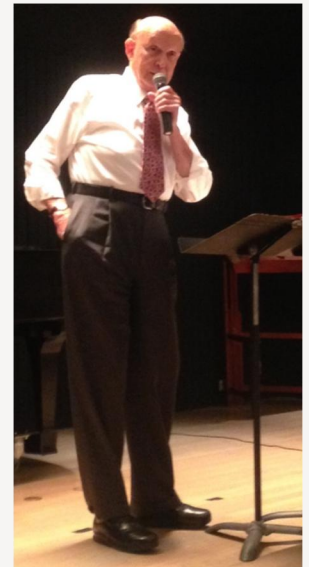


## VALENTINE'S DAY AT THE MANOR

We all had a real good time!



### The Manor's New Poet Laureate

By unanimous consent, the Residents' Council proclaimed George Wilson as Carmel Valley Manor's newest Poet Laureate. George is a published poet, a writer of both verse and prose poetry, a man of conscience, and an extraordinary human being, loved by us all. Appropriately, it was on Valentine's Day that George joined past laureates, Ann Richardson and Dick Wheat, at this exalted post. All hail, George!

*Dick Wheat*



This tired looking specimen – Gary Nelson - was recently spotted draining a vein of his 500th unit of blood. Fortunately he did not have to do it all in one sitting. The Guinness Book of

Records lists an unofficial 550. He expects to break the record in 2027.

## EVENTS

### **SUN FEB 26 MOVIE\* – 2:30 – MH**

*All that Jazz* is a 1979 American musical film in which director/choreographer Bob Fosse tells his own life story, as he details the sordid life of Joe Gideon, a womanizing, drug-using dancer.

### **MON FEB 27 SPECIAL EVENT – 7:15 – MH**

Returning to the Manor by popular demand is three-time world champion jazz pianist Brian Holland and Grammy-winning drummer Danny Coots. HOLLAND and COOTS will wow you with hot ragtime, stride, boogie-woogie, blues, and jazz. Don't miss this event!

### **TUE FEB 28 MUSIC IN THE LIBRARY – 7:15**

Highlights from the 2016 Strings Music Festival, Steamboat Springs, Colorado. Selections from various composers, CD from the Larry and Ruth Rosen collection

### **WED MAR 1 MOVIE – 7:15 – MH**

*Walkabout* concerns two young siblings who are stranded in the Australian Outback and are forced to cope on their own. They meet an Aborigine boy on "walkabout" - a ritual separation from his tribe. The boy shows them how to survive, and in the process underscores the disharmony between nature and modern life.

### **THU MAR 2 HALF-FAST WALKERS PLAN TO WALK – 9**

Walkers will head for Point Lobos. Sign up on BB. Ken Rich will lead.

### **FRI MAR 3 CREATIVE WRITING CLASS – 9:30–11 – CR**

A second series of classes is being taught Mar 3–17. No sign-up is necessary.

### **FRI MAR 3 DAYTRIPPERS GO TO JAZZ BASH BY THE BAY**

Hear Blue Street Jazz Band, Big Mama Sue and Friends, Ellis Island Boys, and more. Bus leaves Manor at 11 and returns at 3. Food and drink will be available for purchase. Make checks for \$27.50 payable to CVMRCDT and give to Lari Newberry, X4818. Sign up on BB.

### **SUN MAR 5 MOVIE – 2:30 – MH**

*Slumdog Millionaire* is the story of an 18 year-old orphan from the slums of Mumbai, who is about to experience the biggest day of his life. With the whole nation watching, he is just one question away from winning a staggering 20 million rupees on India's "Who Wants to Be a Millionaire?" But when the show breaks for the night, police arrest him on suspicion of cheating. When the new day dawns, the boy returns to answer the final question.

### **TUE MAR 7 MUSIC IN THE MEETING HOUSE – 7:15**

See/hear live music in the Meeting House, performed by the Hollow Hills Woodwind Quintet: Gary Stoltz, flute; Ed Retzler, oboe; Bob Reid, clarinet; John Weaver, bassoon; and Emily Craparo, French horn; with guest pianist, Lucy Faridany – music of Joseph Haydn, Denes Agay, Adrien Barthe, and Ludwig Thuille.

### **WED MAR 8 SLIDE SHOW – 4:30 – MH**

Take a trip to the Galapagos Islands and enjoy free wine and cheese. Will Furman will present a slide show of the beautiful animal photos he took on his recent trip. Learn why Charles Darwin found this a most fascinating place, and see what makes these islands unique in the world.

### **WED MAR 8 MOVIE – 7:15 – MH**

*Manchester by the Sea* is the story of an uncle (Casey Affleck) who is asked to take care of his teenage nephew after the boy's father dies.

### **THU MAR 9 HALF-FAST WALKERS PLAN TO WALK – 9**

Walkers will head for Nisene Marks. Sign up on BB and order your brown bag lunch the day before. Harry Hanson will lead.

## UPCOMING EVENTS

### **SUN MAR 12 MOVIE – 2:30 – MH**

*Quartet*

### **TUE MAR 14 MUSIC IN THE MEETING HOUSE – 7:15**

The Monterey Peninsula Voices, a volunteer community chorus performing since 1962, will delight our senses and lift our spirits. Music: the original, mood-altering, non-fattening wonder drug.

### **WED MAR 15 DAYTRIPPERS GO TO RANCHO CIELO**

See where young people build their skills and transform their lives. Noon lunch prepared by students of the Drummond Culinary Academy. Great food! Bus leaves the Manor at 10 and returns at about 3. \$45. Make check payable to CVMRCDT and give to Mary Krecki X4770. Sign up on BB.

### **SUN MAR 19 MOVIE – 2:30 – MH**

*Chocolat*

### **SUN MAR 26 MOVIE – 2:30 – MH**

*Flying Down to Rio*



### **Don't Forget to Vote!**

What is your preference for the evening dress code? Make your preference known on one of the yellow survey sheets available at the Reception Desk. Deadline is March 7!

### **NEW/SOON-TO-BE RESIDENTS**

Zad and Laela Leavy  
Charles Bancroft

William and Julie Obering

Claude "Skip" & Joan Keyzers  
Ellen Latimer McGrath  
Barbara Eisiminger

### **Happy Birthday**

2/27	Gordon W.	3/3	Shirley F.
2/28	Gloria D.	3/4	Art B.
3/1	Gary N.	3/4	Gerald W.
3/1	Victoria V.	3/9	Sandra D.



## Add “Generic” to Your Vocabulary

You have an appetite for fish, swordfish in particular, for your family's visit. You go to the Village Fish Market to buy the fish. The owner directs you to the left of the fish counter, and you see two identical rows of fish: one says “Xiphias Gladius,” at \$40 a pound, the other says “Swordfish” \$8 a pound. You ask the manager “What is the difference?” He responds “There is none, both rows were cut from the same fish caught today in the Bay.”

I think none of you would buy the \$40 fish, yet most people when they buy drugs, choose the \$40 drug instead of the \$8 drug.

This is where “generic” comes in. All people purchasing medical care (and this is almost everyone) should know the word and not be afraid to use it in asking about their purchases of drugs. If their physician or pharmacist replies that there is no generic, that can mean two things: the drug is still under patent and the provider believes that the patented drug is “superior.” If that is the reason given, I believe that you should explore the reason for this belief. It is certainly my belief that virtually all the time, the provider is not correct in his or her belief.

All drugs have generic names: *aspirin* is the generic name for *acetylsalicylic acid*. When a drug loses its

patented status (usually ten to fourteen years after the drug's introduction as a new, FDA-approved drug), generics become available. *Acetaminophen* is the generic for the drug most commonly called *Tylenol*. Acetaminophen can be obtained from Amazon for 2 cents a tablet. Tylenol costs 25 cents at the local Safeway pharmacy. *Mucinex*, used to loosen your cough and your secretions

is *guaifenesin* as a generic. (Most cough syrups contain guaifenesin as their active ingredient.) Mucinex costs 50 cents per tablet at Safeway and 8 cents per tablet at Amazon. For the more expensive prescription tablets it is even worse. Lipitor, a commonly used anti-cholesterol drug, costs \$436.25 for 30

tablets at the Palo Alto Medical Foundation Pharmacy; atorvastatin, the generic, costs \$31.50 for 30 tablets at the same pharmacy. (Yes, that's right, you read the numbers correctly.)

Obviously, “Something is Rotten in Denmark!” Going into the reasons for the disparities between the charge for a medical service or drug and what is actually paid by the payer (insurance company or Medicare) would require a long and complicated essay. Meanwhile, the take-home message is clear. Insist on the “generic” wherever possible, and fight back against these unconscionable charges.



# LIBRARY NOTES

## BOOKS SELECTED FOR MARCH 2017

### Mystery

NO MAN'S LAND\*

THE SHADOW OF THE WIND

### Fiction

PACHINKO

### Biography/Combined Biography

ARTHUR AND SHERLOCK: Conan Doyle and the  
Creation of Holmes

SHOE DOG: A Memoir by the Creator of Nike

GEORGE LUCAS: A Life\*

THE ROSE HOTEL\*

PLEASE ENJOY YOUR HAPPINESS\*

### Psychology

THE UNDOING PROJECT\*

### Sociology

THANK YOU FOR BEING LATE\*\*\*

### Travel

A TASTE FOR PROVENCE\*\*

### U. S. History

THREE DAYS IN JANUARY\*

### Science

OTHER MINDS: The Octopus, the Sea, and the Deep

Origins of Consciousness

David Baldacci

Carlos Ruiz Zafón

Min Jin Lee

Michael Sims

Phil Knight

Brian Jay Jones

Rahimeh Andalibian

Paul Brinkley-Rogers

Michael Lewis

Thomas Friedman

Helen L. Horowitz

Brett Baier

Peter Godfrey-Smith

## DVDs CHOSEN FOR MARCH 2017

DEEPWATER HORIZON – Action thriller of a man-made disaster

DA VINCI'S DEMONS (No. 3) – Leonardo's life continues in Renaissance Florence.

HOMELAND (No. 5) - "Trust no one" as Carrie, no longer a CIA agent, now operates in Berlin for a private security firm.

THE MAGNIFICENT SEVEN – Denzel Washington puts together and leads a force against a tyrant who has taken over a small town.

SPIRAL (No. 4 & 5) – More police/law drama from this amazing French series (the BBC has added their expertise to the mix.)

### DONATIONS

DRIVE – Ryan Gosling as a stunt driver

HAYWIRE – Action-thriller from Steven Soderbergh

LEGENDS OF THE FALL – Brad Pitt, Anthony Hopkins

\*Donation\*\*MacCullough Fund\*\*\*Wagner Fund



Evening news is where they begin with "Good evening," and then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism; to steal from many is research.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they're sexy.

A clear conscience is the sign of a fuzzy memory.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

### 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

Designer:

Celina Manzanarez

Photographer:

Kass Schwin

Proofreader:

Arden Hoppe

Contributors:

Mel Britton  
Dick Wheat

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

ADDRESS SERVICE REQUESTED