



# ACCENTS

FORTNIGHTLY PUBLICATION — AUGUST 10–23, 2018

## Carmel Valley Manor Mists And Vapors

Yes, it is true that the food is excellent, especially the soups and the fish and the salads. Also, the grounds are fertile with many fields and clusters of red, yellow, and purple flowers in every season. Certainly, the architecture has stood the tests of more than fifty years of simplicity, function, and, yes, elegance. Safety is clearly a priority and so are quality and prompt medical care.

So living here is more than the sum of the parts: here are many, many intangibles that float about the mists and vapors that bring us light and liveliness where other such places might have shadows and even darkness.

After all, this is a “retirement home” an “old folks’ home” where the youngest retirees are in their seventies and several are already more than 100 seasons.

Clearly, or not so clearly, what we have here is of many threads and textures. At this moment it is not easy to define in mere words, hard as we may try.

There is a sense of place, a lovely place, in Carmel Valley, bestride the almost wild Santa Lucia mountains much as Vizcaino first saw several centuries ago. Then there is the sense of grace that pervades the Manor, residents and staff equally care about this place and each



other. For the most part we know the names of the more than 200 residents and 170 staff, and we are part of each other's life. We are not of one mind—we have our disagreements—but are not rude or degrading of one another. More than mere formality or manners, we are involved with each other. It is really astonishing but true.

In the best sense we are a community. We are neighbors. We do things together both on and off campus. Certainly we can do more for the less affluent who live around us. Some of the residents here are quite active in organizations off campus and are doing just that.

As neighbors we see a great deal of each other, almost daily. That is a big reason that many of us resist any changes in the ways and times we eat together. It is not an accident that mealtimes here at morning, noon, and evening are so important, so special. It is the time of expectations that our paths will cross in spontaneous, unplanned ways. We just know we'll be there for the mealtime connections. Daylong grazing or even the “bistro” would tear things apart. It is not “change” that we oppose. It is simply that we know what it is to cherish what we have in our delightful encounters with each other.

*Marty Rosen  
The Manor Writers' Group*

## What Makes Carmel Valley Manor So Unique?

What makes the Manor so unique when compared to other Continuing Care Retirement Communities (CCRC)? We are a smaller, approximately 220 residents, not-for-profit corporation with Life Care resident support. Our admission and monthly fees support our daily needs, activities and committees, and facilities as well as increased levels of care as our medical requirements change. For-profit corporations must look after other business interests and profits for owners or stockholders and typically increase fees as levels of care increase. Most CCRCs have an activity supervisor/s who manage events and activities. Our Residents' Council manages about 40 committees and activities serving the wishes and needs of the

Manor residents. The Manor's successful activities oversight allowed the state of California to grant a waiver for the requirement of an Activities Director in our adult care facility. Many CCRCs are large, especially for-profit corporations. Our smaller size enables most of us to eat three meals a day in the same dining area. It enables us to meet and eat with friends, others we know, and new residents. Larger care facilities with larger resident populations can't and don't work that way.

Manor residents created the R.O.S.E., a unique organization that accepts unneeded items donated by residents and then sells these items to other residents and

*Continued on page 3*

## EVENTS

### SUN AUG 12 MOVIE – 1:30 – MH

*Intolerable Cruelty.* A successful attorney matches wits with an attractive woman who has married men for their money.

### SUN AUG 12 DAY TRIPPERS – 4:30

Bus departs for Allegro Gourmet Pizzeria in the Barnyard. Cost is \$16.00. \$10.00 cash deposit required. Sign up on Bulletin Board.

### WED AUG 15 MOVIE – 7:30 – MH

*Three Lives of Thomasina.* A charming story set against the beauty of the Scottish Highlands. Paul Gallico's best selling story of a little girl's love for her cat.

### THUR AUG 16 HALF-FAST WALKERS PLAN TO WALK – 9

Elkhorn Slough. Jack Enbom will lead. Sign up on BB.

### SUN AUG 19 MOVIE – 1:30 – MH

*Georgie Girl.* A charming comedy reflecting the mores of 1960's swinging London. Lynn Redgrave and James Madison star.

### WED AUG 22 MOVIE – 7:30 – MH

*The Italian.* An abandoned child forsakes a life of luxury to find his birth mother. A very touching story set in Italy and Russia.

### THURS AUG 23 HALF-FAST WALKERS PLAN TO WALK – 9

Glen Devon. Harry Hanson will lead. Sign up on the BB.

### SUN AUG 26 MOVIE – 1:30 – MH

*Amistad.* Based on historical events when an American slave ship's cargo of slaves revolted. After they were subdued, these slaves were taken to New England for trial.

## Special Events

Soprano Laura Anderson and Pianist Rick Yramategui combine their considerable talents to present

### **'Opera A La Carte'**

Thursday August 16<sup>TH</sup> at 7:15 Meeting House



An evening of tasty opera tidbits, a peppering of cabaret & musical theater, and selections from Gianni Schicchi, and the Fantastiks.

## Happy Birthday

8/10	Glen R.	8/18	Sophia G.
8/12	Harry H.	8/21	Mary S.
8/15	Mary T.	8/23	Lorette P.
8/17	Betty W.	8/23	Margaret R.

## UPCOMING EVENTS

### SUN AUG 26 DAY TRIPPERS – 1:00

*"Million Dollar Quartet."* The true story of a meeting of Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins. This play won Tony and Drama Desk Awards. At the Golden Bough Theatre. Make checks for \$27.20 to CVMDT. Sign up on the Bulletin Board. Questions? Mary Krecki, 4770.

### WED AUG 29 HEALTH ADVISORY – 10:30

Dr. Jim Gilbert will talk about Urinary Tract Infections.

## Monday Morning Forum

No Labels-Washington DC

August 27, 2018, 10:30am

Meeting House

Courtesy of an introduction by resident Jim Didion, we are invited to hear Margaret White, Senior Staff Advisor of No Labels, on Monday, August 27. No Labels is an exciting bipartisan organization founded by Joe Lieberman, D-Conn, and Jon Huntsman, former Governor of Utah and current Ambassador to Russia. Its purpose is to organize and empower the political center of congressional leadership with committed members on both sides of the aisle. Within No Labels there is the recently established "Problem Solvers Caucus," our Congressman Jimmy Panetta being a new member.

This MMF event also marks the first use of a remote presentation via our newly installed webcam, utilizing Skype technology. We will see our Washington DC based speaker on the big screen, and she can view us remotely as well. Please join us to hear about a new, dynamic political force via the first use of our remote technology.

## VAUDEVILLE COMES TO THE MANOR



Digging through old Vaudeville jokes, the Manor Players have rigged a play that is suggestive of the old circuit shows of the past area prior to the golden age of Broadway. The sketches are typical hero/villain based, trained animal routines, rowdy actors and lovely singers.

Our one and only show will be **August 31 at 7:15 pm** in the Meeting House. It is a 'come as you are' performance, however the audience is responsible for bringing their own rotten tomatoes.

## NEW/SOON-TO-BE RESIDENTS

Claude "Skip" & Joan Keyzers	Tom and Sue Masters
Selma Petker	John and Ann Mahoney
Diane Greenlee	Bruce and Harriet Newell
Charles and Leslie Snorf	Susan DuCoeur
Paula Albert	Alicon Jones
Bill Schueler and Susan Nycum	Roger Newell



## ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

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

*Continued from page 1*

Manor employees at unusually low cost. Unsold articles are then donated to The Yellow Brick Road Benefit Shop, to Goodwill, to the Salvation Army, to organizations that help migrants and their families, to homeless women, or to other good causes. The R.O.S.E. gives its annual profits to the Residents' Council to help pay its annual expenses. The past year it was \$38,000!

Most CCRCs are so large they don't have a single dining area. It's our single dining area where our residents spread out, meet and chat, and get to know each other. I wouldn't want it to be otherwise. My older sister lives in a large life care facility in a suburb north of Chicago. She's very happy at that place, but she's assigned to a 4-seat dining table always with the same

group. Our residents were right two years ago when they rejected a proposed second dining room in the West Parlor. Instead we got a special section in our dining room where residents can get drinks and snacks at any time of day or night.

The Manor has grown a bit, but is still bound to remain small, as compared with many other CCRCs, because of the Carmel Valley and Monterey Peninsula shortage of water and land limitation. The Manor was created by the Congregational Church as the Northern California Congregational Retirement Homes, Inc. 55 years ago. Even though direct Congregational support was short lived, our not-for-profit Life Care facility continues to support the Manor residents with loving care.

*Dick Heuer*

## **EVENING DRESS CODE: A REMINDER TO NEW AND OLD RESIDENTS**

Recently I have received more than one notice of concern by residents regarding evening dress considered to be below our standards in both dining rooms. This doesn't appear to be a frequent issue but needs to be addressed. Please review the following dress code which was most recently amended in June 2017.

Evening Meal Dress Code for Both Dining Rooms: The continued use of stylish or fashionable men's jackets is encouraged but not required. Men are to wear slacks (khakis are acceptable) with a collared long-sleeve shirt. Short-sleeved collared shirts or collared polo shirts worn under a long-sleeved sweater are acceptable. Women are to wear dresses, slacks, or skirts with blouses, sweaters or jackets.

Athletic apparel, athletic shoes (unless medically required) shorts or denim jeans are not permitted. Hats are not acceptable for men unless medically indicated.

Thank you for your cooperation and enjoy a collegial dining experience!

*Jack Enbom, Council President*



### Paula Albert

Her son said it was the curse of the family. He did not want to be what his great-grandfather, grandfather, mother and cousins were. They were all Mathematicians and very good ones at that. Would you consider being a Mathematician a curse? He did, so he became a cardiologist instead. But, this isn't about the son. This is about his mother.

The story started when she was born in Lawrence, Kansas. The little baby was named Paula Letitia Bell. She was born into a family with a tremendous aptitude for math, and this was passed on to Paula. After she graduated from high school the family moved to Los Altos when her father, a Math Professor at the University of Kansas, accepted a job in the Stanford Space program. So, Paula enrolled at Stanford as a Math major. Prior to getting her degree she, too, was asked to work in the Space program. She put off getting her degree for later. That was a long time coming as a Chemistry Professor at San Jose State (Professor Albert) came into her life, and her degree was postponed for marriage and later,

two sons. The newly married couple moved to Fremont where she lived for 45 years. Sadly, Dr. Norman Albert had a heart attack and died at age 52 in 1984. Only then did Paula go back to college, this time at CSU Hayward where she got her BS in Math and Computer Science and an MS in Math.

When she was in high school her father had told her early on that she should be a Math teacher. She had said, "Never!" But never say "never" because Paula taught Math at her alma mater in Hayward for 25 years. And she loved it! Her students became her extended family. When she retired 6 years ago, her son, Tim, the one who thought Math was a curse, lived in Carmel Valley and practiced here on the Peninsula. He wanted her to move to the Valley, and so she did. She had had a near fatal auto accident when she was twenty-one and had always suffered some back problems. On the day she moved here she had a bad fall in her son's driveway. It caused many early "hurts" to come roaring back to claim her. She lost some vision in one eye, has gone through two back surgeries but was very happy to be near her son and family, and she loved Carmel Valley.

Three years after she moved here, her son, Tim, was offered a job in Georgia and wanted his mother to move there with his family, but she didn't want to leave the Valley. Her other son, Geoff, lives in Altadena, so he is fairly close by. Now that she is here and so happy to be at the Manor, she is looking forward to getting involved. She loves to read on her kindle, do puzzles (not just the simple kind), and walk our beautiful grounds.

So, we welcome Paula to our home, and if anyone needs help in Math, she is in 5A.

*Jane Upp*

#### 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: Kay Enbom  
jkenbom@yahoo.com

Publisher: Celina Manzanarez

Proofreader: Arden Hoppe

Photographer: Lee Chambers

Contributors: Jack Enbom  
Dick Heuer  
Pat Hughes  
Marty Rosen  
Jane Upp

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**