



# ACCENTS

FORTNIGHTLY PUBLICATION — NOVEMBER 3 - 16, 2017

## *Dance Kids of Monterey County - A Taste of the Nutcracker*

A mini-Nutcracker performance brought to you by Dance Kids of Monterey County  
Saturday, November 4 at 1:30PM, Meeting House



### **Annual Fire Day at the Manor – Fri, Nov 17**



Last year, the Soberanes Fire was fresh in our memory. This year, the Napa/Sonoma fire worried many residents when they learned that several large senior communities had to be evacuated.

We are hoping that this year, our fire-fighting neighbors can shed some light on any lessons learned from those fires and also what a campus evacuation might look like for us if a large fire or other disaster threatened the Manor.

The emergency evacuation alarm will sound at 10 am. After the drill is over, residents will gather in the Meeting House for a program and the presentation of our annual contribution to the Fire Dept.

Chief Michael Urquides will speak, fire equipment will be on display; and Chief Urquides, as well as Chris Regan and Brian Rasmussen, will be available to answer questions.

*Otto Neely, Resident Fire Warden*

## EVENTS

### SAT NOV 4 SPECIAL EVENT – 1:30 – MH

Dance Kids of Monterey County perform *A Taste of the Nutcracker* - see front page.

### SAT NOV 4 TURN YOUR CLOCKS BACK AT 2 AM

**Don't Forget!**



### SUN NOV 5 MOVIE – 1:30 – MH

*Barefoot Contessa* - Washed-up film director Harry Dawes (Humphrey Bogart) discovers stunning peasant Maria Vargas (Ava Gardner) dancing in a nightclub in Madrid. Goaded by his producer, Wall Street financier Kirk Edwards, Harry convinces her to star in his next big picture. But as the realities of stardom weigh on Maria, she seeks a genuine lover with whom she can escape.

### SUN NOV 5 DAYTRIPPERS SUP AT CHINA DELIGHT

Manor bus leaves at 4. Cost is \$15; beer/wine extra. \$10 advance deposit. Sign up on BB. Questions? Lari X4818

### TUE NOV 7 MUSIC IN THE LIBRARY – 7:15

Esa-Pekka Salonen, *Mania*, London Sinfonietta under Salonen, Anssi Karttunen, cello; Magnus Lindberg, *Dos Coyotes*, Anssi Karttunen, cello, and Magnus Lindberg, piano; Kaija Saariaho, *Chateau de l'ame* (Five songs about love), Finish Radio Symphony and Choir under Salonen, Dawn Upshaw, soprano; Jean Sibelius, *Valse Triste*, Berlin Philharmonic under Herbert von Karajan

### WED NOV 8 MOVIE – 7:15 – MH

*The Big Sick* - Kumail is a Pakistani comic who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

### THU NOV 9 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Asilomar North**. Sign up on BB. Mike Smith will lead.

### FRI NOV 10 EDUCATION COMM. CLASS – 1 – CR

Prof. Renee Curry leads the last of her 5 discussions of Toni Morrison's Pulitzer-Prize-winning novel, *Beloved*.

### FRI NOV 10 SPECIAL EVENT – 5 – PL

Our own Lee Chambers will perform old time pop pieces, accompanied by Kass Schwin. They will also be joined by Kate and Arthur Latimer.

### SUN NOV 12 MOVIE – 1:30 – MH

*Random Harvest* - A veteran of World War I, Charles Rainier (Ronald Colman) has lost all memory of his life before the war. He meets a showgirl, Paula (Greer Garson), with whom he falls in love and they marry. A car hits Rainier, erasing the memories of his life with Paula, but restoring those of his life before the war. While he returns to his previous life, Paula tries to find a way to be reunited with her husband.

### MON NOV 13 MONDAY MORNING FORUM – 10:30 – MH

Admiral Henry Mauz, US Navy (Ret) will speak on "US Navy – Its Role in the Western Pacific and the Pressures It Faces."

### TUE NOV 14 MUSIC IN THE LIBRARY – 7:15

Vivaldi, *Concerto in C For Violin & Double Orchestra*, I Solisti Veneti under Claudio Scimone; Manuel de Falla, *The 3-Cornered Hat*, Slovak Radio Symphony Orchestra under Kenneth Jean; *Piano Concerto In A Minor*, Bavarian Radio Symphony Orchestra under Sir Colin Davis, Murray Perahia, Piano

### WED NOV 15 RESIDENTS' ANNUAL MEETING – MH – 10-11:30

All residents are encouraged to attend our annual meeting to elect 4 new Council members and to consider other issues, as well. Will Furman will entertain.

### WED NOV 15 MOVIE – 7:15 – MH

*Her* - A man (Joaquin Phoenix) earns a living by writing personal letters for other people. Left heartbroken after his marriage ends, he becomes fascinated with a new operating system which reportedly develops into an intuitive and unique entity in its own right. He starts the program and meets "Samantha" (Scarlett Johansson). Soon they fall in love.

### THU NOV 16 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Mission Trail**. Sign up on BB. Steve Brooks will lead.

### FRI NOV 17 ANNUAL FIRE EMERGENCY TEST- 10

Fire emergency test, followed by program in the MH- see front page.

## UPCOMING EVENTS

### SUN NOV 19 MOVIE – 1:30 – MH

*The Last Emperor*

### WED NOV 22 MOVIE – 7:15 – MH

*A Brilliant Young Mind*

### SUN NOV 26 MOVIE – 1:30 – MH

*Like Water For Chocolate*

### WED NOV 29 MOVIE – 7:15 – MH

*A Quiet Passion*

### SUN DEC 3 DAYTRIPPERS HEAD FOR MAMMA MIA

Manor bus leaves for the Golden Bough at 1:30. Tickets are \$30.60. Make check payable to CVMRC. Sign up on BB. Questions? Mary Krecki X4770

### NEW/SOON-TO-BE RESIDENTS

Hersch and Shirley Loomis Susan Nycum  
Claude "Skip" & Joan Keyzers Martha Danziger

## Happy Birthday

11/2	Rosemary B.	11/8	Jean C.
11/3	Betty H.	11/9	Ramona S.
11/6	Shirley K.	11/11	Don A.
11/7	Sandy R.	11/13	Geneva W.
11/7	Freya W.		

## ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

<b>MON</b>	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	<b>THUR</b>	Chair Exercise MH Half-Fast Walkers Adv. Water Exercise SP Games GR	8:30-8:45AM 9:00AM 9:30-10:15AM 7:00PM
<b>TUES</b>	Chair Exercise MH Council Meeting (2nd) CR Adv. Water Exercise SP Worship Services (1st) H Communion Service (3rd) HC Lawn Bowling PG Sing For Fun (1st & 3rd) WP Music In The Library L	8:30-8:45AM 9:30AM 9:30-10:15AM 10:30AM 10:30AM 1:15-3:15PM 2:30PM 7:15PM	<b>FRI</b>	Chair Exercise MH Balance and Stretch MH Strength Circuit Training FC Bookmobile (Every other Friday from November 3) Lawn Bowling PG Social Bridge GR	8:30-8:45AM 9:15-9:45AM 11:00-11:45AM 12:45-1:15PM  1:15-3:15PM 7:15PM
<b>WED</b>	Chair Exercise MH Balance and Stretch MH Advanced Exercise MH Strength Circuit Training FC Communion Service (3rd) WP Movie Night MH	8:30-8:45AM 9:15-9:45AM 11:00-11:45AM 11:00-11:45AM 11:15AM 7:15PM	<b>SAT</b>	Chair Exercise MH Adv. Water Exercise SP Putting (2nd) PG Wine Dinner Group (2nd) PDR Music on the Menu DR.	8:30-8:45AM 9:30-10:15AM 10-11:30AM 5:30PM 6:00-7:00PM
			<b>SUN</b>	Classic 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	

## Top 8 Ways to Prepare for Influenza This Season



*-Wash your hands.* If soap and water are not available, use an alcohol-based hand rub. Regardless of how often you wash, avoid touching your eyes, nose, or mouth; these are common entry points for germs.

*-Avoid close contact with people who are sick.* Instead of visiting an ill friend, encourage her/him with a phone call.

*-Protect others* by keeping your distance from them if you feel under the weather. Postpone errands or appointments that can wait until you feel better. "When in doubt, sit this meal out." Trays can be arranged with a quick call to the Clinic.

*-Get your influenza vaccine.* The Center for Disease Control (CDC) highly recommends getting the flu shot every season. Bad news/good news: If you haven't yet gotten vaccinated in the Lobby, you've missed your shot at that...but you can still get a free shot locally – e.g., Safeway at MidValley, CVS at the Crossroads.

*-Build your immune system* by eating nutritious food. Powerful immune boosters include fresh fruits and veggies, yogurt, oats and barley, garlic, shellfish, chicken soup, tea, beef, sweet potatoes, and mushrooms.

*-Drink plenty of fluids.* A well-hydrated frame is better able to circulate oxygen, nutrients, and immune cells.

*-Rest.* Adequate sleep and stress management lessen immune-depressing cortisol levels, as well as enabling the system an opportunity to combat oncoming infections.

*-Cover your mouth and nose with a tissue* when coughing or sneezing. Encourage others to do the same.

*Dana Suess*

## MY GIFTED MENTOR



A shrill ring shattered the silence. I sighed with exasperation; the telephone was at work again, which meant something new to do or something someone wanted to sell. The voice on the other end was not what I expected; instead it was cheery and interesting. “Hey, Pat, we’ve got a young blind greyhound for you, want to come up here tomorrow and see the boy?”

I protested, as I had not even thought of another grey. My Mario was older and needed peace and quiet. We jabbered on for a while, and I found this new one had been blind since birth and had raced 110 times without seeing the track and was always in the money. I gave in and arranged a meeting place. I was hooked.

When I first saw Mega Zalu (track name) he was the most indifferent dog I had ever known. He cared nothing for people, only the other greys with whom he had bonded. He and Mario met, smelled and went their own ways. He was regal and beautifully brindled in a reddish brown. His profile was handsome, slender in elegance and aloof. All greyhounds take your heart, but he was something else, absolutely indescribable.

Mario would not teach him a thing, as he was above babies, and as I observed Zeke (his now pronounceable name) I knew talking was my best bet of control. So I

rambled on and he listened. We talked of birds, of smells, of good naps; of what to do and what not to do, kindness, love and that we were bonded to each other. He listened so intently, I actually felt he knew what I was saying.

He learned to count all the steps of our Manor stairs, knew the time of day and when I was supposed to do something for him. He memorized people and never forgot them. He lost his fear of Spanish (he was from the Caliente race track in Mexico) and accepted touching as a kindness. He lost his sensitivity to loud noises and recognized tiny hands with rubs as friends.

I taught him to stay with me by asking him to, not by a sharp command. I used the word “No” softly and built his vocabulary up so he would listen attentively. He lost his indifference and we acted as one.

Mario lived for another year, never taking on the role of a teacher, but Zeke, who had developed sensitivity for all of us, felt the emptiness of his loss.

A few months into our life together I found him staring into my eyes intently as I sat in a chair. His large, sightless, dark orbs never wavered, and I felt a presence. He was communicating with me! I responded in kind with words from his vocabulary, and we talked motionless for a few minutes, and then satisfied, he moved onto his sofa.

Now I often look into those deep pools until I reach his soul, and we bond no matter where, why or when. Trust is the finest gift I have given him, and he in turn has mentored me into a better human.

*Pat Hughes*

### 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.

Editor:	Jim Riesenfeld jimriesenfeld@yahoo.com
Publisher:	Celina Manzanarez
Proofreader:	Arden Hoppe
Photographer:	Kass Schwin
Contributors:	Pat Hughes Otto Neely Dana Suess

Information regarding the Manor can be obtained from [WWW.CVMANOR.COM](http://WWW.CVMANOR.COM) or from the Director of Admissions, Angie Machado, (831) 626-4867 or (800) 544-5546

**ADDRESS SERVICE REQUESTED**