



CARMEL VALLEY MANOR
A Life Care Retirement Community

FORTNIGHTLY PUBLICATION — JUNE 28 – JULY 11, 2019

4TH OF JULY

- 9:30.....Putting Contest
10:00.....Recitation of the Gettysburg Address
10:10Residents All Sing The Star Spangled Banner
10:15Cannery Rogues Quartet Sings Patriotic Songs
11:30Lunch – Rick Yramategui Plays July 4th
 Music on the Piano in the Dining Room during Lunch
1:00Bridge
3:30Movie – *Born on the Fourth of July*

“The second day of July, 1776,” wrote John Adams, “will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival.”

Adams was off by two days. It may have been approved on the second day of July, but from the outset we have all celebrated the Declaration of Independence on July 4th, the date shown on the Declaration. And celebrate we do! Perhaps no more cherry bombs, firecrackers, or rockets - too risky in our fire-ravaged state. But nonetheless, each year cities and towns all over the country put on great displays, bands march, and speeches are made. Here at the Manor, we gather on the bowling green for our own celebration of this glorious day. Here, with proper pomp and ceremony (plus a little golf), we give thanks to our forefathers for our nation’s freedom and liberty. Three cheers for the 4th of July!

Dick Wheat



EVENTS

SUN JUN 30 MOVIE – 1:30 – MH (see BB)

SUN JUN 30 DAYTRIPPERS GO TO TACO SUPPER

Las Marias Restaurant - an excellent Mexican Restaurant in Seaside - has been open 6 months. We will have a Taco Bar; with pork, beef or fish; and all the fixins, including beans and rice; plus cheese quesadillas--all for \$15, which will include beverage, tip and tax. Laura will treat everyone to a margarita (and they make good ones). Manor bus leaves at 4:30.

WED JUL 3 DAYTRIPPERS GO TO CARMEL FOUNDATION - 2:30

Will Furman and Gerry Williams will reprise their show, *Frank Sinatra - the Man and His Greatest Hits*. No admission. Open to the public. Manor Bus leaves at 2:30. Sign up on BB.

WED JUL 3 NO MOVIE

THU JUL 4 HOLIDAY GALA – 9:30

See first page.

THU JUL 4 HALF-FAST WALKERS DO NOT PLAN TO WALK

SUN JUL 7 MOVIE – 1:30 – MH (see BB)

WED JUL 10 MOVIE – 7:15 – MH (see BB)

THU JUL 11 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Salinas River State Beach**. Sign up on BB, and order your brown-bag lunch the previous day. Marty Rosen will lead.

FRI JUL 12 ART HISTORY LECTURE – 9:30–11 – MH

Our own Tory Raggett will be “**Considering Color.**” The properties and possibilities of color... Why do artists choose the colors they do? How do color choices affect the emotional impact of their paintings? What are the ways an artist can use color to support his or her idea? The class will combine art history and images and discussion to stimulate our understanding, knowledge, and enjoyment of paintings.

This letter to the editor appeared in the *Times of Northwest Indiana*:

A lot of deer get hit by cars west of Crown Point on U.S. 231. There are too many cars to have the deer crossing here. The deer crossing sign needs to be moved to a road with less traffic



The Fitness Center has New Machines – Check Them Out!



THE RESIDENTS' WEBSITE

SEE THE NEW BOOKS ON THE LIBRARY COMMITTEE PAGE.

There are some wonderful books waiting for you.

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



NEW/SOON-TO-BE RESIDENTS

John and Ann Mahoney

Roger Newell

Jerry & Diana Kitchen

Janet McDaniel

Mary Eldredge & Alik Poulou

Thomas & Sonja Hout

Marlene Wood

Frederick & Alice Glasser

Kenneth Johnson & Marilyn

Porter

Happy Birthday

6/29

Larry F.

7/4

Dick W.

6/30

Susan D.

7/5

Mickey P.

6/30

Charlie B.

7/8

Joan A.

7/2

Jan S.

7/10

Curt H.

7/2

Bill S.

7/11

May W.

7/4

Tom M.

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	1:00PM
	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 (June 28)	
	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	3:00PM
	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 (June 29)	6:00-7:00PM
	Mahjong	2:00-4:00PM	SUN	Movie MH	1:30PM
	Movie Night MH	7:15PM			

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 JULY 2019

Fiction

THE FLIGHT PORTFOLIO	Julie Orringer
SUNSET BEACH	Mary Kay Andrews
CITY OF GIRLS	Elizabeth Gilbert
NAPOLEON'S LAST ISLAND*	Thomas Keneally
THE SECRETS BETWEEN US	Thrity Umrigar

Mystery

THE SPIES OF SHILLING LANE	Jennifer Ryan
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U. S. History

AMERICAN MOONSHOT	Douglas Brinkley
THE FIRST WAVE	Alex Kershaw

Political Science

UNFREEDOM OF THE PRESS	Mark R. Levin
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Psychology RANGE

David Epstein

*Donation **MacCulloughFund ***Wagner Fund

DVDs CHOSEN FOR JULY 2019

GLORIA BELL

RESIDENT

THE GOOD FIGHT (Seasons One and Two)

AT ETERNITY'S GATE

APOLLO 11



Dining Services News:



Our new point-of-sale (POS) system completed the server upload in mid-May. Now we are starting staff training. We all are very excited to use this system, as it will streamline all services.

Mother's and Father's Day extravaganzas were a huge hit, notably our meat carving stations for

Father's Day. We are grateful for our team and all the festivities.

All Sunday and holiday brunches have been moved into our dining room, where you can enjoy the variety of venues.

As weather permits, we will open our patio dining, and we have added three additional tables for those who wish to dine with others and their dogs.

Please know that my door is always open, and I welcome any questions.

Ilona Corpus

Health Services Department News

Clinic:

We communicate well and easily with our campus physicians, yet you *can* keep your off-campus physician. We have contacted all off-campus physicians who currently support our independent residents and have educated them on what is needed when you are ill or need admission to the Health Center. As you know, we are only as good as the information you offer us. Kindly send along copies of your off-campus physician visits as well as your medication list or any changes. Please also let us know when you have a scheduled procedure, so that we can prepare and assist you. The Central Avenue Pharmacy (CAP RX) can package your daily medications in a "Parata PASS." This is an efficient and simple way to deliver your medications. Small packages have the date/time and medications in easy packaging. The clinic has samples if you wish to see. Ancillary Services is set to launch next month. We are already servicing some of our residents, but an official rollout will be happening soon. Details to follow in a separate memo.

Physical Therapy/Fitness:

The Physical Therapy Department continues to see residents for rehabilitation and also keeps up with annual functional testing. This testing, done prior to your annual physical, helps you to understand your current abilities and to receive the best durable medical equipment. The testing suggests therapies to keep you upright and mobile. Also, Physical Therapy wants to keep our staff mobile and safe. To this end, we offer an annual body mechanics class. We just completed one for all campus! Healthy - here we are! The Fitness Center is rocking: Matthew has been helping many of you create and meet your goals for wellness (see page 2). Also, we have acquired new Hoist Fitness equipment. We will offer an open house, so that you can see and try out this new, user-friendly equipment. Matt has been doing a great job and would like to engage with each of you. Please call him at extension 4528 to schedule an appointment.

Health Center and Hillcrest:

Hillcrest continues to offer opportunities to gather and engage. Our wine and cheese events are wonderful! Please consider coming to gather with us on the next event (during the last week of each month).

Health Center and Hillcrest have just completed an Evacuation and Surge Test with the Monterey- San Benito County Health Care Coalition. We successfully "evacuated" our residents at both the Health Center and Hillcrest to outside communities. We not only found safe places for our residents, we also found transportation for all the special needs. We engaged with the Monterey County Health Department/Coalition, Emergency Medical Services, Office of Emergency Services, Monterey-Salinas Transit (MST), and Carmel Hills Skilled Nursing. This was a hugely successful drill. We initiated our Incident Command – and all that goes with it. Staff report that it was great! They felt empowered to participate. Next, we will pursue further drills with independent living residents and our local fire department and sheriff. Waiting for dates/times available for fire to participate.

Health Center Activities Department has advanced our very own Rosetta Harris to become Activity Program Manager. We are thrilled to promote Rosetta to this position. Her energy and ideas are just what we need! She is championing our volunteer program, which includes adults and high school students. We recognize that our youth are our future, and we know that exposing our youth to our campus services helps us all. Thank you, Rosetta!

We have created an Emergency Medication Focus Group that includes CAP RX to discuss with Independent Living best practices for medication preparation for emergencies. We will be meeting in June. With a memo and instructions/best practices decision to follow.

Chris Regan



PUBLICATION STAFF

ACCENTS is published by and for the residents of Carmel Valley Manor, a Life-Care Community at 8545 Carmel Valley Road, Carmel, CA 93923.

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ADDRESS SERVICE REQUESTED