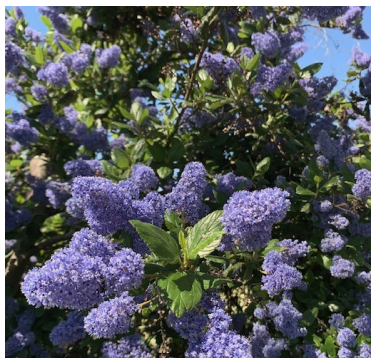




ACCENTS

FORTNIGHTLY PUBLICATION — MAR 22 – APR 4, 2019

Spring Has Come to the Manor!



EVENTS

FRI MAR 22, 29 EDUCATION COMM. – 11 – CRB

Lisa Crawford Watson, adjunct writing instructor at CSUMB and MPC, talks about *CREATIVE WRITING*.

SUN MAR 24 MOVIE – 1:30 – MH (see BB)

MON MAR 25 MONDAY MORNING FORUM - 10:30 - MH

Julianne Leavy, Executive Director of Harmony At Home, will speak. See next page.

WED MAR 27 MOVIE – 7:15 – MH (see BB)

THU MAR 28 HALF-FAST WALKERS PLAN TO WALK

Walkers will head for **Big Sur**. Sign up on BB, and order a brown-bag lunch the previous day. Bruce Newell will lead.

SAT MAR 30 DAYTRIPPERS HEAD TO FESTIVAL

The San Juan Bautista Arts & Crafts Festival features live music and many vendors with arts & crafts and food for sale. The town features a restored historic mission (founded in 1797) only 1 block away; great restaurants - Jardines (dine outside in gardens); Basque food at Matxaian Etxea; and Mexican food at Dona Ester's, for example - great bakery and ice cream shops; many antique and gift stores; a petting zoo (chickens wander the streets); and several Western-style bars (and even a hat shop!) Manor Bus leaves 10:30 (arrives by 11:30); departs at 2:30 (back at Manor by 3:30). Put \$10/person in an envelope with your name on it, put it in Laura Pasten's mailbox, AND sign up on BB. Your \$10 will be returned when, and only if, you get on the bus.

SUN MAR 31 MOVIE – 1:30 – MH (see BB)

WED APR 3 MOVIE – 7:15 – MH (see BB)

THU APR 4 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Toro Park**. Sign up on BB. Marty Rosen will lead.

Department Head News

Dining Services:

We said good-bye to Kirk, who was with the Manor for over 18 years, and hired a new Executive Chef, Gregory Hiltunen, who started on January 4th.

We are updating the menus, trying different entrees and new recipes, and we appreciate the ongoing feedback you all are providing to us...keep it coming.

We are now having action stations in the dining room. First one was stir-fry, and it got super positive feedback. Thank you and for sure this will be a keeper.

Transportation and Front Desk:

Thank you for the positive feedback I received about Ron, our driver, and our front desk staff, Alexandra and Deron. We all strive to give exceptional service to all of you, and it is great when we can make a difference in our residents' lives.

Health Services:

An MPC nursing instructor, pursuing her doctorate, is creating a fall prevention Quality Improvement Plan

with students and staff.

The Emergency Operations Committee is in full swing, with the collaboration of local fire captains.

RN Lisa Hook received Instructor Training for CPR/AED and First Aid, so she can be the campus instructor.

Clinic:

Licensed Clinical Social Worker, Cindy Klaniecki, is coming every other Tuesday to meet the needs of residents and staff.

Central Avenue Pharmacy is providing Parata Passes, which is an option for personal medication management.

Paying attention to the flu season, which lasts through April, we are keeping residents well and staff that opted out of immunization masked.

New residents report that welcome/information sessions are very helpful.

Assisted Living:

Monthly wine and cheese gatherings continue at the Hillcrest Library. They provide a great opportunity for all campus residents to connect.

TLC committee members continue to provide amazing support to the residents of both Hillcrest and the Health Center – Thank you!

Reminder: the Hillcrest Dining Room (all dining rooms) are open to all. Just call ahead, if you would like to visit in either Hillcrest or the Health Center, so arrangements can be made.

Activity Department:

We resumed weekend drives for residents in Hillcrest and the Health Center.

Please check the calendar for our music events. The more enjoying, the merrier!

The weather getting nicer, you will find us outside on our patio!

Physical Therapy/Fitness:

The big news is that we have offered a position in our Fitness Center to Matthew Burke. He is a Kinesiology graduate of CSUMB, with a focus in exercise science. He has experience working as a physical therapy aide and as a personal trainer. He has a strong passion for helping people become their healthiest version of themselves and is a big fan of outdoor exercise. He is in the on-boarding process, and we expect him to be on our campus in the next 2 weeks, if all goes well.

Chris Regan

OUR RESIDENTS' WEBSITE

VISIT THE LIBRARY COMMITTEE PAGE. SEE THE NEW BOOKS.

There are some wonderful books waiting for you to check them out.

Go to the Residents' Website, click on Committees and scroll down to Library.
cv8545.org

ONGOING ACTIVITIES

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

MON	Chair Exercise MH	8:30-8:45AM	THUR	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Games GR	7:00PM
	Dominoes GR	7:15PM	FRI	Chair Exercise MH	8:30-8:45AM
TUES	Chair Exercise MH	8:30-8:45AM		Bookmobile	12:45-1:15PM
	Council Meeting (2nd) CR	9:30AM		Every other Friday (March 22)	
	Adv. Water Exercise SP	9:30-10:15AM		Lawn Bowling PG	1:15-3:15PM
	Worship Services (1st) H	10:30AM		Yoga MH	3:00-4:00PM
	Communion Service (3rd) HC	10:30AM		Social Bridge GR	7:15PM
	Lawn Bowling PG	1:15-3:15PM	SAT	Chair Exercise MH	8:30-8:45AM
	Sing For Fun (1st) WP	2:30PM		Putting (2nd) PG	10-11:30AM
WED	Chair Exercise MH	8:30-8:45AM		Ice Cream Social (1st) PL*	Noon
	Advanced Exercise MH	11:00-11:45AM		Wine Dinner Group (2nd) PDR	5:30PM
	Communion Service (2nd) WP	11:15AM		Music on the Menu DR (Mar 23)	6:00-7:00PM
	Mahjong	2:00-4:00PM	SUN	Movie MH	1:30PM
	Movie Night MH	7:15PM		* NEW	

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	

Monday Morning Forum



Our Monday Morning Forum on March 25th promises to be very special, because our own Laela Leavy's daughter, Julianne, will be our speaker. In 2004, Julianne, and her brother Mike, founded Harmony At Home, a non-profit organization that provides counseling programs for children who have experienced domestic violence, bullying, and other forms of trauma, both at home and at school. Julianne, with a master's degree in psychology, became the Executive Director. Over the past 15 years, Harmony At Home has helped over 30,000 children and families in Monterey County. Come hear this amazing young woman's story at 10:30 in the Meeting House.

Jean Brenner

Happy Birthday

3/26	Rosalie H.	3/27	Bob M.
3/26	Jo I.	4/3	Loie P.
3/27	Norma F.		

IN MEMORIAM

3/14 Jitka Elton

MANOR COURTYARD DEVELOPMENT

Do you know where Courtyard 1 is?

Courtyard 1 is surrounded by buildings 2,3,4, and 5. It is completely exposed to the elements, with no shade. There is a passage off Bldg. 2 passage that leads directly into the courtyard and to the exit stairway on the west side. It has a long trough along its north side. For years, the trough has been planted with red geraniums, lovingly tended by Jo Chambers. There is a planting bed along the inside of the north wall of the courtyard and wide concrete benches attached to the south and east inside walls.

If you didn't before, now you know where Courtyard 1 is.

The landscape committee has suggested that this courtyard, completely exposed as it is, might be a perfect place to develop a succulent/cactus garden display, using colorful succulents and cacti, along with colorful stones and pots arranged in the trough and planting bed and on the benches.

In addition, a second courtyard might be filled with species of flowers known to attract birds and/or butterflies, so as to attract residents to these little-used campus spots.

Mike Smith

NEW/SOON-TO-BE RESIDENTS

Diane Greenlee	John and Ann Mahoney
Charles and Leslie Snorf	Roger Newell
Joanne Irmes	Jerry & Diana Kitchen



Greg Hiltunen, Master Chef

Do you wonder what kind of a name Hiltunen is? Well, it is Finnish, and that is where Greg's grandparents came from, to settle in the Copper Country of Michigan, overlooking Lake Superior. And that is where our chef, Gregory Hiltunen, was born and raised. He also speaks

some Finnish, if you want to see how much he remembers. On the thumb of the upper peninsula of Michigan, in the town of Houghton, Greg grew up with an interest in cooking. From the age of five, he watched his grandmother and mother in the kitchen, cooking their comfort food of meat, potatoes, and more. At fourteen, he worked at McDonald's, and there he learned what short orders were all about. But, while he loved cooking, he thoroughly enjoyed and played all the sports of the seasons, such as hockey. That, he says, is the teenage fun of living where there are seasons. The time came, though, for him to continue his education. He went to Northern Michigan University and Northern Michigan State, where he studied marketing. He thought that would be a better career than the culinary field.

In 1995, he got a marketing job in Tempe, Arizona, as assistant manager of a retail store. After four years, he decided to pursue his passion, and he entered the Cordon Bleu program at the Culinary Institute. In 2001, he graduated with a degree in Culinary Science. With that in his pocket, California, here he came. For one year, he worked at the St. George Hotel, in Volcano. Then, Quail Lodge beckoned him to be their sous chef, where he stayed from 2002-2005. Maybe the best part of working at Quail was that he met Sabrina, who also worked there and later became his wife. Because they wanted to buy a house and have a family, they knew that financial security here on the Peninsula was hard to come by, particularly with the cost of houses; so they moved to

Arizona, where they could afford to buy a house. Greg enjoyed golf there, as well as his employment, for seven years.

For three years, he was executive chef for the Chase Bank Building, where he conjured up meals for the 2,000 people that worked in that building. After that, he went to work for Avnet Corporation. Avnet is a technical company, which does the logistics for warehouse shipping. Here he saw to the meals for the blue collar workers as well as the CEO. Remembering, Greg smiled as he said "I loved that job, because I loved the workers and their bosses!"

Yet to come was the most fun and creative. Greg decided to go into business for himself, and he chose the very popular new rage - a truck restaurant. He called it The Hungry Street Grille and started it from scratch. It was an instant success and also profitable.

After three years of having his own business, having made a lot of friends, being near his sister and father, and going to ball games, another life change occurred- a very happy one. Sabrina, who was working as a Director at the University, became enceinte. So, after little Charlie was born, they moved back to Monterey, where Sabrina's mother also lived. In January 2017, Greg, now a proud father, became executive sous chef at Asilomar, in Pacific Grove. "I had a top-notch crew there. They were awesome!" said this smiling chef. But that was not to continue, as we know. Our Ilona pulled him away from his top-notch crew to work with another top-notch crew, here at Carmel Valley Manor. Now we are enjoying Greg's ideas and meals. He wants to incorporate southwest flavors and the flavors of barbecues. So, now he prepares meals for about 200 people, and he wants to know what they like and don't like. "I want to create good memories for them," says our jolly chef. Of course, we wish that, too, and welcome Greg Hiltunen to the Manor to do just that!

Jane Upp

PUBLICATION STAFF

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