



ACCENTS

FORTNIGHTLY PUBLICATION — FEB 23 – MAR 8, 2018

Jane Ipsen shared Steve Korker's post about a life well lived.

You may agree or not!!

Many of us are between 65 and death, i.e. old. My friend Alan S. Bame sent me this excellent list for aging ... and I have to agree it's good advice to follow. I'm particularly in tune with #19.

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor; do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then; enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down, and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an

older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers and watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people; it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums; go walk through a field. Get out there.

Continued on pg. 4

EVENTS

MON FEB 26 MONDAY MORNING FORUM – 10:30 – MH

Wilderness: Meaning and Value presented by Richard Popchak, a veteran executive officer of the Ventana Wilderness Alliance. The Alliance is a nationally recognized group of volunteers, dedicated to protecting the 270,000 acres of wilderness in Monterey County and around the country. Rich will describe the Alliances' effective work in the recent Soberanes fire. Current risks and prevention practices will also be described. A question and answer session will be provided.

TUES FEB 27 BRIAN HOLLAND AND DANNY COOTS– 7:15 – MH

Brian, on the piano, and Danny, on the drums, will entertain us with a delightful mix of jazz, blues, stride, boogie, pop, and ragtime. Something for everyone. A popular duo, this will be their third visit to the Manor.

TUES FEB 27 MUSIC IN THE LIBRARY – 7:15

Bela Bartok, Music for Strings, Percussion and Celesta, Chicago Symphony Orchestra, Fritz Reiner, conductor
Ralph Vaughn Williams, Concerto for Oboe and Strings, Humbert Lucarelli, oboe, Lehigh Valley Chamber Orchestra, Donald Spieth, conductor

Alan Hovaness, And God Created Great Whales, Seattle Symphony, Gerald Schwartz, conductor

WED FEB 28 MOVIE – 7:15 – MH

Ali and Nino. A sweeping romance set in the Caspian Sea region around the time of World War I. A lush historical drama.

THUR MARCH 1 HALF FAST WALKERS PLAN TO WALK – 9

Garland Park. Easy. Mel Blevens will lead. Sign up on BB.

FRI MARCH 2 – JAZZ BASH – PORTOLA HOTEL

Check the bulletin board to sign up for this fun concert. Manor special price \$27.50!!!! Make checks payable to CVMRCDT. Due now. Bus will leave the Manor at 11am and return at 4:pm. Come and hear, Fast Mama, Gator Nation and many more. Food and Drinks will be available for sale.

SUN MARCH 4 MOVIE – 1:30 – MH

Seven Year Itch. A Billy Wilder comedy romance. One of Marilyn Monroe's dumb blonde movies. It was an explosive movie for its day. One famous scene was the iconic shot of Marilyn's dress billowing out when she stands on a subway grate.

MON MAR 5 – 7:15 – MH FREDERICK MOYER, CONCERT PIANIST

A first-class pianist. His playing is clean, unmannered and full of ideas and intelligence. His delightful commentary from the stage brings the audience into the heart of the musical experience.

TUE MAR 6 MUSIC IN THE LIBRARY - 7:15 PM

Beginning Weber: Clarinet Concerto No. 1, Mostly Mozart Festival Orchestra, Alexander Schneider, conductor, Richard Stoltzman, clarinet; followed by Vieuxtemps: Violin Concerto No. 4, London Philharmonic Orchestra,

John Barbiroli, conductor, Jascha Heifetz, violin; ending with Rimsky-Korsakov: Russian Easter Overture, CSR Symphony Orchestra, Anthony Bramall, conductor.

THUR MARCH 8 HALF FAST WALKERS PLAN TO WALK – 9

Whale Peak. Moderate. Mike Smith will lead. Sign up on BB.

UPCOMING EVENTS

WED MAR 14 DAVID GORDON – SONGS SUNG ON THE OREGON TRAIL– 7:15 – MH

A veteran of the Carmel Bach Festival, David will present a program called "Dear Hearts and Gentle Friends." He interweaves the tunes with fascinating historical background.

Do you need an RCA? Are you willing to be an RCA?



No, this has nothing to do with radio. Instead, an RCA is a "Resident Computer Assistant."

If you don't know how to send or receive e-mails...don't know how to attach documents to e-mails... don't know how to print a board-

ing pass for your next flight...don't know how to renew your car registration or transfer its title online...register to vote online...then you need an RCA.

If you are willing to help your fellow residents who are less computer-savvy than you are, then you could be an RCA.

An RCA is not a substitute for a computer professional, who can diagnose and treat ailing computers and their accessories. Rather, an RCA is able to do the basic, rudimentary computer operations and is willing to help other residents to do them.



Sign up in the Computer Room, if you're willing to be an RCA. Call someone on the list, if you need an RCA.

Jim Riesenfeld

NEW/SOON-TO-BE RESIDENTS

Hersch and Shirley Loomis	Susan Nycum
Martha Danziger	Sylvia Conn
Victoria (Tory) Raggett	John and Ann Mahoney
Bruce and Connie Reeves	Bruce and Harriet Newell
Jean Scholefield	Tom and Sue Masters
Claude "Skip" & Joan Keyzers	James and Susan Gaither

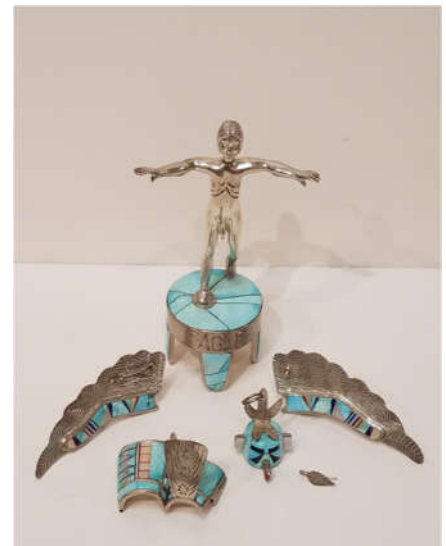
Happy Birthday

2/27 Eric W.	3/3 Shirley F.
2/28 Gloria D.	3/4 Art B.
3/1 Gary N.	3/4 Gerry W.
3/1 Vicky V.	

Silver and Turquoise Kachinas

Mary Kay Crocket has a wonderful collection of Kachinas rendered by David Freeland of Tucson, AZ. Leon Cooper provided us with photos of the Kachinas “before” and “after.” **The Kachinas appear fully dressed in “before.” In the “after,” the clothing is removed and each part becomes a separate piece of jewelry. Quite remarkable!**

The exact origin of the kachinas is not completely known, but according to one version of Hopi belief, the kachinas were beneficent spirit-beings who came with the Hopis from the underworld. The underworld is a concept common to all the Pueblo Indians. It is a place where the spirits or shades live, the newly born come from there, and the dead return there. The kachinas wandered with the element, a location, a quality, a natural phenomenon, or a concept. The local pantheon of kachinas varies in each pueblo community; there may be kachinas for the sun, stars, thunderstorms, wind, corn, insects, and many other concepts. Kachinas are understood as having humanlike relationships; they may have uncles, sisters, and grandmothers, and may marry and have children. Although not worshipped, each is viewed as a powerful being who, if given veneration and respect, can use his particular power for human good, bringing rainfall, healing, fertility, or protection, for example. One observer has written: “The central theme of the kachina [religion] is the presence of life in all objects that fill the universe. Everything has an essence or a life force, and humans must interact with these or fail to survive.”



OUR UNSUNG HEROES

The Manor residents are an incredibly gifted and talented bunch. They are comprised of captains of industry, financial wizards, attorneys, airline pilots, photographer legends, and medical practitioners of all kinds. You can't shake a tree without an OBGYN falling out. Fortunately for us, many of these individuals come forward and volunteer for our 30 plus committees. Those who function as council and committee chairs are well known. However, there are those who work behind the scenes whose efforts are sometimes less visible but still vital to our success. The purpose of this communication is to recognize such an individual. The following is a thumbnail sketch of his many talents. Want a singer? This resident can warble with the best and does so with Sing for Fun. Need something built? A sweet pea trellis materializes. How about 24 precision mailboxes for Hillcrest? Done. Need some Holiday toys? 50 realistic cars and trucks should do it. Resident photo? He is the man. Need another the-

pian for a Pat Hughes' epic production? He steps up to the plate to play the Joker. How about committee work? For years this individual worked on the Usher Committee interfacing various computers with Power-Point presentations. He also mans Admissions Advisory, Emergency Response, Meeting House Projectors, MM Forum, Residents' Shop, and Half Fast Walkers to name a few. He served as Council Secretary for 2 years. Last year he chaired the all-important Council Selection Committee. In short, this man is a volunteering machine! But you would never know it. He goes about his many challenges in a quiet and unassuming way.

Lee Chambers, thanks for all you have done to enrich the lives of the Manorites. You truly deserve the title of "Unsung Hero."

Anonymous

Senior Moments:

“When I was younger, I could remember anything whether it had happened or not; but my faculties are decaying now, and soon I shall be so I cannot remember any but the things that never happened.” Mark Twain

Throughout the nation, a plague of senior moments has infiltrated our court system for years. Here's just one excerpt from an actual court transcript. **LAWYER:** “This myasthenia gravis, does it affect your memory at all.” **WITNESS:** “Yes.” **LAWYER:** “And in what way does it affect your memory?” **WITNESS:** “I forget.” **LAWYER:** “You forget? Can you give us an example of something you've forgotten?”



February

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Notes:

Ever wonder why February is such a short month? Blame it on the Romans. A king, Numa Pompilius, established the basic Roman calendar. In the 8th century BC it only had 10 months. There were 355 days in the lunar cycle so that wasn't working. Numa added 2 new months, January and February, to the end of the year. It still didn't add up to 355 days. He then made February short since it was then the end of the year. Julius Caesar reorganized the year again, giving it 365 days. February was still at the end of the year and became victim of the need to get the number of days to fit into the Emperor's calendar. The Gregorian calendar added the final touch, leap year. It takes the Earth about 365.242189 days to go around the sun or 365 days, 5 hours, 48 minutes, and 45 seconds. So we needed an extra day every 4 years or we would lose almost 6 hours off our calendar every year. After 100 years, our calendar would be off by around 24 days. Our next leap day will be February 29, 2020.

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 10,11 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 February 23) 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 (2nd) WP	8:30-8:45AM 9:15-9:45AM 11:00-11:45AM 11:00-11:45AM 11:15AM	SAT	Chair Exercise MH Adv. Water Exercise SP Putting (2nd) PG Wine Dinner Group PDR Music on the Menu DR. (Every other Saturday from February 24)	8:30-8:45AM 9:30-10:15AM 10-11:30AM 5:30PM 6:00-7:00PM 1:30PM
			SUN	Classic Movie MH	

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 MARCH 2018

Fiction

THE LAST PAINTING OF SARA DE VOS
DOMINIC SMITH
IN THE MIDST OF WINTER**
ISABEL ALLENDE
SING, UNBURIED, SING
JESMYN WARD
MANHATTAN BEACH
JENNIFER EGAN
THE ROOSTER BAR*
JOHN GRISHAM
THE DARK FLOOD RISES*
MARGARET DRABBLE

Mystery

KING ZENO
NATHANIEL RICH
END GAME*
DAVID BALDACCI

Biography/Combined Biography

THE GOURMANDS' WAY
JUSTIN SPRING
AMERICAN KINGPIN: THE EPIC HUNT
FOR THE CRIMINAL MASTERMIND BEHIND
THE SILK ROAD***
NICK BILTON
SISTERS FIRST*
JENNA BUSH HAGER
BARBARA P. BUSH

U.S. History

KILLING ENGLAND*
BILL O'REILLY

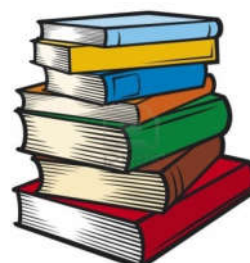
Politics

AMERICAN RADICAL*
TAMER ELINOURY WITH KEVIN MAUER

* Donation **MacCullough Fund ***Wagner Fund

DVD'S CHOSEN FOR MARCH 2018

BROADCHURCH (Season 3)
BETTER CALL SAUL (Season 3)
LINE OF DUTY (Series 2)
HUMANS (Season 1)
THE HEAVY WATER WAR
BERLIN STATION (Season 1)



16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have low tolerance for hearing complaints. Always find some good things to say as well.
17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are; they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
18. If you've been offended by someone - forgive him. If you've offended someone apologize. Don't drag around resentment with you.
19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs, and let that memory sway them.
20. Laugh. Laugh a lot. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age; never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.
21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories, and the life you've lived so far. There's still much to be written, so get busy writing, and don't waste time thinking about what others might think. Now is the time to be at rest, at peace, and as happy as you can be!

AND, as Alan's message suggests, REMEMBER: "Life is too short to drink bad wine." Or in my case bad Arnold Palmer.



Bruce and Connie Reeves

Bruce and Connie Reeves with their lovely Labradoodle, Bogey, moved into the Manor just two weeks ago. Connie has a very long connection here - Her father, Lyman, and mother, Theo Fowler, came to the Manor 30

years ago. Theo is in the Health Center at 101 years old. The Reeves's last home was in the community of Toro Sunshine, close to Toro Park. Bruce is retired after a long career in Monterey County and Salinas city government, serving over the years as County Assessor, County Clerk, and Recorder. During those years Connie taught sixth grade in the Salinas Elementary School District, having grown up in Salinas during years when, she says, the town was smaller and more peaceful. Her father was a co-founder and Dean of A&M (Agriculture and Mechanics), which became Hartnell Community College. Hartnell was there many years until they decided to add A&M.

Bruce grew up on Mare Island. His father was stationed in the Navy at the naval shipyard when the U.S. entered WWII. After the War, Bruce's family lived in Vallejo where his father was a photojournalist for local newspapers.

Bruce and Connie met in college at COP in 1958. They have three children, two boys and a girl, who all graduated from CalPoly, and 7 grandchildren. They are golf enthusiasts, still playing at Quail, and take Bogey on long walks to Garland or to the beach. Connie took an immediate liking to the Manor library (as who doesn't?) and enjoys reading. Please welcome Bruce and Connie! They live in 6H.

Terry Hanson

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