



ACCENTS

FORTNIGHTLY PUBLICATION — AUGUST 11-24, 2017

CARMEL VALLEY

There must be ten thousand valleys as lovely as this
in a world so marvelously wrought.
It's just for this one that whenever I'm away, I wish;
the special beauty here has me caught.
The river below us was once braided
with many strands.
But now it is strangled and downgraded
by houses and golf courses leaving one band.
We have slayed gorgeous forests and countless trees,
overbuilt its hillsides in many places.
Still the valley survives and leaves much to please,
and even restored in some cases.
I've seen its creatures, bobcats, coyotes, and a lion or
hawks and eagles, ravens, crows, and other birds,
always something to look for or to surprise you.
I am never bored and frequently lost for words.
That I live in this gorgeous valley is something
hard for me to comprehend,
yet I cannot help but rejoice and sing
for I see its beauty every day around every bend.



It winds from the sea for twenty miles and up
two thousand feet,
with hills and mountains up to four.
May we learn better to care for and cherish what
we have
and not long for more.

George M. Wilson

EVENTS

FRI AUG 11, 18, 25 EDUCATION COMMITTEE CLASS – 9 - 11 – CRB

Lisa Crawford will return to teach her popular class in Creative Writing. No sign-up required – just be there! (1st class was on Aug 4.)

SUN AUG 13 MOVIE – 1:30 – MH

From Here to Eternity is the powerful, realistic story of the lives of American military men (and their women) stationed in peacetime Hawaii in the summer and fall before the surprise attack on Pearl Harbor in late 1941. The successful film, both critically and financially, soon became the second biggest hit of 1953.

MON AUG 14 EDUCATION COMMITTEE CLASS – MH

Ever-popular geologist Ed Clifton returns to speak on *The Rise and Fall of the Dinosaurs*.

TUE AUG 15 MUSIC IN THE LIBRARY – 7:15

Saint-Saens, *Tarantella for Flute, Clarinet and Piano*, Joana G'froerer, flute, Kimball Sykes, clarinet, and Stephane Lemelin, piano; Rimsky-Korsakov, *Mlada: Procession of the Nobles, Scheherazade, Op. 35*, London Symphony Orchestra under Evgeny Svetlanov, with John Georgiadis, violin

WED AUG 16, 23, 30 BRIDGE BASICS – 4-5:30 – GR

“Brush Up on Basics” with the one-and-only Lyde. Sign up on BB.

WED AUG 16 MOVIE – 7:15 – MH

Gifted Frank Adler (Chris Evans, **Bob Evans's grandson**) is a single man raising a child prodigy - his spirited young niece Mary - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the 7-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary.

THU AUG 17 HALF-FAST WALKERS PLAN TO WALK – 9

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

THU AUG 17 DAY TRIPPERS ARE CAR-VIEWING

Manor bus leaves at 11 for the Concours d'Elegance and returns at 1. Join the Day Trippers to view all the cars on Ocean Ave, in Carmel. Questions? Lari 4818

MON AUG 21 MON MORNING FORUM – 10:30 – MH

Professor David Reichard, chair of the Division of Humanities and Communication at CSUMB, will speak on “Life In the Age of the Internet.” How is our understanding of technology – or lack thereof – affecting how we live?

SUN AUG 20 “SONGS WITHOUT SINGERS” – MH – 3:30

Todd Samra, a Manor favorite, will entertain us with his pianistic skill and sparkling wit. He plans to play works by Gershwin and Berlin and other favorite popular songs for the second portion. The first portion will feature works by Ravel, Debussy, Faure, Brahms, Caccini, and Purcell.

TUE AUG 22 MUSIC IN THE LIBRARY – 7:15

Albinoni, *Grave (from the Trumpet Concerto in D)*, with Ludwig Guttler, trumpet, and Friedrich Kircheis, organ; Mendelssohn, *Symphony No. 4 in A, Op. 90, “Italian,”* San Francisco Symphony under Herbert Blomstedt; and Brahms, *Cello Sonata No. 1 in E Minor, Op. 38*, with Nancy Green, cello, and Friedrich Moyer, piano

WED AUG 23 MOVIE – 7:15 – MH

Tommy's Honour is set against the early days of golf and the stunning landscape of Scotland. It is based on the intimate and powerfully moving true story of the challenging relationship between “Old” Tom Morris and “Young” Tommy Morris, the dynamic father-son team who ushered in the modern game of golf. As their fame grew exponentially, Tom and Tommy, were touched by drama and personal tragedy

THU AUG 24 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Carmel Meadows**. Sign up on BB. Otto Neely will lead.

UPCOMING EVENTS

SUN AUG 27 MOVIE – 1:30 – MH

Rain Man – When a car dealer, Charlie (Tom Cruise) learns that his estranged father has died, he returns home to Cincinnati, where he discovers that he has an autistic older brother named Raymond (Dustin Hoffman) and that his father's \$3 million fortune is being left to the mental institution in which Raymond lives. Motivated by his father's money, Charlie checks Raymond out of the facility in order to return with him to Los Angeles. The brothers' cross-country trip ends up changing both their lives.

SUN AUG 27 DAY TRIPPERS ARE HEADED FOR THE BARNYARD

Enjoy Sunday supper at Allegro Gourmet Pizzeria. Cost of \$15 includes tax and tip. Menu and details on BB.

WED SEP 6 DAY TRIPPERS ARE HEADED FOR LULA'S

Tour Lula's Candy Factory, and get a free sample. Bus leaves at 9:30 and returns at noon. Sign up on BB. Questions? Betty Holmgren 4864

SAT SEP 16 DAY TRIPPERS ARE HEADED FOR THE FOLLIES

The Santa Cruz Follies present *The Best of Broadway*. Manor bus leaves at 10 and returns by 4:30. Lunch is on your own – lots of eateries near the theater – and the show starts at 1. Cost is \$20. Sign up on BB. Questions? Mary Krecki X4770.

NEW/SOON-TO-BE RESIDENTS

Ellen Latimer McGrath	Claude “Skip” & Joan Keyzers
William and Julie Obering	Susan Nycum
Barbara Eisiminger	

Happy Birthday

8/12	Harry H.	8/21	Mary S.
8/17	Ann W.	8/23	Clare R.
8/18	Sophia G.	8/24	Otto N.

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 8-9 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*	8:30-8:45AM 9:00AM 9:30-10:15AM 7:00PM
TUES	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	FRI	Chair Exercise MH Balance and Stretch MH Strength Circuit Training FC Bookmobile (Every other Friday from August 11) 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
WED	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	SAT	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
			SUN	Classic Movie MH	1:30PM

***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	

Clinic Clips

So Long, Farewell, Auf Wiedersehen,
Good Bye...

You are important! Your health care is important to us. **Please** come to or call the Clinic with any changes in your health, your medications, information about any upcoming procedures or surgeries, etc. (regardless who your primary physician is). Your information is vital, because if the Clinic nurses aren't aware of changes in your health, we may not be able to care for you appropriately.

And... after almost eighteen years of caring for your needs, I will be retiring September first. It has been a privilege to know and care for each one of you. I will miss our conversations and the opportunity to meet your needs. The hardest part of retiring is knowing I won't see you, the residents.

Thanks for the memories.....

Connie Hays



I'm reading a book about anti-gravity. I can't put it down.

They told me I had type-A blood, but it was a Type-O.

A dyslexic man walks into a bra.

I do not enjoy computer jokes. Not one bit.

PMS jokes aren't funny, period.

When you get a bladder infection, urine trouble.

Class trip to the Coca-Cola factory. I hope there's no pop quiz.

Energizer battery arrested. Charged with battery.

I didn't like my beard at first. Then it grew on me.

How do you make holy water? Boil the hell out of it!

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

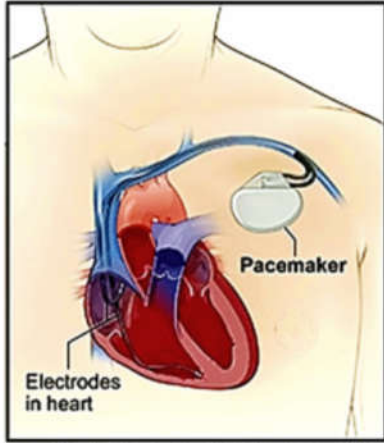


For obvious reasons, pacemakers are a subject of great interest to many residents. Fortunately, among our residents is a retired cardiologist who has provided this explanation of the subject.

UNDERSTANDING CARDIAC PACEMAKERS

Artificial pacemakers for the heart, a relatively recent development, are used for supporting a dysfunctional electrical system of the heart. The dysfunction may result from various disease processes.

Prior to each contraction of heart muscle an electrical stimulus triggers the muscle to contract. Without the stimulus the muscle will not function. If the electrical apparatus is dysfunctional, there may be no contraction, and the heart is at a standstill (heart block). Sometimes the stimulus rhythm is slowed, causing an abnormal slowing of the rate (bradycardia); other times there is abnormal rapid stimulation (tachycardia), or a combination (tachycardia bradycardia syndrome.) These abnormalities cause symptoms (e.g. syncope, weakness, shortness of breath, or palpitations) which can be prevented with a pacemaker.



source: National Heart, Blood and Lung Institute, National Institutes of Health

Many pathologies (vascular, infectious, metabolic, neoplastic, and immunologic) damage all parts of the heart; however, aging may selectively degenerate the electrical

system without altering the rest of the heart. This is probably the most frequent problem needing a pacemaker. When a pacemaker is used in this situation, it generally will not alter a long life.

The artificial pacemaker consists of a pulse generator and a wire to conduct electrical current from the pulse generator to the heart. It also transmits electric current derived from heart cells to the pulse generator. The pulse generator contains microchips and a lithium-iodide battery that potentially lasts ten years. The life of the battery is dependent on its use; totally dependent hearts use more energy, and the battery may only last 5 years. The pulse generator is programmed by an external computer. Wires are positioned in the right atrium and/or the right ventricle, controlling these chambers. If an electrical stimulus is needed, the pulse generator issues its current. If the heart functions spontaneously, the stimulus it produces is recognized and inhibits the pulse generator.

The battery is tested by a telephone recording. A hand-held magnet over the pulse generator programs it to a fixed rate. If the rate is significantly reduced, the entire pulse generator is replaced. Modern pacemakers can also record EKG strips covering several weeks. Hearts subject to aberrant fast rhythms may have a defibrillator programmed into the pulse generator. In some situations, the left and right ventricles don't contract synchronously, reducing the output. In that case, a third lead is positioned to stimulate the left ventricle. Reprogramming can cause the two ventricles to contract properly to improve the cardiac output.

Pacemakers can correct symptoms of electrical dysfunction and, in the case of some abnormalities, save lives.

Alfred Yager

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