



ACCENTS

FORTNIGHTLY PUBLICATION — SEP 21 – OCT 4, 2018

Saturday, October 13, 2018, Carmel Valley Manor will celebrate the 55th anniversary of its opening. By now we've all received the beautiful invitations, designed and executed by the Anniversary Committee, with special thanks to Shirley Loomis for her calligraphy.

The history of the Manor in a softcover book entitled *Carmel Valley Manor 1962~2013*, last edited by Dick Wheat in 2013, can be obtained from Angie Machado, Director of Admissions, and will also be on display in the library.

The history begins in 1950, when the Northern California Conference of Congregational Churches pointed out to their national association the need for institutions under the auspices of the Congregational Church to be created for their elderly congregations.

Years went by without progress, however, because committees formed to study retirement homes across the country found that most of these homes were created with gifts and private funding. This information proved so discouraging that the concept of a retirement facility created by the Church was abandoned.

Until, that is, 1957, when Mr. and Mrs. William Sadler, members of the Berkeley Congregational Church, approached Dr. William Pratt, an officer in the Northern California Conference of Congregational Churches, to discuss donating their house to the Congregational church as a retirement home in their will. This generous idea, for various reasons, went nowhere, however. But the next year, Mrs. Sadler, now a widow, advanced the church \$10,000 and directed a portion of her estate to the church as well.

Thus began a journey of good intentions that remained unrealized for two more years, until 1960, when Dr. Pratt, representing the Congregational Church and assisted by a team experienced in real estate, acquired the Sullivan family ranch called Hollow Hills in the Carmel Valley. The ranch, with an adjoining four acres, satisfied the zoning requirements for the planned retirement community of 170 units.

Possession of Hollow Hills was taken on September 1, 1960. Dr. Pratt, the Manor's first administrator, and his wife Louise moved into the adobe guest house (now occupied by Skip and Joan Keyzers). The architectural firm of Skidmore, Owings, & Merrill was selected to design the buildings and layout on the property. Construction began on September 21, 1962.



Terry Hanson

EVENTS

SUN SEP 23 MOVIE – 1:30 – MH

The More the Merrier is a charming romance about war-time housing conditions. The chemistry between Jean Arthur and Joel McCrea adds to this delightful performance.

MON SEP 24 MONDAY MORNING FORUM – 10:30 – MH

Scott Delucchi, Executive Director, SPCA, will speak... and bring his dog; bring yours, too!

WED SEP 26 HEALTH FORUM – 10:30 – MH

Dr. Hal Luft is the Senior Scientist at the Palo Alto Medical Foundation Research Institute, which is dedicated to providing the best information about health care to and for everyone. He will speak on “Single Payer Health System.”

WED SEP 26 MOVIE – 7:15 – MH

Breathe After contracting polio at the age of 28, Robin Cavendish is confined to bed and given only months to live. But with the help of his wife Diana and her twin brothers, and the groundbreaking ideas of inventor Teddy Hall, Cavendish emerges from the hospital ward and devotes the rest of his life to helping fellow patients and the disabled.

THU SEP 27 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Glen Devon**. Sign up on BB and order your brown bag the day before. Harry Hanson will lead.

SUN SEP 30 MOVIE – 1:30 – MH

Mr. Roberts is an enjoyable naval comedy set on a cargo ship during World War II. With Henry Fonda, James Cagney, and Jack Lemon aboard, it's bound to get some laughs.

WED OCT 3 MOVIE – 7:15 – MH

Book Club The lives of four lifelong friends - Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen - are turned upside down to hilarious ends when their book club tackles the infamous *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

THU OCT 4 HALF-FAST WALKERS PLAN TO WALK – 9

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

MON OCT 22 DAYTRIPPERS GO TO BEACH HOUSE RESTAURANT

Manor Bus will leave at 4. Choice of 4 entrees. \$13 incl. tax & tip. Add soup or salad for \$5 more. Cash or check to CVMRCDT. Select menu and sign up on BB. Questions? Lari 4818 or Mary 4770.

IN MEMORIAM

9/18 Bruce Reeves

SIGNS OF THE TIMES

In an office:

TOILET OUT OF ORDER.....PLEASE USE FLOOR BELOW

In another office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT

AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

In a laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

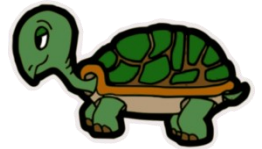
Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR.

Spotted in a safari park:

ELEPHANTS PLEASE STAY IN YOUR CAR

The Turtle



The turtle lives 'twixt plated decks
Which practically conceal its sex.
I think it clever of the turtle
In such a fix to be so fertile.

Ogden Nash

OUR RESIDENTS' WEBSITE HAVE YOU SEEN THE NEW 'RESIDENTS' WORK SHOP' PAGE?

It's amazing and it's right here on our campus
Go to the Residents' Website, click on 'Committees'
and scroll down to 'Residents' Work Shop'
Cv8545.org

NEW/SOON-TO-BE RESIDENTS

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

Happy Birthday

9/21 Lee C.	9/28 Cyn C.
9/25 Bobby B.	9/28 Max C.
9/26 Art L.	9/30 Cindy T.
9/27 Anna B.	9/30 Gloria M.
9/27 Nancy M.	10/2 Norma M.



Betsy Breuleux was celebrating her 100th birthday with her girlfriends. Betsy is a resident at Hillcrest.

Starting at Betsy's right:

Trudy McEwen, Ruth Louis (hostess), Marcia Waples, Barbara Hill, Nancy Downey, Betty Holmgren, Gloria Mikuls (on Betsy's left).



Day Trippers at the Santa Cruz Follies. . .



ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

MON	Chair Exercise MH	8:30-8:45AM	THUR	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	FRI	Chair Exercise MH	8:30-8:45AM
TUES	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 (September 21)	
	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	SAT	Chair Exercise MH	8:30-8:45AM
WED	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 (Sep 22)	6:00-7:00PM
	Strength Circuit Training FC	11:00-11:45AM	SUN	Classic Movie MH	1:30PM
	Communion Service (2nd) WP	11:15AM	*NEW		
	Mahjong*	2:00-4:00PM			
	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	

LIBRARY NOTES

BOOKS SELECTED FOR OCTOBER 2018

Fiction

WHERE THE CRAWDADS SING

VICTORIA*

COME RAIN OR COME SHINE*

CIRCE*

Delia Owens

Daisy Goodwin

Jan Karon

Madeline Miller

Biography

BETTY FORD***

REVOLUTION FRANCAISE**

THE LAST PALACE

BENJAMIN FRANKLIN*

Lisa McCubbin

Sophie Pedder

Norman Eisen

Carl van Doren

Italian History

A CHILL IN THE AIR

Iris Origo & Lucy Hughes-Hallett

U. S. History

OUR TOWNS

James & Deborah Fallows

*Donation

**MacCullough Fund

***Wagner Fund

DVD'S CHOSEN FOR OCTOBER 2018

A QUIET PLACE

BECK – 3 Seasons

THE GREAT BRITISH BAKING SHOW – 2 Seasons

THE RIDER

QUARTERLY DEPARTMENT NEWS

SEPTEMBER, 2018

Dining Services:

Based on residents' feedback, Dining Services has created a rotating system for serving smoothies twice a week. Back by popular demand, the ice-cream social has resumed and will continue monthly. Initiated lunch with Ilona. This is going great! Monthly kitchen tours are a hit! Sign up at Front desk.

Resident and staff input have helped us refine the Brunch process.

Maintenance:

Please welcome Carlos Correa as the new Director of

Environmental Services. Carlos is in the same office and at the same extension that Brian Rasmussen had. Carlos will be responsible for the day to day operation of maintenance as well as general oversight of house-keeping and grounds. The department continues to complete over 1,000 work orders every month. More than 85% of work orders are completed the same day and almost 95% are completed within 2 days.

Grounds:

At building #1 we are revising the planting, because the

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plants have gotten too large for their space. The area will be replanted sometime in Sept.-October when it is cooler and closer to the rainy season.

Capital Projects:

Brian Rasmussen has transitioned to Director of Capital Planning and will manage capital improvement projects. Capital improvements include unit renovations, major repair/replacement projects and the master plan process. There are currently 9 units with active ongoing construction and 4 units in the planning/permitting process. The new heating/cooling controls project at Hillcrest/Health Center is underway. We have also awarded the contract to replace the fire alarm in Hillcrest/Health Center and work should start in the next 60 days.

Hospitality Services:

We welcomed John Rico to our team. John is responsible for resident technology support, AV support for special events, non-maintenance resident assistance, as well as surrey transportation. The first Skype for Monday Morning Forum lecture took place, using our webcam. This meeting was a hit!

All guest and meeting room reservations are now being booked online via Worxhub. Manual entry and reservation books have been eliminated. Those residents with email will receive confirmation of their bookings via email. To stay current, please remember to update any email or phone changes with the front desk

Health Services:

Clinic:

Many residents have had the Shingrix Vaccine # 1. Dose # 2 will be coming within the next 6 months. There is a nationwide shortage of this vaccine. The clinic will keep you updated on expected arrival. Licensed Social Worker, Cindy Klaniecki, and our contracted Psychologist, Bill Zika, are able to meet with residents on our campus. Please contact the Clinic to contact Cindy or to make an appointment with Dr. Zika. Both are valued and trusted resources for our residents.

Students interested in both the geriatric and medical field have volunteered to spend some time at the Clinic,

Health Center or Activities. They are always with a staff member and have signed volunteer forms, which include HIPAA and Confidentiality language. Collectively they express appreciation for the opportunity to learn. Ancillary personal care program for private services such as pet sitting, ironing, down-sizing, accompaniment on appointments, incidental transportation, running errands, light housekeeping, laundry assistance, personal assistance needs, respite care for spouses - to name a few things. Please call the Clinic if you are interested in booking these services.

Physical Therapy:

Incorporation of LiteGait Mobility Device Therapy equipment which includes a portable treadmill. Attended the Rehab Summit and gained useful knowledge in various topics including taping techniques, dementia in rehab, orthopedic issues, balance and fall prevention, and yoga in rehab. Continue to evaluate and treat those recovering from surgeries or assist with improving functional mobility and return to highest level of living.

Fitness:

Engaging fitness and balance classes offered to promote wellness. Personalized home visits post illness to assist with recovery.

Hillcrest:

Initiated wine and cheese events on the back patio while weather is fabulous. First one was a hit! Getting to know our new Residents and promotion of gathering. Monthly outings for lunch away from the Manor. We visit various venues on the Peninsula.

Health Center:

MPC Nursing Students on campus this semester for their geriatric rotation. Initiating "How Full is your Bucket!" program to encourage staff, utilizing some of the cards that Residents make in Activities. Looking with Pharmacy at feasibility of using individual resident emergency medication packs. In-service set up for possibility of obtaining a hydraulic lift that can be used by a single staff member and is easy to use, which would protect staff when assisting residents who fall.

Chris Regan

PUBLICATION STAFF

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or from the Director of Admissions, Angie Machado,
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ADDRESS SERVICE REQUESTED